

# NAKED NUTRITION

The Secrets of Healthy Eating – Laid Bare



The Diet Detective

Damian G. Houston



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**”Those who think they have no time for healthy eating will sooner or later have to find the time for illness.”**

- Edward Stanley

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## Disclaimer

This book and the information contained within it is not intended as a diagnosis, cure or treatment for any disease whatsoever.

Neither is it a prescription. Whilst it may get you thinking about your health in a more practical and responsible way - a lifestyle guide if you like - it is in no way intended as an alternative to professional healthcare. It is advisable to consult your existing healthcare professionals before making any changes to your healthcare regime.

## FOREWORD

**By Carl 'The HealthCHAMPION' Munson**

It's a privilege for me to call Damian a personal friend. When I first met him and he told me he was: "working with the symptoms of MS" rather than he 'had' MS (Multiple Sclerosis), I knew he was a special person.

This guide is highly opinionated and it unashamedly recommends products Damian wants you to use and get benefit from, just as he has done. The point is - you don't need to have a chronic illness to have an interest in your health.

I spend a lot of my time advising people to get proactive on vitality and wellbeing. I say: "Don't wait for the doctor to tell you to get healthy. Live life to the full now, love your body, love life." A message Damian echoes throughout this heartfelt and sincere contribution to all of us – Naked Nutrition.

You can find out more about Carl's work at:  
[www.healthchampion.co.uk](http://www.healthchampion.co.uk)

## INTRODUCTION

### Thought for Food

When the UK Government announced that the National Institute for Clinical Excellence (N.I.C.E) would give free nutritional assessments to those being admitted for long term care to check for malnutrition (March 2006), it clearly indicated acknowledgement - at the highest level - that good nutrition is directly responsible for good health.

My name is Damian Houston and I believe we have the choice to control our own health, without having to rely on medical intervention, or indeed anything else that we have manufactured, even synthetic vitamin and mineral supplements.

As a health professional – I practice nutritional microscopy - I see the effect a toxic lifestyle and acidic diet has on the blood of our bodies, which could be called 'the river of life'.

When we choose to eat a diet based on organic fruit, vegetables (raw where possible), nuts and seeds and drink plenty of water, our red blood cells appear separate and vibrant. They are all of

identical size with perfectly round, strong but flexible membranes. The plasma is clear and fluid without any toxic indications. The white blood cells, our highly sophisticated defence army (immune system) is alive, active and forever dealing with the invisible antigens- viruses, toxins, and parasites.

### **What I'd like to see**

This is what I see from a single drop of my clients' blood under the microscope. That is what I'd like to see anyway.

Unfortunately this picture seems to appear only in my lifelong health conscious clients, or those who have been following my nutritional recommendations, including pure, natural wholefood supplementation.

### **Eating my way out of my wheelchair**

If I had had access to this information when I first experienced the debilitating effects of Multiple Sclerosis at 21 years old, and knew then what I know now about nutrition, I am convinced that I would never have had to endure the pain

and loss of mobility I experienced over the next decade or so.

It was only when I was 35 that I became really determined to take responsibility for own health and wellbeing. I studied Anatomy & Physiology, Nutrition and Microscopy and literally 'ate my way out of my wheelchair'.

Having just turned 40, I still have a little way to go on my healing journey, but I go to sleep at night confident that tomorrow will be a little bit better and not worse than the day I've just had. *I'm so grateful to be able to share what I've learned on my healing journey with as many people as possible – I hope I can help YOU avoid the pain of disease.*

## **Society on drugs**

It was pointed out to me at an early stage of my work that an organic apple isn't going to do much for a Road Traffic Accident victim, which is a fair point; God bless the Accident & Emergency departments in our hospitals.



The same could be said for an advanced cancer patient, but there is a lot of work quietly going on that shows good nutritional supplementation can be highly effective.

On the whole however in the UK, we rather uniquely entrust our entire health and wellbeing to our beloved National Health Service (NHS) and the pharmaceutical companies that supply the NHS.

These companies train and encourage our doctors to supply the drugs that they've researched and developed.

It seems that in the USA, not only do the pharmaceutical companies control the drugs available to patients via the doctors, but they also support powerful lobby groups that influence the US Government.

## **Worth billions**

After all, a uniquely developed and successfully trailed drug is worthy of a patent, which can be worth billions worldwide.

Unfortunately, for those who are prescribed pharmaceutical drugs, there are almost always side effects, which often require additional drugs. This is because the drugs are often treated as toxins by the body, which causes further challenges to its balance (homeostasis).

## **Mother knows best**

Discovering, or re-discovering, the natural substances that can be hugely effective as regards our health and wellbeing cannot attract a patent worth a billion dollars because the natural way has been around forever.

Mother Nature is not renowned for her financial interest!

Without a financial reward at the end of the research tunnel it is a very wealthy naturopath

who can fund a clinical trial that is so revered by the medical profession.

The irony is that the vast majority of our doctors in general practice are the best health practitioners out there. It's just a shame that – as I understand it - a few months' nutritional training isn't a significant part, or even obligatory, in their many years of study.

I'm told that currently half of one day of optional study is offered to trainee doctors.

It would therefore perhaps be beneficial to all if they would include reading books like this one as part of their studies.

## **A closer look**

As soon as I qualified in Anatomy and Physiology, Nutrition and Diet plus Phase Contrast Microscopy, I took delivery of my microscope.

What an exciting time! I launched myself into investigating what diet changes seemed to be working to improve the appearance of red and white blood cells, in their structure, formation and the plasma in which they are suspended.

The blood flowing in our veins might - our River of Life - supplying every tissue of our amazing bodies with the oxygen and nutrients we need to survive, not to mention the white cells of our immune system that keeps us protected and alive.

It is when our red blood cells are compromised in their effectiveness to carry oxygen and nutrients to the tissues of the body, that disease occurs and cannot be stopped.

More so, our dietary choices can lead to an over acidic environment in our system, literally

sticking our red blood cells together. When one of these little clots hits an artery narrowed by fat deposits (atherosclerosis), blockage occurs and *bang!* - heart attack, stroke, death or disability.

You don't need to put yourself through that.

### **Why I wrote this book**

I wrote Naked Nutrition to share my findings with as many people as possible, so you can decide whether to take this path - to protect or regenerate your health. You may agree with me, disagree or remember that you knew it anyway at some level- it's not rocket science.

As The Diet Detective practising Nutritional Microscopy, I can show you that good nutrition makes a positive difference. All you have to do is to choose to put it in your body.

## CHAPTER ONE

### Who do you think you are?



It amazes me how, when talking about what we eat or our 'diets', we seem to be concerned solely with our weight; how we look to others, or more accurately, how we think we look to others. By using our food choices to mould our appearance, could it be that we are ignoring the most important thing that affects us all - our long-term health?

## **The weighting game**

The irony is that by following the Naked Nutritional principles in this book your body will find its own ideal weight without you having to calorie count or fast on intense fad diets.

The same principle applies to those of us looking to bulk up our muscle mass - forget spending a fortune on amino acid supplements, I believe you can obtain all you need, and more, from the wholefoods nature has given us, together with the necessary level of exercise, to get all the bulk you need.

When I first took responsibility for reversing my degenerating health through nutrition, I found I lost a stone and a half in six months. This was without trying to lose weight or ever going hungry, but merely a by-product of healthy eating and cutting out alcohol.

My appearance changed rapidly as the weight fell off. I looked great and my energy levels returned to a level I hadn't experienced since my teenage years.

