



*It's Your Right to be
**Fit Sexed
and Happy**
so claim it!!!*

Ettore Mazzei

Author - Chef

It is your right to be Fit, Sexed, and Happy So Claim it!! TM

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Tip #3: Improper food combining is one of the main reasons why people have an excess weight problem. When you eat healthy vital food in the right combinations your body will automatically go to your most optimal body weight.

Tip #9: Let your body be sick. In many cases sickness is the body healing itself as in the case of colds and flues. We have developed a bad habit of stopping the sickness by taking drugs, which in turn stops the healing. When you do that, the poisons and toxins stay in the body and cause havoc later on.

Tip #33: You are the source of your own pleasure. The richness of your life experiences come from you. No one can give you bliss; it comes from within.

Great sex is understood not by its capacity to fulfill our fantasies, but rather by its ability to so deeply absorb us that thinking is forgotten and we feel the perfection of ourselves, our partner, and of life.

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It is your right to be fit, sexed, and happy, so claim it !!

Introduction

“You can learn more about a person in an hour of play than in a year of conversation.” —Plato

This quote perfectly captures the essence of the book you are about to read. From the get-go, you'll see the word play pop up and recur throughout the chapters. I write about playing full out, playing with your lover, playing with different ways to eat and exercise. I write about play as a way of getting to know yourself and strengthening your health.

What do I mean by play? It's an attitude, a way of being in the world. We associate it with children because children play naturally. How? They connect with other children and if they lose this imaginative connection they move on and do something else. They do not spend days thinking or worrying: “Should I still be friends with so-and-so?” “What she said to me hurt,” “I opened my big mouth and I screwed up again.” Kids live in their bodies, not in their heads. When something does not feel right, they move on. They are direct and frank. Kids laugh thousands of times a week. Adults laugh less than a dozen times a week. Kids feel, they do not think.

You did that at one point, when you were a kid, and then ... things happened and you stopped. As adults, our habit has become to look at the world through our past and our preconceived, acquired knowledge rather than our heart and our direct experience. It's time to bust this armor open, to reconnect with our instincts.

What does sex have to do with fitness?

My answer is because sex inspires playful self-discovery and body awareness.

Why is it that some people are fit and others are not?

Why is it that some people are fully self-expressed in bed and others are not? Is there a relationship between fitness and sexuality?

These are some questions I address in this book.

Few people in this country are fully aware of their bodies, health, and sexuality. Most of us become aware of our bodies' imbalances when we are dealt a severe blow such as cancer, heart disease, or diabetes. For those that have been dealt such a severe blow and possibly for some that have not been dealt with it yet, here is one fact to consider: YOUR BODY HAS BEEN SICK FOR YEARS, IF NOT DECADES! Warning signs that your body has been sick include: colds, fevers, being tired all the time, fatigue, acne, flatulence, indigestion, heartburn, acid reflux, fever sores, depression, chronic fatigue syndrome, aches and pain, to name a few. If you suffer from any of the above symptoms, your body has stored more poisons and toxins than it can release and needs to be cleansed.

The good news is that your body is miraculous. But the bad news is that your body is miraculous. It is amazing how much abuse the human body can take without our even being aware of it. On the other hand, it is amazing how quickly the human body can heal itself. You get to choose the way it will be for you. Read this story, below, and see if you recognize yourself.

A young and successful executive was traveling down a neighborhood street, going a bit too fast in his new Jaguar. He was watching for kids darting out from between parked cars and slowed down when he thought he saw something. As his car passed, no children appeared. Instead, a brick smashed into the Jag's side door! He slammed on the brakes and backed the Jag back to the spot where the brick had been thrown. The angry driver then jumped out of the car, grabbed the nearest kid, and pushed him up against a parked car shouting, "What was that all about and who are you? Just what the heck are you doing? That's a new car and that brick you threw is going to cost a lot of money. Why did you do it?" The young boy was apologetic. "Please, mister...please, I'm sorry but I didn't know what else to do," He pleaded. "I threw the brick because no one else would stop..." With tears dripping down his face and off his chin, the youth pointed to a spot just around a parked car. "It's my brother, "he said. He rolled off the curb and fell out of his wheelchair and I can't lift him up."

Now sobbing, the boy asked the stunned executive, "Would you please help me get him back into his wheelchair? He's hurt and he's too heavy for me." Moved beyond words, the driver tried to swallow the rapidly swelling lump in his throat. He hurriedly lifted the handicapped boy back into the wheelchair, then took out a linen handkerchief, and dabbed at the fresh scrapes and cuts. A quick look told him everything was going to be okay. "Thank you and may God bless you," the grateful child told the stranger. Too shook up for words, the man simply watched the boy push his wheelchair-bound brother down the sidewalk toward their home.

It was a long, slow walk back to the Jaguar. The damage was very noticeable, but the driver never bothered to repair the dented side door. He kept the dent there to remind him of this message: "Don't go through life so fast that someone has to throw a brick at you to get your attention!" God whispers in our souls and speaks to our hearts. Sometimes when we don't have time to listen, He has to throw a brick at us. It's our choice to listen or not.

Do not wait for the brick to hit you in the area of health...

... Or sex !!! Intimate communion with another is one of the greatest joys on this earth. When two people melt together as one during sex there is no better feeling. Unfortunately, many of us or, let me be bold and say most of us, have suppressed our sexual energies because of hurt that was caused by another or pain from our childhood. We shut down, we close our heart, and most of us do not even know we

are doing it. We are unconscious about what's happening just as we are unconscious of how we compromise our health by poor eating habits. It's probably easier to see how others shut down than to recognize it in yourself.

Keep your head up today and look at people in the eyes and then tell me what you see. In my view, many people are shut down. If you have been suppressing your pain, hurt, sadness, happiness, or love for years or decades, it will not be easy at first to feel again, and it might not feel very good. But it will get easier, as you start to feel and let yourself feel more.

Let's look at a child again. A child is fully self-expressed, full of love, accepting of everything, and uninhibited. Consider that this is our natural state and the state we should always be in, as children and as adults: Fully self-expressed, loving, accepting, and uninhibited.

As adults we are rarely in this state. **CONSIDER THAT THIS IS A WARNING SIGN!!** Let's focus on love. Consider that when we are not being loving, it is unnatural. Love is a natural expression of who we are. And we do not have to go looking for love; it is where we come from.

Sex opens us to love. In this book I explore ways of using sex to deepen love, for our partner, for all of life. Sex is where we came from. We are a result of our parent's lovemaking. In the area of sex, becoming body aware or "sex fit" is a way to becoming more healthy.

I say discovering your sexual energy, letting it out, taking the lid off and feeling your emotions is the way to increase your energy and vitality that will make getting fit be a way of life.

SEX IS NATURAL and INDISPENSABLE TO HUMAN HEALTH and LONGEVITY !!SEX IS AS FUNDAMENTAL TO HUMAN LIFE AS EATING, DRINKING WATER & SLEEPING!!

Parents rarely talk in depth to their kids about sex. In America silence about sex has been passed down for generations. This book is for you who want to start talking about sex and stop denying your sexuality.

To bring your sex life to new levels, you must be willing to go through the dark before you see the light. The dark can be many things. It can be past abuses, fears, a horrific first sexual experience in the back seat of a car, it could be you mom saying, "do not masturbate, you will go blind", etc, etc. Fill in your blank _____. Consider that your lover telling you something like, "we do not spend enough time together" is a warning sign. He or she is saying to you: **WAKE UP and FEEL ME!!! WHEN YOU ARE WITH ME, LOOK AT ME!!!**

Do you notice when you hold back, when you let fear stop you and you are not living a life you cherish? Sometimes problems with a loved one are a wake-up call, like pain or illness in your body.

Most of us have been desensitized by hurt and pain, poor quality food, lack of exercise and bad habits. Most of us do not feel our own emotions, our own energy, and our own heartbeat. We have put up walls to protect ourselves from rejection, more pain, more hurt, more sadness, and other emotional trauma. For me personally, I experienced much rejection in my life and it has left me insecure and fearful of more rejection. To compensate for that, as an adult I over-identify with the material world, including money and romantic relationships. I rate myself on how much money I have and whether I am in a romantic relationship. In business I have been under-bidding jobs for years, so the client will not reject me. But I'm beginning to realize that who I am is separate from the deal. The client says no to the deal and not to me. Identifying with the physical world has kept me from discovering my inner self. I am in the process of balancing this issue for myself.

Our addictions keep us from experiencing the now. Identifying with material, outer circumstances, using prescription drugs, illegal drugs, cigarettes, alcohol, and junk food are a few common addictions. But higher states of being become available once we fully experience our deepest and darkest emotions. In this book I will guide you through calling up your bad experiences so you can feel and can release them. If you want love, self-expression, power, and freedom, you must be willing to experience the opposite. Many of us do not accept our anxiousness, depression, hyperactivity, sadness, hurt and pain, so we numb those feelings with addictions mentioned above.

In my view, food has a bigger effect on us than most of us think. I am clear that processed food has a lot to do with the increase in sickness; it has a lot to do with depression, it has a lot to do with thoughts of suicide, it has a lot to do with hyperactivity in kids, and so on. Diet is a great place to start looking at ourselves. There are tens of thousands of chemicals in processed food. I advocate a transition to eating natural and whole foods combined with opening our hearts to our own emotions, experiences, and to sex and love.

Disclaimer:

There are “how to’s” in this book. I will guide you on What to Eat, How to Eat, When to Eat, Exercise, and How to Combine Your Foods. Most of the time we use our brain to venture into new programs; this book will encourage you to let your belly and heart make the decisions.

Please be advised that I am not a medical doctor or certified nutritionist and everything I say in this book is simply my opinion and my experience. I am not making an attempt to prescribe any medical treatment, since under the laws of the United States of America only a licensed medical doctor can do so. This book is written from my opinions, my thoughts, my experiences, and my own conclusions. You are responsible if you choose to do anything based on what you read.

There are over six billion people in this world with six billion different DNA and genetic make-ups and six billion personalities, so there is no “one answer” for anyone, anything, or any question. The best answers grow from self-discovery. I believe that you are wise enough to know what is good for you. You know there are new ways of eating that will lift you out of your health blahs and that will bring you into higher states of well being. You are wise enough to know that there are new ways of loving that will lift you out of the bedroom blahs and bring you to higher state of pleasure and intimacy.

Let my book help you where it can. Don’t worry about figuring it out or understanding it mentally. Read and see with your heart, with your gut. Consider that we exist only in the moment. If you knew there was no tomorrow, how would you be today? Start living life full out now.

Chapter 1. It Does Not Cost a Thing to Get Fit

***“Sometimes one pays most for the things one gets for nothing.”
— Albert Einstein***

It does not cost a thing to get fit — period. Do not listen to all the sales pitches. If you are spending money to get fit, you are probably using logic to get fit and could be getting frustrated. Actually, this book will save you money if you practice the fundamentals I discuss. For example, what you eat is fundamental to getting fit. A great place for anyone to start to getting fit is by eating higher quality foods.

I say there is no need to join a gym. There are many forms of exercise that can be done in your home or outdoors. Walking, stretching, rebounding, doing push ups, sit ups, yoga, mat work and jumping rope are a few workouts that require little or no money, and no gym.

Now, if you love being in the gym and it turns you on, join the gym. I love the gym, but I recommend not signing up on a monthly auto withdrawal payment plan. After signing up, many people do not go, and they think about not going. I pay by the day, so when I do not go it's not on my mind. So when I decide to rollerblade instead, it is not on my mind. So if I decide to work out with my lover at her house, it is not on my mind. Fill in the blank here. “When I decide to _____ instead of the gym, it is not on my mind or if I never go back it is not on my mind.”

To get fit, you must feel what works for you. Do not listen to what I say — please. Try it on and check it out for yourself. Does it feel good? Does it make you want to give more in life? Does it make you want to give more to your loved one? Does it open your heart to love? Does it pop you out of bed at sunrise? Does it make you want to be with people more? Add your dream here_____. Does it_____? Does it rock your life?

Many times in this book I will encourage you to let your own wisdom guide you. You are wise enough to know that there are new ways of eating that will lift you out of your health blahs and that will bring you into higher states of well being. You are wise enough to know there are new ways of loving that will lift you out of the bedroom blahs and bring you & your lover to higher states of sensual pleasure and intimacy.

I do not want to repeat what others have said in my writings. There are so many great authors and teachers in the world today. The Internet has provided a wealth of information in the area of health and fitness. On any day you can go to the book store that has a café and glance through a book on love, sex, exercise, breathing, yoga, pH balance, or whole foods and walk away with a wealth of information that you can use to reach higher states of living. Use the information you get — live it and experience it. Notice if it brings ease, happiness, peace, love, or excitement. If it does bring new experiences to your life, keep putting this information to use; if it does not, then read something else.

Do not disagree or agree with what you read. To me that is torture. Experience it. Feel it. Try not to understand it. Breathe deep and slow down when learning or reading something new. Get out of your mind and into the brilliance and clarity of the moment.

Simple focus can do more for us than expensive programs and sports clubs. Consumer debt is at the highest level in US history, as per the rate of personal bankruptcies. We are literally buying ourselves into financial holes too large for many of us to crawl out of.

Maybe it's time to curb those shopping binges! Get off the consumer treadmill and be content with what you have. Appreciate the ways things are right now in your life. There is nothing lacking in your life. There is nothing more you need to live a joyous life. Try slowing down, breathing deep and feeling gratitude for what you already have. Appreciate, Appreciate, Appreciate !!! Do it right now. Stop what you are doing and breathe deep into the belly through your nose. Close your eyes and think about the wonderful things you have experienced recently.

If your happiness depends on money or material possessions you will never be happy. If you look for others for fulfillment, you will never truly be fulfilled. A magical life starts with yourself; never focus on your partner, lover, parent, friend, or outside circumstances — even money — as the source of your dissatisfaction and disharmony. Be kind, loving, and respectful to yourself and others.

To get fit you need these four things: your own body, exactly as it is right now, clean water, sunshine and whole foods. YOU DO NOT NEED ANYTHING ELSE!! If you have a positive self-image, you will look good in a ripped t shirt because your confidence will create a radiance that people will notice and appreciate and you will appreciate yourself.

Giving thanks for what we have in our lives allows us to register deep inside that we have enough right now. Gratitude allows us to feel emotionally full. If we do not practice gratitude it is easy to over-consume food and possessions because we have not registered that we already have what we need.

Feel gratitude and then bring it to the next level. That includes improving your body, your self-image and getting in touch with the joy inside you. Remember that being content right now does not mean sit around and be lazy. There is stuff to do, so go rock life in the moment and appreciate what you have while rockin'. There is no place to get; you already made it.

Chapter 2. If It Feels Good Do It, If It Does Not Feel Good Do Not Do It!

Suffering is optional.

There are many different aspects of getting fit and it is up to you to choose which one is most important to you and where you want to start. Everyone has a different view on what's most important to him or her. I say, you decide. Feel your body and follow its direction. If you have intense energy, you might need to exercise vigorously before the body slows down. If you have a mellow energy, you might need to visualize exercise before you can start. Everyone is different. Everyone starts at a different place. In this chapter I will talk about a few aspects of exercise, meditation, and sex, as beginning points of fitness.

Exercise: Do not exercise yourself into a state of exhaustion, but do exercise your heart daily for a few minutes up to an hour everyday. When you do any form of aerobic exercise, fresh oxygenated blood reaches all areas of the body and this will help your body operate efficiently. The idea is to do something everyday that will make you breathe deep and sweat. The last chapter will give you some tips on couple workouts that will stimulate you and your partner. In Chapter 18, Exercise – Do What Feels Good, I will talk about the benefits of exercise and focus on rebounding. Rebounding is a fun and easy way to get fit and in my view will stimulate your immune system, which is a great place to start your journey to living life full out.

Deep breathing, walking, stretching, yoga, rebounding, and gardening are all forms of exercise. Perform exercise that makes you feel good and does not feel like a burden. Actually, to me what's more important than exercise is generating the energy that makes exercise natural and not something you have to do. This will also be addressed in later chapters.

Wanting to move the body, what we call "exercise," should happen naturally when your body is healthy. If there is no form of physical exercise that you like, then I say your emotions may be suppressed and your body could be sick. As you read this book and start to discover yourself and your body, this will change.

Breathing: Right now breathe deep into your belly, expand it, and then breathe out through your nose. Do this 20 times and repeat it throughout the day. Congratulations! You are exercising. Notice how it makes your body feel. Notice whether you can feel your heart beat. Do you notice any physical feeling – shaking or vibrations? Also notice when you are not breathing deep.

Before making decisions, breathe deeply into your belly and feel what is right. There are more cells in our belly and heart than in our head. The well-known expression, "Go with your gut," was not said by accident. Our guts help us make the best decisions.

Meditation: For some of us, meditation has a mystical aura about it. I want to get rid of the mystical aura.

Meditation is neither a technique nor something that needs to be attained. It is nothing more than you experiencing your body in a quiet state.

Meditation or, let me say, experiencing your body in a quiet state, can be attained by walking on the cracks or in between the cracks of the sidewalk (my favorite). It can be walking on the line at the edge of the road. It can be staring at the same spot anywhere and any time. It can be deep breathing while lying down before you sleep. It can be the classical yoga crossed-leg meditation. There is nothing mystical about it. Your mind does not even have to get quiet. It does not even have to be quiet around you; you can meditate in a loud room. The effect of your meditation is private and will be felt only by you.

For me, I like to slow my body down at the end or in the middle of the day or week. When I finally stop and feel my body, it is often vibrating at a very fast pace. I feel my heart beat and I feel my legs pulsing in sync with my heart. Most of the time while I sit quietly I think about something I need to do and I get up to do it. "Oh S@%*. I forgot to call..., Oh s@&*, I have to go to the bank before they close!" That is my meditation sometimes, remembering what I forgot to do. There is no right, no wrong way to meditate. Just feel your body a couple of times a week.

Sex: Whether you are alone or in a relationship, your emotional & sexual bliss require a daily allotment of whole body pleasure and love, or else it will shrivel up like an unwatered plant. Meditation, sex, and exercise are ways to experience this bliss.

Most of us have at least one form of physical exercise that we like. Sex is exercise - especially if it is good sex, two-hour sex, and conscious sex — did I get your attention? Great sex is understood not by its capacity to fulfill our fantasies, but rather its ability to so deeply absorb us that thinking is forgotten and we feel the perfection of ourselves, our partner and of life. This could be the single most important way to feel connected to your partner, yourself, and life. Great sex will also increase your energy.

For women, orgasm and multi-orgasms increases energy, so Ladies, come a lot — with a partner or alone. For men, orgasm without ejaculation can increase your energy, vitality and immunity, while too many ejaculations may decrease your energy, vitality and immunity. It takes a lot of your energy to fill your sperm reserve back up. After I ejaculate I get tired and I want to sleep. I notice that my energy seems lower for up to two days. The testicles typically produce 50,000 new sperm every minute of every day beginning at puberty until the man is seventy years old or older. Following ejaculation, the sperm reserves are quickly replenished to stabilized levels but frequent ejaculations can deplete reserves. A forty-eight hour abstinence period is typically sufficient to restore sperm reserves.

Experiment with orgasm without ejaculation and ejaculation, with a partner or alone. See if sacrificing short-term ejaculation will bring you long-term benefits of health and energy.

American culture is a little over 200 years old. We are very young compared to other cultures. We are very young sexually. Taoism is a major Chinese religion that is over 2000 years old. The Taoists regard sex to be natural and indispensable to human health and longevity. They live in a society that is free of sexual repression. To them, sex is as fundamental to human life as are eating and sleeping. The Taoists believe that when a man ejaculates every time he has intercourse, this habit robs him of his primary source of health, vitality, and immunity. This leaves him weak and vulnerable to disease and shortens his life span.

If I have to wait 1800 more years for our country to mature sexually I am going to be dead. So I'll learn from an older culture and go with the Taoists on this one. Men, let's keep our semen in sometimes!!

Chapter 3. Consider That We Use Only 1/1000 of Our Potential

“Life’s journey is not to arrive at the grave safely in a well preserved body, but rather to skid in sideways totally worn out shouting, ‘What a Ride!’” — Mayris Leyrer

There are over three trillion cells in the body and millions of bio-chemical processes that happen in the body every minute. Although we have made significant medical progress in the last two decades, we are very far from understanding the body completely.

We have all been influenced by products and by people that say they have an answer about our well-being. They may provide guidelines, but they can’t give us exact answers. Everyone on this planet has a different DNA and genetic make-up: Six billion people mean six billion different genetic make-ups. No one thing applies to all. I’m not doing the scientific research for you or me, but here are a few things I’ve observed:

I shake my head and say to myself, “What are we thinking about?” when I hear about the amount of prescription drugs people take. The stats are staggering. The increases in sales of prescription drugs in the last 20 years are mind-boggling. I cannot imagine that the medical community is destroying people’s lives on purpose. I cannot believe that we believe, without question, what a person has to say because he or she is a medical doctor. Here are some stats:
Use of antidepressants increases about 10% per year among children.
Over 6% of US girls ages 15 to 18 are taking antidepressants.
Over 4% of US boys ages 15 to 18 are taking antidepressants.

Here is a partial article from the Washington Post:

FDA Seeks Warnings On Anti-Depressants

By SHANKAR VEDANTAM The Washington Post
Published: Mar 23, 2004

WASHINGTON - The Food and Drug Administration urged drug makers to put new warning labels on popular antidepressant medications alerting doctors and consumers to watch for suicidal tendencies, hostility, and agitation in patients taking the drugs.

The agency's action focuses on 10 antidepressant drugs in all and follows a warning by the British government last year advising physicians not to prescribe most widely used antidepressants to children.

Please note that it says, watch for suicidal tendencies, hostility and agitation. Wake up, America!! Do you think that this has anything to do with the increase in

violence in high schools?

Before taking prescription drugs, consider a different view. Here's my view, based on my studies and experience.

My view lies in making good use of the 12 Wonders in Chapter 14. I do not know which ones are the most important and I'll give you my top 5 in no particular order.

