

RAW FOOD

WITH URSULA SCHLOER AZNAR

Following is some notes based on a class held at Cansojong, Talisay on May 24; attended by Lily, Grace, Susana, Rina, Minda, Gay and Pam; any addition or correction is much welcome to help improve the material.

Basic or common Ingredients:

- ripe kulo (rimas) or saba (plantain)...gives the needed texture and flavor
- coconut meat...in the form of flakes (unextracted), sapal (grated extracted), gata (runny and watery), cream
- refrigerated coconut milk (plain and just hardened for 1,2, or 3 days
- coconut nectar or honey (unpasteurized/unheated); muscovado is ok if more natural unprocessed ones not available; unprocessed dates also good.
- Carrot sapal
- fresh fruits (lychee, mango, avocado, banana, papaya, etc.)
- kalamansi (lemonsito)
- black pepper, ginger, garlic, onion
- herbs: oregano, basil, rosemary, dill
- temperate salad veges
- local/tropical veges

Other Ingredients:

- papaya seeds (dried) as substitute for wasabi
- young coconut meat (buko)
- kefir culture (if none, use yogurt culture)
- ginger, chilli leaves
- salt

Sample Preparations:

1) HARDENED CREAM

Put gata in the ref for 1, 2 or 3 days for different consistency or degree of hardness and creaminess. This will be used in adding to various preparations.

2) COCONUT CHEESE

As in hardened cream but add kefir or yogurt culture into the gata and incubate in ref for 2-3 days.

3) RAW COOKIES

may use raw cocoa. need dehydrator or sun-drying. sapal from juices (coconut, carrot) may be used.

4) PUREED FRUIT VEGE MIX

Rimas, fleshy fruit mix with dates or other sweetener; may also mix sapal of carrot. add hardened gata

5) GUACAMOLE

Avocado with ginger, tomato, garlic, oregano, basil, rimas, chili leaves, salt. add hard coconut cream. Blender or food processor would be helpful to have.

6) SOUP

Broccoli, gata, water, black pepper, salt (other veges may be tried to replace or in addition to broccoli)

7) SALAD DRESSING

fresh gata, hardened gata (to achieve desired consistency), black pepper, kalamansi (or vinegar), ground dried papaya seed; add into cup-up veges

8) CAKE

mix or layer sapals (like coconut and carrot), pureed fruit mix, sweetener including banana, fresh gata. Then pour fresh gata on top and fruit puree for décor and taste

9) VEGETABLE JUICE.

Run veges through a food processor/juice extractor (decide if want it with the fiber or not). Some of the sapals may be used for food preparation if not sent to the compost pit

10) BUKO JUICE AND MEAT

may be used for any of the above (*need more ideas here, pls*)

Other Learning:

- 1) why raw food? our bodies need alive food for the nutrients and enzymes it needs. raw food gives also the needed life force, important for vitality and clear thinking and spiritual development (and discernment). Our food is our medicine. It is two sides of a coin.
- 2) Man before discovering fire was raw food eater. Grains are hard on the stomach. Even when cooked, the phytin (in grains) binds essential minerals and can inhibit enzymes. It robs the body of valuable nutrients and functions.
- 3) grain sprouts and other seed sprouts on the other hand were part of early man's diet and these are the best nutrients sources because substances are already degraded into absorbable and metabolizable forms.
- 4) Animals can also greatly benefit from raw food.
- 5) We used to be able to sense through our noses food or medicine from nature. That capacity is mostly lost through time. Animals have retained this sense. One need only to observe animals sniff or smell the different plants in the garden, esp. in the early morning. Sometimes what they eat are those that lead them to throw up, a form of detoxification.
- 6) Mangosteen—the sap may be used as supplement. It is very high in xanthophyll, the dark red pigment and functions as an anti-oxidant. It is now being sold in the US in pellets as food supplement. To prepare, simply run the rind through an extractor, slice the pulp into little tablets and dry.
- 7) Vibration-- some plants have more vibration than others. Coconut has the highest (approx165). rose in only approx 120. When worn, materials with high vibration can also increase the wearer's vibration. This is also true when taken as food.
- 8) No food/drink people--there is a group of people in Germany and other parts of Europe who no longer eat and drink. They subsist on light. If we recall we are composed of matter and energy

and these two are interconvertible. Those people have tapped into their energies for subsistence. Their digestive organs are already atrophied for lack of use.