Surely I must have been starving myself?

The reality is very different. These days, I eat whenever I feel peckish and cannot remember the last time I was hungry. I just eat super healthy food, which satisfies my body's most basic need for vitamins, minerals, amino acids, essential fatty acids and carbohydrates in an alkaline environment.

### **Hidden dangers**

I believe eating meat has a detrimental effect on our health and will talk about this again later, but I do not advocate a healthy happy life requires the exclusion of your favourite foods, but you need to be aware what they are doing to you.

I list carbohydrates last as that is the one food type of which we eat way too much, even in its healthier organic form. Our food culture is obsessed with starchy types of carbohydrates such as white bread, potatoes, white rice and the like. These of course are merely empty carbohydrates, having had almost all other nutrients processed out of them. Even the fibre value of white bread is compromised, as it is far



more likely to form obstructive 'papier-mâché' in your bowel than anything else that may aid the pumping (peristalsis) motion of the intestine.

## **Unhealthy diets and exercise**

When we are done with stuffing ourselves with carbohydrates, we turn our attention to losing the extra weight that excess 'carbos' leave us with, through unhealthy diets and unproductive exercise.

Please don't think that I am anti-exercise - far from it, but trying to shift the pounds put on by eating excessive carbohydrates and sugar will take a lot of pounding on an exercise bike; much better to eat well and take regular exercise by walking or cycling to school or work. Attending a yoga or pilates class is great for disciplined low impact exercise.

## **Self harm**

As a teenager I used to run the mile or so to the pub in the belief that I could then drink and smoke as much as I wanted and not compromise

my health, bearing in mind I also trained three times a week.

It only took four years of this type of behaviour before my body collapsed on returning from a skiing holiday. Light exercise is good for your heart, intense exercise creates 'free radicals' which harm the tissues of the body by stealing oxygen molecules from them.

Our obsession concerning how we look can lead to eating disorders such as anorexia or bulimia, which are very visual signs of the malnutrition. But is how we think we look really how we look to everyone else, or is it a reflection of how we feel inside?

If, when you look in the mirror you say to yourself 'I think I look great' or 'I really like myself' or even 'I love myself', you will look great not only to yourself, but also to everyone else around you. Really believe it, because it's true. Know how truly beautiful you are, as we all are, when you believe it, so will everyone else.

Striving for your 'ideal' weight to look the way you think will be appealing to others and to be

admired is a charade, avoiding living as your real healthy self.

*My advice to you is don't diet to lose weight, but learn to love how amazing you are, as you are.*

Add this concept to the healthy eating guide in the following chapters to become a super healthy and happy person.

### **Who do you think you are? - Key points**

- 1. Learn to love yourself as you are*
- 2. Make your food choices driven by health, not weight loss*
- 3. Eat less carbohydrates unless you are an athlete of some kind (excluding couch potato champion)*
- 4. Eat small amounts of meat, or none at all (this includes eggs)*
- 5. Eat plenty of organic fruit and vegetables*

## CHAPTER TWO

### What are we designed to eat?



It's thought that many millions of years ago we evolved sufficiently to leave the oceans and become land based creatures, albeit shoreline creatures in the early days.

So what was fuelling our ability to take this huge step of evolution that enabled us to take our first step on land?

What is it that fuels some of the largest and longest-living creatures that returned to the ocean?

Was that small evolutionary step a giant leap for mankind?

We have evolved into sophisticated, intelligent super beings that now seem to struggle with the most basic requirement needed to keep us alive - food.

I think there is a growing understanding that we need a balance of proteins, carbohydrates, fibre, fats, minerals and vitamins for good health and longevity. *But what is the correct balance of these nutrients and how do we know it's the correct balance?*

I know one thing for certain - trying to reinvent Mother Nature's diet plan just doesn't work. Our biggest focus should be returning to eating natural, raw, organic foods, modelled on the most successful mammals on the planet - early man and the plankton eating whales.

## **Mother Nature invented perfect synergy**

Early man ate seafood and then fruit and vegetables. Animals were 'inconvenience food', only available after man developed the spear to help kill it and fire to cook it and make it edible.

The need to invent fire to cook meat, combined with the acidic digestive response created when we've eaten it makes me wonder if we should be eating meat at all.

It is now well recognised that this permanent acidic pH of our bio-terrain is a major contributor to the dread diseases such as cancer and strokes. The saturated fats found in meat are of course also helping us to procreate our greatest killer- heart disease. Under the microscope I can see uric acid deposits in a blood sample of red meat eating clients. This occurs due to the toxic nature of meat - even the taste of red meat is due to the urine content in its flesh.

If you want to be healthy therefore, don't eat much - if any - meat, just occasional fish. Don't eat or drink dairy produce - an acidic digestive response is created and balanced by the body

taking calcium from its reserves - the bones. More calcium is taken from the bones than is obtained from the dairy product being consumed. Avoid dairy produce to avoid osteoporosis and certainly give it up if you already have it.

You most probably will read or be given contrary advice on this, but whichever route you choose, make sure you eat *a lot* of different sorts of vegetables- raw, as often as possible. Dark green leafy vegetables are the ones that contain the most calcium and many other essential minerals.

### **The horrible truth**

One in two people will die of heart disease, one in three of cancer. Most people will tell you eating meat and dairy products are perfectly healthy. Most people are wrong, and many of these people will die of avoidable diseases.

In the Western world it is so easy to become lost whilst trying to find one's way through the jungle of nutritional advice on offer, but I hope you will see the common ground of the importance of

alkalinity (pH acid / alkaline balance) and lack of toxicity in our diet.

## **Nutritional priorities**

I believe that these two factors, together with the intake of a couple of litres of clean, filtered water a day, come at the top of the nutritional advice list.

This is because if we eat acid forming foods full of artificial additives and ingredients our bodies will become acidic toxic dumps. The detox stage of good nutrition should always start with eating Organic food not just because it contains the vitamins and minerals that Mother Nature designed it to have, but it will not increase the toxic load on our bodies. Only then can our bodies take advantage of the amino acids, vitamins, essential fatty acids that these foods offer to us, eaten in a way that allows the necessary enzymes and pro-biotics to thrive (more on this later).

It seems therefore that as we evolved from sea-based creatures to become shore-based, so we changed our diets to foods primarily from the



land, which has subsequently become less fertile and more toxic.

I will look at these two very different stages of our nutrition separately, based on the closely related plankton eating whale, and the longest living humans on the modern planet.

## **What are we designed to eat?**

1. Eat natural, not synthetic food - only Mother Nature knows the optimum synergy of nutrients.
2. Best not to eat foods that have to be killed and cooked. Raw or fermented fruit and vegetables are the ultimate.
3. Ensure essential fatty acids (Omega 3 and 6) feature in your choices. Obtain these from occasional deep-sea fish, organic nuts, seeds or supplementation.
4. Choose Mother Nature's wholefoods, not what the food manufacturers tell you is healthy.
5. Drink between 1-2 litres of filtered water a day, in addition to the hydration obtained from fruit, vegetables and smoothies.

## CHAPTER THREE

### The Evolution of our Diet



I base my opinions as a nutritional advisor on the basis that we evolved from the sea around 50 million years ago. Around the same time, whales, previously four-legged land creatures chose to enter the oceans.

Man lived as a shore-based wading creature during the first stage of his evolution to become a land-based mammal. This allowed access to

the sea vegetables and shellfish found on the shore.