1) **EAT WHOLE, NON-PROCESSED FOODS.** What we put in our mouth has a greater affect on us than we think. The less processed and cleaner the food, the better we feel. The foods we eat affect us emotionally as well as physically. We would stop taking anti depressant prescription drugs if we had an abundance of energy and peacefulness in our lives. The way you have peace in your life is accepting exactly where you are in life and exactly what you are feeling. Life is a like a roller coaster ride. It is not better on the top, middle, or bottom. It is perfect when you accept where you are in the ride.

2) **ENJOY GREAT SEX.** Great sex has an ability to so deeply absorb us that thinking is forgotten and we feel the perfection of ourselves, our partner and of life. Intimate communion with another is one of the greatest joys on this earth. When two people come together as one during sex their presents together can melt fear & hurt. This could be the single most important way to feel connected to your partner, yourself, and life.

3) **EXERCISE.** Exercise will cleanse the body, increase & generate feel-good hormones and make us feel good about ourselves.

4) **THINK POSITIVE.** Positive thoughts can heal the body. Consider that negative thoughts are like poisonous chemicals that makes the body toxic. Negative thoughts block our energy from flowing freely. This is why so many people are tired.

5) **DRINK WATER.** The earth is 70% water; the body is 70% water, so let's consider that your physical and emotional health is 70% based on keeping the body hydrated. Drink lots of water and eat foods that have high contents of water – fruits and vegetables.

Instead of prescription drugs, I am going with my instincts and common sense. Let's look to some positive, natural models and consider some sobering facts:

1) Bonobos is a great ape, closest to humans of all the great apes, even a chimpanzee, sharing about 99% the same DNA. Wild bonobos are happy, pleasure-loving creatures whose lifestyle is dictated by instinct and Mother Nature. They are very healthy and live long lives, dying from old age, accidents, or predators. There is no evidence of degenerative disease like there is with their human relatives. Instinct is responsible for their diets instead of social custom and food manufacturers. Their diet is predominantly raw, wild and plant based: fruits, vegetables, nuts, and seeds. Living bodies require living foods, not processed, over-

cooked foods. We are the only species that cooks the life out of our foods. Wild cats and wild dogs are never overweight. Cats and dogs get fat when they come to live with us and we feed them cooked and processed foods.

2) Plant life grows incredibly with just sun and water. Every time I eat a fig from the trees on my property, I get amazed. Water and sun create extraordinary things. Imagine what it can do for your body. When a plant does not get enough sun and water, it dies.

3) Pasteurized dairy product consumption and osteoporosis have increased proportionately. All foods except vegetables and some fruits and nuts are acidic. When the body is acidic, it will leach calcium from the bones, which in turn makes them brittle.

4) Cancer rates have increased in proportion to the increase in processed foods, medical care, and knowledge.

My two favorites are the bonobos and plant life. How about really getting into feeling your body? It's not easy, but either is spending decades of your life figuring out all the scientific evidence and what will work for you.

Declaration of Independence, in part:

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.

You have a right to be fit, sexed, and happy.

Get out there, get real, and rock. Get in touch with your forces and the forces that keep you in a box and unsure of yourself and walk through the fire to a life you love and live full out everyday.

Let me end this chapter with a few quotes from Albert Einstein.

"If we knew what it was we were doing, it would not be called research, would it?"
— Albert Einstein

"I want to know how God created this world. I am not interested in this or that phenomenon, in the spectrum of this or that element. I want to know His thoughts; the rest are details." — Albert Einstein

"Teaching should be such that what is offered is perceived as a valuable gift and not as a hard duty." — Albert Einstein

"Imagination is more important than knowledge." — Albert Einstein

Chapter 4. Can Your Thoughts Heal Your Body?

“The thoughts we choose to think are the tools we use to paint the canvas of our lives.” — Louise L. Hay

It has been scientifically proven that our thoughts bring about chemical changes in the body. Positive thoughts and positive affirmations bring about chemical changes in the body that makes us feel good. Negative thoughts bring about chemical changes in the body that makes us feel bad. The thoughts we think will make us well or sick. The thoughts we think will attract negative or positive people and events into our lives. The thoughts we think will keep us sexed or unsexed. The thoughts we think will keep us rich or poor. The thoughts we think will keep us fit or unfit.

Louise Hay is well versed on the impact of thoughts on our health and well-being. In her book, *You Can Heal Your Life*, which was published in 1984, Louise explains how our beliefs and ideas about ourselves are often the cause of our emotional problems and physical maladies and how, by using certain tools, we can change our thinking and our lives for the better. I am a believer of this and I have not mastered it. When I'm upset with myself I kick myself for a couple of days and that little voice in my head rambles. The rambling is usually negative and affects my entire life negatively.

So I wonder, “What is it going to take to quiet my rambling, negative mind and heal my body? How can I think positively in a natural way?” Is it discipline? Must I sit quietly for an hour a day? Must I exercise consistently for an hour a day? Are the foods we eat affecting our physical, emotional and spiritual state? Does anybody have the complete picture?

Taking it out of books and into our lives is challenging.

Today there are so many great therapists and healers that write books, fill the airwaves with their messages, and give workshops and yet — disease is all around us. Modern medicine has made great strides, yet more people are stressed out than ever. When I do the math, something's still missing. How damaged are we? Can one negative incident when we were young stay with us for our entire life and negatively affect the way we live? Do we really understand the mind and subconscious mind? Is there a cure-all for health? Can there ever be balance?

I want to say more about negative thoughts. Here is one way to consider these questions: Physicists agree that everything in our world is energy, including our bodies. If you rub your hands together rapidly for a few moments, then separate them two inches apart, you can feel the energy flowing between your palms. For hundreds of years, Chinese and Indian medicine has been using imaginary energy centers in the body known as chakras to enhance health.

Chakras align along an imaginary axis through the core of our body, from the bottom of our pelvis to the top of our head. Chakras are not physical entities but subtle energy fields associated with different qualities. If you could see them, they

would look like seven spinning wheels of energy force at different points in the body. An understanding of your own chakra energy forces can help you understand how important the flow of energy is in your body and how negative thinking can cause energy blocks, which will make you think and feel negatively.

Below is a list of the seven chakras and the energy quality related to each. Since these are imaginary energy fields, you need to use your imagination when working with these chakras. Do not try to understand them, feel your way, and breathe your way through this section.

Your seven chakras run in a straight line from the base of your pelvis to the top center of your head. Chakra 1 is the base chakra and is located at the base of the pelvis. Chakra 2 is the sex chakra and is located in your genital area. Chakra 3 is your Solar plexus chakra, located in your solar plexus. Chakra 4 is your heart chakra, located in your heart. Chakra 5 is your throat chakra and is located in your throat. Chakra 6 is the third eye, located in your forehead. Chakra 7 is your crown chakra and is located right above your head.

Each chakra expresses a different spiritual and emotional issue. These issues can be positive or negative in your life. Below is a list of the chakras and the possibly negative or positive thoughts associated with them:

- 1) Base chakra – Security – Do you feel insecure, needy, or helpless? Or safe, secure or grounded?
- 2) Sex chakra – Energy - Do you feel undesirable and inhibited? Or sexy and alive?
- 3) Solar plexus chakra – Power - Do you feel weak, threatened, or powerless? Or confident and worthy?
- 4) Heart chakra – Love – Do you feel unloved or abandoned? Or loving and compassionate?
- 5) Throat chakra – Expression – Do you feel unheard, misunderstood or passive? Or expressive and truthful?
- 6) Third eye – Vision – Do you feel unclear, unauthentic or confused? Or inspired and intuitive?
- 7) Crown chakra – Enlightenment – Do you feel spiritually void and disconnected? Or enlightened and blissful?

If you relate to any negative issues, then you may have physically or emotionally blocked energy on that chakra. There are many ways to unblock your energy and to transform negative thinking into positive. I trust you can find the ways that make you feel best, unblock you, and increase your energy, though it may take time, patience, and experimentation.

For me, what works to unblock my energy physically is massage and vigorous exercise. What works best to unblock emotional energy is sitting quietly, picking an issue, getting in touch with any negative emotions associated with the issue and feeling the emotion. There is nothing I do; I just feel the emotion and stay with it. I see what it is and how it moves or if it moves in my body.

For example, pain for me shows up as a black ball in the center of my chest. It puts pressure on my chest and makes me want to curl up in a ball. At other times, if I feel sad, I cry. If I feel angry, I work out vigorously. If I feel humiliated, I curl up in a ball and tighten my muscles. Let the emotion penetrate you to the core. If you can really feel your sadness, then you can start to experience your joy. If you can feel your hate, then you can love more. If you can experience your anger then you can feel your excitement more. If you can feel your vulnerability, then you can be more courageous.

When you do not let your body feel you will suppress your emotions with substances that numb your feelings. Most addictions numb many feelings and the feelings I've listed below may or may not apply to you. The negative affects are so many I can not discuss all of them here and I think you will get the picture with the short descriptions. I have not included every addiction, but consider any addiction may numb and suppress a sensitive emotion – and that lives are ruined by substances that numb.

Alcohol and drugs suppresses fear and hurt!! That is why they call it “a shot of courage.”

Smoking cigarettes and marijuana suppresses anger!! Smoke irritates the lungs and the body's response is to relax. Also, the slow, deep inhale relaxes the smoker. Ironically, smoking is the only time many smokers breathe deep.

Food and overeating suppresses many feelings — being unloved, undesirable and disconnected, to name a few.

Gambling suppresses insecurity, inhibitions, and a sense of powerlessness. When you hit the jackpot, you are on top of the world and have power, freedom, and full self-expression for a few days ... or moments.

Here's a tip: Before you engage in any addictive behavior, take a deep breathe and ask yourself, “Is this the best way I can experience my life right now?” That question alone may begin to heal your body.

Even when it hurts, let yourself experience what you are experiencing. Be totally at ease and self- expressed at all times. If you are feeling blue, then let yourself be blue. If you are feeling sad, then be sad. Many times, our family, mentors, or friends tell us not to be sad, angry, upset, fill in your blank _____. Culturally and socially, many of us have been so emotionally suppressed that we simply do not know how to feel.

Many of us have learned low self-esteem and develop poor body images because we were told negative things about ourselves, told to stop doing this and stop doing that. Our sexual feelings and sexual energies have been suppressed. Still, you can experience anything you want — starting now. Experience the moment most fully and feel. Feel as often as you can. Gradually pain will break into pleasure and appreciation. Your energy will increase and joy will increase.

But give this time and do not rush it, do not give up! Obstacles to healing and transformation will arise. Keep in mind, for example, that the ego is not going to let you off easily. By ego I mean the false self that has no interest in you being blissful and thrives when you are resigned, cynical, complaining and whining. Then there's raw pain from the past, caused by a parent you loved so dearly as a child. Can we ever shed that betrayal? Maybe we always have to process certain feelings and forgive a hurtful parent, maybe even daily. Can we ever get over the humiliation we felt when other kids terrorized us? Maybe we always have to feel and release and maybe love has to be present for you to experience the moment most fully? So what do you do?

Expect a de-tox period when you first start to feel and to understand your negative thinking. It can last for days, weeks, or years. It might never completely go away, but it will subside and on the other side of the fence is joy and bliss.

One more thing! I'll say this often in this book because I feel this is a key factor to having a great life. Get out of your head and into your body several minutes a day. Start right now. Breathe deep into the belly as you read this book. When you exercise, deep breathing happens naturally. Rigorous exercise and deep breathing during sex will help you move your energies around and will help unblock any blocked energies.

Also, feel your cat's purring, your dog's tail wagging, your lover's heart beat. Add to feeling, experiencing all your senses, be aware of the smells around you, taste your food. Notice your mind racing, if it is. Notice how much you fidget.

Experience emotional ecstasy, excitement, and bliss!

Experience the unimaginable.

Chapter 5. Life Begins Today — Put the Past Behind You

***“You do not have to go looking for love when it is where you come from.”
—Werner Erhard***

It's our habit to look at the world through our past and our acquired knowledge. The good news is that our past and our acquired knowledge need not determine who we are today. We can be and do whatever we want regardless of our past and regardless of what we know or do not know. There are many ways to tap into this freedom. One way to do this is through play. Other ways are through sex, breathing, love, visualization, and fitness. It can be done instantaneously in the clarity of the moment.

A rule of thumb is that when the past is understood as having happened before but not dictating our present or future, we have freedom and clarity to live our lives today regardless of what's happened before. Many people spend decades in traditional therapy to handle their pasts. There have been many great books written and great programs created to address the problem of past-shaped behavior and attitudes. In my 30s, traditional therapy made a difference, reading John Bradshaw's *Healing the Wounded Inner Child* made a difference, among other things. In my opinion psychotherapy makes a difference, but is not necessary. In the moment, whether or not you have undergone therapy, you can experience your past and feel the emotions that it brings up. Try this. Be with the feelings until they move through you. Do not run away or suppress the emotions, experience them fully in your body. Another way that I transcend my past is to give out that which I did not receive as a child. I did not receive a lot of touch from my parents, so today I touch my lover all the time.

In my view, our past thoughts and pains may never go away, but if we can experience the emotions that we never allowed ourselves to feel and release them, our pains will diminish dramatically. Remember, they are a part of us. Embrace them, but do not let them stop you from living full out now. Embrace all your great moments and all of your horrible moments. Do not resist them! Mother Theresa said, “I have found the paradox that if I love until it hurts, then there is no hurt, but only more love.”

Before spending weeks, months, years or decades in therapy, try deep breathing – I say one of the keys to a great life is deep breathing. Get out of your head and into your body several times a day. Deep breathing in sex and exercise can help cleanse your past. Stretch your chest, open it up, breath deep, and let the past go where it wants.

Get in touch with your hurt, pain, anger, sadness and other emotions. When I let myself feel the pain, then I can feel the love. If I let myself feel the sadness, then I can feel the joy. If I can let myself feel blue, then I can let myself feel bliss. If I can get in touch with darkness parts of myself, then I can experience the light and the love of myself and life. Get in touch with the deep, dark, nasty side of yourself and life and do not deny it. There are a bunch of you goody two shoes out there. Stop

pretending. You have a dark side too. When we pretend there is no dark, the light and love are compromised. I call it emotional opposites: There will always be situations in your life that cause pain, sadness and hurt even if they began happily. The end of a relationship, loss of a loved one, personal and business financial hardships are some examples in a list that goes on and on. Many of us medicate ourselves when this happens. We break up with a lover and might cling to another. Or we numb ourselves with booze or prescription drugs whose side effects include: nausea, constipation, rectal bleeding. Give me a break. Do you think that is a form of not feeling the pain? I'm going with the bonobos on this one. Instinct !!

Try accepting exactly what is. When you are feeling blue, let yourself feel blue. When you are feeling sad, let your self feel sad. When you are feeling happy, let your self feel happy. Situations & feelings are exactly the way they supposed to be.

Breathe, Feel, Love, Just be in the moment. Life will go the way it is suppose to go. At first glance, it seems paradoxical. For me, Living in the moment seems paradoxical. If I live totally in the moment, then something that happened 5 minutes ago should not be taken into account? I ask myself the question, "How do I learn form my mistakes?" Years of practice, which I have not completed yet. It's not practice like work. It's practice like being spontaneous. I feel if I am totally self expressed all the time then I will not be left with thoughts of I should of, I could of. For me it's a work in progress. I'm guessing that few people ever totally master being in the moment. I am working on finding middle ground. In my last break up with a loved one I felt my pain, sadness and hurt for weeks. She was on my mind all the time — 24/7. I said to myself, since my mind is always going to be filled with something, I should fill it with life-altering inspiration. So, I am writing this book finally, and I am dating. Throughout my doings, I try to practice being conscious all the time. I focus on being alert, present when I are talking to someone or listening to someone. I breathe and feel myself and them, right now.

Chapter 6. Is There Positive and Negative in Your Life?

“Life begins to end when we are silent about the things that matter.” — Martin Luther King

Here is a philosophical question that you can ask yourself:

“If I died tomorrow would I be satisfied with my life?”

Does this question alone pop you out of bed and jumpstart your motivation to accomplish what you want? I hope so. If not, inquire into other questions, such as: Do you really want to give everything you have to life? Why bother?

I’m real clear that this book will make a difference in the lives of many people.

Then why did I take five years to begin writing? I wrote it in three months when I finally started. Could my long delay have been due to fear? Resignation? Cynicism? Did I doubt that I would really make a difference in the world?

What put me in action were several of the men in my men’s group telling me that I have something to say. “So say it!” they urged me. You would not be reading these words if this project were solely in my hands. I had gotten into the habit of silence. One of my favorite quotes from Martin Luther King is: “Life begins to end when we are silent the things that matter.”

I was being silent about a subject that mattered to me. Was that draining my energy? When we hold back communication is our energy drained? Will I ever know?

I do know this: Giving everything we have, win or lose, will increase our energy. After a break up with one of my ex-girlfriends, I decided that I wanted her back. For three weeks I pursued her in different ways: I called, gave gifts, expressed my love in fun ways, pleaded and begged... all to no avail. She did not want me back. But during my pursuit I felt so alive. My body was alive and I was alive. I was playing with her, having fun. She kept resisting me, but the feeling in my body was amazing. I was so in the moment and alive. I attribute it to playing full out -- win or lose.

This can happen in any area of life. In order to win big you have to be willing to lose big. I say the risk, and the aliveness of risking, is worth it. Consider that if you experience the dark, then you can experience the light. If you can experience pain, then you can experience love. If you can experience despair, then you can experience bliss. You have to go deep inside and discover your emotions and then express them.

A lot of life happens through the play of opposite energies. Consider that in order to feel attracted to another person, you’ll sense a negative and a positive, a masculine and a feminine, a yin and a yang force in some kind of interplay. In nature, when there are two positives or two negatives, repulsion happens, as with magnets. The charge is neutralized.

Were you ever digging a loved one and then weeks, months or years later you were no longer attracted, or maybe even repulsed? Large numbers of couples no longer sleep together. Or, if they do, it is not satisfying for one or both partners. This is because they have lost their polarity charge and the forces are neutralized.

In heterosexual or gay couples, it does not matter which partner embodies the negative charge and who embodies the positive. What's important is that there are two poles — masculine and feminine. Most men have a masculine essence and most women have a feminine essence, but this is not a rule.

Let me say more about Yin and Yang. Yin represents the feminine or feminine energy and the Yang represents the masculine or the male energy. Yang is fatherly, penetrating, and logical. Yin is the feminine force of the earth and the mother, receptive and nurturing. Yang is quick to fire, whereas Yin is slow to heat. Think of how similar this is to the typical sexual response cycle of men and women. He is always so ready for sex, hopefully, and she needs more romance to get in the mood. In fact men only need three minutes to get excited, whereas it takes women fifteen minutes to reach equivalent arousal — although this ratio changes a bit with age, when women become more easily aroused and men slow down.

I've made the mistake in my past relationships of encouraging my lover to have a career that will afford us a good retirement. What I realize now is that for me that was nonsense. My girl does not have to have a career. I am the breadwinner and when I'm not being that, I must get in together. This is the case for me because I have a masculine essence. My past relationships at times lacked the passion that I desire in my life. True and rich arousal takes time. In the past my lovers complained that we did not spend enough time together. I am real clear now that what they really meant to say is that, when we spend time together they did not feel me with them. I did not look deep into my lover's eyes and feel her. I was unconscious most of the time, doing my stuff, going over my own thoughts and business. I did not fill her with my love. Consider the sentence, "We do not spend enough time together" to be a warning sign. The warning is, "Wake up and feel me" and "Look into my eyes and love me." This has nothing to do with how much time you spend together. It has to do with the quality of time you spend together.

I can only share the male perspective and I cannot share the female perspective, but I will share another one of my love experiences. There was a time that one of my lovers pulled away when I was kissing her. I questioned her and she told me, "I did not realize I was doing it." In that moment I felt hurt and held back my love for weeks. I left the bed with a bad feeling in my stomach. Today I am more spontaneous with my feelings. I express my feelings right on the spot and I do not walk away with thoughts of "I should have" or "I could have" more often than not. Learn from my mistakes. Do not withdraw; stay present with your lover and discover together what it is going to take to have bliss in your relationship.

Chapter 7. Do Not Wait for Perfection

“Wisdom tells me I am nothing. Love tells me I am everything. Between the two my life flows.”

—Nisgadatta Maharaj

Many of us, at one time or another, have been stuck in this frame of mind:

“When I finish _____ (fill in the blank) then life will be good.”

Here are some examples:

“When I get married, life will be good.”

“When I retire, life will get good.”

“When I make more money, life will be better.”

What is it going to take to enjoy life now, as it is?

What is it going to take to enjoy life when you are broke?

What is it going to take to enjoy life when you are not in a loving relationship?

What is it going to take to enjoy life when you are overweight?

We all hear and read: “You are whole and complete as you are,” “You are divine right now as you are.” This is true, but given that we all have a negative little voice in our head, it is not that easy to get it. It is hard to take these positive thoughts out of a book and into our lives. I still look in the mirror several times a day checking myself out, making sure I look good. Three months after breaking up with my last lover, I found she was on my mind 24/7, including in my dreams. I do not consider myself dysfunctional, but there is more than one voice in my head. Can the mind ever get quiet? Is it necessary for the mind to get quiet?

My mind was quiet when I went skydiving. I jumped and felt something beautiful that I’ve only experienced a few times in my life. I was one with the world. Is there a less extravagant way to quiet the mind? It was \$185 for three minutes of quiet. I’m still searching, but in the meantime I live life full out. I acknowledge the little voice inside me, but I try not to be fooled by it.

Your adventures do not begin with having or finding the right circumstances. Let’s take the adventure of sexual discovery. Many believe that when they find the right partner, then lovemaking will be wonderful. Even if they have been through a number of such “right partners,” they still want to believe that the next partner might hold the magic. They do not realize that when searching outside themselves, they give up responsibility for their pleasure.

You are the source of your own pleasure. The richness of your life experiences comes from you. No one can give you bliss; it comes from within.

Do not worry about how you are going to look or about being perfect!! When starting an exercise program, a friendship, a sexual relationship, a new job or a new hobby, feel your way through it. Breathe deep and do not listen to fears and biases of the mind. So many people do not start things because they are afraid of what

people will think. Stop doing that; they are going to judge you anyway. Humans are judgment-manufacturers. We judge and rate everything. Even when you are master, at sometime, you will get judged. Do what brings you joy right now.