- 9) Pendulum for chakras and sex determination--one may use the pendulum for determining energy levels among others. It is interesting that the direction of rotation or swing of the pendulum alternate clockwise and counterclockwise as we move from one chakra to the next. Moreover, males and females, regardless of gender preference, also move the pendulum one direction or the other, and consistent with the sex of the individual.
 - 10) Marching in school--in Germany this is already removed as a form of physical exercise. It puts children in a fighting mode and implants aggression into their psyche. Other forms are installed, such as eurhythmy.
 - 11) Music of oriental or indigenous peoples are more cosmic. The western one is linear and defined by the 8 notes (do, re, mi... do). The former goes in non-linear way and goes through kinks and loops.
 - 12) Some people, like the clairvoyants can see lights, nature spirits and the like. Nature spirits are seen in our gardens. These beings may also be seen in the form of light. They have been seen enjoying and dancing to good wholesome music.
 - 13) Water quality with music--An experiment was done in Japan on to differentiate water that had been given good music or talked to and another that had been given metal music or unpleasant words. The former formed beautiful water crystals as viewed under the microscope, while the other had broken chaotic crystals. Thus words and even thoughts do have effect on our well-being.
 - 14) cave healing—indigenous peoples know how to heal themselves. Some seek the caves when sick. They stay there until they are well. There is great healing energy found there.
 - 15) The minerals that compose our land surface have effect on us. Those People who live in high limestone area are in the absorbing mode, but their expression or action mode is weak. The latter relates to the will or action quotient. When the person moves away from that place and stay for example in an area that is predominantly granite, the will becomes more active (awakened). New capacities are formed.
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SIMPLE COCONUT SECRETS

By Ursula Schloer

Coconut cream. Coconut meat is grated and then pressed to get the cream. There are juicers with a spiral masticating device which press out a thick cream. The usual traditional process is to squeeze the grated coconut by hand and add a little water to it before pressing. The grated nut mass can also be put in a blender with enough water to make it move, later just pour it through a strainer and let it stand in the refrigerator for a while, get the upper cream and use the lower thinner water for soups and other drinks.

I store 'gata' in different stages, the freshest is used for smoothies and fruit salads, also dressing, but it can be kept for up to 10 days or even more if well closed in a container. People think that once it ferments it cannot be used anymore and it caused diarrhea. Since coconut is good for cleansing an impure digestive system this will be the initial reaction, the lacto bacilli will clean the colon. There are even people whose body reacts after taking the fresh coconut milk, this will stop after the colon is cleansed.

It is best to buy fresh coconut every two days, then store some of it longer to make cheeses and spreads, you can mark the date on the container.

I always keep one container with grated coconut meat and put it over fruits and salad or munch on it. It is the most ideal fiber compared to grain.

Coconuts are sold in western countries, they are still good enough to make coconut cream, but it might be hard to grate the meat with an ordinary grater. In the Philippines they have machines in the markets and some supermarkets who grate the nuts and lately they also press the 'gata' with a simple machine-shop made press using a car jack. Some market booths sell the 'gata' by weight. If there are no fresh coconut the last solution is coco-cream in cans or tetra packs.

We do not use cows milk and cream, as I always say, cows milk is for cows, not people. The molecules of the calcium of cow's milk don't fit the human system and cause deposits, milk also causes production of flem in the body and promotes yeast and fungus. In the digestive system it becomes 'casein', a hard plaque which covers the intestinal walls and prevents nutrients from being absorbed by the fine receptors in the mucus membrane of the walls. Then the residue of cooked food sticks to it and becomes a toxic mass covering the entire colon, eventually only a small part in the center allows food to pass. 'Casein' has been used in the past as wall-cover instead of the modern paints made of petro-chemicals. Lately people start again using white cheese and eggwhite to make casein, it is very expensive, but does not emit toxic fumes unlike modern paints which give off those fumes for 20 years! It becomes a glass-like substance. I was diagnosed of having casein in my digestive tract and when I started to de-tox it was very painful, it really had become stuck to the walls.

Once the colon is clean it absorbs all vitamins and minerals from food, no need of supplements anymore.