Both man and the whale were obtaining perfect diets provided by the sea - high in essential fatty acids (omega 3 and omega 6). This, with sea vegetables providing the vitamins and minerals, allowed brain development to a level higher than other creatures on the planet.

### **Larger brains**

The human brain has evolved under the pressure of natural selection in a hostile terrestrial environment. This gave the early man the ability to manipulate his environment by making tools. This unique adaptation created a virtuous cycle: tool making gave early man with larger brains a decisive evolutionary advantage, leading to larger and more sophisticated brains, and thus to more tool making. This process explains the exponential growth of man's intelligence over the past million years.

Man was also able to make weapons and fire to kill and cook meat and, given time, pesticides and fertilisers to enhance the productivity of crop

growing. We are so clever - we have devised ways to create delicious food choices using sugar, salt and other taste enhancing fats and additives.

But at what cost have we turned our back on and tried to manipulate nature's way? Have we invented heart disease, cancer, stroke and other dread diseases by hijacking evolution?

### **We are all different**

I wouldn't like to say, but I can say that I absolutely believe these diseases are almost always avoided using good nutritional choices. I accept we are all different and are handed our genes before going anywhere near our first supermarket, let alone health food shop, but please, let's make the most of what you have got by keeping to natural foods and eating them the way nature intended.

Whales were, and still are, lucky enough to eat what is probably the world's perfect food - plankton and sea algae. They also have the distinct advantage of not being exposed to continual television and press advertising telling

us how good and healthy synthetically manufactured food is. Mother Nature works, no question.

As for pharmaceutical and recreational drugs, all I would like to recommend in this area is to live a lifestyle that allows you not to need either of them. Both are poisons as far as the body is concerned.

## **The Evolution of our Diet**

1. Man evolved by leaving the sea and becoming a shore based being, having access to plentiful seafood and vegetables.
2. This diet of foods perfectly balanced with vitamins, minerals and amino acids and essential fatty acids led to man's greater brain growth and intellect.
3. Whales returned to the sea and ate a similar diet, have huge brains, but have never had to use them to manufacture tools to gather food and protect itself. Just a big mouth and tail.

## CHAPTER FOUR

### HEALTHY EATERS- PART ONE

#### The Superfood Surfers



Whales seem to me to be a bit of a riddle. They swim like fish, but have lungs and breath air like dolphins. Some eat seals and fish, but the largest whales eat nothing but single celled vegetation - the plankton eaters.

If longevity and potency are anything to go by when assessing healthy living, they are right up there, living for up to 150 years and remaining sexually active until the day they die.



## **Perfectly balanced**

Whales are descendants of land-living mammals. They entered the water roughly 50 million years ago. Whilst we will never really know why, I think they were following the most nutritious food source available on the planet; one that gave them a perfectly balanced supply of amino acids, vitamins, minerals, essential fats and sufficient carbohydrate.

What was this food? Plankton and sea algae - tiny single celled plants and organisms, full of everything one needs to grow to fifteen tons and live to 150 years old. But don't worry; you would have to eat a lot of it – for most of your waking hours too – to become as big as a whale!

In fact the opposite is more likely to happen in humans; essential fatty acids and other essential nutrients will allow your body to raise its metabolic rate and burn calories more efficiently. This allows more energy to be available to lessen fatigue symptoms and reduces the need of the body to create adipose tissue or body fat from the fats, which could otherwise not be metabolized.

Whilst being difficult to measure, man's intelligence has certainly developed more than the whale's. Some even argue that the whale brain has not significantly evolved since the distant ancestors of the whale took to a marine lifestyle about 50 million years ago.

### **Natural selection**

From an evolutionary point of view, this is consistent with the principles of natural selection. Intelligence does not arise spontaneously: like any other animal capacity, it evolves under the pressure of the animal's environment.

The whale has faced no real environmental stimuli to brain evolution. Whales live in an unchanging and benign environment with few natural predators. Their sole adaptation to their marine environment has been increasing size.

### **Evolved Intelligence**

The whale's lifestyle consists of swimming and eating, tasks which fish perform perfectly competently with very small brains. From an

evolutionary point of view, there is no reason for whales to have evolved intelligence, since their survival does not require them to perform any tasks for which intelligence is necessary.

On the other hand, the whale navigates around the world to follow the plankton; it is very rare that a whale loses its way, although a Bullnose whale in early 2006 took a wrong turn around Scotland lost its way and ended up swimming up the Thames. It is still not known why this happened, but it is unprecedented.

As far as nutritional values are concerned, I believe it is the whale's unchallenging environment rather than nutrients available in its diet that has restricted its intellectual development.

## CHAPTER FIVE

### HEALTHY EATERS – PART TWO

#### The Beneficial Bacteria & Enzyme Enigma



Food is the single most important factor in achieving and maintaining good health. When it comes to good nutrition the key, as in all natural living, is simplicity. Living foods, such as fruits and vegetables, eaten in their natural state, raw, or only slightly cooked, are the best when it comes to maximising nutrient uptake. By cooking our foods, vegetables and fruits, we lose 85% of the nutrients they provide. All enzymes are killed and amino acids are either destroyed or changed into indigestible components.

When I was looking for the most successful populations on the planet I began studying the people that seemed to be the healthiest and lived the longest active lives, and what it was they ate.

There is certainly some value in this; there are areas in this world such as Northern Pakistan around the Himalayan foothills and areas of Southern Russia, not to mention the people of Bulgaria at the beginning of the 20<sup>th</sup> century where the people live on the simplest fruit and vegetable diets, often raw or fermented.

### **Missing nutritional link realised**

The Hunzas of the Himalayas have never heard of cancer; study of these people has shown they eat a diet based on fruit and vegetables, including the kernels of apricots. Analysis of these kernels shows they have a high level of B17. Laboratory tests however, show synthetic B17 to be ineffective on cancer cells. It is argued by the naturopaths that the natural bacteria and enzymes found in the kernel are needed to activate the B17, and were not included in the lab trials for the synthetic version.

## Huge findings

These findings are huge and they lead me on to the realisation that: *natural synergy between vitamins, minerals and the naturally formed enzymes is one of the most important factors in our nutritional choices.*

Enzymes, as found in raw and fermented food, allow the nutritional content of the food to become *bioavailable* – i.e. allow efficient of absorption and utilisation or retention of their nutrients.

Fermented foods, also known as ‘cultured’ foods are foods that have been pre-digested or ‘processed’ by live ‘healthy’ bacteria. These are the foods that have been around in the diets of many cultures around the world for centuries. It has been the method of storing, whilst retaining the nutritional value of fruit and vegetables by the healthiest people of the world whose climate does not allow year round growth.

## **Dread diseases**

In 1910 Elie Metchnikoff, Noble Prize winning Russian Bacteriologist concluded that the extraordinary longevity of the Bulgarian people (87 average lifespan) seemed to be connected to fermented goats milk being part of their diet. Fermented goats milk seems to play a part in more recent times for the Georgian people of Russia; who, as well as avoiding the dread diseases, can be seen playing polo or working in the fields at ages of 100 years or more.

It seems that man has the intelligence to identify and cultivate perfect foods, but our ego and greed prevents us believing that Mother Nature has, and always has been, providing us with the perfect food. I think our desire to find a better way from the things we discover in nature can seem like a good idea at the time, but in fact can be fairly useless in reality.

## **Daily allowances**

Manufactured multi-vitamin supplements supply us with the necessary, or even far greater quantities than the Recommended Daily

Allowance (RDA) doses, which may be useful for their placebo effect and nothing else.