Do not let what people think stop you. Practice is not necessary first. You should practice to get better, but putting yourself out there and dealing with any feelings that come up is the key.

Gratitude will cure your perfectionism or your fear of doing it right. Perfectionism springs from our own sense of deficiency. We simply do not believe we are good enough as we are in our own humble, human, imperfect state, and therefore must compensate by being Mr. or Ms. Perfect. Because perfectionism is based in our feelings of inadequacy, gratitude will counteract it by tapping us into the experience of abundance. You either come from a perspective of scarcity or abundance and it does not matter what you have. Many rich people feel scarcity and therefore enjoy no happiness in and many poor people feel abundance and have lots of joy in their life. The complainers in life are coming from a place of scarcity and the grateful people come from a place of abundance. Gratitude not only helps us accept that the world is imperfect, but that we are too – and that is OK. Given that, go out and live your life free from the constraints of the past and the little voice in your head.

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.” —A. Einstein

“Boss, everything's simple in the world. How many times must I tell you? So don't go and complicate things!” — Zorba the Greek

Chapter 8. Does Feeling Your Pain Bring On Creativity?

"Be Bold, Be Bold, and everywhere, Be Bold !"

—Herbert Spencer

The two most creative times in my life were August 2005, as I wrote this book, and in March 1999, when I wrote and produced my music CD. Both times came after romantic heartbreak.

I slow down for the first several weeks after a romantic break-up, feel my pain, and take care of myself physically and emotionally. I read books that help me further understand my life. I workout, eat right, meditate, do yoga and spend time alone. During these times my mind races and my thoughts are filled with my ex-girlfriend. I've also found that when I let myself feel my pain I get very creative.

When we meet with pain and crises, as we all do, we still have choices: We can sit on the couch and suppress emotions by eating, or by drinking and drugging, or by fill in the blank, since we all have different vices. Or we can feel our anger, sadness, hurt, fill-in-the-blank emotions and funnel them into a workout program, write a book, paint a picture or clean our homes, do what we have been putting off or what turns us on. I say funnel it into something that will enhance your life or the lives of others.

One of the 12 Wonders I discuss in Chapter 14 is positive thoughts and visualization. Visualization can be many different things to different people. For me it's verbal programming, affirmations that I visualize as I speak them. Here are the ones I use:

I am vital, exercise demonstrates my vitality
I am vital, working demonstrates my vitality
I am courageous, openness demonstrates my courage
I am courageous, risk demonstrates my courage
I am self expressed, responsibility demonstrates my self expression
I am self expressed, folly demonstrates my self expression
I am pure, bathing demonstrates my purity
I am pure; cleaning my house demonstrates my purity
I am abundant, eating demonstrates my abundance
I am abundant, money demonstrates my abundance
I am love, communication demonstrates my love
I am love, generosity demonstrates my love
I am love, understanding demonstrates my love
I am love, caring demonstrates my love
I am love, acceptance demonstrates my love
I am love, patience demonstrates my love

Many times we do things to try to get someplace. Consider that you are already there, that you already made it. There is no place to get. You are already vital: now, exercise to demonstrate that. You are already abundant: now go make cash

to demonstrate that.

Most people are doing it backwards. They do not feel abundant until they make money, and then they feel abundant only sometimes. This can lead to all kinds of pitfalls. We all know rich people that are still working 100 hours a week and do not enjoy their lives. Do they feel abundant? How much money will make you feel abundant? The key is to get that you are already abundant, just as you are. Then, create ways to demonstrate the abundance you already have.

Chapter 9. The paradox of Whole Foods vs Processed Foods

“The right thing to do never requires any clever or surprise scheme; it is always simple and direct.” —Source Unknown

People live longer than they did 50 years ago because of advances in medicine. But here’s the paradox: We live longer, but do we live a better quality of life?

Consider that 50 years ago processed foods were served less than they are now. Consider the important health benefits of eating foods in their original, or close to their original, state. If you have any question about this, one book will convince you that processed foods are a major downfall of modern society. In this book, which was written over 70 years ago, *Nutrition and Physical Degeneration*, Dr. Weston Price made some ground breaking points.

Dr. Price was the dentist who, in the 1930s, studied isolated groups of people living on a traditional diet and compared their health to those living on an American diet that consists primarily of processed foods — sugar, white flour, canned foods, pasteurized milk and devitalized fats and oils. During his extensive travels, Price examined Australian Aborigines and Torres Strait islanders, African tribes, isolated Swiss and Gaelic peoples, Polynesians, Melanesians, New Zealand Maoris, Eskimos, North American Indians, and Peruvians. Among all these isolated populations he noted one recurring theme: when people lived on their native diet of unrefined whole foods they enjoyed excellent health and an almost complete absence of tooth decay.

People of the same racial stock who ate a western diet suffered from rampant tooth decay and degenerative disease; the women often had complications in childbirth.

Price documented his findings with photographs comparing those on a native diet with those who lived near ports or other areas where “modern” foods were sold. Many of these photo portraits are included in the book, and the differences between the two groups are striking. Those eating the traditional diet show clear complexions and excellent facial and jaw structures, while those eating western foods exhibit marked dental and facial deformities.

He found straight teeth, little decay, healthy bodies, and resistance to disease. The further he got away from civilization, the healthier the peoples. He found cultures in which cancer and heart disease were unknown. Also unknown to these cultures was crime. They had no terms for words such as “jail” or “prison.”

Even though Dr. Price noted that the diet varied between different traditional groups, he observed that they all used similar principles to prepare their foods, and this is probably the most important difference between modern processing methods and those of traditional groups. Traditional groups ate their foods in, or close to, the state in which the foods were found. There were no chemical additives, pasteurization, or manufacturing processing. The shift away from a traditional diet is probably the main reason for the increasing rate of degenerative disease and

obesity in American society today.

The diets he uncovered were widely varied, but all of them provided at least four times the amounts of water-soluble vitamins and minerals (especially calcium) and at least ten times the amounts of fat-soluble vitamins as the diets of so-called civilized peoples.

Sadly, Price also discovered that just one generation of separation from these practices brought a host of health problems: narrowed faces, crowded teeth, reduction in immunity, and degenerative disease. Just take a look at the Native Americans today, full of our American foods, to see how nations of great, healthy hunters have degenerated into obese, disease-filled shadows, suffering from heart disease, diabetes, cancer, and alcoholism.

Fifty years after his death, a few seekers within the bastions of the orthodox dental establishment began to look at his work. Dental amalgams and root canals are now being questioned. Holistic Dentistry is on the rise, for as Price discovered, the health of the individual determines the health of one's teeth. **If you have a cavity, it's not because of your toothpaste; it's your diet.** Dr Price advocated a nutrient-dense, whole foods, organic diet till the day he died.

Price called for a return to real food, warning that the widespread consumption of denatured foods would lead to much illness and suffering in Western nations and in developing nations where these foods were becoming ever more readily available. Price's warnings were ignored, and his prophecies fulfilled.

Is this downfall due to capitalism or ignorance? How could it be that we ignore such powerful research? Do you want to take responsibility for your health? Are you willing to listen to the argument for eating whole foods?

Nutrition and Physical Degeneration has to be one of the most important texts ever written on nutrition and is a must-read for anyone who wants to take responsibility for his or her health.

Here is another reason people live longer -- vaccines. Viruses do not wipe out large amounts of people anymore. Yet, the side effects of certain vaccines leave people disabled for life. But let's look into this more closely.

It does not take much research to figure out that something is not right. Below is some information I found in less than a half hour by searching the following: Search = Autism + first cases. Result found on www.educate-yourself.org: Article = The mystery of Autism? A sample of the article:

Autism and the Pertussis vaccine:

The first cases of autism in the United States occurred at a time shortly after the pertussis vaccine became available. When the pertussis vaccine was initially introduced (during the late 1930s), only the rich and educated parents who sought

the very best for their children, and who could afford a private doctor, were in a position to request the newest medical advancements. (Remember how researchers were puzzled by the high incidence of autistic children being born into well-educated and "upper class" families.) However, by the 1960s and 1970s parents all over the country, within every educational and income level, were seeking help for their autistic children. Socioeconomic disparities began to disappear during this period. Today, autism is evenly distributed among all social classes and ethnic groups. Once again this puzzled the researchers. Many simply concluded that earlier studies were flawed. But there is an explanation. Free vaccinations at public health clinics didn't yet exist in the 1940s and 1950s. Compulsory vaccination programs were still on the horizon. And as vaccine programs grew, parents from across the socioeconomic spectrum gained equal access to them. The growing number of children suffering from this new illness directly coincided with the growing popularity of the mandated vaccination programs during these same years. Autistic children were now being discovered within every kind of family, and in dreadfully greater numbers than ever before imagined.

The same correlations between autism and childhood vaccination programs may be found in other countries as well. In Japan, the first autistic child was diagnosed in 1945. When the United States ended the war and occupied Japan, a mandatory vaccination program was established. Hundreds of new cases of autism were being diagnosed annually in Japanese children shortly thereafter. Europe began promoting the pertussis vaccine in the 1950s; the first cases of autism began to appear there in the same decade. In England the pertussis vaccine wasn't promoted on a large scale until the late 1950s. Shortly thereafter, in 1962, the National Society for Autistic Children in Britain was established.

Next I searched: Vaccine reactions + the hidden epidemic. Results I chose were www.909shot.com national vaccine info center. Partial articles enclosed:

Drug Company Lobbyists in Memphis - In January 1996, SmithKline Beecham sent lobbyists to Tennessee and persuaded state legislators to support introduction of a bill in the State House that would mandate that children be fully vaccinated against hepatitis A before being allowed to attend kindergarten, nursery school, daycare or Head Start in counties with "epidemics" of hepatitis A. An epidemic was defined in the bill as 50 cases per 100,000 residents. At this point, SmithKline Beecham was trying to get another license from the FDA to market a high potency hepatitis A vaccine for children between two and 18 years old.

www.909shot.com / national vaccine info center

Giving Mercury to Children on Purpose is Stupid

Eli Lilly- Material Safety Data Sheet-Thimerosal

For the second time in 30 days, President Bush refused to issue an Executive Order on May 27, 2005, that would protect pregnant women and children from vaccines containing levels of mercury that exceed federal safety limits for anyone under 500 pounds.

The National Vaccine Information Center along with Unlocking Autism have created a national advertising campaign to encourage President Bush that taking mercury out of vaccines for children and pregnant women is a good thing to do.

You can see the six print ads on the Unlocking Autism website at www.unlockingautism.org along with three public service announcements that you can launch in your own hometown. Also on the Unlocking Autism website you can find out how to have the ads placed in your area. Some ads have already been placed and will begin appearing the week on June 7, around the country.

I am not a scientist and I am not interested in spending years of my life figuring out what all 3 trillion cells in the body are all about, but I will go with my instincts on this one. Something's not right and I ask: "How come we are not doing more research and have not done more research in the last 60 years to figure out the link between autism and vaccinations?" This question can be asked about other diseases as well.

The answer must be related to ignorance, capitalism, or both!!

Chapter 10. Food Combining and Balancing Your pH

***“The pain of discipline is nothing like the pain of disappointment.”
— Justin Langer***

Whole foods contain nutrients essential for normal metabolic function. Processed foods, microwaved foods, fried foods, and junk foods alter the nutrients in foods and can cause sickness.

Remember that the earth is 70% water and the body is 70% water. Therefore, if we use our instincts, it is probably best to go with Mother Nature on this one. The majority of the foods we eat should be 70% water — fruits and vegetables. When eating concentrated foods — proteins and starches, eat 70% vegetables and 30% protein or starch. The water in fruits and vegetables is essential for carrying nutrients into the body and eliminating toxins from the body.

I advocate food plans that promote overall health and well being and that properly balance body chemistry. One of the most important balances is that of the pH measurement — or, how acidic or alkaline our blood and tissues are. Our pH is measured on a scale from 1 to 14. On that scale 7 is neutral, below 7 is acid, and above 7 is alkaline. The ideal pH is measured at 7.365. You can buy pH sticks at the pharmacy to measure the pH of your saliva and urine.

When our pH is off, our bodies make adjustments to balance it.

For example, we are led to believe that dairy provides calcium to our body. Yet, we cannot absorb or use the calcium in dairy, so we actually do not get our needed calcium from dairy. In addition, dairy is very acid-forming and when we consume too much dairy our acidic body will make adjustments to neutralize itself. One of the ways the body neutralizes itself is by taking the calcium from the bones — since calcium is alkaline — to neutralize its acidic state. Overacidity is a culprit in the dramatic increase in osteoporosis (brittle bones) over the last two decades.

The best and easiest way to maintain a proper pH level is to combine foods correctly in each meal. This chapter includes a food combining chart and I will present an overview of food combining.

When you do not combine your foods well, your body becomes overacidic. Overacidity wreaks havoc on the body and is responsible for most diseases. Our bodies can not tolerate extended acid imbalances. At the beginning, acid imbalances symptoms may include headaches, skin eruptions (acne, eczema, and skin irritations), allergies, colds, flu, sinus problems, indigestion, heartburn, acid reflux and more. If your acid problem gets worse, more serious situations will arise. If the pH gets too acidic, it will corrode body tissue, decrease oxygen levels, and threaten cellular metabolism, which can kill you.

The body will do its best to not let this happen and will pull neutralizing minerals (sodium, potassium, calcium, and magnesium) from bones and other sources to

neutralize the acid, as I described in the diary example. Many other deficiencies will occur in an overly acidic body and chronic symptoms show up when all other possibilities of neutralizing or eliminating acids have been exhausted. First stage chronic symptoms come about when the body throws off acid through the skin. These symptoms include acne, eczema, boils, fever sores, headaches, muscle soreness and swelling and cramps. If overacidity persists, later symptoms include immune system malfunctions, thyroid malfunctions, diabetes, cancer and more.

Cancer and Disease will exist more frequently in an overacidic body. It will not survive, most often in an alkaline body.

Bacteria, candida, parasites, viruses, and yeast live in all of us. I will refer to them as the little guys. Our bodies need them. But these little guys love acid and will multiply excessively when they are fed acid, to a point that can have disastrous consequences. Processed sugar, which creates an acidic environment, is a big culprit here. It adds fuel to the acidic fire. Most diseases, especially chronic and degenerative ones, are caused by overgrowth of bacteria, viruses, candida, and yeast. Women are all too familiar with yeast infections and parents are all too familiar with thrush, which is candida growing in the throat. Other symptoms include athlete's foot, osteoporosis, chronic fatigue, diabetes, cancer, and AIDS. General signs of yeast overgrowth include food cravings, fatigue, intestinal pain, hemorrhoids, depression, hyperactivity, bad breath, ulcers, lack of sex drive, lupus, insomnia, underweight conditions, suicidal tendencies, shakiness and more. I hope you get the picture by now. When these little guys overgrow in our body, havoc is a gentle word.

Bacteria, viruses, parasites, candida, and yeast produce their own waste. The waste deprives the body of oxygen and contributes to the symptoms of allergies. These wastes stress the immune system, so it is constantly stimulated and overworked. The result is nutritional, chemical, and air-borne sensitivities (allergic reactions). If you did not have overgrown yeast and fungus in the body, it would be impossible for you to have allergies.

Fatigue is also caused by an overly acidic body. The little guys ferment sugar in our bodies that would normally be used for energy. Not being able to gain weight is also caused by the little guys fermenting your food. The waste products produce by the little guys reduces the absorption of essential nutrients and minerals, which in turn weakens the body's ability to produce the enzymes and hormones needed for energy. Interference with enzyme production also brings on mood disorders and a variety of behavioral, emotional, and psychological disturbances such as suicidal tendencies, depression, panic attacks, irritability, mood swings, migraines, confusion, dizziness, slurred speech, lack of muscular coordination and PMS. This bacterial interference with enzyme and hormone production may very well be the cause of neurological disorders that include MS, Alzheimers, and more.

Weight gain or keeping on weight is also the result of an overly acidic body. The body creates fat cells to try to protect them, because acid will corrode your organs. That is why your body holds on to the fat. It will not let them go because it is

saving your life. This is why you do not have to count calories when you eat whole foods, particularly vegetables. Vegetables are considered negative calories. Eat them whenever you want and as much as you want. They will neutralize the acids in your body getting rid of fat cells and getting rid of the overgrown bacteria, candida, parasites, viruses and yeast. Better than vegetables is fresh vegetables juices and wheat grass juice. Vegetables, especially raw, are the fountain of youth. No need to look any further.

And of course you know the next topic. If the little guys are messing with your sugar, then you will develop high blood sugar (diabetes) or low blood sugar (hypoglycemia). The waste produced from the little guys overworks the pancreas and liver. The pancreas produces enzymes for digestion and insulin (the hormone that controls blood sugar levels and allows it to enter our cells and produce energy). Pancreatic malfunction leads to diabetes and hypoglycemia.

The good news is that what you eat can solve these problems in a few weeks, if you are willing to follow the guidelines.

For inspiration, here's a quick note about centurians. People that live over a hundred years old have several things in common. They eat lots of vegetables and home made vegetable soups, they are rarely overweight, they eat light, they exercise, they have passions and are grateful for what they have.

Eat 70% alkaline foods (vegetables and some fruits) and 30% acidic foods (everything else, including animal products, grains, legumes, and the stuff you should not eat and drink — junk food, booze, coffee, etc.)

Helpful Hints - How to Better Understand Proper Food Combining

- 1 There are three (3) basic types of food: concentrated foods (proteins and carbohydrates), high water content foods (fruits and vegetables), and fats.
- 2 Proteins are the most complex (concentrated) food and require the most time and energy to digest and assimilate.
- 3 Fruit is the least complex (high water content) food and takes the least amount of time and energy to digest and assimilate. It can be eaten one hour before, but not after any other food. After a meal, you must wait at least six (6) hours before eating more fruit.
- 4 All foods that are eaten have to be broken down into a form of sugar.
- 5 Glucose (sugar) is the brains only food. It cannot burn protein or fat.
- 6 All fruit, except for bananas, dried fruit and avocados, pass directly through the stomach and digest in the intestines.
- 7 Medical science and nutritionists have erroneously classified ALL sugars,

including fruit, as carbohydrates. Fruit may be classified as a carbohydrate, but its makeup is so entirely different that it MUST be thought of as a separate group. It is best to classify fruit as a sugar. The classification of fruit as a carbohydrate and a subsequent consumption of fruit along with proteins and carbohydrates have probably led to more digestive difficulties than any other dietary habit.

- 8 In the digestive system, the process to break down proteins, carbohydrates and fruit are entirely different requiring different secretions. Therefore, to insure the most efficient digestion possible, these three foods should not be consumed simultaneously.
- 9 If protein is eaten with a carbohydrate such as meat and a piece of bread or potato, the different digestive juices in contact with each other will nullify each other's effectiveness. The protein will putrefy and the carbohydrate will ferment. The result is gas and flatulence in the system.
- 10 If a protein is eaten with a sugar, such as nuts with raisins, the protein will putrefy, and the sugar will ferment. The result is gas and flatulence in the system.
- 11 If a carbohydrate is eaten with a sugar, such as a cooked grain cereal with apple or banana, the carbohydrate and the sugar will both ferment. The result is gas and flatulence.
- 12 No healthy cell structure can be built from fermentation or purification.
- 13 Proteins (concentrated foods) should be eaten with steamed vegetables and/or salads (high water content food) for optimum digestion.
- 14 Carbohydrates (concentrated foods) should be eaten with steamed vegetables and/or salads (high water content foods) for optimum digestion.
- 15 If fruit is eaten alone on an empty stomach, it will have the effect of washing and cleaning the digestive tract, leaving it more capable of absorbing nutrients.
- 16 Eat cooked spinach infrequently. Spinach contains oxalic acid which assists in the peristaltic actions of the digestive system. That is the constant waving motion to keep foodstuffs moving through it. When cooked, oxalic acid forms acid crystals in the kidneys, and its beneficial properties are lost. Eat spinach raw.
- 17 Tomatoes are an acid fruit, but in the digestive tract they are extremely alkaline, helping neutralizing acid buildups in the body. When tomatoes are cooked, they are highly acid-forming and damaging to the internal organs. They are a prime factor in the high incidence of ulcers in the country, and severely aggravate an existing ulcer. If you must have cooked tomatoes, i.e., spaghetti sauce, be certain that the large green salad is eaten with it to offset its damaging effects.

For the highest level of health, tomatoes should NEVER be eaten cooked.

- 18 Fluids should not be consumed along with or after a meal, because they wash away many of the digestive juices and they are severely diluted. This forces the body to secrete more digestive juices immediately, unnecessarily usurping energy.
- 19 Dairy products are highly mucous forming and difficult to digest. They do not combine well with anything. If they are eaten, they should be accompanied with a salad.
- 20 By adhering to the rules of proper food combining, the digestive system works less, thereby conserving energy that can be utilized elsewhere in the body. The conserved energy can be used by the body for the cleaning of accumulated toxic waste.
- 21 Improper food combining is one of the main reasons so many people have an excess weight problem. The energy necessary to break down and eliminate the excesses that causes one to be overweight is constantly being used by the digestive system. There is simply not enough energy at the body's disposal to carry out the function of digestion and eliminate unwanted excesses, unless the burdens placed on the digestive processes are decreased.
- 22 Ignore fad weight-loss schemes and standardize height-weight charts based on averages from an unhealthy population. The critical point to remember is that when you eat healthy, vital food your body will automatically go to your most optimum body weight and will remain there.

If you feel confused about how to proceed, here are some simple first steps: a recipe for a good daily juice and for salad.