Myths and Legends

Drink your milk! "Milk makes a child bright, it gives the body calcium, it is good for osteoporosis etc etc." those are some of the myths taught by dairy companies and concerned mothers...

People who drank their whole life milk can still have osteoporosis, they can have arthritis with calcium deposits, cows milk causes mucus and promotes the growth of fungus.

Cows and calves have another digestive system

Asians did not drink milk, dairy products were introduced before the 2nd world war. The advertisement of huge multinational dairy products are going really 'under the skin', mothers feel guilty if they don't feed their children cows milk up to adolescence. Some children still drink their milk from bottles until they go to school!

Aside from building mucus milk has anti-biotic residue and even steroids and other medications given to cows.

They found pus in milk since cows are milked with machines and often have wounds and ulcers. High heating makes milk even less digestible. Most of the milk sold in Asia does not even spoil in the packaging because of procedures to make it last long

How do you get your carbohydrates?

Fruits and vegetables have enough carbohydrates. 'carbo's' from grain are even toxic, grains have inhibitors who stop enzyme production, causing the body to produce acid to get rid of the un-indigestible food. Women's diseases can come from too high level of estrogen caused by 'carbo's', sugar and highly heated oils. If one gland is disturbed (like the pancreas) then other neighbor glands get out of balance.

How do you get your protein?

People are brainwashed that they need animal protein. Our teeth are not the teeth of meat eaters, we don't have fangs like dogs or lions, our colon is long, meat eaters have a short colon and produce strong acid to digest and get rid of the residue of meat in the system.

Plants have enough protein.

In general we don't have to think in terms of specific vitamins and minerals, if our food has a wide variety of colors it indicates that all the minerals and vitamins are there.

What vitamins and supplements shall I take?

If our food is holistic and complete there is no need of supplements. An example is the Boutenko family who has been tested by scientists recently. They are into raw live food since every member of the family got sick from the average US diet. It was found that their bodies have the right amount of minerals and vitamins.

But if we live in a polluted environment we might have to get more anti-oxidants to counter the destructions of our cells by 'free radicals'. Deep breathing and exercise help also to oxygenate our cells. The holistic solution to this is to have more greens in form of juices and salads. In cancer therapy green juices are even given as implant to be kept for a while in the rectum. Instead of wheat grass juice we can juice any herbal and edible green including the young leaves of fruit trees.

Health Teas as medicine

In my understanding healing energy from plants should not be destroyed by heating.

Instead of boiling herbs or pouring boiling water over dried leaves it is better to steep the fresh leaves (like mint, green tea etc) in luke warm water and even put it for a few hours in the sun to make a 'sun-tea'. If no fresh herbs are available we can also use the dried herbs for this kind of 'tea'.

Otherwise water is the best drink, with a little lemon it becomes more refreshing.

As long as I have my rice, poor people are saying. In Asia they eat rice even with a little salt or salted fish or heavily salted fish-paste and –intestines or crab-paste. There is no life in this food. I have seen people eating huge servings of rice, but they are sickly and malnourished. Communities who eat root crops tend to be healthier than those who eat grain. A very old lady was asked

about her secret and she said she eats the sweet potatoes with the skin, the best nutrients are in the skin, also of many fruits.

What oil shall I use to fry my food?

Some people recommend to use virgin coconut oil or virgin olive oil? Why buy expensive cold pressed oil when it will be highly heated to fry unhealthy food?

Ideal is NO frying at all, if ever you don't want to eat so much raw food, then slightly steam it and add the virgin oil later, or add 'gata' which is more complete and delicious. It was found that people for example in the Bicol region in the Philippines are healthier than others because they use a lot of coconut milk in cooking.

Coconut is high in cholesterol

This is one of the worst myths and legends, initiated by vegetable oil producing companies from the US. Look at the research of Dr. Fife "The Healing wonders of Coconut Oil", Dr, Marie Enig "Coconut, The Healthiest Oil in the World" and Dr. Dayrit and his coconut research and experiences, even with HIV/Aids patients.

Coconut oil is a saturated oil, but it is a medium chain fatty acid which is assimilated quickly by the body, it does not produce what they call 'bad cholesterol', opposite, it removes it.