Super high dose multi-vitamin tablets are expensive and recent studies show may even shorten your life. If this is the case it would almost certainly be due to the body having to eliminate substances which, even though may have exactly the same chemical structure as the real thing, do not come in synergy with the appropriate enzymes or lactobacilli.

However, I have failed to uncover significant evidence that synthetic supplements are useless, but I have also yet to find a healthy 100+ year old who swears their long life is due to multi-vitamin and mineral pill popping.

### **Carry on**

If you are taking synthetic supplementation, feel great doing so and you believe it is due to pill popping then please carry on. My job is not to try and fix what isn't broken but to educate by sharing my findings of how our bodies can best be nourished.



Fermented foods are foods that aid the digestive system with the natural, live 'healthy' bacteria and enzymes they produce, which start the digestive process. The subsequent digestive process is therefore aided, so the food eaten is more easily absorbed and assimilated (it is fully bio-degradable). This allows for the full nutritional value of the food eaten to be realised.

***Enzymes rule over all other nutrients.  
Enzymes are responsible for our life and health, far outweighing the importance of every other nutrient.***

All of our mental and physical processes can only work with the aid of enzymes; each cell in our body has in excess of 100,000 enzyme particles necessary for metabolic processes.

Enzymes work with coenzymes - minerals, vitamins and proteins and cannot function properly without them. A constant supply of enzymes is needed by the body as they are destroyed after they have completed their appointed metabolic task.

All raw food contains enzymes. They cannot survive temperatures in excess of 116 degrees Fahrenheit, and begin to perish over time at temperatures higher than that.

## **Muscle strength**

It is interesting that enzymes are needed to convert proteins to amino acids. Many sports people take synthetic powdered amino acids to boost their muscle strength, which is probably doing them no good at all. However due to the undoubted level of training and exercise that they will be doing, improvements in their muscle tone can quite easily be attributed to their supplements, which in fact may be useless.

One of the major reasons that I observe alkalinity indications in the blood screens of my clients that eat raw food is due to the metabolic enzyme process. In this process, enzymes help extract chelated minerals from food, producing an alkaline detoxifying agent. This combines with acid cellular wastes and toxic settlements, neutralizing them and helping maintain an alkaline pH.

Alicia McWatters Ph.D. agrees in that the more food is cooked, the more difficult it is to digest and metabolise. Enzymes are the catalyst for the chemical reactions that enable metabolism or even absorption at all. Fresh, raw foods contain the highest level of enzymes.

Cooked foods or packaged convenience food will not be flowing with the enzyme activity necessary for a healthy life.

### **No life at all**

It is difficult to see how pasteurized milk products marketed as 'live pro-biotic' health drinks with a two week shelf life can have anything left alive in it at all.

This lack of enzymes in our food prevents food being fully broken down and thereby unable to release the amino acids, carbohydrates, vitamins and minerals needed to nourish the body. A malnourished body can only lead to disease and early death. Fact.

When we cook our food by whatever means, its chemical configuration changes, nutrients are

lost and enzymes are killed. Microwaving is probably the worst due to the additional radiation; barbecuing is right up there to thanks to our tendency to have a little too much to drink and then charcoaling whatever it was that we were hoping to lightly smoke. Carbon is a great way to toxidify our bodies. Deep fat frying is unlikely to leave anything alive and of course pasteurization is designed to kill.

### **Disease-free and longest-living**

Dr. Alexander Leaf (author *Fit For Life*) published the findings of his research about the oldest people in the world in the January, 1973 edition of National Geographic Magazine. He found that the three most consistently disease-free and long-lived people on Earth are the Abkhazians of Russia, the Vilcabambans of Ecuador and the Hunzukuts of Pakistan. None of these peoples suffer from Western diseases: NO obesity, NO cancer, NO heart disease! On average, these people live to be over 100 years old. The men are physically active and still fathering children at 100 years of age. The diet of all of these people consists of 70-80 percent high-water-content

foods such as raw, uncooked fruits and vegetables.

It is not rocket science (which I'm told is pretty simple anyway) to understand that nature supplies us food in a manner which will give us everything we need in its optimum state, to keep us in our optimum state.

### **Fantastic health**

Surely if we were meant to cook our food we'd all be dragons?

Eating raw foods is a delicious, simple way to fantastic health. It is a challenge to eat a 100% raw food diet due to our inherited belief systems. I would recommend aiming for 80% raw food so as not to become a social outcast.

Even at this 80% level you will lose weight without ever going hungry and look fantastic. Your friends will want to know what diet program you're on and how they can do it! What a way to lose weight, look great and never go hungry. You will never know the diseases you will have avoided, which is the way it should be.

## Easy change

Without sufficient enzymes, subsequent bodily imbalances are like to cause illness and disease, which is crazy considering this is the most easily adjusted change to our dietary intake.

There's no money in raw food for the food manufacturers - so it's down to you to try and increase your raw food intake. 100% raw food is a fantastic goal but difficult to achieve from scratch. It would also be a shock for your system; so better to ease yourself into it - fruit for breakfast is the essential start to this new way of eating. Fruit smoothies are fine and can be really enjoyable. Chapter 8 has some delicious diet plans.

**Like the whale, it would seem that this evidence - backed up by many more raw food advocates -strongly suggests that in order to live a long and healthy life, we should leave the life in our food by eating it raw.**

With the ability to take a plankton based tonic, one can now obtain the range of 'B' vitamins and

eat a vegan diet without concern over missing out on the protein and vitamins that are normally associated with eating meat. I do recommend eating a little meat however, but not raw as I have come across too many parasite horror stories. Fish once a week would be ideal.

## CHAPTER SIX

### Modern Choices



Given that Man is very unlikely to return to being a shore-based wading creature, let alone a whale, obtaining almost all of the nutrients needed for a long healthy life from sea based nutrients, we have to consider the alternative.

Due to the intensity of post-war farming, especially in Europe, and the use of pesticides and plant-specific fertilizers, we are faced with supermarket shelves full of vitamin and mineral deficient, toxic fruit and vegetables.



## **Many more dangers**

Livestock seems to carry many more dangers, and the use of oestrogen to accelerate growth and 'beef up' the size of the animals, is having dire consequences to all who consume a lot of meat.

On an even more basic level, we cook almost all of our food, killing most or all of the enzymes needed by our bodies to obtain the full amount of vitamins and minerals from the food we have chosen (see chapter 6).

Indeed, under my microscope it appears that the over acidity of our dietary choices has an effect on the pH of our blood and bioterrain - red blood cells lose their negative charge and stick together in alarming clumps (coagulation) or like stacks of coins (rouleau).

What this all means to us is a vastly reduced area of the red blood cell being exposed to oxygen whilst passing through the lungs (via the alveoli), and nutrients when passing through the stomach (via the villi).

## **Storing fat**

This lack of oxygen presents as fatigue and denies tissues the ability to counteract free radical damage. The lack of nutrients causes the body to feed us hunger messages, which can result in over eating and obesity.

Obesity is a sign that our bodies are storing fat, which is also occurring on the inside of our arteries (atherosclerosis), which could cause a heart attack or stroke if a coagulate mass of red blood cells can't pass through.

I believe this can even occur in those of us eating what we believe to be healthy diets - lots of fish, organic milk, eggs and meat. All of these create an acidic digestive response.

## **Acidic response**

One way to counter this acidic response is to eat as many non-starch vegetables possible - organic of course And try to avoid eating excessive potato, rice, pasta and bread, especially at the same meal.