Step 1. Juice - Freshly Made

- a. 1 Carrot, 1 Celery, 1 Apple (Yellow Delicious are best)
- b. 2/3 Carrot, 1/3 Celery
- c. 2/3 Carrot, 1/3 Spinach
- d. 1/3 Carrot, 1/3 Cucumber, 1/3 Small Beet
- e. 1/4 Carrot, 1/4 Parsley, 1/4 Celery, 1/4 Spinach
- f. 1/4 Romaine Lettuce, 1/4 Celery, 1/2 Apple

Step 2. Large Green Tossed Salad

Any combination of:

Romaine
Chicory
Boston Bibb
Endive
Arugula
Red Tip
Green Curley

Additions (in moderation)

Tomato	Sprouts
Celery	Peppers
Cucumber	Zucchini
Onions	Garlic

Dressing:

Best

- Extra Virgin Olive Oil & Fresh Lemon
- Extra Virgin Olive Oil & Apple Cider Vinegar

Good

- Annes or Walden Farm NO Fat Dressing

Step 3. Vegetables, Proteins, Starches

Leafy Green Vegetables & Light Starch Vegetables
(Carrots, Beets, Artichokes, String Beans, Broccoli, Cauliflower)

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**Proteins
Concentrated Food**

Raw Nuts (1/2 hour after fruit)
Raw Seeds (1/2 hour after fruit)
Nut-Butters (Raw)
Seed-Butters (Raw)
Soybeans
Fish
Fowl
Meat

**Starches
Concentrated Food**

Potatoes, Sweet Yams
Grains: Brown Rice, Barley, Kasha, Millet, Cracked Wheat, Quinoa, Amaranth, Kamur
Pasta: Gluten Free: Brown Rice, Spelt, Quinoa, Corn
Gluten: Whole Wheat
Dried Beans & Peas
Winter Squash
Pumpkin
Chestnuts

NO

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FRUITS

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Acid Fruit

Blackberries
 Grapefruit
 Kumquat
 Lemon
 Lime
 Orange
 Pineapple
 Plums (*Sour*)
 Pomegranates
 Raspberries
 Sour Apples
 Strawberries
 Tangerines
 Tangelos

YES

Sub-Acid Fruit

Apple
 Apricot
 Blueberries
 Cherimoya
 Cherries
 Fresh Fig
 Huckleberries
 Kiwi
 Mango
 Nectarine
 Peach
 Pear
 Plums (*Sweet*)

YES

Sweet Fruit *

Bananas
 Dates
 Dried Fruit
 Grapes (*Thompson*)
 Persimmons
 Raisins

* *Sweet Fruit should be eaten AFTER Sub-Acid Fruit*

Melons

Cantaloupe, Casaba,
 Honey Dew,
 Watermelon, Cranshaw,
 Persian, etc. **MUST BE EATEN ALONE!**

Chapter 11. What, When, and How to Eat?

“We put drugs of which we know little, into our bodies of which we know less, to cure disease of which we know nothing at all.” — Voltaire

More important than exactly what you eat is the quality of your foods and the way you combine them in every meal. It is always advisable to eat light and eat foods closest to their natural states. You cannot go wrong by eating fruits, vegetables, nuts, seeds, sprouts, grains, and legumes in wise combinations. Please be advised that I am not advocating any one type of food lifestyle, but presenting my view and choice. I believe what’s making us sick are all the chemicals, hormones, preservative, food additives, pesticides, artificial flavors, colors and sweeteners we consume.

Are you willing to try another way of eating? If so, here are some suggestions about daily meal plans. Below is a food plan that includes animal protein. (If you eat animal protein, eat any of the following: free range, organic or kosher, and combine them with lots of salads and vegetables). Whole wheat pasta contains gluten, a sticky protein, which is indigestible for some people.

Daily Nutritional Food Plan

First Meal: (Pick One Only) noon to 2 pm

- 1 Fresh Fruit (up to one pound). Use a variety of fruits from meal to meal. Can be followed by 2 oz. of raw nuts after one half hour
- 2 Fresh Vegetable Juice (8-12 oz.) can be followed by 4 oz. of raw nuts.
- 3 Whole grains (4 oz. dry weight) steamed or cooked in water. Can use brown rice, millet, buckwheat, quinoa, or corn meal.
- 4 Unsweetened Granola.
- 5 Soy and rice milk can be used on grains and granola.

Afternoon Meal: 2pm to 5pm

Can Have All: # 1 - 3

- 1 Fresh Vegetable Juice (8-12 oz.)
- 2 Large Green Salad. Should consist of Romaine lettuce, cucumber, celery, peppers, plus two additional vegetables.
- 3 Steamed Vegetables. Pick a minimum of two and eat as much as desired without overeating.

Pick one from below: # 4 - 9

- 4 Raw Nuts (4 oz.). Should be either almonds, brazil, pecans, sunflower seeds, cashews or macadamia nuts.
- 5 Brown rice, Basmati brown rice, millet, buckwheat, quinoa, corn meal, or Tinkyada Brown Rice Pasta.
- 6 Potatoes (up to 1/2 lb.). Should be white, sweet, or yams.
- 7 Acorn, Butternut, or Spaghetti Squash (up to 1/2 lb).
- 8 Lentils, Lima Beans, or Chick Peas.
- 9 Wheat and Gluten free bread, 7 Grain Sprouted bread, with avocado, lettuce, and tomato.

Dinner Meal: 5pm to 8pm

Can have all 3

- 1 Fresh Vegetable Juice (8-12 oz.)
- 2 Large Green Salad. Should consist of romaine lettuce, cucumber, celery, peppers, plus two additional vegetables.
- 3 Steamed Vegetables. Pick a minimum of two and eat as much as desired without overeating.

Pick one from below: # 4 - 11

- 4 Raw Nuts (4 oz.) Should be either almonds, brazil, pecans, sunflower seeds, or cashews.
- 5 Brown Rice, Quinoa or Spelt Pasta (non-meat sauce) 3 x a week max 6.
- 6 Potatoes (up to 1/2 lb.) Should be white, sweet, or yams.
- 7 Acorn, butternut, or Spaghetti Squash (up to 1/2 lb.)
- 8 Brown Rice and Beans (2/3 rice and 1/3 beans). Do not over eat.
- 9 Fish (4/6 oz.) Steamed, broiled, or baked. (No shell Fish)
- 10 Chicken (4-6 oz.) Steamed, broiled or baked.
- 11 Turkey (4-6 oz.)

Note: Do not eat starch and animal protein in same meal.

Note: Do not eat animal protein more than three times a week

You have many choices for each meal, as you see. Try the one that really catches your attention and see how it makes your body feel. If your body feels good, continue. If not, go to plan B, which will be your next plan. You know what's right for you; you can feel it. Well let's say you can feel it when you really want to or when you start to listen. You have to give up your laziness and resignation in order to start feeling.

Here are some dietary pitfalls to watch for, and more choices to make:

Dairy – Ouch !!Try this: Exclude pasteurized dairy from your meals for three weeks. At the end of three weeks, have a helping of dairy. What happens is mucus and more mucus is formed. Dairy causes too many diseases to discuss here.

Low Carb Diets – Do I have to say a little about low carb diets? It is a passing fad and shortly we will start hearing the horror stories of how it destroys people's health. The Atkins Corporation has filed for bankruptcy. Just look at their theory: Bacon and cheese as the way to health! Those who followed the low carb diet or are following it are not feeling their body, they are using their brain. My book is about feeling your body. Good carbs are good for you as 30% of your meal, with 70% salads and vegetables. Good carbs include whole grains, sweet potatoes, and legumes.

Fruit – eat it alone or leave it alone!! Fruit must be eaten on an empty stomach, because you digest them quickly (20 minutes to one hour) and if they are eaten after a meal that takes four hours to digest then the fruit stays behind the meal and rots and ferments in our body. That happens because our bodies are 98.6 degrees. Many people who eat fruit after a meal will get cirrhosis of the liver. Some of these people do not drink alcohol. But fruit after a meal will ferment into alcohol and create the same affect as drinking alcohol.

There are different viewpoints about fruit. My view is to have it as your first meal, and eat it generously. Never eat it after a meal.

If fruit is eaten alone on an empty stomach, it will have the effect of washing and cleaning the digestive tract, leaving it more capable of absorbing nutrients.

Note: Nuts and seeds are best when soaked for an hour or two. This process will absorb water and oxygen, activate their enzymes, partially digest the protein and makes them easier to chew and digest. Grains can also be sprouted and I like them best, when cooked.

And if you are having a hard time going with this, listen to the bonobos to whom I introduced you in Chapter Three. Remember their predominantly raw, wild, and plant-based diet of fruits, vegetables, nuts, and seeds. Since there is so much discussion about the correct diet for humans, bonobos offer tremendous insight into

what we are best designed to eat. In fact, for millions of years we humans lived by the same diet. The cooked-food, animal-based diet is very recent in history and its rise parallels the rise of degenerative disease and related challenges. The bonobo diet presents a viable paradigm for long, healthy, happy human lives as well.

General Outline of Suggested Foods and Foods To Avoid

Beverages (no fluid with meals) - Suggested: Herbs teas to include chamomile, mint, papaya.

Fresh vegetable juices are very important and should be used every day.

Avoid: Caffeine, alcohol, cocoa, coffee, carbonated beverages, canned, and pasteurized juices, artificial fruit drinks.

Fish - Suggested: Fresh white fleshed, broiled or baked. (Deep water fish best)

Avoid: Non-white fleshed, breaded or fried. Shell fish.

Fruit - Suggested: Fresh fruit in season, dried (un-sulfured) in limited amounts, frozen, unsweetened, or stewed.

Avoid: Canned or sweetened fruit.

Grains - Suggested: Brown rice, millet, buckwheat, rye, oats, whole grain cereals and bread, bran, raw wheat germ, seeds (sesame, pumpkin, flax), whole wheat spelt and brown rice pasta

Avoid: White flour products, hull-less grains (sesame seeds should have hull), white pasta and rice, prepared or cold cereals, cooked nuts, or seeds.

Meats - Suggested: None if possible. Organic best.

Avoid: Cold cuts.

Nuts - Suggested: All nuts should be raw and unsalted. Almonds and pecans are best. Nuts can be used in place of fish, chicken, or meats. 4 ounces maximum per serving. It is best to soak them for one hour or more.

Avoid: Roasted and/or salted nuts (especially peanuts). Peanut butter made with roasted peanuts.

Fowl - Suggested: Chicken: organic and no hormones if possible. Turkey: organic, if possible.

Seasonings - Suggested: Fresh Herbs to include garlic, basil, onions, chives, oregano, parsley, marjoram, cayenne.

Avoid: Pepper, salt, and hot spices.

Soups - Suggested: Fresh made are best. De-fatted, vegetable, barley, millet, brown rice, whole wheat pasta if tolerated.

Avoid: Canned and cream-thickened bouillon, fat stock.

Sprouts - Suggested: Sprouts are a superior food, great source of enzymes, protein, vitamins, and minerals. Alfalfa, lentils, mung, wheat are all complete proteins.

Sweets - Suggested: Small amounts of agave nectar, raw honey, un-sulfured molasses, carob, pure maple syrup

Avoid: Refined sugar of all kinds, chocolate syrup, and candy.

Vegetables - Suggested: Mostly raw if possible. Plenty of green leafy vegetables, steamed, baked potatoes and yams.

Avoid: All canned and fried vegetables, corn chips and vegetable chips

Legumes - Suggested: Fresh lentils, kidney beans, black beans, split peas, white beans.

Other things to avoid:

Smoke and exhaust fumes. Food that has been sprayed with pesticides. If this is not possible, fruits and vegetables should be washed well. Food additives (especially M.S.G.), artificial colors, flavors, and preservatives.

Other factors to be included in a well rounded, complete health program:

Fasting with proper guidance

For detoxification and revitalization. Colon cleansers are important for assisting in the detoxification, revitalizing and for cleansing the system.

Fresh Herbs and Herb Teas:

To heal, nourish, and revitalize endocrine system. Nature's natural healers for the whole body.

Exercise:

Cardiovascular fitness. This is very important to keep well and promote cell revitalization.

Eating Habits:

Food should be eaten in correct combinations and at proper times (not before bedtime). Correct food combinations are essential for digestion and optimum assimilation. This is very important for optimum health, energy, and well-being.

Dry brush massage:

Dry brush massage before shower or bath. Benefits include: removing dead cells and other impurities, allowing the skin to continue to eliminate toxins and poisons from the body. Dry brushing also stimulates circulation in underlying tissues and nerve endings, contributes to healthier muscle tone, and rejuvenates your complexion, making you look younger

When to Eat:

Noon to 8 pm = Eating and Digestion

8 pm to 4 am = Absorption of the nutrients and putting them to use

4 am to noon = Elimination of body waste and food debris

Why? It's best if you experiment and feel your body. For me when I eat late at night, the next day I feel groggy. Scientifically, your metabolic rate slows down in the late afternoon, slowing down the digestion process.

If you are on the standard time cycle — up at sunrise sleep at night — the following applies:

Eat your meals between 12 noon and 8 pm. Why?

Between 8 pm and 4 am the body will assimilate your food — meaning it will break it down into usable form.

Between 4 am and noon the body will eliminate all the stuff it does not need and any toxic waste. Also when you are sleeping your metabolic rate comes to a stand still. When you wake up it starts to kick in and between 12 pm and 4 pm is when your metabolic rate is at its peak. This is when you should have your biggest meal of the day. Around 4 pm your metabolic rate will start to slow and this is when you should start eating light. This style of eating is more popular in Europe. They closed their shops from noon to 4 pm and then they eat, drink, and celebrate life.

When following this schedule you could possibly not feel good at first. Why? Most of us have not followed a healthy lifestyle and have toxic waste stored in our bodies.

When you give the body a break it will start to eliminate toxins possibly causing headaches, nausea, body aches among other symptoms.

This not feeling well can continue for several weeks as you change your food lifestyle to a healthy one. Feeling tired and groggy because you changed your food lifestyle to a healthy one will be fleeting and does not last a long time.

How to Eat:

Slow down your body before eating. Take several deep breaths and chill. Chew your food well. It is best to chew it to liquid form before swallowing. Chewing your food good will help you metabolize and absorb it better. Said in another way, careful chewing will mix the food with your natural enzymes and start to break it down giving you more nutritional value. When this is the case you can eat even less and get the same nutritional value. Let me say more about eating less. Most of us over eat – period. Under eating is the way to go. It will give you more energy and it will

slow down the aging process.

Once again, try it for yourself and feel the results. Cut down your portions for a few weeks and see how you feel and then eliminate a meal with the same portions. If you are bold, eliminate two meals until you are having one a day. Once again when you replace lower quality foods with higher quality foods, you will not feel good at first. When you cut down your portions and eliminate meals, you will not feel good at first. Give yourself a couple of weeks to feel the results.

Body odor and bad breath are sometimes caused by what you eat and what does not digest well in your stomach. Eat light to avoid the "Why do you pull away from me when I kiss you" syndrome. If you eat certain foods the smell will come through your pores. Alcohol can distinctively be smelled through the skin.

Concluding Note:

You may now be wondering: What is more important, nourishment or cleansing? All I know is that there are people that eat very little food and live wonderfully healthy lives.

In my view detoxification, or cleansing, is most important to such people. I'll leave this discussion here and let you discover what makes you feel best.

Chapter 12. What Symptoms To Expect When You Improve Your Diet

“True winners are made when nobody is watching.” —Source Unknown

If I were asked: What is the area of greatest misunderstanding in the field of nutrition? I would immediately be forced to reply, “It is the failure to properly understand the symptoms and changes which follow the beginning of a better nutritional program.”

What do I mean by a better nutritional program? It is the introduction of foods of higher quality in place of lower quality ones. For example, if a person replaces a protein-rich food such as pork with beef, the beef may be considered the superior of the two, due to its easier digestibility, lower and less saturated fat content. Chicken is superior to beef and fish is superior to chicken because of its more rapid digestibility and lower saturated fat content. Lima beans, lentils, or chickpeas, which are eaten at the same meal with vegetables, are superior to meats in all nutrients needed to rebuild health. As we go higher in the scale to quality, we begin to include protein-rich food that may be eaten in the unfired state, such as nuts and seeds, which are eaten in their natural state (raw and unsalted).

To summarize: The closer food comes from its natural state or the closer we come to its raw, unfired form, the higher its quality. In this condition, all the enzymes are found intact. The amino acids are in their finest form. The minerals, vitamins, trace elements, carbohydrates and “life force” are present. The life force, in turn, is capable of reproducing healthy tissue in people.

What is the relationship of quality of foods to the recovery from illness? It is this in a nutshell: the HIGHER the quality of food that we eat, the QUICKER we recover from disease, provided we are able to properly digest and assimilate the foods that we eat. To this, we must add the knowledge of (A) proper food combining, (B) proper order of eating different kinds of food at a meal (for example, the most easily digested food should be eaten first, the more complex should be eaten second, and the most concentrated item last), (C) the correct quantity of food to be consumed (of each type) in the meal, and (D) the correct time for eating.

What happens when a person follows the rules and makes a dedicated improvement in the quality of the foods consumed? Remarkable things begin to happen to the body as well as the mind. The amazing intelligence present in every cell of the body and the wisdom of the body in its operation immediately manifest. This rule may be stated: when the quality of food coming into the body is of higher quality than the tissues of which the body is made of, then the body begins to discard the lower grade materials and tissues to make room for superior materials which it uses to make new and healthier tissue. This is the plan of nature. The body is very selective and always will be, unless our interference is too great. Only then do we fail to recover and degenerate further into disease. The self-curing nature of many conditions such as colds, fevers, cuts, swelling, injuries, etc., furnishes endless examples of how the body tends towards health — ALWAYS — unless we do something to stop the process.

What are the symptoms that become evident when we first begin to omit the lower grade foods and introduce superior food — those that are more alive and more natural than we are accustomed to? When someone ceases to consume a toxic stimulant such as coffee, chocolate, or cocoa he or she often gets headaches and feels “down.” The headache comes from the body’s discarding such toxins as caffeine and theobromine that are removed from the tissue and transported through the bloodstream. The letdown is due to the slower action of the heart — the resting phase which follows the stimulation of a more rapid heart action forced upon the body by certain poisons call stimulants. The more rapid heartbeat (or pulse) produces a feeling of exhilaration, and the slower action produces a depressed state of mind. Usually, within three days, the symptoms vanish, and we feel stronger due to the recuperation that follows.

To a lesser extent, the same process occurs when we abandon lower quality foods and replace them with higher quality foods. Lower quality foods have undergone more preparation and spices, salt, and other ingredients have been added. They tend to be more stimulating than less prepared and more natural foods. Animal foods, such as meat, fowl, fish, etc., are more stimulating than nuts, and vegetable proteins. Consequently, the withdrawal of stimulation that follows the abandonment of animal food produces a slower heart action — a resting phase — that registers in the mind as relaxation or a decrease in energy. The initial letdown lasts about ten days or slightly longer and is followed by an increase of strength, a feeling of diminishing stress and greater well-being.

The person who starts a better diet, stays on it for three days to a week and then quits will say, “Oh! I felt better on the old diet --- the new one made me feel weak.” He failed because he didn’t give his body a chance to adjust and complete its first phase of recuperation. If he had waited longer, he would have begun to feel better than before he started.

During this initial phase (lasting about ten days on the average to several weeks in others), the vital energies that are usually in the periphery or external part of the body, such as the muscles and skin, begin to move to the vital internal organs and start reconstruction. This shunting of much of the power to the vital internal region produces a feeling of less energy in the muscles, which the mind interprets as some weakness. Actually, the power is increased, but most of it is being used for rebuilding the most important organs, and less of it is available for muscular work. Any perceived weakness is not true weakness, but merely a re-deploying of forces to more important internal parts.

Here it is important for the person to stop wasting energy, and to rest and sleep more. **THIS IS A CRUCIAL PHASE**, and if the person resorts to stimulants of any kind, they will abort and defeat the regenerative intent of the body. It is important that we have patience and faith and just wait it out, and after a while, we will get increasing strength that will exceed by far what we felt before we began the new program. Success in recovery or improvement of health hinges upon the correct understanding of this point — **REALIZING** that the body is using its main energies in

more important internal work and NOT wasting it in external work involving muscle movements. Be wise — take it easy here and relax. Just coast along in your work and social obligations until you're out of the woods.

As we gradually raise our food quality, other interesting symptoms begin to appear. A body process called "retracing" begins. The cellular intelligence reasons something like this: "Oh! Look at all those fine materials coming in. How wonderful — now we have a chance to get rid of this old garbage and rebuild a beautiful new house. Let's get started immediately. Let's get this excess bile out of the liver and gallbladder, and send it to the intestines for elimination. Let's get this sludge moving out of the arteries, veins, and capillaries. These smelly, grassy, brain stupefying masses have been here to long — out with them! These arthritic deposits in the joints need cleaning up. Let's get these irritating food preservatives, aspirins, sleeping pills and drugs out of the way along with these other masses of fat which have made life so burdensome for us for so long. Let's get going, and keep going until the job is done — until we have a beautiful house — and from then on we'll keep it a beautiful house."

During the first phase of cleansing, called catabolism, the accent is on elimination or breaking down of tissue. The body begins to clean house — in short, to remove the garbage deposited in all the tissues — everywhere. During this period, the body "removes ashes from the furnace preparatory of getting a better fire." Here the focus is on removing the gross and immediate body obstructions. Wastes are discarded more rapidly than new tissue is made from the new food. Here's good news: weight loss is typical at this stage. Catabolism persists for a while and is then followed by the second phase: stabilization.

Here, the weight remains more or less stable. During this phase, the amount of waste material being discarded daily is equal to the amount of tissue that is being formed and replaced by the newer, more vital food. This occurs after the excess of obstructing material in the tissues has been removed. This stage persists for a while and is then followed by a third phase — a build-up period called anabolism. Weight starts to go up, even though the food intake is lower in calories than it was before. Also, new tissues are now being formed more easily. This is due to improved assimilation that proper food combining makes possible. The body's need for usual amounts of food decreases, and we are able to maintain our weight and increased energies with less food. Many are able to function very efficiently on two meals a day and eventually even on one meal a day. As the body progressively increases in efficiency and decreases in tissue breakdown under exercise, so do we gradually need less and less food to maintain life. The higher the percentage of raw food one lives on, the slower the rate of tissue deterioration which one evolves into.