Good and Bad Cholesterol

Many legends are woven around this subject. Through stress the walls of the veins can be hurt, even the use of micro waves in cooking food makes the walls brittle (it changes the cellular structure and produces formalin which hardens the veins) The body uses fat, cholesterol to repair the damaged walls and it can happen that those scars can cause blockages in the flow of blood. Most often it is not the 'bad fats' which cause those blockages. According to Dr. Dayrit people used to eat much more 'bad fats' like butter and even pork fat, but they did not have coronary heart diseases, now with the highly heated vegetable oils and margarines there are much more people getting sick and dying from heart problems.

Better eat red rice and whole wheat products

The shell of grain is sharp and can even destroy the walls of the intestines. The inventor of the 'healthy' muesli, Dr. Bircher Benner, died of colon cancer. I used to eat muesli at home in Germany for a long time, but it is the worst combination of food, fruits with

Milk and whole grain, it gets sour and ferments. The best is to use fruits with coconut cream and grated coconut as fiber. If you want a granola kind of taste you can slightly

Stir-fry some coconut flakes with a little sesame and pour it over the fruit salad.

I cannot offend people by refusing to eat the food they offer

People will admire you for your courage to be firm and strong in your health commitments. They will become curious and ask you, especially if you look much younger and vibrant, they want to know your secret! Just tell them that this is what you have decided and you want to become health, slim and trim and active.

I grave for sweets and chocolates

I still do also sometimes, especially when I am stressed, then I look for a little piece of chocolate. Avoid chocolate which is too sweet, you can make your own by using

Native chocolate, melt it a little and add honey and coconut cream to satisfy your cravings. With the time it will slowly lessen. I also tried to grind raw cocoa beans and blend them with honey and coconut cream, it is delicious.

Coffee is a good anti-oxidant

This advertising tries to tell us that coffee is healthy, all I know is that after drinking coffee I become acidic and my joints start to hurt. Coffee is good for enema...specially in the cure of cancer patients. Coffee is very addictive. I used to feel sleepy when driving and immediately had to look for a cup of coffee, it gives this sea-saw feeling of up and down. Once I stopped drinking coffee I felt much better and did not feel sleepy anymore. But the smell of good coffee still gets me sometimes, then I take a small cup with honey and coconut cream.

Raw food is expensive

Another myth. Buy fruits in season, bananas, papayas, whatever is locally available, look for slightly overripe fruits and ask for discount. Buy cheap seeds and beans in poultry supply stores and sprout them at home, eat only the sprouts. Buy local greens like kamote tops, malunggay, saluyot, water spinach, chop them fine and mix with coconut cream, little salt and pepper, lemon-juice and a little ginger and onions...Or use greens like Tallinum which grows wild.

I made food for squatter children from the pulp of fruit juice and carrots, mixed it with fine coconut pulp, bananas, papayas and other fruits in season, a little brown sugar and the juice of young coconuts. It made them healthy and well and even good in school!

Even the parents and my workers started to eat what they called "Mom Ursula's feeding"

Hormonal imbalance was rectified and one women who used to have miscarriages was able to conceive and became active and slim, fat people reduce, malnourished gain weight.

MSG makes food taste better

It swells the taste buds and they produce more saliva, giving the impression that food tastes better. After the addiction to MSG people have a hard time to recover, they need 4 weeks to taste normal again, first you might need to add more spices and salt which can be reduced with the time. Everybody in the Philippines knows that 1 little pack of this white poison can kill a dog, why can't it slowly kill people? It does, it even prevents

The pineal gland from producing the 'happy' hormones like dopamine and serotonin, eventually it destroys also the reproductive system, mothers cannot breast feed anymore – and that is the ultimate goal, hidden population control.

Fluoride is good for your teeth

Another incredible myth, proven to be not true. Check the research in the internet, Dr Rath's revelation about how it was used to experiment in the concentration camp in Auschwitz to lower brain activity.....

Sugar free products are good for people with diabetes

Artificial sweeteners are mostly made of aspartame, look up the history in the internet, it is now in thousands of 'sugar free' products, can cause MS and other diseases. Put this powder on areas with ants and termites and see what happens to them, no need of pest killers.

Sugar gives energy

Short time energy, yes, but the side effects are that it makes the body acidic and it even aids in the growth of cancer cells. Sugar removes calcium and vitamin B from the body.