Processed food is generally stripped of nutrients and has sugar and salt added to make it taste good, as do fast foods.

But above all, it is the fat choices that kill us. There are two basic types of fats: High Density Lipo-protein (HDL) and Low Density Lipo-protein (LDL). LDLs are saturated fats that we seem to love, but unfortunately kill us by causing atherosclerosis leading to heart attack or stroke. HDLs are the Essential Fatty Acids which help shift LDLs from the arteries, protecting us from disaster.

### **Check the ingredients**

Hydrogenated fats are thinly disguised LDLs and often appear in 'healthy' spreads or foods. These are possibly the most dangerous type of fat and are used in all sorts of 'healthy' – or organic products - check the ingredients!

All land based food requires enzymes and lactobacilli to assist in its digestion. Fresh organic or home grown fruit and vegetables come with this necessity included, but the more you cook it, the more you kill them dead. My understanding

of pasteurisation tells me the bacteria that cause disease are killed by heating to a high temperature, but no one has told me how this doesn't kill the good bacteria and enzymes as well. Therefore I wonder how any dairy products advertising live bacteria, but with a three week shelf life, can have anything alive in at all.

## CHAPTER SEVEN

### Eat well. Avoid the killers



#### 1. Heart Disease

Heart disease is so often misunderstood until it happens to our family or us. When the arteries around the heart are narrowed they cannot do their job properly, leading to heart attack, stroke or angina.

Whilst there are some potent toxins that can block the passage of life-blood such as cigarette smoke, car fumes and other environmental toxins, there are some very avoidable ones,

which have the same effect, namely saturated fat and sugar.

Our love of fatty fried foods makes things even worse. This will build up deposits in the arteries (atherosclerosis), narrowing them and hugely increasing the chance of blockage and heart attack.

This is certainly made worse by salt, which hardens arteries, making them very inflexible. This inability of the coronary arteries to flex with every heart beat pulsing the blood around the body will add to the risk of heart attack and stroke if the blood travelling to the brain is restricted.

### **Completely avoidable**

It is also completely avoidable if we know what to avoid and what to eat.

When we were kids almost all of us loved sweets, chocolate, cake etc. and would go to almost any lengths to get as much of them as possible. We very successfully, often helped by loving parents

and grandparents, developed our life-long sugar addiction.

## **Body fat**

Sugar is converted into glycogen if it is not used for energy production immediately, stored in the liver until it is overflowing, when it is released into the blood stream as acidic fatty acids. Converted to adipose tissue (body fat), this is deposited on our stomachs, thighs, bottom and other areas associated with middle age.

Arteries around the heart are narrowed as are those leading to the brain and just about anywhere else in the body. This of course leads to heart attack, angina and stroke and is the biggest killer in the UK to date.

## **Cancer**

Cancer is the second biggest killer if we look at the statistics covering the last twenty years.

These show that one to two males and one in three females are likely to suffer from cancer in their lifetime.

What's even scarier is they are predicted to double over the next twenty years. Could this be due to our over indulgence on acid forming foods, sugar addiction, salt and artificial additive loaded convenience foods?

Have our non-organic fruit and vegetables become so vitamin and mineral deficient that our immune system is so weak and we simply do not have the necessary nutrients to halt the spread of cancer?

In my opinion absolutely yes and yes. Which means that given the right organic foods and eating an alkaline diet we will give our amazing bodies the necessary tools to avoid being affected by cancer.



Avoiding anti-nutrients such as smoking, stress, excessive alcohol and mobile phone usage will certainly help. As will regular superfood top ups in the form of phytoplankton.

**Diabetes** is next in line and seems to be brought about by constant sugar intake; sugar levels in the body are controlled by the hormone insulin, right up until the day that it becomes ineffective due to constant exposure to sugar and, it seems, the gluten in wheat.

Obesity, heart disease and other killers are close behind if the diabetes doesn't get you.

Sugar causes a build up of toxic acidic metabolites (waste products) that build up, waiting for that detox clear out that never comes. Our bodies try to maintain the alkaline balance by using the calcium reserves in our body namely bones and teeth. Rotten teeth and osteoporosis are both exacerbated by high sugar levels.

Sugar robs vitamins and minerals leading to badly behaved kids and diseased overweight adults.

So why do we do it? The problem is that sugar is incredibly addictive - more so than heroin, whilst being cheaper and easier to obtain.

## **Sweet, harmless herb**

The sweetest, harmless herb I have come across is called Stevia. This does not have FSA approval to be used as a food additive for no particular reason that I can find. Indeed it is allowable as a nutritional supplement so it can't be that bad.

Adding this to the raw foods I am suggesting in my Nutritious Delicious program your addiction to sugar will be solved, saturated fats cut out and your calorie intake restricted.

When sweetening healthy raw foods we eat and give to our children, it makes healthy eating more of a pleasure and less of a punishment.

## CHAPTER EIGHT

### THE ANSWERS – PART ONE

How on earth can I eat like a whale?



For the first time in mankind's history, we are able to choose to eat (or drink!) phytoplankton, which has remained the exclusive foodstuff of some very long-lived and healthy whales out there. This is due to the remarkable story of a

plankton farmer in North East America. This plankton farmer's story is an amazing one; Tom Harper was sent home to die after extensive orthodox treatment for a lung cancer had failed to help him.

### **A few weeks to live**

He was given a few weeks to live, but after intuitively eating plankton he scraped from the side of the tanks in which he grew it, Tom amazed his doctors when he returned for a check up a few months later. His tumours had become benign and he was able to regain his full health shortly after.

It is widely known that sea-vegetables, such as kelp, dulse, arame, wakame and hijiki contain more minerals than any other food. These are available in health food stores in various forms. I was amazed to find that sea vegetables had been added to the marine phytoplankton, together with Frankincense, Aloe Vera and Mangosteen, powerful land based health products in their own right. Additionally Astaxanthin, the super sea algae is also grown and added.

## **A first for mankind**

This package is now bottled – marine phytoplankton is now available to mankind for the first time in history!

This is the means to return to one of our original super nutritious foods. It's at the beginning of the food chain and the plankton eating whale, living for over 150 years eats nothing but plankton.

With the addition of a little cocoa powder (the planet's tastiest antioxidant), mixed with pollutant free rainwater, I believe the planet's most powerful superfood is born. It is delicious and a concentrated half an ounce a day is all you'll need to help keep you healthy.

Over fifty million years ago we would have to have remained in the ocean to enjoy this standard of complete wholefood - and without the Frankincense, Aloe Vera, Mangosteen or cocoa powder!

Surely this has to be a big part of what we are designed to eat.

## **What's in it for me?**

The elements and electrolytes in plankton seem ideal for the human body. It's no coincidence that the composition of human plasma is similar to that of seawater.

We arose from the sea and our internal bodies reflect this. Over reliance on land-based food sources often leads to deficiencies in micronutrients and trace elements. Our bodies need these elements to perform as nature intended.

Homeostasis is the body's amazing system, which keeps all systems in balance. However, take away some critical component and the body experiences malfunctions that cause sub optimal performance. Too many malfunctions cause disease.

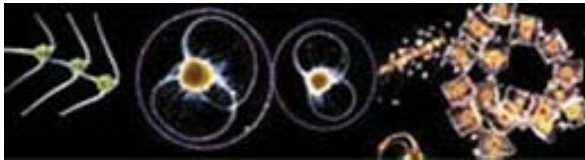
## Suspicious

Synthetic food of any sort is regarded by the body as suspicious, indeed an internal condition known as leukocytosis activates our immune system if we eat a piece of cooked food before something raw such as lettuce.