For people with recurring skin rashes or eruptions other initial symptoms of a superior nutritional program, include frequent elimination of poisons and harmful drugs through the skin and new rashes or eruptions can occur. If they go to a doctor now who is not familiar with this aspect of nutrition, he will diagnose it as an allergy. They ask, "How come? I'm eating better now than I ever did before and instead I'm getting even worse." They don't understand the body is "retracing." The

skin is getting more alive and active. It's throwing out more poisons more rapidly now that the body is building more power that it saved from those hard-to-digest meals that have been discontinued. These toxins being discarded are saving you from more serious diseases such as hepatitis, kidney disorders, blood disease, heart disease, arthritis, nerve degeneration, and even cancer, depending upon your hereditary or structural weakness. If you let the body be sick now, you will avoid more serious sickness later.

For some people, colds or fevers that haven't appeared for a long time may occur. THIS IS NATURE'S WAY OF HOUSECLEANING. Understand that these actions are constructive, even though they may be unpleasant at the moment. DON'T try to stop these symptoms by the use of certain drugs, or even massive doses of vitamins that will act as drugs in huge concentrations. These symptoms are part of curing process so don't try to cure a cure. These are NOT deficiency conditions and allergic manifestations, NOT if you're eating properly in quality, quantity, combination, and sequence. Here is where experienced advice is of great value. Unfortunately, there are few books present today that give full guidance to the average reader. Try to find guidance through a doctor or teacher who has the requisite experience in this most confusing of all subjects — nutrition in relation to health and disease.

You may be eating perfectly in regard to quantity, quality, and observing all the correct rules and still symptoms will occur. Those who have lived relatively healthy lives in the past and have eaten high quality foods may have reactions ranging from almost none at all, to very mild, to symptoms that may be uncomfortable or acute.

Those who have lived toxic lives and poisoned themselves will experience more severe symptoms if their liver, kidneys, or other important eliminating organs have been damaged. When they have been renovated to the point of fair working order, they will no longer produce symptoms.

Headaches may occur at the beginning of this transition; fever and/or colds also may appear; the skin may break out; there may be a short interval or bowel sluggishness, occasional diarrhea, feelings of tiredness or weakness, disinclination to exercise, nervousness, irritability, negativity or mental depression, frequent urination, etc. However, the great majority find their reactions tolerable and are encouraged to bear with them because of the many improvements that have already occurred and are becoming more evident each day.

The symptoms will vary according to the materials being discarded, the condition of the organs involved in the elimination and the amount of energy you have available. The more you rest and sleep when undergoing symptoms, the milder they are and the more quickly they pass. Be happy you're having symptoms. REALIZE DEEPLY that your body is becoming younger and healthier everyday, because you are throwing off more and more wastes that would have eventually brought you pain, disease and much suffering. Those who suffer the worst symptoms and follow through their successful termination are thus avoiding some of the worst diseases!

Don't expect that improving your diet will make you feel better and better each day until you reach perfection. The body is cyclical in nature, and health returns in a series of gradually diminishing cycles. For example: you start a better diet and for a while you feel much better. After some time, a symptom occurs — you may feel nauseous and headaches for a day. After a day, you feel even better than before and all goes fine for a while. Then you suddenly develop a cold, feel chills, and lose your appetite. After about two or three days (assuming you don't take drugs or do anything about it), you suddenly recover and feel better than you did for years. Let us say this well-being continues for two months, when you suddenly develop an itch or rash. You still don't take anything special for it. This flash flares up, and continues for ten days, and suddenly subsides. Immediately after this, you find that your hepatitis is gone and your energy has increased more than ever before. The rash became an outlet for the poisons in the liver that produced the hepatitis.

This is how recovery occurs, not unlike the cycles in the Dow Jones Average at the beginning of a bull market recovery: you feel better, a reaction occurs, and you don't feel as well for a short while. You recover and go higher for a while. Then another reaction occurs — milder than the last. You recover and go even higher. And, so it goes — each reaction is milder than the last as the body becomes purer, each becoming shorter and being followed by a longer and longer period of feeling better than ever before, until you reach a level of plateau of vibrant health. Here you become relatively disease-free and are filled with ever increasing joy, life and the happiness which comes from well-being. The mind opens up and expands to ever higher horizons and your soul will shout with joy. You begin to love your work, the universe, and everything in it. Yes, we are "fearfully and wonderfully made." Let us give ourselves a chance to experience what it means to be really healthy and fully alive — to feel the joy of living by aligning ourselves to God's laws as intended for man — through the eating of natural foods.

THE OBSTACLE TO GOOD HEALTH

Most people do not mind making sacrifices if they feel they will be rewarded eventually for those sacrifices. People seeking nutritional help decide to sacrifice their old, comfortable eating patterns from a desire to be healthier. Imagine their surprise when they discover that after improving their food intake, they sometimes feel much worse (for a temporary period). They feel betrayed and disappointed. "Why do I feel so terrible when I'm trying to do the right things?" is a common complaint.

Why should the recovery of health cause unpleasant symptoms? Why shouldn't we be rewarded with immediate good health and radiant well-being as soon as we change our food lifestyle? Unfortunately, good health is not immediate ... but then again neither did poor health occur immediately.

Think about this. Didn't you feel healthy and free from pain as a young child? Have you noticed how small children have an endless supply of energy and are oblivious to physical discomforts, such as cold, that would make an adult suffer? Now look at

some of our older citizens. Some of them are so crippled with arthritis, they can hardly move. Everyday is the discovery of some new pain or some developing crisis in the body.

Poor health and illness are progressive, they do not occur overnight. Good health and well-being are also progressive; recovery may take weeks, months, or years. To understand a little more, let's look at how the body does its work in cycles.

THE CYCLES OF THE BODY

Like all aspects of nature, the body has its own individual cycles. There are biological rhythms within the body that dictate periods of tissue repair, tissue growth, waste elimination, and so forth. We cannot rush the body through its cycles, nor can we expect it to progress in a linear fashion as if racing to a specific goal. Health occurs in cycles. Some days the body has a high energy level and it rebuilds damaged tissue. On such days we may feel great. On other days, the body must do its house cleaning and remove accumulated toxins. When this happens, we may experience low levels of energy or even depression.

Most people lead a life style and follow a diet that inhibits the body in its cyclical work. For instance, when the body is trying to clean house via a cold, people become impatient. They try to suppress the cleaning cycles with drugs and food and the body must sometimes abandon its efforts.

The body behaves in a sort of up and down motion as it conducts its healing process. One day it may cleanse heavily, and we feel rotten. The next day, the toxins have been improved, and we feel so great, in fact, that the body decides to dig a little deeper and remove some of the older toxins, and then we feel worse. This is a continuing cycle in the process of healing, but do not despair. Once a certain level of health has been reached, we do not notice the cycles as much, and they cause progressively less discomfort.

Why does the body go through these cycles? How does it know what to do next to promote our healthful recovery? And, still, why do we have to feel bad as we get well?

THE BODY AS A HEALING SYSTEM

Your body wants to survive forever; it wants to be free from all pain and illness; it actively desires complete healing to take place within it at all times. Your body is your friend and partner in your effort to regain health. The body has the innate capacity, knowledge, and wisdom to heal itself at any time ... if it is allowed to do so. The body possesses its own healing ability and the wisdom to desire this ability. We must let the body conduct its work with as little interference as possible. We can furnish it with the highest quality food when it needs it, or withhold food when it does not desire it. We can exercise and rest the body, and give it fresh air and sunshine.

Other than that, all we can do is to wait intelligently and not become alarmed by the symptoms or try to suppress those symptoms. The body will not try to kill itself, nor will it allow healing to progress in such a manner as to cause us serious discomfort. But the body is wise enough to wait to accelerate the healing process as rapidly as possible. This may involve major cleaning efforts when literally pounds of old, stored toxins are dumped into the system to be eliminated.

If you have faith and trust in your body's ability to heal itself, the unpleasant symptoms that may accompany this healing become more bearable and are not a source of fear or misgiving.

Ultimately, we must let our body perform its healthy restoring work at its own pace. We must believe that the body alone is capable of performing all the needed healing functions.

The human body has perfected itself over million of years and through thousands of generations. It is the perfect healing system. The cellular intelligence that drives the body is infinite in its capacity. We need not have any fears about its wisdom or ability to restore itself to the highest possible level of health and well-being.

BODY AWARENESS

Unless illness and disease propagate to a dramatic climax, many people are unaware that anything is even wrong with their body. Modern man has become desensitized and removed from his own body. A lack of body awareness is accompanied by unwilled and unconscious degeneration. If a person is attentive to his body's needs, he becomes aware that something is going wrong and he changes his food quality fast.

Increasingly good health also increases our awareness of the body. As the major pains and aches disappear, we become more sensitive to all the body's needs. We may become aware of minor irritations we didn't notice previously.

For example, suppose you had a slight headache or ingrown toenail. At the same time, you were suffering from violently bleeding ulcer that causes you to vomit every two or three hours. Do you think you will notice the headache or the sore toe? No. You'll be too busy worrying about the ulcer to pay any attention to the other minor pains. After the ulcer is gone, however, you might suddenly realize, "My head hurts, and boy, does my toe feel bad!" This is exactly what happens when the body goes through its healing process. As you gain health, you become more aware of the minor pains that have plagued you for years. In fact, these little aches may have been around so long that you've grown used to them.

After your food lifestyle is changed and the body improves, you may notice these headaches again. It's not that your increasing health has given your body any new pains, but that the new body awareness that accompanies an improvement allows you to notice these old problems. This new sensitivity is a blessing. Now your body can tell you what it needs, what to avoid, and what habits to discontinue. If you

have stopped eating meat, for instance, your body will become more sensitive to the harmful effects of such food. If you were to eat that same food again, you might become sick. This is the body's way of saying, "That stuff's no good for me, and I'm strong enough now to let you know."

Body awareness is one of the first gifts of health. This new feeling should not be mistaken for morbid sensitivity. It is your guardian angel that will guide you past the pitfalls of poor foods, unhealthy practices, and other life-destroying habits.

Chapter 13. Go By the Colors and Other Matters: Supplements and FAQs

" If you don't push yourself to the limit, how do you know where the limit is?" — Source Unknown

I cannot state enough that there are trillions of cells in the body and millions of processes that take place in the body. There are nutrients that have not been discovered yet and there is still more to learn about nutrients we already know about. Therefore, it is best, whenever possible, to have meals that are simple and focused: I call them "mono meals." A breakfast "mono meal" would consist of two bananas or one mango. Try not to eat different fruits together. This restriction will ensure good digestion and avoid other issues.

To introduce balanced variety into your diet, let's take the Sesame Street approach and go by the colors. At your first meal of each day of the week pick a different color fruit to eat. Eat different colored fruits and vegetables during the week to ensure proper nutrition and to avoid spending 20 years educating yourself about the science of the body. Monday is yellow bananas, Tuesday purple plums, Wednesday green grapes — you get the picture. Do the same when eating vegetables. The varying of colors each day will ensure that you are getting all the nutrients you need without studying biology for 20 years.

In the world we live in and in the rush of life, eating balanced meals is a challenge, so here are some tips:

- 1) Decide if you are going to live life full out. Go with a food lifestyle that supports your mission and fills you with love you want to give to the world. Ask yourself, "Will this support me in living my dreams?"
- 2) Share meals – team up with several like-minded people and prepare healthy meals that you can share, trade and have healthy dinner parties.
- 3) Find food establishments that support your food lifestyle. Some of my favorites include the local fruit and vegetable stand where I buy already prepared cut up fruit, raw nuts, hummus and baby carrot and the Chinese restaurant that makes me steamed vegetables with brown rice. Many now serve brown rice or request that they make it. The health food store that makes me fresh vegetable and fruit juices and prepared salads.
- 4) Enjoy many of the raw food and whole food restaurants. Many also have a nice atmosphere now, where you can enjoy romance.

Food supplements, vitamins, minerals and anything in pill form are not necessary to take. All the nutrients that the human body requires are present in balanced quantities of whole foods and can be best used by our bodies only when they are consumed as part of the whole food in which they occur.

Given my view on supplements, the answer to the question, "Can I take supplements anyway?" are questions as well. Ask yourself:

"Does taking supplements make you want to give more to life?"

"Does taking supplements inspire you?"

"Does taking supplements make you jump and of bed in the morning and say, let's f@%* life open?"

If the answer is yes to any of these questions, then enjoy your supplements.

Here is a list of the so-called good guy supplements: Colloidal silver, Noni fruit concentrate, chlorophyll, Docosahexanoic acid, Vitamins A, B1 B2, B3, B4, B5, B6, B6, B7, B8, B9, B12, C, D, K, Essential fatty acids, PABA, Probiotics, dozens of different types of enzymes, dozens of minerals, dozens of herbs, chlorine dioxide, Hydrogen Peroxide, Sodium chlorite, green powder, anti-yeast formula, iridium etc. Use them if you wish. But you might find yourself studying them for years, or going crazy trying to take them regularly.

So here's a choice to consider. Eat well-balanced whole foods and chew them slowly... or figure out which supplements works for you. For me, just looking at the supplement list stresses me out! At this point of my life, I choose to be fed and to feed my lover whole foods, while looking into her eyes and being turned on.

Also consider that there will always be a fountain of youth cure out there and when it is in vogue, it may not be an honest venture. Even if the supplement is good for you, how do you know the brand you are buying is good and fresh? The fact is, supplements are man-made, while whole foods were here already.

Frequently Asked Questions

What can I eat on an all-raw diet?

An all-raw diet should consist of fruits and vegetables (and their juices), nuts, seeds (preferably germinated), sprouts, and avocados — all of these in their natural state, unheated, and minimally processed.

What else is important in this type of a lifestyle?

I believe it is common knowledge amongst people pursuing this path that fresh air, sunshine, pure water, adequate rest based on individual needs, and a tranquil emotional and psychological state of well-being are critically important to complement a healthy whole or raw food lifestyle.

Do I have to eat animal protein to be healthy?

No, one does not have to eat animal protein to be healthy. It is a common misconception in western society that animal protein is the only source of complete protein. It has been proven many times over that all 22 amino acids can be had completely from a vegetarian source. The big controversy is the Vitamin B 12. There have been more people that are Vitamin B 12 deficient who ate animal

protein than those who are vegetarians. Each case is an individual case. There are many factors that we have to consider: mal-absorption, the intrinsic factor, the amount of gas one has in their small intestine, and the person's blood pH. In my view the most common cause of Vitamin B 12 deficiency is not a lack of Vitamin B 12 in one's diet but instead, the failure to absorb Vitamin B 12 from the gastrointestinal track.

Can I limit my diet to eating a large amount of just a few select foods?

This is not a good idea. The more variety that we ingest, the better chance we have of getting every nutrients that we need — known and unknown. Remember; go by the colors to create variety.

Do I have to supplement my diet with enzymes?

Not necessarily. Enzymes have produced, in some cases, results that were nothing short of spectacular. I know all this is controversial. There are some purists that think that enzymes can be detrimental or that one can become dependent on them. This is absolutely not true and I would never discourage anyone from using them properly.

Can one overeat on a “healthy or raw food diet?”

The answer to this question is unequivocally, YES. People who overeat over the years consistently end up with most of the same problems that some people who eat the standard American diet have.

What about coffee?

Some people think because a few of the old time teachers drank coffee and justified drinking many cups of coffee a day that it is acceptable. This is nonsense. This is a combination of folklore, anecdotal information, abstract science, and rationalization. Caffeine is a stimulant of the central nervous system, similar to cocaine, and has been linked to a host of maladies to include, kidney failures, restlessness, shakiness, ulcers, diabetes, increased heart rate, to name a few.

What about fasting with water?

Fasting is a wonderful, therapeutic modality as long as it is done correctly with proper rest and experienced supervision.

What about juice fasting?

Juice Fasting is another wonderful tool to enable us to cleanse and enhance the quality of the biological terrain.

Chapter 14. Let Nature Heal You – Introducing The 12 Wonders

“Play the game it was meant to be played, leaving no doubt.” Larry Pierson

One summer in August, my son, David, who was a teenager at the time, had a motorcycle accident that badly scraped and bruised him all over his body. The next day, I brought him to the NJ shore to soak him in the ocean. Although I knew that the ocean has therapeutic qualities, I was shocked at the immediate results. I would swear that his skin abrasions were healing before my eyes. By Tuesday and after four one-hour long ocean dips, his skin was almost healed. I also get the sense that the ocean was also good for his emotional state. His friend was a passenger on his motorcycle when the accident occurred and was badly hurt. My son was very upset about that. The ocean eased his mind as well as healed his body. One of my philosophies in life is, “If you are not making mistakes, then you are not playing the game of life big enough.” Although this was an accident, we spoke about it in the same terms. He was doing something that he loved to do and he got hurt.

Whether you’ve gotten sick or hurt by an accident, trust nature to heal you: fresh air, the ocean, the sun, foods eaten right off the tree or out of the garden, volcanically heated pools of water, and more. Let the body heal itself; stop interfering. Stop putting over the counter drugs, prescription drugs, topical lotions, miracle food supplements and the like into or on your body. When you’re sick, let your body rest. Breathe deep, meditate, drink lots of water, eat only whole foods in limited quantities, take a swim in the ocean, get some sun, take a hike in the woods, you get the picture. Feel what works, go with your gut, and remember what Voltaire said, *“We put drugs of which we know little, into our bodies of which we know less, to cure disease of which we know nothing at all.”*

The 12 Wonders

Here is the list I have promised you of the 12 Wonders:

1. Natural Foods = The enzymes in whole foods will keep the body healthy and will starve off disease. **BUT DO NOT OVEREAT!!**

We constantly work the body when we eat several meals a day. The body will work wonders if you give it a break. To start, eat only whole foods between noon and 8 pm and feel your body. Then eat different amounts of foods, different numbers of meals and feel your body. Try drinking only fresh vegetable or green juices one day and only water on another. Slow down when eating and chew your foods well. Consider eliminating processed foods from your diet.

2. Exercise = Exercise will cleanse the body, increase and generate feel- good hormones and help us feel good about ourselves.

3. Sex = Intimate communion with another is one of the greatest joys on this earth. When two people melt together as one during sex there is no better feeling. This could be the single most important way to feel connected to your partner, yourself, and life.

4. Water = Try drinking 5 glasses of water before you eat anything in the morning, then wait one hour. How do you feel? 70% of the earth is water. 70% of the body is water. So, eat foods that are 70% water – fruits & vegetables. Drink half your body weight in ounces per day of water.

5. Sunshine = the body creates valuable nutrients for itself with the help of the sun. Sunlight helps with detoxification and weight loss, by opening pores and allowing toxins to exit the skin. Do not avoid the sun and do not abuse the sun. A half hour a day is as frequent an exposure you can safely allow yourself without lotion. I mention without lotion because we put way too much stuff on our skin. The skin is the largest organ in our body. It takes a lot of work for the body to get rid of all the chemicals we absorb through our skin. My rule of thumb, you may find difficult, but try it: if you can't eat something, do not put it on your skin. Use only edible products on your skin.

My rule of thumb is not widely practiced. Many chemicals you put on your skin would kill you if you ate them. Given that the skin is the largest organ and absorbs what you put on it, I say we should use more discretion with it. I love my olive oil !!

6. Fresh Air and Deep Breathing = our bodies receive great amounts of nourishment from the air we breathe. Clean fresh air is a valuable life force. Sleep with a window open. Keep plants in the house, especially in the bedroom. Take a walk in the park, country or at the seashore. Fresh air will help the body absorb nutrients and eliminate toxins.

Deep breathing is the key to longer lasting life and longer lasting sex – period. Breathing supplies necessary oxygen to your cells and frees emotions and sensuality.

7. The Ocean = Salt water will heal the skin of abrasions. It is a natural exfoliate and will give you a natural radiance. Walk barefoot on the beach on a sunny day to center your energies.

8. Meditation and Rest = Slow the body down. Feel the tingling and vibrations in the body. Take the attention off your desires and frustrations and be grateful for what you have. Find the happiness and peace inside you. Go from stress to relaxation. When the body is stressed it will go from an alkaline pH to an acidic pH. Stress brings on the fight and flight response. Emotional stress can be one of the most significant causes of all chronic health challenges. It is immensely harmful because your body reacts to stress in the same way it would react if you came across a Grizzly Bear. Imagine if you ran into a grizzly bear 16 hours a day for most of your life. Rest gives the cells time to recharge and rejuvenate. A tired body cannot eliminate toxins properly. During rest, most healing takes place.

9. Laughter and Smiling = You can stimulate your entire immune system, decrease stress and relax your body with a daily dose of laughter. There are many muscles in your face and smiling will release endorphins that make you feel good and decrease pain. Laughter and smiling will keep you looking younger.

10. Touch = From the moment we're born, we need the touch of another. From the moment of birth, touch tells us that we are not alone in the world, that we are safe and loved.

11. Sights and Sounds = Slow down long enough to notice what is right in front of you. If you are speeding through the day, chances are you are overlooking beautiful people and things all around you. Joy awaits anyone with ears attuned to sounds or silence of life. Mating calls of birds, waves breaking on the shore and wind blowing through trees are a few of the sounds that naturally express the energy at our core. The same is true of the sounds of sex. The sighs, moans and screams we express during lovemaking emanate from a place deep within. They are an expression of what we feel in the moment. Wake up to soft music. Intrusive alarms clocks shock the body and that shock can stay with you all day.

12. Visualization and Positive Thoughts = There is a connection between the mind and body. What we think can make us well or sick— physically, emotionally and spiritually. Choose thoughts that make you feel good, clear, engaged, and excited by life. Try regarding your problems as information and challenge rather than trouble. Try seeing yourself dealing well with whatever challenges you meet. Visualize the way you want your life to be. Visualize the energy flowing through your body. Visualize your body healing itself.

Could honoring the 12 Wonders heal you of cancer, alleviate your depression, increase your confidence, your sexual vitality and more?

You fill in the blank. Can focus on even one of the 12 Wonders heal you of cancer, alleviate your depression, increase your confidence, and increase your sexual vitality more?

Go for it! Feel what works! Live a great life! Why not?

We are only here once.

Chapter 15. Exercise – Do What Feels Good!