**This is why trace minerals and vitamins supplied to the body in natural synergy can be so much more effective than synthetic mega-dose vitamins and minerals.**

Containing many phytonutrients, amino acids, minerals, trace elements, vitamins, enzymes and cellular material not found in other food sources, marine phytoplankton offers a complete source for cellular nutrition.

The proprietary blend sold as *'FrequenSea'* exhibits promising effects in human physiology.





*A-Z of FrequenSea Ingredients and their benefits:*

- **Alanine** - Activates muscles and is an immune system booster.
- **Arginine** - New muscle builder. Supports immune system. Detoxifies the liver.
- **Asparagine** - Immune system booster. Brain energizer.
- **Aspartic Acid** - Assists making healthy DNA. Immune system booster.
- **Beta-carotene** - Immune system booster. Defends against free radical attack. Aids digestion. Vision enhancement, cornea protector.
- **Bioflavonoid** - Immune system booster. Removes toxins from skin cells.
- **Biotin** - Promotes healthier-looking hair.
- **Boron** - Promotes stronger bones. Improves mental clarity. Assists with unclogging arteries.
- **Calcium** - Promotes stronger bones. Calms nerves. Improves cholestrol levels.
- **Chlorophyll** - Promotes bowel regularity. Cleanses interstitial tissues.
- **Chromium** - Moderates existent diabetes. Prevents adult-onset diabetes.
- **Cobalt** - Repairs nerve cells. Helps produce red blood cells.
- **Copper** - Eases arthritis. Helps produce red blood cells.
- **Cysteine** - Detoxifies carcinogens

- **Essential Fatty Acids** - Reduces cardio-vascular disease.
- **Electrolytes** - Helps kidneys regain optimum function.
- **Fibre** - Eliminates toxic wastes.
- **Fluorine** - Fights tooth decay improves bone density.
- **Folic Acid** - Increases mental focus. Prevents anaemia.
- **Germanium** - Helps control Epstein-Barr virus.
- **Gamma Linolenic Acid (GLA)** - Lowers cholesterol.
- **Glutamic Acid** - Reduces alcohol/sugar craving.
- **Glutamine** - Increases mental focus.
- **Glutathione** - Defends against free radical attacks.
- **Glycine** - Calms nervous system.
- **Glycogen** - Boosts physical stamina
- **Histidine** - Enhances nutrient absorption. Removes toxic metals.
- **Iodine** - Assists with maintaining regulating body weight.
- **Iron** - Decreases anaemia. Increases emotional health. Increases physical energy. Isoleucine -Builds muscle. Helps repair the liver.
- **Lecithin** - Dissolves cholesterol deposits. Improves short-term memory.
- **Leucine** - Reduces hypoglycaemic symptoms.
- **Linoleic Acid** - Combats viral infections
- **Lysine** - Helps prevent osteoporosis.
- **Magnesium** - Promotes tranquillity. Moderates mood swings. Reduces migraine headaches
- **Manganese** - Assists joint mobility.
- **Methionine** - Enhances memory. Mood elevator. Removes heavy metals.

- **Molybdenum** - Increases longevity.
- **Niacin (Vitamin B3)** - Stress reducer. Lowers cholesterol. Assists in reversing atherosclerosis.
- **Nickel** - Promotes cellular growth and reproduction.
- **Nucleic Acids** - Memory enhancement.
- **Omega-3 Fatty Acids** - Increases cell membrane flexibility. Cholesterol dissolving properties. Reduces cardiovascular diseases.
- **Omega - 6 Fatty Acids** - Relieves arthritis symptoms. Skin tone improvement. Reduces cardiovascular disease.
- **Pantothenic Acid (Vitamin B5)** - Reduces morning pain caused by arthritis. Reduces toxicity from alcohol. Defender against free radicals.
- **Phenylalanine** - Improves mental clarity. Sugar cravings reducer.
- **Phosphorous** - Assists with healthy teeth. Increases bone fracture repair.
- **Potassium** - Hypertension reducer. Blood pressure control.
- **Proline** - Increases learning ability. Assists repairing torn cartilage.
- **Pyridoxine (Vitamin B6)** - Immune system booster. Relieves PMS.
- **Riboflavin** - Boosts physical energy. Defends free radical attacks. Reduces eye fatigue.
- **RNA** - Improves mental focus.
- **Selenium** - Strengthens immune system. Relieves anxiety.
- **Serine** - Enhances skin beauty.
- **Silicon** - Skin tightening.
- **Sodium** - Assists preventing sunstroke.

- **Superoxide Dismutase (SOD)** - Assists in preventing free radical activity.
- **Substance P** - Increases mental focus.
- **Thiamine (Vitamin B1)** - Increases energy. Improves mental attitude. Tension reliever.
- **Theonine** - Immune system enhancer. Ameliorates skin tone.
- **Tyrosine** - Improves emotional health. Enhances mental alertness. Increases memory ability.
- **Valine** - Promotes muscle tissue building.
- **Vanadium** - Assists in controlling blood sugar levels.
- **Vitamin B12** - Increases physical energy. Enhances mental focus. Assists with nervous system repair.
- **Vitamin C** - Promotes healthier gums. Reduces risk of cancer. Reduces duration of common cold.
- **Vitamin E** - Immune system booster. Promotes healthy nerve tissue.
- **Zinc** - Supports prostate health. Strengthens immune system. Reduces outbreaks of acne. Increases memory access. Reduces common cold symptoms.

## The mother of all oils

*FrequenSea*, the unique plankton based tonic is fortified with the added benefits of **Frankincense**, the 'mother' of all essential oils. Throughout history, Frankincense has been used to:

- Treat or prevent cancer
- Heal wounds
- Fight off infections
- Heal abdominal tumours
- Act as a natural anti-depressant
- Help with arthritis
- Lower fevers.

It's especially useful to the respiratory system and aids in:

- Coughs and excess mucous
- Pharyngitis
- Laryngitis
- Bronchitis
- Colds and flu
- Parasites

Frankincense is also excellent for use with stress related conditions and anxiety, due to its ability to have a calming effect on the nervous system, by crossing the blood-brain barrier.

## **Astaxanthin – Super Sea Algae**

Astaxanthin is a powerful, natural, biological antioxidant extracted from the marine micro-algae *Haematococcuspluvialis*.

It is the carotenoid responsible for the pink pigmentation in the flesh of salmon, lobster, krill and other aquatic animals and plants. The carotenoid complex contains Astaxanthin and other carotenoids, primarily carotene, canthaxan and lutein, and omega 3 and 6 essential fatty acids.

These natural compounds are important nutrients and protectants for the skin and whole body health. Astaxanthin crosses the blood-brain barrier, which makes it available to the eyes, brain and central nervous system. This acts to alleviate oxidative stresses and contribute to controlling ocular and neuro-degenerative disease such as glaucoma, Parkinson's disease or multiple sclerosis. Many carotenoids, such as astaxanthin, act as antioxidants to protect our cells from free radical damage. Astaxanthin's powerful antioxidant properties are related to its unique molecular structure. Polar end groups

allow Astaxanthin to work near the fat/water interface, which is where free radical attack first occurs.



## **Aloe Vera & Mangosteen**

These two fruits, from Mexico and South East Asia respectively, are hugely beneficial to our health in their most complete form to maintain the synergy between the vitamins, minerals and micronutrients.

Both of these natural powerhouses have extraordinary anti-oxidant and anti-inflammatory properties, which continue to baffle medical science.

Within my practise as The Diet Detective I have been posting images of the differences on the blood cells in a drop of blood taken from clients. You can see these at the end of the book.

What's even better is that all of the ingredients are raw, hence packed with their own enzymes.

So how can you complement this incredible way of living like a whale with the food available from the land?

There are details of how to order this unique product, branded as ForeverGreen's FrequenSea, for readers in the UK, US, Canada and Australia at <http://www.thedietdetective.co.uk>

## CHAPTER NINE

### THE ANSWERS PART TWO

#### How can I eat fantastic fertilized food?



I have studied the various methods one can ferment food to release the fantastic benefits of fermentation, but am reluctant to recommend them.

There are dangers in creating a food that may continue to ferment inside your body, causing symptoms such as Irritable Bowel Syndrome or Candida or even Crohn's disease.

Much of the process involves de-lactating the milk based foods which can also be tricky to get

it right, especially if you are avoiding lactose. Vegetable fertilisation, such as the creation of sauerkraut from cabbage involves leaving the cabbage soaked in salty water for a day or to, which is not the best way to keep our salt levels down.

### **Crude area**

The most powerful way I have found to cross into this very crude area of nutrition and reap the immense benefits it offers is through supplementation.

That is, carefully chosen supplementation. Many years ago I came across an organic supplement called *Prime Directive*, using a patented fermentation process called *Flora Ferm*.

It was powdered and tasted horrible when mixed with water. It claimed to be pre-digested which sounded horrible, but contained 22 certified organic wholefoods and 13 sorts of lactobacillia (wow!).

What's more it had an abundance of essential fatty acid content due to seed and nut content.

All of this creates massive enzyme activity in the digestive system, finalising the processing of the nutritional content of the powder, making it truly bio-available.

I duly entered Prime Directive into my portfolio of recommended nutrients.

All those introduced enzymes would be made available to the body to form part of the 150,000 enzymes needed for our millions of metabolic process every day. The 18 different amino acids presented in the product catalyse the fermentation of the wholefood content before we even ingest it.

This is the ultimate method of natural pre-digestion through fermentation. The long-living Hunzas did it for storage purposes - it is now available to us all for optimum health benefits.

## **What's in it for me?**

**The ingredients of Prime Directive are as follows:**

-Organically grown spirulina

Organic wholegrains (oat, wheat, barley, flaxseed)

Aduki beans

Blackstrap molasses

Organic Grasses (green barley, green alfalfa, green wheat)

Whole organic sunflower kernels

Whole pecan nuts

Whole almonds

Whole pepitas

Organic brown rice

Organic whole rye

Organic whole maize

Organic mung beans

Organic whole millet

Organic whole alfalfa seed

Organic whole buckwheat

Organic fresh ginger

**The fermentation process is enabled by the following lactobacilli:**

Acidophilus

Delbrückii

Casei

Bulgarius

Causaticus

Fermentis

Plantarum

Brevis

Helveticus

Leichmannii

Lactis

Spirogen

Bifidus

These are all naturally formed to make the most nutritious snack to top up your intake of good 'solid' food.

Add *Prime Directive* to your favourite fruits to make your own Nutritious Delicious Smoothie in a blender.

## CHAPTER TEN

### The Delicious Nutritious Program



This program is for everyone, not just for those of us looking to recover from chronic illness, but for all of us looking to improve our general health and wellbeing.

We look to healthy people for inspiration, but sometimes fail to see how on earth we can make our nutritional choices to be anywhere near as good as theirs, which could be the most important thing we do for ourselves and our families.



## **Beyond sad**

The truth is, we have been moulded into eating machines lead by image, taste, cost and convenience rather than nutritional value. It is beyond sad that our children are evolving further down the road devoid of nutrients but full of toxins. If we are to be able to lead our children towards healthy and happy lives we must lead by our own example.

## **The Delicious Nutritious Lifestyle**

### **Breakfast**

Your body wakes still processing food in preparation for elimination. The last thing your digestive system needs to deal with is a high protein, cooked dairy laden breakfast. So stick to non-citrus fruit such as organic apples and pears, flavoured with organic coco and stevia if desired.

Try this smoothie, mixed in a blender:

1 x apple or pear, with the core if you don't mind the bumps

1 x tangerine, Satsuma or orange

Half pint of organic rice milk

Half a teaspoon of Prime Directive

One 'dollop' organic 'live' yoghurt

Blend until smooth

## Lunch

Breakfast will have not only given you the nutrients and energy to buzz your way through the morning, but all the necessary enzymes for their efficient digestion.

Now it's time for some organic vegetable protein\*. This will make you feel great - eat as much as you can, you will not feel lethargic afterwards, as is often the case after a big lunch. Enzymes are included and no sugar to fluctuate blood sugar levels.

Carrot

Broccoli

Cauliflower

Cabbage

Apple

Rice milk

Stevia

Add to blender and mix for a minute or so. The vegetables, especially cabbage, are beautiful if marinated in Extra Virgin Olive oil overnight.

\*It is vital for all fruit and vegetables to be organic in countries that practice intense farming methods.

In the Western world this is almost all countries in which fields are used to grow crops constantly, without fallow 'rest' periods in which the soil can renew some of its mineral content.

The pesticides added to crops are toxic, not only to insects, but to us, adding to our toxic world.

Fertilizers added to crops are specific to the needs of the plant, not the complete range found in organic vegetables. You do not have to be a rocket scientist to work out why we, or our children suffer from mineral deficiencies.

If raw food smoothies are too much or too weird for your palette, make a delicious wholemeal pita bread salad (minus the rice milk) with your favourite fruit and veggies, such as:

Apples

Tomatoes

Avocado

Lettuce

White Cabbage

Celery

Carrot

Sprouted chickpea humus (make as normal humus, except use raw organic sprouted chickpeas instead of cooked ones. Buy ready made organic humus if this is impractical for you)

## **Evening meal**

I think that some cooked food eaten before 8pm is often the most satisfying way to end the day, especially if you're eating in company.

Choose to eat organic food where you can, don't combine complex proteins with complex carbohydrates (choosing vegetarian options is always best).

## How to live a happy healthy life



It is essential to give yourself the correct nutrients in an accessible synergistic manner and you will regenerate the unhealthy cells that have been created though toxicity.

With the incredible arrival of a health tonic that is so packed with nutrients, let alone anti-inflammatory and anti oxidant properties, it can now be a lot simpler, convenient, cheap and tasty. *FrequenSea* is a wholefood that we can live on. I do, with raw fruit and vegetables and a little organic fermented food powder in *Prime Directive*. When our bodies become so much stronger through this way of living it is fine to

have the occasional drink (organic red wine's best, but whatever).

Yet food is not the only thing our body needs to aid 'self-healing'.

Belief is a huge part of our wellbeing - the power of our mind is often way beyond the healing powers of a new drug being tested in double blind trials.

### **The power of placebos covered up**

That's why pharmaceutical companies will not publish the results of trials where the placebo groups healing outstrips that of the new drug on trial,

As I mentioned before, I believe drugs to be detrimental to our overall health, even though they may seem to give the quick fix that we want.

Our immune system is the greatest healer that there is; it is this we need to concentrate on for a healthy life.



## Spiritual awareness

Overall however, without a level of spiritual awareness, that raises our consciousness above the thinking that we can do what we want and blow everything and everyone else, we can never be truly healthy people - living a long, happy and fulfilled life.