“Don't ever give up on a dream due to the amount of time it will take to achieve it. The time will pass anyway.”— Russ Ebsen

Exercise is the body's natural ability to move freely. If you are not exercising or moving freely and naturally, consider that you are emotionally suppressed or that your body is sick or certainly not operating at its full potential. If you ever get colds, flu, indigestion, gas, headaches or are tired during the day, please consider that your body is sick or is not operating at its full potential. Your symptoms may be mild, but any of the ones I mentioned indicate that some degree of toxic matter has affected your body. If you wish to release this toxicity and feel better, you'll need to work a little. Exercise will help your body get better and help keep it better.

We exercise to improve elimination of toxins through the skin and regular exercise is important to stimulate sweating. Exercise also improves our general metabolism and helps overall with detoxification. Regular exercise is a key to maintaining a nontoxic body, especially when we are a little abusive of various substances. Exercise also increases the production of toxins in the body, so it must be accompanied by lots of water.

Why else exercise? Here are some major health advantages of exercise:

Exercise increases the capacity for breathing.

It circulates more oxygen to the tissues.

It helps combat depression.

It causes muscles to move fluids through your body and to lighten your heart's load.

It reduces the chances of cardiovascular disease.

It strengthens the heart and other muscles in the body so that they work more efficiently.

It allows the resting heart to beat less often.

It stimulates the metabolism.

It promotes body growth and repair.

It adds to the alkaline reserve of the body keeping it more alkaline.

It reserves bodily strength and physical efficiency.

It expands the body's capacity for fuel storage and endurance.

It improves coordination through the transmission of nerve impulses and responsiveness of the muscle fibers.

It affords muscular vigor from increased muscle fiber tone.

It offers relief from neck and back pains, headaches, and other pain caused by lack of exercise.

It enhances the digestion and elimination processes.

It allows for better and easier relaxation and sleep.

It results in a better mental performance, and a keener learning process.

It curtails fatigue and menstrual discomfort for women.

It minimizes the number of colds, allergies, digestive disturbances, and abdominal problems.

It slows down aging.

It reduces the likelihood of obesity plus lots more.

Clearly, there are too many benefits to mention in one book.

Walking, stretching, meditation, yoga, bike riding, rowing, golfing, martial arts, dancing, aerobics, Pilates, swimming, weight lifting, and rebounding are simple, available ways for most everyone to exercise. Relax and enjoy them naturally; never force exercise!! When your body starts to become well, it will want to move because, as I indicated in the list above, physical activity helps cleansing, restored balance, and relieves stress.

In Chapter 4 and in reviewing the 12 Wonders, we spoke about healing thoughts and the flow of energy. Positive thoughts, eating intelligently, exercise and rest all combine to unblock your energy. Start exercising where you are most inspired and add challenges as your energy increases. Please take your time to find a form of exercise that suits you. You have your whole life to exercise; do not make it a fad.

There are six billion people in the world with six billion different genetic make ups. It's nuts for anyone to tell you that you must do aerobic exercise four times a week. For example, an obese person should not be doing aerobic exercise four times a week. He or she should be eating right and working on obtaining a manageable, natural body weight. He or she should walk in the sun and fresh air and get out of the house – period.

Of course it's a great idea to exercise the heart everyday, but if it is "work" and a "have to" it might not be time for you. The heart is a muscle and like all muscles it should be exercised, but I say: Do not rush it. Your body will tell you when it's time to exercise.

The next time you're angry or upset, try channeling that emotion into a form of exercise. Walk, stretch, jump up and down, yell, breathe heavily, or punch the pillow.

When exercising, do not exhaust yourself! Do not perform strenuous exercise with a full stomach! Take a walk on a full stomach, but do not go to the gym, swim, or lift weights and do not hurt yourself by pushing beyond your capacity!

Some people operate best with a structured workout routine. Do what works for you and better yet, feel what works.

I want to talk about rebounding, a largely underestimated and underutilized exercise. Bouncing on a mini-trampoline may not be your idea of a strenuous exercise and it may not strike you as having significant health benefits, but, in fact, both are the case. Rebounding is safe and gentle. No-impact exercise, as it is commonly called, is a great form of exercise. Trampoline bouncing provides all the health benefits that other forms of exercise provide and a small trampoline can be purchased for less than \$30.

Why I mention this is because in my view one of the most overlooked systems in the body is the lymph system, a major component of the immune system. The immune system is a complex of organs — highly specialized cells, a circulatory system separate from blood vessels — all of which work together to clear infection from the body.

The lymph system is a network of organs — lymph nodes, lymph ducts, and lymph vessels — that produce and transport lymph from tissues to the bloodstream. Lymph is a clear-to-white fluid made of chyle (fluid the intestines produce after digestion that contains proteins and fats), some red blood cells, and many white blood cells, especially lymphocytes (lymphocytes are the cells that attack bacteria in the blood).

The organs of the immune system, positioned throughout the body, are called lymphoid organs. The word “lymph” in Greek means a pure, clear stream, an appropriate description considering its appearance and purpose.

Lymph nodes are small, bean-shaped, soft nodules. They are not usually visible or easily felt. They are located in clusters in various parts of the body, such as the neck, armpit, and groin.

Lymph nodes produce immune cells (such as lymphocytes, monocytes, and plasma cells). They also filter the lymph fluid and remove foreign material, such as bacteria and cancer cells. When bacteria are recognized in the lymph fluid, the lymph nodes enlarge as they produce additional white blood cells to help fight infection.

The organs within the lymphatic system are the tonsils, adenoids, spleen, and thymus.

The lymphatic system is also connected to every organ of the body, but its function is completely different from that of the cardiovascular system. It is the garbage collector, the internal vacuum cleaner sucking up metabolic garbage, toxins, and excess fluid from the extra-cellular fluid of every organ. If this flow is impaired, the fluid becomes thick and toxic.

The lymphatic system is not connected up to the heart, so it has to rely upon some other activity to create the necessary pumping action it needs to circulate. The three most important methods of lymphatic circulation are external massage, muscle activity, and vigorous exercise. When this essential system is functioning at its peak, toxins will be drained from your body.

The body has an inbuilt need for activation. The lymph system, for example, bathes every cell, carrying nutrients to the cell and waste products away. Yet the lymph is totally dependent on physical exercise to move. Without adequate movement, the cells are left stewing in their own waste products and starving for nutrients, a situation which contributes to arthritis, cancer and other degenerative diseases as well as aging. Vigorous exercise such as rebounding is reported to increase lymph flow by 15 to 30 times. Bones also become stronger with exercise.

Rebounding offers, in my view, is one of the most effective ways of keeping the lymph system working properly. This will keep your body clean and add to your energy levels.

Unlike jogging on hard surfaces, which puts extreme stress on certain joints such as the ankles and knees eventually damaging them, rebounding affects every joint and cell in the body equally. Combining regular massage with rebounding will do your lymph system a huge favor that it will return to you in many ways.

During massage you may feel sore and clogged up, but that is a natural and good sign. The soreness is the lymph and the immune system cleansing itself. Sickness is a form of cleansing. Let the body cleanse itself; do not take any drugs to stop the cleansing process. The correct combination of exercise that works for you is better than any drug.

Chapter 16. What's Your Addiction?

"There is no love sincerer than the love of food."

—George Bernard Shaw

Most of you who read this book may get inspired to change your habits temporarily and eventually go back to your old ways. It's just how it is. Whether it's the ego protecting its identity, laziness or the "I'm going to enjoy my life as I want and nobody's going to tell me what to do" point of view. It could also be due to a backlog of failed attempts and fear of trying, and failing, again. Or maybe you just did not feel good when you tried change. For each mind there is a different version and I cannot discuss all six billion versions. Only you know your version. I hope I'm wrong about this. Please prove the statistics wrong. Please prove status quo wrong. Take a stand, rock life.

The fact is that some people will never handle their addictions in this lifetime. Many die sad lives, addicted. I know good people with strong wills that are getting their ass kicked with their addictions. I say you can beat it with the 12 Wonders. If you're in a relationship with an addict, you need to do the 12 Wonders more than your partner does. I spent six years in Al -Anon, a program for friends and families of addicts and I thought I was fine before starting.

Contemporary life provides fuel for many addictions. Some of them are obvious, such as drinking, smoking and gambling. Others are just as common but don't tend to be regarded as addictions. Here are some I've noticed:

Working to become a better person is one of the most common addictions. It may be the addiction that creates most other addictions. We have assumed that there is something wrong with us and we spend our lives attempting to "get it right." In fact, there is nothing wrong with any of us as we are now. All we need to do is to become aware of ourselves in each moment and to notice the automatic behaviors that cover our true selves. The way you become aware of that is by breathing deep, slowing down, and tuning in. Appreciating who you are right now is a way to overcome your addiction to being "better."

Another common addiction in our culture is to cooked foods. Most of us are addicted to cooked foods. Notice the conversation in your head as you read this, or when I advise that you eat 50 % raw food and 50% cooked foods. Are you resisting, are you making me wrong, are you compromising? We have all at one time or another broken our promise to ourselves or to others about what we are going to eat or drink. Mastering eating habits is a supreme challenge. Do not listen to me; try it out for yourself.

I will not theorize about why we are addicted to cooked foods, but here are a few things to notice. Drive down the block and your will see dozens of fast food

restaurants and advertisements about them, walk into a deli or quick mart and try to buy fresh foods, turn on the TV or radio and tell me what you hear. You are not hearing every day: "Buy fruit it's the greatest food on the planet!!!"

In addition to eating cooked foods, we are addicted to emotional eating. We suppress our emotions with food (I will use pain as the emotion). We eat so we do not have to feel our pain. We drink booze and smoke so we do not have to slow our bodies down, so we do not have to feel our pain. We stay busy, work a lot so we do not have to feel our pain. We have careless sex, so we do not have to feel our pain. We gamble, so we feel excited momentarily and do not have to feel our pain. Get the picture. We are addicted.

I'll share a personal story. In my thirties, during a conventional talk therapy session, I discovered why I ate when I got stressed. When I was young my mom and dad would fight. Several times I tried to help my mom, but to no avail. I had no control over that situation, but what I realized is that I had control over my stomach. After they would fight, I would reach for the cereal, my favorite Corn Pops and fill the bowl with milk and fill my belly. Making my belly full was something I could control. For years during stressful situations that I had no control of, I would do the same – eat. Different food, but same comfort. Inquire into what comforts you.

For men another addiction is ejaculation. During puberty we started to masturbate. Most of us men rushed our masturbation, since it was private and not socially acceptable. As adults many of us still continue to rush our ejaculation during sex because we became accustomed to rushing masturbation when we were young. Stop rushing; mom will not catch you! Make love for your partner not for yourself. Slow down and satisfy them.

An ironic fact is that women have also become addicted to men ejaculating during sex. Women, ask yourselves and men, ask your partners: Do you feel sex is not complete when the man has not ejaculated? Do you feel you have not done your best as a lover? There is a double standard out there that deserves to be challenged: Women are more free not to have orgasms during sex, but men are expected to do so. Maybe it's time for a change in attitude about this!

Here's another big addiction in our society: money, and capitalism. I am a capitalist and I hope you are too. Having a few shekels in my pocket makes the things I love to do a lot easier. Yet, in my view, capitalism is the biggest reason we are addicted to food, prescription drugs, cigarettes, fast food, alcohol, and sex.

The cycle goes like this: Businesses objective is to increase profits. All publicly traded companies have a legal obligation to increase profits. Businesses therefore aim to manufacture their products at the lowest possible cost, selling it at the highest possible price and selling as much as they can.

So if we were to entirely stop buying prescription drugs, cigarettes, alcohol, and junk food, all of those huge businesses would fail and the economy would crash. We

would have a great depression. Nobody wants this including ourselves, our governments, our corporations, and our children. And so the cycle plays out: There are inherent forces in our economy that will keep us addicted. There are inherent forces out there that want to keep us ignorant. There are inherent forces out there that want to keep our health care providers ignorant. A big part of that force is capitalism, or the profit motive.

Do the math for yourself. Remember: More people get colds, flu, cancer, diabetes, heart disease, ms, lupus, asthma, allergies, ulcers, sexual dysfunction, acid reflux, severe PMS, chronic fatigue syndrome, yeast infections, etc., etc., etc., than ever before and more people go to the doctors, get diagnostic testing, such as blood tests and x-rays than ever before. More people are taking non prescription and prescription drugs and having surgeries than ever before. We spend more money on health care than ever before, yet more people are getting sick than ever before in history.

There is also a correlation between the increase in the availability of processed foods, fast food, and dairy, and the increase in disease. Both are recent phenomena. As our intake in fresh food decreases, disease increases. For me it is real simple. Disease = too many toxins in the body, which results in a weak immune system and nutritional deficiencies. When you cleanse the body of toxins it gets well – period. Try it for yourself. Do not listen to me. Eat less, eat fresh whole foods, exercise and have more sex or do any combination of the above and see how you feel.

In his book, *Natural Cures They Don't Want You to Know About*, Kevin Trudeau talks about the reasons you are sick and how the American Medical Association, Federal Trade Commission, the Food and Drug Administration, and the pharmaceutical cartels are suppressing information about natural remedies and natural cures for virtually every disease. He claims that drugs and surgery are being promoted as the only answer to prevention and cure of illnesses and diseases, and that natural cures are being suppressed and hidden from the public.

This has been going on for years in many industries and in my view it is a result of capitalism. Capitalism is here to stay, so I recommend educating yourself and stop listening to the so-called authorities. Create your own relationship with money and business. Consider supporting businesses, like organic farming, eco-tourism, and hydrogen-powered vehicles that will help us break addictions, as a society, rather than keep us addicted.

Dehydration, or lack of sufficient water, is actually another addiction. Many of us are dehydrated, and these are some signs of it: dry mouth, sunken eyes, reluctance to drink, inability to pass urine or cry tears, high fever, lethargy, confusion, cold hands, and feet, rapid and weak pulse and rapid breathing. If your body is dehydrated you will reach for junk food & booze more often.

A way to overcome this stubborn pattern is to drink lots of water. A rule of thumb is half your body weight in ounces. I weight 140 pounds, so I should drink a minimum

of 70 ounces a day. When your body is not hydrated it will crave foods, alcohol and drugs that are not good for you. Try making your first meal of the day several glasses of water. There is no limit as to how many you can have, just drink, drink, drink. When I drink many glasses of water my energy levels increase dramatically and my desire for food decreases. My desire for alcohol and junk food decreases dramatically when I drink lots of water. I am not a smoker, but I imagine smokers will get the same result, and not crave nicotine so sharply when they drink more water.

Try it for yourself. Wake up in the morning and drink several glasses of water, try drinking several glasses before consuming alcohol; try drinking several glasses before satisfying your junk food cravings and try it before smoking your next cigarette. Let me please note that water transports waste and poisons out of the body, so when you begin to drink lots of water, you might experience detox symptoms that include headaches, nausea and more. These are fleeting and will pass. I would even be bold to say that excess amounts of water will help alcoholics and drug addicts beat their addictions. Eating healthy foods will definitely help any addict beat his or her addiction.

How do we know we are addicted to something? Certainly, we crave it, and imagine being satisfied by it before we've even touched it. We grow very accustomed to it. We feel we need it in order to function well. We may even become obsessed with it. Think about how many people you know are obsessed with money, food, sex, or booze.

Another sign of addiction is unconscious behavior. I'm sorry, Smokers, but I will use you as an example. Many smokers throw their cigarette butts on the ground. This is an unconscious act. I cannot believe that anyone would say, screw it; let me possibly start a fire and help destroy our planet.

For me, I get unconscious when I drink alcohol. I have driven many times while drinking. Sexual abuse is an addiction which is performed when the addict is unconscious. There are many ways to look at what I mean by "unconscious behavior." For me it can be suppression of pain, unwillingness to face the facts, fear covered up, or plain ole denial.

Whatever the case, wherever there's an addiction there's also a way to overcome it, if you are willing to work. But watch out! Don't start changing in order to become a "better person," or we're back to square one with addictions. Change in order to FEEL better rather than "be" better.

"If the facts don't fit the theory, change the facts." —Albert Einstein

Chapter 17. Tips for Those Who Can't or Those Who Won't

***“Far better it is to risk mighty things even though checkered by failure than to live in that grey twilight that knows neither victory or defeat.”
—Theodore Roosevelt***

Only read this if you can't or won't. If you are on your way and are doing and feeling great, skip this chapter please. This chapter is for us wild people that are either living it up, are undisciplined, out of control, depressed or just plain ole resistant. And that includes me. I get to let out my secrets in this chapter.

I wrote this chapter because my own family members, who know about wholes foods as I do, do not eat right and suffer from health problems. My own kids have shared meals with me for over 19 years but do not eat right, and I do not always eat right. My 19 year-old-daughter was complaining about a pain in her kidney the other day and I told her that the pain was there because she was not eating right. She said, “No Dad, kidney problems are hereditary on my mother's side.” I said, “That's nonsense! The only hereditary aspect of it is eating the same garbage as your family and therefore having their same symptoms.”

For every personal or scientific finding I give you, there is another certified health professional that will not agree with me or will contradict the information. Even among whole foods and holistic practitioners views will differ greatly. You have to take responsibility for your own health. Do not listen to anybody. If your health is too far gone, I suggest that you see a medical doctor in conjunction with eating whole foods and beginning to practice the 12 Wonders.

Remember, as I said in the Introduction: I am a self-taught health practitioner and I am sharing with you my own experiences. Please be advised that I am not a medical doctor or certified nutritionist and everything I say in this book is simply my opinion, my experience and my own conclusions. You are responsible if you choose to do anything based on what you read. But also remember, I do not get sick. I do not have health insurance because I know I do not need it. My body heals itself when I give it the right foods, exercise, and rest.

No matter your level of health, what you omit from your diet is as important as what you eat. Leave out junk food, fast food, processed food, candy, cakes, soda, diet soda, canned or bottled juices, coffee, boxed and canned foods, fat free foods, sugar free foods, low carb packaged foods, diet or protein shakes, artificial sweeteners, homogenized and pasteurized dairy products, hydrogenated oils and shellfish. I know, I just said a mouthful ... and that's the point!

LIMIT THE DAMAGE!!! Your body, the human body is miraculous. It can take so much abuse. Unfortunately, it will breakdown and stay weak if you do not give it frequent breaks. You can LIMIT THE DAMAGE even when you are on a roll, whether it be a let your hair down dinner, a wild night of partying, a run for the cookies and

ice cream depression; I do not give a s@%*, or just a good ole plain state of unconsciousness.

I have an insatiable love for food. Not only the smell, look and taste of it; I love the art of eating. I have been in the food and beverage business for 30 years. At age 12, I started washing dishes for \$2 an hour, 11 years later I started my catering company after working every position to include bus boy, cook, waiter, bartender, and manager. Dining out is an art for me. Candlelight, soft music, great wine, and a beautiful woman are a great joy in life for me. To bring my health to a new level, I now enjoy romantic raw food or romantic health food restaurants -- limiting the wine and most of the time replacing it with herb teas and fresh juice. I still enjoy the art as much. I realize that it has nothing to do with the content; it is all in me and what I bring to the table.

The tips, below, are based on what I feel are the most important ways of managing your health: Cleansing your body, keeping the pH in balanced in your body, allowing for maximum absorption of nutrients, working your heart and lymph systems, keeping your body hydrated and keeping the body, thoughts and emotions in balance. Still, I know this is all easier said, or written, than done. Since this chapter is dedicated to Those Who Can't or Won't, here's a place to start:

Tip # 1 = Let your body be sick. In many cases sickness is the body healing itself as in the case with colds and flues. We have developed a bad habit of stopping the sickness by taking drugs, which in turns stop the healing. When you do that, the poisons and toxins stay in the body and cause havoc later on. Please be advised that many of us have sickness that is too far gone, so please consult a medical doctor in conjunction with these recommendations. In my view, you will eventually have no need to see the doctor.

Tip # 2 = Replace breakfast with 5 glasses of water. The body will metabolize almost anything if you give it the time. The appropriate amount of time is 16 hours of rest from 8 pm to noon. This will cleanse your body, which is one of the golden keys to health. If you do eat before noon have fruit only. Never eat fruit after a meal or in combination with other foods. The best time to eat fruit is as your first meal. When fruit is eaten alone, it will have the effect of washing and cleaning the digestive tract.

Please note that you will not feel good when you first start to skip breakfast. Please note that you will feel even worst when you skip coffee. Not feeling good will be fleeting. Start your morning moving the body on an empty stomach. Drink lots of water in the morning and all day. Breathe deep and relax as often as you can throughout the day. Take a walk on the beach barefoot on a sunny day. This will center you.

Tip # 3 = Your body's alkaline – acid imbalances may be corrected by eating lots of salads and vegetables alone or with each meal. Lose the white flour and simple sugars wherever possible. If you eat eggs for breakfast, have an omelet with lots of vegetables and a salad, without the potatoes other wise have a lunch breakfast.

When I do breakfast at a diner, I have a big plate of hash browns and a salad. Let's make it fashionable to have a legume and vegetable based soup with salad for breakfast or whole grain pasta with sautéed vegetables. For Lunch or Dinner try protein, grains, almonds, and whole grain pastas with salads & vegetables.

Tip # 4 = If you are going to chow down, it is best to do it between 12 pm and 8 pm. Eat as many vegetables and salads as you like. No need to count calories. When possible, do not combine your proteins and starches. Eat proteins (fish, meat, chicken, nuts, and seeds) with vegetables and salads and eat starches (potatoes, grains, and legumes) with vegetables and salads.

Tip # 5 = Do not go to a restaurant starving. Eat some carrot and celery sticks on the way. Ask the server to not bring the bread. Always have a green salad first with as many raw vegetables as possible. If you are eating a protein ask them to replace the starch with a vegetable. Skip dessert or have fennel.

Tip # 6 = Have a glass of water with every glass of alcohol. Eat vegetable sticks when drinking. Alcohol is very acidic and it dehydrates the body. When socializing drink herbal teas instead of booze. If you are going to drink, start with a few glasses of water first.

Tip # 7 = If you get heartburn or indigestion, do not take antacids. Eat raw vegetables instead. Raw vegetables neutralize acid with no side effects.

Tip # 8 = Exercise your body and rest your body. I put these together because in my view in order to get a good night sleep you have to work the body throughout the day. What's with the sleeping pills? If you wake up and exercise, put in a hard day's work, enjoy your hobby after dinner and make love to your lover for an hour before bed, I'm sure you will get a good night sleep. Live a full life and you will sleep well. If you are not sleeping well, I'll assume it is one of two things: stress or not playing full out. There are tips for both reducing stress and playing full out in this book. Practice them and take full responsibility for your life. Slow down: Rest gives the cells time to recharge and rejuvenate. A tired body cannot eliminate toxins properly. During rest, most healing takes place.

Tip # 9 = Eat light. You'll be amazed by how little food your body actually needs. Fasting once a week is great for the body.

Note: There is such a thing as a breatharian, or those who exist on only pure water and air. They often live long, healthy lives and die disease-free. You cannot become a breatharian overnight, obviously, nor am I recommending that you try to do so. I refer to breatharians only to offer insight into how addicted to food we are. Breatharians take years to gradually eliminate red meat, then white meat, then vegetables and finally fruit from their diet. According to breatharians they eventually achieve a very calm, yoga-like state of well-being.

Wouldn't our life be more luxurious without the time and expense that goes with

eating three times a day? Why do we eat so often? Do we eat to nourish ourselves or do we eat to pleasure ourselves or do we eat to keep ourselves from feeling or do we eat unconsciously? Does shopping, cooking, and cleaning up take a lot of energy that sometimes you would rather put into other things? Or would you not to know what to do with yourself if you did not have to eat? Here's a big secret: For me it's a combination of pleasure and unconsciousness!

Tip # 10 = Keep only good foods in the house or at work. Never have junk snacks lying around. When bingeing, buy only one serving and not a whole package. Eat lots of good food when bingeing. I cook popcorn in olive oil and sea salt when bingeing. A 6" veggie pattie on honey and oat bread loaded with vegetables at Subway is also a good binge food for me.

Can I stay fit in the midst of my busy life? Can I stay fit even though I work a 100 hours a week? Can I stay fit even though I have 4 kids? Can I stay fit even though I love food more than my health? The answer to these questions is an undeniable yes. Yes, Yes, Yes!!! You do not have to stop living to stay fit.

Here's a sample fitness regimen for a busy person: Rebound every morning for 10 minutes, replace breakfast with 5 glasses of water, do push ups and sit ups a half hour before eating a healthy lunch, eat a light dinner that combines your foods correctly, relax your body before bed and make love.

There are many ways to live your life and there are all kinds of results. In his book, *Zorba the Greek*, Nikos Kanantzakis blends historical facts with a classic myth. Zorba followed his passions, passions of the moment and suffers great pain in the service of the intense pleasures that accompany his acts. My favorite quote from Zorba is, "Every man has his folly, but the greatest folly of all, in my view, is not to have one."

Folly is:

- a. A lack of good sense, understanding, or foresight.
- b. An act or instance of foolishness: *regretted the follies of his youth*.
- c. A costly undertaking having an absurd or ruinous outcome.
- d. **Follies** (*used with a sing. or pl. verb*) An elaborate theatrical revue consisting of music, dance, and skits.

In contrast to Zorba's life, consider the life of Buddha. Buddhism is a religion that takes its name from a unique individual who is referred to as 'the Buddha' which means 'awakened one'. The Buddha was born about 2500 years ago in Lumbini (in present-day Nepal) into a wealthy family. At the age of 29, however, he had become disillusioned with the life he led. For all its pleasure, he saw that he too – like others – could not escape sickness, old age, and death.

The Buddha's enlightenment is perhaps the focal point of the Buddhist religion. During this ultimate experience he found an answer to the problem of suffering. He saw that suffering was caused by man's craving but that there was an indescribable state of perfect peace and bliss in which greed, hatred, and ignorance were totally

absent. This state he referred to as **Nibbana** (Pali) or **Nirvana** (Sanskrit). What's more, he also saw that there was a pathway to this state that he called the Noble Eightfold Path. The Buddha was not a god – he was a flesh and blood human being. At the same time, he was a unique human being in that he found a way to realize the ultimate truth of our existence.

Being a Buddhist is about trying to go through life with one's eyes open and not following blindly what one is told to do – even Buddhist teachings!

Below, for You Who Can't or Won't, is the Eightfold Path and Four Noble Truths of Buddhism.

The Eightfold Path

1. **Right view** is the true understanding of the four noble truths.
2. **Right aspiration** is the true desire to free oneself from attachment, ignorance, and hatefulness.
3. **Right speech** involves abstaining from lying, gossiping, or hurtful talk.
4. **Right action** involves abstaining from hurtful behaviors, such as killing, stealing, and careless sex.
5. **Right livelihood** means making your living in such a way as to avoid dishonesty and hurting others, including animals.
6. **Right effort** is a matter of exerting oneself in regards to the content of one's mind: Bad qualities should be abandoned and prevented from arising again; Good qualities should be enacted and nurtured.
7. **Right mindfulness** is the focusing of one's attention on one's body, feelings, thoughts, and consciousness in such a way as to overcome craving, hatred, and ignorance.
8. **Right concentration** is meditating in such a way as to progressively realize a true understanding of imperfection, impermanence, and non-separateness.

The Four Noble Truths

1. Life is suffering;
2. Suffering is due to attachment;
3. Attachment can be overcome;
4. There is a path for accomplishing this.

Chapter 18. Experience All Five Senses Fully

“Everything has its wonders, even darkness and silence, and I learn whatever state I may be in, therein to be content.”

—Helen Keller

When you experience all five of your senses fully, at all times, then you are making love to life.

Feel, Taste, Smell, See and Listen.

Remember your favorite love making experience. (I will alternate between the male and female pronouns, for my readers of both genders):

Feel = You touched your lover’s skin, felt his body, you touched her wet, played with his hair.

Taste = You kissed her, licked his whole body, licked her juices.

Smell = You smelled his scent, smelled the candles and incense burning in the room, you smelled her perfume.

See = You gazed into his eyes, admired her body, you saw the reflection of the candles burning, you watched each other in the mirror.

Listen = You heard his or her moans of passion, you heard your bodies rubbing together, you heard the birds outside.

Experience all five of your senses all the time. With this kind of passion and aliveness, enjoy your children, eat every meal, enjoy your career, enjoy your hobbies.

Feel and notice bliss, at least some of the time, especially in the bedroom. If you are not enjoying all five senses in some area of your life, then change that area. Start looking at what changes will make bliss possible. All that it takes is you saying so and deciding to do it. No knowledge, No reading books, No special diets needed, No workshops, just do it and then feel what’s right. Never make anyone else wrong for your lack of bliss. Take full responsibility and start being passionate.

You know when life is not working as well as you like it to. You know fear is present when life is not working well and you take no action to change it. If this is the case, read section 1 again and start to feel your emotions. Many people in monogamous relationships sense when their lover is cheating on them, but do not have the courage to do anything about it. Once you start to feel your emotions and your own energy, you will start to feel others’ energies. You will know when something is not right; you will feel it. Then you will start to be spontaneous and take actions. Express yourself !!Experience being whole and complete now.

(Now, of course, do not take me literally. You can read books and do workshops! Just do not do them as a “have to” – do them as a “get to”. More about “get to’s” and “have to’s” in Chapter 21).

If you are not digging your lover, spouse or partner these days, then consider the following: there is a part of them that you DO dig.

When you first met him or her you were turned on. There was a part of your lover, spouse, or partner that you found radiant, open, and delicious. What happened? Some scientists say that love hormones get activated when you first meet someone and that they sizzle after about three years. Maybe the love hormones have worn out?

Maybe you are holding on to some past bad experiences together? Maybe you never really liked him or her in the first place? Well the good news is that it is very easy to find that radiant delicious part of your lover again. Just consider that there is a small part of everyone that we like. Experience that part of your lover using all five senses. Look at him or her deeply and find the beauty. Get reconnected with his scent. Listen to her voice with openness. Kiss passionately and taste each other once again. Touch her wet over and over. Leave your thoughts for a moment. Leave your judgments for a moment. Leave the past for moment. Experience the clarity of the moment. You cannot dig someone when you are judging him or her or holding on to resentments. Put away the resentments and try tuning into your five senses.

Chapter 19. Notice How Fast You Shut Down

“There is no failure except in no longer trying.” —Kin Hubbard

What is shutting down? That is when you say f@%* you to someone close to you or someone you love. It can be said in many ways. It can be said directly before you storm out the door or you can clam up for a few days. It can be said in your mind: “F@%* you, she/he isn’t all that wonderful anyway!” Or you may simply ignore someone, tune him or her out when you’re walking or speaking. We can discuss hundreds of different versions.

I do it with my son. He is 15 and a typical teenager. His laziness shuts me down. Every time he treats me like an ATM, I shut down. I say to myself. Get the f@%* out of here. Go stay with your mom. I have done the same thing in several of my past romantic relationships. It’s really sad when I / we do that. We are missing out on the gold in life. When you are open and give 100% you get real clear about what is happening. When you are giving a 100% and your partner is giving a 100% anything is possible.

If you are giving a 100% and your partner is not, notice that — do not make him or her wrong and go back to the drawing board again tomorrow. Use love, humor, and spontaneity to try to open your partner. If he or she doesn’t open up after a time period that works for you, move on, and give a 100% to someone else. No one deserves being ignored or having a lover walk so far ahead on the street that it seems you are not even connected. If you and your lover aren’t looking into each other’s eyes, holding hands, caressing each other’s hair, then get open or move on.

It takes a bold person to even notice he or she is shutting down and is willing to play the game this big. Many people close down because they are afraid to lose control. It is an ego thing. True bliss happens when you are connected totally but freely with another person or a community. The ego is a false self, an identity that has been created from your childhood. Your ego dies when you are totally connected to another person. Your ego, this identity, will do anything to survive, so therefore it will talk to you – that little voice in your head – until you shut down.

Have you ever had an incredible night, week, or month of love making, being totally connected to your lover and then, out of the blue, things go bad? It happened to me in my past romantic relationship. We would go on vacations, make love, get connected, and come home and break up, totally confused I might add. I identify it now as one of us closing down. When my lover closed down, I ran. When I closed down, she complained that we did not spend enough time together, eventually causing me to run some more. I see now that it was a situation of just not knowing what closing is all about. Not knowing about the role the ego plays in our life. Well now you know. Stop closing, Rock life open. Be conscious.

I am real clear that I choose to have a full life and I will always have one. In the past, that meant being tired, not doing it all, and balancing time between my projects and my lover. Now it means being totally present and alive in each task that I do and giving undivided attention and love to those I care for. A woman who gets 30 minutes a day of your undivided attention and love will live in a tent with you. Do not get me wrong—spend more time than that together. Just make sure that it's time where you can get connected and fill each other up.

Staying open or opening your heart is the opposite of shutting down. No matter what is happening or being said, stay present and keep love present.

Chapter 20. Is Your Life Filled With “Get to’s” or “Have to’s” ?

“Go ahead and unleash your wild side.

Hasn’t it been fettered for far too long?

That’s not healthy you know. So go ahead and cut loose. It’s a jungle out there and you are an animal.” —Source Unknown

My Number One turn on, when I live full out, is being conscious. In the past I was often unconscious. For example, I would be in situations or places and I would look at my watch and say to myself, “When is this going to end?” In the last several years I have largely gotten rid of, “I can’t wait until this is over!” Hoping to overcome my restlessness, I started inquiring into two questions with Willa, a life coach I hired for several months. She called them “get to’s” and “have to’s.” A “get to” is something that you are doing in life that you really love and are passionate about. A “have to” is, exactly that, something that has become routine and you have to do it, another one of those problems that is all too easily justified.

Here’s an example of a “have to.” Many people are not passionate about their jobs. They do it to make money, because it is what they know or they are afraid to leave because they have bills to pay. When they are posed with the “get to” vs. “have to” questions they have a choice. Since we all need jobs or careers, (unless someone else is paying your bills) make your job a “get to,” in one of two ways:

1. Keep the job you have and change the way you do it. F@%* it open. Find the love in it. Rediscover your passion.
2. Get a new job that you are passionate about.

What’s the alternative? Staying with all the reasons why your current job stinks. If you stay without changing your attitude, it stays a “have to”. If you get a new career that you love or make your current job a job you love, then it is a “get to.” Now duplicate that with love, kids, friends, fitness and more.

Kids are a big “have to” for many parents and some cannot find their way out. Most feel they have to stick around and be miserable until the kids are raised. They feel they must have junk food in the house for the kids, and stay in a miserable marriage for the kids. I say, forget about it. If you are not happy, make changes that work. The kids know that you are not happy; and when you and your spouse finally get real with each other and separate, the kids will say, “it’s about time!” And you do not have to leave; you can blow the relationship open and get really reconnected again. There is a part of your marriage and your spouse that you once liked and may still like.

Walk right into your fears. Stop messing around. If you are afraid of heights, go skydiving and even get certified.

If you are afraid of intimacy, get into a romantic relationship with a partner who will not tolerate you being closed. Run toward your fears. Do not be a wimp. Identify your fears and take them on. A good way to identify your fears is to notice what you have been putting off. Give up being right about your fears. Find your deepest reason to live and live from it.

Chapter 21. Sex is Sacred

***"Day and night I cannot keep you out of my thoughts;
In the darkness, on an empty bed, the longing deepens. I dream of us
holding hands, exchanging words of love."—Zen master Ikkyu Sojun***

In life there are many ways to attain wisdom, knowledge, freedom, power, and full self expression. Sex is one of them.

I've said this several times and I'll say it again. Great sex is understood not by its capacity to fulfill our fantasies, but rather by its ability to so deeply absorb us that thinking is forgotten and we feel the perfection of ourselves, our partner and of life.

We live in an age obsessed with sex. But for all our obsessions with sex, who's getting good sex and how often?

Sex takes us back to the origin of life. Sex heightens our quality of life. But so many of us go through life searching for sex, bored with sex, ashamed of sex, addicted to sex, never realizing our potential to grow and change through sex.

Consider that great sex is ordinary sex done with great awareness of all five senses. Women, I have some bad news for you ... and some good news. The bad news is the most men will take the most gorgeous woman and behave as though she's ordinary in four to six weeks. The good news is by being present and using all five senses, he will get beneath the surface and find your real beauty.

Consider that if you know yourself and you know your partner, then your relationship will flourish. Do you really know your partner? Is your heart still open to your partner? Do you melt when you see him or her, or are you repulsed?

Today starts a new day. Nothing to do, nothing to learn.
Rediscover each other, because I say that is where your dreams will be fulfilled, because that is where the key to being fit lies, because that is where the key to bliss lies.

Here's the situation. Some of you are not in relationships, so you need to be clear about why. It might be totally cool by you that you have chosen to be single at this time. If it's fear, walk into the fire and take chances. It's OK to take a chance, because you are ready to feel your emotions and grow with new romantic and sexual experiences.

Some of you are confused, stagnant, and repulsed by your relationship. I recommend understanding the past as over and gone, and rediscovering each other now. You may try taking the attention off yourself for a couple of days. Do what's best for your partner.

So many of us go looking for love, whether we're single or committed to someone!

Consider that you do not have to go looking for love, because it is where you come from. We just have to give up the part of our past that holds us back, whether it involves hurt, sadness, pain, righteousness, or arrogance. Agree with yourself and your lover to put it all in the past and go enjoy each other. Open yourself up and experience all of your senses. Here are some ways to enter this domain: acceptance, touch, scent, the eyes, taste, and the cry for passion. Enlightenment comes from sudden experience. Experience each other as two and experience each other as one.

What part of your lover have you yet to explore?
How many times have you made love to your lover?
Remember your favorite details. Then make love again, anew.

Kinsey's conclusion about the uniqueness of each person's sexuality: "There is nothing more characteristic of the sexual response than the fact that it is not the same in any two individuals." Love your partner exactly as they are and exactly they are not.

From the moment we were born, we need the touch of another. From the moment of birth, touch tells us that we are not alone in the world, that we're safe and loved. Throughout our lives, we never outgrow the need for that kind of touch. Sadly, some of us never get it, or stop getting it when we reach a certain age.

If you feel that way, go get touched. Brush your child's hair, barter massages, and pet your cat or dog. Touching is the same as getting touched. There is no distinction. If you are giving a massage you are getting touched. Yes, you offer the massage and make sure you get turned on while giving it, if you are massaging your lover. Most important is to make sure your partner knows you are turned on. Moan and sigh! If you are not massaging your lover, then leave the moans out.

Sexual touch is the most intimate and unmistakable. Before taking your clothes off, touch your lover, smell your lover, stare into her heart, hear her moans, and taste her.

Your lover's scent is beyond words. The scent of a lover's clothes, the scent of a lover's hair, the scent of a lover's sex. Hours after your lover is gone, his scent can comfort us and turn us on. After making love to one of my past lovers I would keep her scent on my hands for hours after we departed. How delicious. Enjoy!!!

The eye is distinctively drawn to what it finds sexy. Unconsciously, our pupils expand when we are sexually excited. Too often though, we become too preoccupied with surface appearances. Use your eyes to see through the essence of things.

Now gaze into the eyes of your lover and see your own reflection; then see the world.

Our mouth consumes that which gives us life. We swallow it and it becomes part of

us, for better or worse. For staying fit be totally aware of what you put in your mouth. In sex, do not hold back. Devour your lover. Use your mouth over every inch of your lover's body in every way you can. Think of all the delicious things you can do with the lips, tongue, and teeth and then do them.

Kiss, lick, nibble, taste, bite, suck, eat, drink, and swallow.

Sound is the expression of the ultimate truth. No need to talk anymore. Expressing your worship or disgust through sounds, sighs, moans and screams will express more to your partner than talking about it will. During sex, emanate from a place from deep within. Consider that you have been suppressing your desires. Get in touch with your innate sexual energies and express what you feel in the moment. When we hear the sounds of love we become energized and push our love higher and higher, sending back the energy in an expanding circle.

Accepting ourselves, our lovers, and others exactly as we are is a gift. Accept those things that cannot be changed, not with resignation, but with joy. Through eating whole foods and exercise, we can change the appearances of our bodies, but we cannot change the fact that they will age. Accepting is to live with those facts, to be able to look in the mirror or look at our lover at any age and to see the beauty. I love the Serenity prayer: God, grant me the courage to accept the things I can not change, the courage to change the things I can and the wisdom to know the difference.

Life is perfectly imperfect. Relationships, raising our children, friendships, careers, and sex are messy, complicated, exhilarating, confusing and ultimately a miracle. With all its hassles, that is how life is meant to be. Even as we realize the imperfection of human beings, we understand that everything is perfect just the way it is. Are you caught in drama, complaining, gossiping, and blaming. These conditions multiply with each day you keep them. Are you confident, strong, loving, and nurturing? These conditions also grow each day. Choose!

How do you rid your life of drama, complaining, gossiping, and blame? There are dozens of ways. This book does not cover them in detail, because I do not want to be redundant. Many wonderful books and lectures cover this.

But here's my favorite. Make the "no gossip" rule with your coworkers, family, and/or friends and hold each other accountable. Stop talking negatively about people who are not in the room.

Inevitably the body will die, but as long as you are in it and here, live with joy. In a single act of love making, we can transcend the limits of the physical body and realize the divine reality within the present moment. What could make a person feel more alive?

If you have been suppressing yourself in the area of sex, stop doing that. Your joy and fitness are available when you start expressing yourself sexually.

Chapter 22. Should I? / Shouldn't I?

“A person who is a master in the art of living makes little distinction between work and play, labor and leisure, love and religion. To him he is always doing both.” —A Zen poet

Before doing something, ask yourself, “Will doing this make my life better?” “Will doing this make me give more to those that are important to me?” Should I have a drink? Should I take prescription drugs? Should I watch porn?”

I have held to a policy of buying no prescription or over the counter drugs for 28 years. For me that is the only way to go. Antidepressants have side effects – period. Yet, I have two awesome friends who have both shared a different point of view with me. Both were on, and are now off, antidepressants. They say that the antidepressants helped them get out of bed and make a life for themselves. I prefer to live life full out without the drugs, but I’ve learned that the drugs help others live full out. Once again, six billion people means six billion possible ways to live.

The paradox in creating a magical life is that there is nothing to do because you are exactly the way you suppose to be right now... yet you have dreams that go beyond your life as it is, things that you want to accomplish that will change your future.

Let life flow between these two poles. The magic lies in creating balance between them. I call them the Doing and Being poles. I am a Doer and have always been: I work hard, make all the plans for the family vacations, I invest for my future, and I always plan my life. Being, to me, means relaxing and enjoying life in the moment it is happening. That is not so easy for me. Still, I am allowing for more Being these days than I ever have before.

Inquire into your life. Do you have an equal balance between Being and Doing? Do you “do” your lover in bed or do you let your desires and expression unfold mysteriously? Do you set specific financial goals and standards or do you work hard and let the fruits bear themselves?

Do you make little distinction between work and play? Or do you say: “I can not wait for the weekend to come, so I can enjoy my life.”

The only thing that is permanent is change. You will change, as you balance your life between the Doing and Being poles, and other people’s lives around you will change. Try to accept someone else’s change gracefully as your own, instead of pointing out how different they have become. Grow together !!

Chapter 23. Can You Really Quiet the Mind?

“When you think about it, we are really not here that long. Speak to someone in their 80’s or 90’s and they will reflect on the fact that they cannot believe how quickly life passed. Time slips through our fingers like grains of sand, never to return again. Today, live boldly, with passion, excellence, and love. Run towards the things that frighten you. Champion those around you. And dig deeper to allow more of who you truly are to see the light of day.”
— Robin Sharma

There are so many different languages, terms, cultural nuances, and words to describe quieting the mind. For many it is spiritual in nature. It is called awakening, enlightenment, nirvana, collective consciousness and on and on and on. When it does happen you come in touch with everything and you see clearly at entirely new depths. It sounds cool and it is cool to experience, but once again it has to come from inside you, you have to feel it. There is nothing on the outside that will make this happen. Being open to love, totally present when you are with someone or doing something will eventually lead you to this higher state of living and hopefully – Wham !! You are enlightened. In the meantime – Just kick ass and live.