Rather than relying on others to fix us when our bodies finally break, isn't it better to take responsibility for our health and wellbeing whilst we can?

And when we've done that to share it with others...

Here are some suggestions to help you improve your lifestyle: -

- 1) Eat organic wholefood, organic fruit and vegetables, raw where possible (always cook meat & fish), knowing that it's what your body needs. Use the organic, fermented wholefood supplement *Prime Directive* to obtain 18 different sorts of amino acids from 22 certified organic wholefoods.

2) Live like a whale. Plankton, as found in *FrequenSea*, comes with its own ocean-going case study - the plankton eating whales of the world, they live as long as any other creature on the planet, seem perfectly healthy and swim around the world twice a year.

3) Do not smoke, eat burnt food or red meat, and chicken or fish no more than twice a week, processed flour or dairy products

By doing this we can live our lives to the full, to hopefully become a healthy hundred years old.

Remember your lifestyle can be relaxed and natural - it is so wonderful to be at peace with nature and the world. Relaxation de-stresses us and allows our bodies to focus on the things that matter - our stomachs and breathing.

The world is a beautiful place the more we embrace it, the more it will embrace, protect and nourish us.

## Beautiful life

As a species, we have been given plankton for a second time; it is harvested during the spring bloom so that more is returned to the sea, than was taken from it; it is this sort of respect that leads to a full and beautiful life.

Raw fruit and vegetables have been available ever since we evolved from the sea, so let's eat them - raw.

When I looked for the title of this book it seemed appropriate that I called it *Naked Nutrition* because I believe in natural foods and being naked is perfectly natural.

On completion I realise that there is more to it than that. Our clothes are often there to represent our image and hide our insecurities. Our food choices also can represent our ego - advertising is constant and very powerful telling you what the best thing is to eat.

What would your friends say if they came round for a raw food dinner party? Knowing what I know now, I'd be delighted.

After starting on such a delicious, nutritious program, it would be crazy to undo it all. I advocate therefore trying to focus on the healthy food and avoid the stuff that kills.

Have fun and know you've become a healthy person - it's just a matter of time until your amazing body catches up.

Welcome to your health and happiness!

## What to do now...

### **Take action!**

If these ideas have a 'ring-of-truth' for you, please do something about it. Don't wait for that solemn look on your doctor's face and the 'bad news'.

If you are ready to 'eat like a whale', you can order the marine phytoplankton superfood from my website:

<http://www.thedietdetective.co.uk>

Prime Directive organic, fermented wholefood supplement is also available there.

## Stay in touch

If you were given this e-book, you can download further copies and sign up for my Naked Nutrition e-newsletter at:

<http://www.thedietdetective.co.uk/newsletter>

You'll get my unique take on the world of 'nutrition', further free gifts and special offers.

## THE PROOF OF THE PUDDING

### Evidence through the microscope

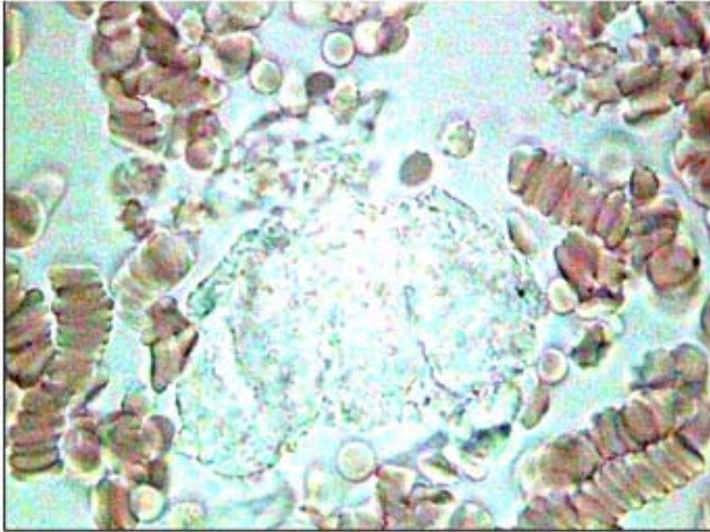
In my Nutritional Microscopy practise based in Devon, UK, clients generally come to see me because they feel fatigued, generally run down or feel that something is 'not quite right'.

I ask them to prick their finger with a sterilized needle loaded in the spring loaded lancet and mount a single drop of blood on a slide and observe the cells and plasma of their blood.

At this point there is a distinct tension in the air - very few people have had the opportunity to look at the cells of their body *especially whilst they are still alive* (the cells in the sample remain 'living' for over half an hour).

Whilst this strictly a non-diagnostic procedure, we are all fearful of finding out what we may already know - the state of our blood reflects the level of respect we give to our body's, our wellbeing and ultimately ourselves.

The first sample taken from 90% of new clients looks like this:



It still shows coagulation of the red blood cells - they are sticking together, indicating the negative charge of the blood has been lost, restricting their ability to stay separate. The environment of the surrounding tissue (the bioterrain) has lost its alkaline pH, most probably due to an acid forming diet, toxic lifestyle, dehydration or possibly infection.

These red cells have stuck together on their sides in a formation called *rouleau*, a French term meaning stack of coins. Symptoms of this condition are fatigue and shortness of breath, stress on the heart and cold hands and feet.

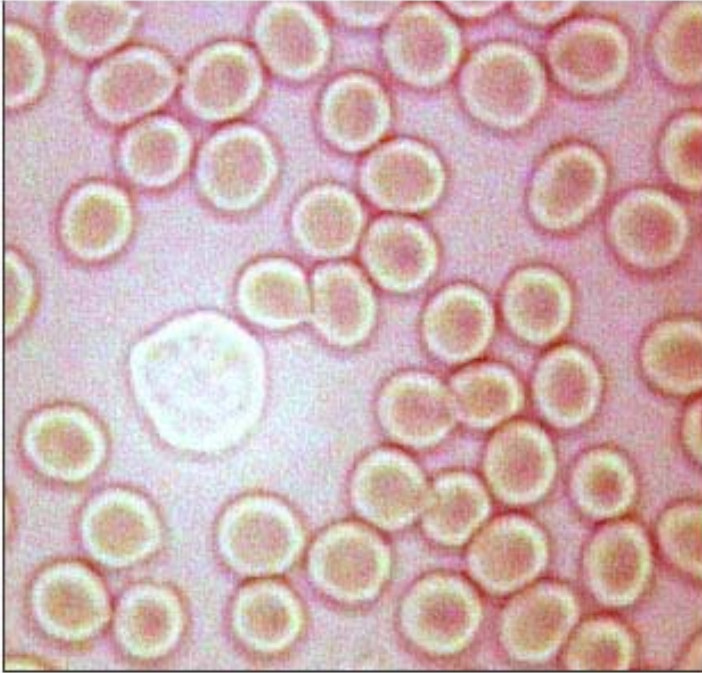


These symptoms are due to the blood's inability to transport oxygen efficiently.

There is a large amount of toxic debris (colloid symplast) visible in the plasma, caused by toxicity and altered pH. This creates a hindrance to circulation, resulting also in fatigue. If left unattended it may cause degenerative disease.

Visually, there are only one or two inactive white blood cells, indicating immune deficiency. This may be caused by x-ray or radiation damage, but is far more likely to be free radical damage created through toxicity in the diet.

However, after following the recommendations like those in this book, the cellular formation in the blood reorganises itself correctly, the plasma clears and the immune system, represented by the white blood cells, activated.



This clearly demonstrates the ability to change our own cellular structure through changing our nutritional choices.

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