For the last 24 years I have inquired into quieting my mind. Here is another view and hence possible confusion. When I say, “quiet the mind,” I could also mean quiet the little voice that talks to me all day. Yet, even if the little voice won’t get quiet I will find a way to live happily and productively.

Some say the monks and other spiritual leaders have attained a quiet mind by sitting quietly for years or decades. I am not sitting around for years trying to quiet the mind. I am not sitting under a tree for years trying to quiet the mind. So what I am doing is filling my mind with other things than the little voice. Instead of thinking about a financial mistake I made, I create new sources of work or income. Instead of thinking about cleaning the house, I clean the house. Instead of thinking about working out, I work out.

Recently I had two enlightening experiences. One was skydiving. When I jumped from the plane my mind went quiet and I was totally present in the moment. The other happened at the Rainbow gathering when over 10,000 people held hands and chanted OM. It also happened when my son was born and I was in the room. These moments are brief and my intention is to increase those moments where I am so present that there is no separation between myself and others. Once again, I find there is nothing outside of us that will make our minds quiet. There is no practice that will make the mind quiet. It will just happen when we least expect it.

Many spiritual groups have been practicing quieting the mind and they all say the same things: Awakening will happen when you are not trying to quiet the mind. Monks have sat for 20 years, 18 hours a day with no luck and then one day while gardening — bam! — they access higher levels of consciousness.

Practice always helps and you should do it. That includes exercise, meditation, visualization, and positive thoughts. Please do not listen to me. If you can quiet your mind in any other way, enjoy the peace. I am just giving you my view.

Some scientists say we are all connected. Another way to say this is that we all feel each other's vibrations and the vibrations of the earth. If this is the case, then we must feel each other's suffering and each other's love even more intensely when our own minds are quiet.

But why is this not the case for some of us? Why do some people vibrate to negativity while others feel trust and peace in the same circumstances? Do we get to choose what we want to feel – suffering or love? By being a certain way, do you choose the love or suffering unconsciously? If we are complainers, do we attract more complaining vibrations? If we are grateful, do we attract more grateful vibrations? If we are abundant, do we attract more abundant vibrations? Does the expression, "the rich get richer and the poor get poorer" have anything to do with the vibrations you attract?

For me when I am being powerful around a financial situation, many other financial opportunities come along. Is it luck or is it your good vibrations? Well, regardless of whether the scientists are wrong or right, I say go for it !!Put out good vibrations in all areas of your life. Try, even for one day, to quiet your mind. Stop complaining, whining, gossiping and generate thoughts of abundance and love.

Chapter 24. How Sex Can Emotionally and Physically Benefit Your Health

It's not just giving that brings pleasure; it's also receiving. In concert, these two essential human acts join in a circle of interaction that expands with use. When the circle is complete, the more you give, the more you get, and vice versa. ---- George Leonard

As we have been discovering, there is an intimate interplay between Sex & Fitness. For some it is the Sex that inspires playful self-discovery and body awareness in the area of their health and for others it is Fitness that inspires playful self-discovery and body awareness in their Sexuality. A healthy body and intimate communion with another are some of the greatest joys on this earth. Be conscious of what you put in your mouth and become aware of your body's sexuality now. The emotional & physical health benefits of Sex are many. Below is a list of ten such benefits. I also assert that there are many benefits that have not yet been discovered. Let's number them 11 to 20 and use our imaginations.

1) Increased Vitality - Sex is Exercise, especially good sex, conscious sex or two hour sex. Physical benefits of exercise include, increased hormone production, an increase in the capacity for breathing and better circulation. Better circulation brings more oxygen to the tissues, which in turn promotes body growth and repair. A less talked about benefit of sex is stimulation of the lymph system. Vigorous sexual activity will increase lymph production by 15 to 30 times. The lymph system is a major component of the immune system and when stimulated it will cleanse cells in the body increasing your health, vitality and longevity.

2) Increase in Oxygen - Sex will increase your breathing. Breathing properly and directing the breath is essential to reaching an increased level of health, the deepest possible intimacy and highest possible states of ecstasy. Breathing supplies necessary oxygen to your cells and frees emotions and sensuality. Fresh air will help the body absorb nutrients and eliminate toxins. 90% of our energy comes from oxygen. The average person can live approximately for 30 days without food, three days without water but only three minutes without oxygen. During sex, deep breathing is one key to lasting longer, having more intense orgasms, and feeling more intimate love, which will have long lasting physical benefits.

3) Increased Security - From the moment we're born, we need the touch of another. From the moment of birth, touch tells us that we are not alone in the world, that we are safe and loved. Throughout our lives, we never outgrow the need for that kind of touch. Sexual touch is the most intimate and unmistakable.

4) Increased Hormones - Sex releases endorphins - brain chemicals that induce feelings of happiness and well-being. These are the same chemicals that produce "runner's high" when released during strenuous exercise. DHEA is the

most abundant steroid in the body which is increased during sex as well. DHEA is a steroid precursor produced by the adrenal gland and converted to testosterone or estrogen by the body's tissues. An increase in DHEA naturally will increase your metabolism, promote weight loss and will stimulate increases in levels of sex hormones therefore enhancing your libido, energy and immune function. Please be advised that the significance of hormones in health and disease is not fully established. I assume or assert that the information provided on DHEA and other hormones are true based on my studies and are beneficial to the human body when they are increased naturally. I do not recommend supplements.

5) Decreased Stress - Sex slows the body down. After sex you have the opportunity to feel the tingling and vibrations in your body. Sex will help you take the attention off your desires and frustrations and give you the opportunity to be grateful for what you have. It will help you find the happiness and peace inside you. It will take you from stress to relaxation. When the body is relaxed it will start to neutralize the acids in the body and it will help the body go from an acidic pH to an alkaline pH, which will keep your bones strong. An acidic body will naturally balance itself by leaching calcium from the bones making them brittle.

6) Increased Motivation - Sex can motivate people to maintain a healthy weight and good grooming habits if they know they're going to share their body with another.

7) Deeper Love - The physical bond strengthens the emotional one, and emotional health is crucial to overall health. There are states that you can attain through sex that will take you beyond the physical and emotional state that many enjoy. Through fitness discipline and sexual practices you can attain these states. The next time you embrace your lover sexually, feel your deepest desires. Discover your deepest truth, enjoying total freedom and love. When you give your true gift of sex to your lover you will penetrate them beyond all limits into love. Do not hold back. Be willing to discover and embrace your deepest reasons for living life. Break through your fears and give everything you got and penetrate the world and your lover from the core of your being and move them into love without limits.

8) More Power, Freedom & Self Expression - Many of us have learned low self-esteem and develop poor body images because we were told negative things about ourselves. We were told to stop doing this and stop doing that. Our sexual feelings and sexual energies have been suppressed. Conscious Sex will bring up these feelings and give you an opportunity to release them and heal you physically and emotionally. Starting now, spend one hour a week doing what you really want to do and what you love to do. Do not wait until your finances are more secure, or until the kids have grown, or until you have finished your obligations. Do not wait any longer. Do what you love to do right now.

9) Decreased Inhibitions - Sex will take you through the dark and give you an opportunity to experience the light. In order to love deeply you have to be able to feel your pain deeply. In order to experience emotional bliss you have to feel your emotional despair. Great sex will open pathways to your past experiences and give you the opportunity to heal them. Start to make a list of the characteristics that will make you give your best to life. Men be present, strong, passionate, directive and humorous. Women be beautiful, radiant, intelligent, sexually open and trusting of your man's direction. Support your man's vision. If you are holding back in any area of your life; stop doing that. Be uninhibited, vital and energetic.

10) Increased elimination – Good Sex makes you sweat. The skin is the largest organ in the body and eliminates 30% of poisons and toxins from the body. Sex also increases the body's temperature which will inhibit the growth of bacteria & viruses. Sex also stimulates vasodilation of peripheral vessels, which relieves pain and speeds healing of sprains, strains, bursitis, peripheral vascular diseases, arthritis and muscle pain.

Chapter 25. Erotic Workouts and Erotic Play

***“Be creative, Be sensual, Be spontaneous, Be Alive
– Why Not?” —D. Mazzei***

Remember being a child, with no fears or inhibitions about what to do to keep life fun and amusing? Sadly, we develop many fears as we grow up as a result of negative experiences, punishment, and all the times we hear: “Do not do this” and “Be careful about that.” Give up the fears and give yourself permission to be that uninhibited, playful, adventurous child.

This chapter is one in which you teach yourself. It is hands on. I will give you a few tips.

Tip # 1 = THE BEST TOY IS YOUR IMAGINATION !!

The value of play is endless, both physical and emotionally. I started this book with Plato's quote and I'll say it again. “You can learn more about a person in an hour of play than in a year of conversation.” Happier people have stronger immune systems and happy couples live longer than their unhappy counterparts.

Start by speaking out loud about what you want or write it down on a piece of paper. This will increase your chances of getting what you want.

Laughter provides emotional benefits and improves the immune system. Laughter opens you more to love, so start laughing.
A good pillow fight or tug of war gets the sexual energy flowing.

Dancing gets the sexual energy moving inside you and towards your partner. Let your body speak your love by dancing for each other.

Music is a magical medium and a very powerful tool. Music can delight all the senses and inspire every fiber of our being. Music has the power to soothe and relax, bring us comfort and embracing joy. Choose the music that turns each other on. Try different genres and create different atmospheres with candles and incense.

Mirrors provide a great way to enjoy each other.

Tape your erotic work out for later use: Naked twister, Pilates with lingerie on. You get the picture; go and have fun. Play & love.

Get connected with your partner right now. Ravish her, Love her, Be grateful for the gifts she or he has to offer.

Eat food off each other's body; experience the five senses eating mangoes and berries. Start with the shopping together, cooking together, feeding each other and

then linger in the after play.

Bring out the animal in each other. Let yourself go places you have never been.

Toys, feathers, tie each other up. The best toy is your imagination and every part of your body and your lover's body.

Play with different massage techniques and lubricants. Break out the silk and lingerie to reflect your mood.

Working out together is a real turn on. Do lots of mirroring of each other with stretching, yoga, and mat work. Watch each sweat and anticipate the great sex you will have afterwards.

Breathing properly and directing the breath is essential to reach the deepest possible intimacy and highest possible states of ecstasy. Breathing supplies necessary oxygen to your cells and frees emotions and sensuality. The breath is the key to lasting longer, having more intense orgasms, and feeling more intimate love.

Breathe and notice the place where your breath is coming into your body. Put your hand there and now make the breath come lower into the body. Continue until the breath comes into your genitals, that is the key to firing up your sex life.

Breathing exercises 1) feet shoulder wide apart, hands at your side, inhale the belly out and exhale the belly into your spine, now add sound and gradually increase the sound, now without sound, squeeze the pc muscle to your spine 2) feet shoulder width apart, inhale the belly out, while raising your arms up and raising on the ball of your feet, exhale the belly in lowering your arms and feet 3) feet together, flat on the floor, inhale your belly out raising your arms up and slightly arch your back, exhale the belly in and lower your arms 4) feet shoulder width apart, breath in deep, hands overhead, palms pressed together, tensing all your muscles in your body, exhale with loud noise, releasing arms and muscles 5) elimination breath, v shape your feet with the heels of your feet together, hands on your tight, breath out all the air in your belly, while keeping the air out of your belly and without breathing, expand your belly and suck in your belly 10 times. When breathing, first try breathing in and out through your nose. Than breath in through your mouth and than alternate between the two.

Couple breathing exercises 1) Face each other in a comfortable position, breath in and out at the same pace looking into each other's eyes, after two minutes close your eyes to sense each other's energy pattern 2) sit more intimately and inhale while your partner exhales, close your eyes and imagine breathing for each other 3) sitting intimately facing each other, inhale breath from your genitals through your body to the top of your head, exhale the breath back down to your genitals, trace a loop inside your self, after several minutes expand the loop to include your partner. Be creative with your breathing. There are a hundred variations. The bottom line is to get connected to yourself, your partner and to life.

Think outside the box that you created for yourself and your life. Lose the logic!!
Most logic does not promote bliss!!

Lose the goal-orientated sex!! Get back in touch with the “turn on” of your partner.
Slow down, enjoy each other. Slow down and get connected. Keep it simple.
Experience all five senses when making love.

In love making, experiment with different positions and speeds.
Stop in the middle of lovemaking for an extended period of time and feel your body
and sensations. During oral sex or mutual masturbation, stop before your lover
orgasms and play some more.

Please your partner for one hour and the rule is that they can only receive. They
cannot touch you. These sessions can also be sexual healings. Everyone has been
hurt emotionally in one way or another. These hurts get stored in the body. A
sexual healing involves specific rituals that assist someone through an experience
to clear these pains or blocks locked in his or her body.

These techniques and many others can be found in Tantra books.
Tantra comes from the ancient Sanskrit language meaning “expansion through
awareness.” Tantra is a spiritual path whose practices include breathing, sounds,
movements, and symbols to quiet the mind and activate sexual energy. This energy
is directed throughout the body, creating consciousness and bliss.

For men only: Consider holding back – do not cum. Your woman wants you inside
her for at least an hour. Try experiencing orgasm without ejaculation. How?? It’s all
based on deep breathing through the nose and then circulating your sexual energy
away from your genitals and into other parts of your body. Exercising and learning
how to use your sex muscles, also known as the PC muscle, is a big part of this.
There are many great books written on this subject, so go master it. My two
favorites are *The Multi-Orgasmic Man* by Montak Chia and Douglass Abrams and
The Art of Sexual Ecstasy by Margo Anand.

Always have safe sex. Get tested regularly and use condoms.
If you and your lover are exclusive and do not use condoms, make sure you keep
the trust sacred. Never cheat and jeopardize anyone’s health. If you want to be
with other people, arrange an open lifestyle or leave. Your lover will get over you.

Above anything else, do what feels right to you in a way that honors others. Enjoy!!

Bonus Chapter

Seven Financial Rules for Success

This chapter is for those who are interested in making money or for those who are interested in discovering why they have not yet made money.

Money and Sex!! Now those two topics occupy much of our thoughts, to say the least. I hope you've acquired some insight into sex by reading this book. Now for money!! In my view, the simplest way to look at making money is by being a warrior. You must get off your butt and rock. Laziness plus fear is not the formula for making money.

But let me speak concretely. One of the best ways to make money is by starting your own business. Starting a business will also build your confidence. It's pretty simple to start a business. You pick a kind of business that you want to start, you pick a phone number you want to use, and you make business cards with the name, purpose, and telephone number. Twenty-five dollars later you are in business. Everything else is just stuff that you have to do to build your business.

Many people at first might think that they have no skills to start a business. Well, I only hope that by reading this book that you have become clear that a past-based perception has nothing to do with what you are doing today. You do not need knowledge, credentials, or a reputation to start a business. You only need to be a warrior or become a warrior. Business knowledge and skills will develop as you start to build your business.

The fact is you are wise enough to lift yourself out of your financial troubles and to excel in your financial dreams! You will learn all the business principles you need, which include pricing, accounting, marketing and management, as you go along. The key is to get your first job, then your second job and so on. Do not sweat the small stuff.

Business = Revenues - Expenses, so go bring in the cash.

Here is an example: You love pets, so you will start a pet-sitting business. You will walk dogs when your clients are at work, you will feed their pets when they go on vacation, you will take their pets to the vet so they do not have to; there are a dozen things you can do for people's pets. Then you will pick a name, use your cell phone as your business phone, and make business cards. You will tell everyone you know that you have started a pet-sitting business and once your business cards are made, you will introduce yourself to everyone within a five mile radius of your home and give them a card. Voila, you are in business.

One of two things is going to happen. You will get business immediately and your learning process will begin, or you will not get business and you will have to go into

warrior mode. Warrior mode could include promoting your business 18 hours a day. It could mean calling other, thriving businesses that are similar to yours and asking them if there is a way you can work with them. It could mean hanging flyers in every pet store within a 20- mile radius of your home. It could be a hundred different things. Two things it is not: 1) you being stopped by fear and 2) laziness. Warriors do not let their fear stop them and they do whatever it takes to succeed. You must also let go of the chip on your shoulder. Many of us harbor resentments, both conscious and unconscious, against people. To make money, let go of your chip and fall back in love with people and their imperfections.

Here are your 7 Tips for Making Money:

1) Be totally straight with yourself, otherwise this will not work. Come clean about bad spending habits, financial secrets, and stress levels associated with your money.

2) Never, Never, Never live off your assets !!!

Put simply: Do not use your savings or monies from a refinance of your home to pay your monthly bills. This will eventually lead you to poverty. Pay your monthly bills with income from your job, business, or investment income.

Also save a part of your income each week that will become an asset.

3) Always redefine your financial situation.

On a monthly basis, look at ways to increase your monthly income and decrease your monthly expenses.

4) Get in touch with your primary emotions about your finances. We have all made financial mistakes in the past, or continue to mess up now. Feel the pain or suffering associated with these mistakes before making any major moves with your money. The past does not matter. What's important is what you do with your money today and tomorrow.

5) A healthy body and healthy mind is a good formula for financial success. Learn to breathe deeply and relax the front of your body. When your body is relaxed your financial decisions will come naturally.

6) We have all been victims of verbal programming about money. Take a few minutes to identify which ones have gotten to you. Examples include:

"Money is the root of all evil."

"Rich people are greedy."

"You should not have more money than you need."

"You're not good with money." And more.

We have been told variations of these myths and they fester in our subconscious

and work against us. After identifying them, re-program your subconscious positively with sentences like:

"I am good with managing my money,"

"Being financially independent gives me the time to do the things I love." "Being rich is cool." And more.

7) There are many stages of business, including: the thought stage, a.k.a. the creating stage, the start-up stage, the growth stage, the expansion stage and even an exit stage. Different people get stopped at different places. Just know that you will get stopped someplace temporarily. This is where you have to walk through your fear. Many people never make it past the thought stage. I suggest, NEVER QUIT!!! Keep your head up and give it everything you have. So many people spend time being busy doing nothing. STOP DOING THAT!!! Prioritize!!!

There are three ways to make money in this great country of ours:

1. Owning or starting your own small business, as I've discussed
2. Buying real estate on sale
3. Self-directed stock market investing

Pick the one that suits you, learn about it, walk through your fears, and...

Go Warriors !!

About the Author:

Who am I? My first response is that who I am is not important. What is important is my sharing with you what I have learned from my life experiences with fitness, whole foods, sex, and the forces that affect my wellbeing and aliveness in each and every moment.

This book offers you the chance to try out some suggestions and see if they work for you. Such discoveries are more important than my "authority" or background. To me, Hans Reichenbach says it all.

"No statement should be believed merely because it has been made by an authority."— Hans Reichenbach

Still, anyone reading this book should know a bit about where I come from. When I was 15, Fred Bisci, a well-respected whole food and raw food nutritionist, started teaching me about whole foods, raw foods and exercise. Fred has been a raw foodist for over 30 years. By age 16, I knew a lot about living a healthy lifestyle. Shortly after that I noticed that knowing was not enough, because I would not practice what I knew or what made me feel good. That is when I started inquiring into what else might obstruct my living a healthy life that feels good. The last three decades have been a pretty cool journey into that inquiry, and have led to this book.

Following this book's principles has made a huge difference in my life. I never get sick. I do not have health insurance because I know I will not get sick. I let life unfold as it does without trying to control it. I never quit in the areas of life that are important to me and I have lots of love in my life.

After doing the EST training in 1983, I started to expand my life in all areas, including play, money, sex, health, love, and adventure.

In 1984 at the age of 21, I bought my first house. In 1985 I graduated from the City University of NY with a BA in Mathematics and a minor in finance. In 1986 at the age of 23, I started my first business, Chez Vous Caterers, and also started my family. Between 1986 and 2003, I founded several other businesses to include Dock Street Bar & Grill, and Barter4Profits, Shandelee Lake Inn, bought and restored real estate, and took many workshops on philosophy, sex, and health.

In 2003 I began working with Fred Bisci and his clients. On my 42nd birthday, and after 30 years in the food business, I sold half my catering company to my employees, moved to the country, restored a barn and the first mansion built in Liberty, NY, and wrote this book.

Today, at 44, I live in the Catskills and Staten Island, NY. My children, Melissa and David, are young adults now. I live a busy life and have limited time for working

out and planning my meals. I've learned to stay in shape and eat right by slowing down and feeling my body. Today, I still miss workouts and binge at some meals, but a few key priorities keep me fit, sexed and happy.

Acknowledgments:

In my hometown, NYC, there is a noticeable shift. People are taking responsibility for their health and their neighborhoods, and the entrepreneurs are listening. Fresh juice stands, farmer's markets, and quality food stores are replacing hot dog stands on many corners. Yoga studios are replacing porn shops and neighborhoods are transforming positively almost weekly.

On local and global levels the Internet has deepened the voice of upbeat warriors who are making a difference. It is a privilege and pleasure to be part of this movement.

My shift towards a healthy lifestyle started three decades ago when I was 15. My upstairs neighbor, Fred Bisci, a whole food and raw food nutritionist, introduced me to the world of fruits, vegetables, nuts, seeds, and yoga. Years later Fred Bisci still contributes to my health and vitality. He has made a huge contribution to this book; in fact, without him this book would not be possible.

Other contributors who have worked hard to make this book happen include: Dar Sword – Dar's By Design, my web designer; Chris Popper – Popart Design, my graphic designer; William Pfaltz from the House of Wellness; All the men from my men's group; and Naomi Rosenblatt, my editor.

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Those who have inspired me and continue to make a daily difference in my life are my children, David and Melissa, and my mom and dad.

My romantic relationships have always brought me joy and taught me so much about who I am. Special thanks to Kimmy, Kelly, Amanda, Ida, Graceann, Lisa, and Stephanie.

My best teachers have been my failures. While I've been expanding my life in the areas of health, money, play, love, and adventure, I have failed to bring about exact results more than I have succeeded. The thing I have learned is that if I give everything I have, then it does not matter whether I succeed or fail.

"Far better it is to dare mighty things even though checkered by failure than to live in that grey twilight that knows neither victory nor defeat."

—Theodore Roosevelt