Canned goods

Food from canned goods are dead and acid producing, there is no value and no energy.

Children love junk food

This is not a myth, it is true. Advertising and environment add to this, children are becoming sick and obese. Introduce fruits on the table every day, let them munch carrot sticks, make nice dips, they love smoothies and shakes which are like ice-cream.

Talk to the school and bring it up during PTA meetings, try to ban junk food and soft drinks in school. Get a speaker on nutrition, be an example yourself. Otherwise you help create an even sicker new generation, clients for hospitals and pharmacies instead of active, energetic and healthy citizens.

They say.....

Who is they?? They say you need milk, they say you need protein from meat, they say you need sugar, they say etc etc,

Look at the results, who are THEY? The companies, the advertisers, even some doctors?

Are they healthy, trim and fit?

Simply try “simply raw “

Have courage to try and be healthy, look for examples who can encourage you, create a support group, become active, plant your own if you cannot buy, use cans, plastic bags, a small space on your balcony or porch, even window sill.

Simply Raw

by Ursula Schloer

When humans were still free and nomadic they just gathered what they needed for food. Just think of the Garden of Eden with all kinds of plants, flowers, fruits and greens.

Allow me to say it in a very simple way. We Human beings are alive, every cell in our body is alive and has as finest particles bio-photons, life and light. We don't put a hand in hot oil or boiling water. But we take from nature what is alive and fresh and throw it in boiling water and hot oil, then we eat it. What do we expect from this kind of food, energy? It is dead, has no more enzymes and no more bio photons, instead it invites parasites, bacteria and fungi to start to destroy what is dead.

People ask if it is not better to cook food to destroy bacteria. But exactly the opposite is happening.

The sun is the main source of energy on this planet, through photo synthesis chlorophyll is produced and the leaves become green, this green is a potential energy provider and has the ability to heal and give anti-oxidants to stop the production of free radicals.

Fruits are the ultimate food source, but green is needed when we are exposed to pollution, it even heals cancer by helping the body to build up its ability to create new cells.

There have been different schools of raw food, in Germany there has always been a group of raw foodists, eating 'Rohkost', I remember my mother telling me about people who eat raw and they expel old toxins from their body. I used to go out into the meadows and collect the fresh young wild herbs and put them in the salad. We had our own garden with organic vegetables and herbs.

I used to go to the forest and pick up wild berries, no garden berries have the flavor of wild raspberries, blueberries, strawberries and blackberries!

There is a group called 'Instincto', they smell the food before they eat it, when we start eating raw we will again have the instinct to tell by smell what is good for us, it will just smell like heaven when we have found the right food for that particular day, it can change from day to day, depending what the body needs.

When people go from cooked food to raw they look first for stimulants, gourmet food, even disguised to look like cooked food, raw burgers, raw salmon made of carrots and other vegetables etc.

With the time when the tastebuds are restored and the finer ability to smell returns there is less need of stimulants and spices. In general we can say that a colorful variety of fruits are having all what we need, adding to the menu a nice colorful salad and anything from coconut gives us all the nutrients we need.

We start the day with lukewarm water, one glass after waking up, another glass after shower, another before breakfast, taken with a little sea salt on the tongue it already gives us energy for the day. It is important that the water is not cold or hot, body warm, the body stores the cold water and heated water is also dead, has no more bio-photons. If you want to slim down, never drink cold water, lukewarm water alone helps to get slim. People are used to ice-cold water, but most of people in hot countries don't drink cold, they drink lukewarm or warm, some even hot tea as in Morocco and China.

If you take fatty food and meat, cold water will prevent the proteins from breaking down, it hardens the fat. People go around with big bellies, full of undigested food!

The first step is elimination and getting rid of old stored food-stuff, toxins in the intestines. A diet of fruits and salads can do a good job in cleansing beside colon cleansing with colonics.

Juices are only used as therapy for a short period of time, it is important to drink them slowly to absorb already in the mouth the nutrients and enzymes. Drink slowly as if chewing food to add saliva, called by the Chinese "heavenly juice", you can even mock chewing without any food in the mouth to gather saliva and swallow it!

Whole fruits are always better, anything complete from nature is better than its parts.

I don't throw away the pulp of juices or coconut milk, I separate the carrot- and the fruit pulp and mix it with fruits, honey and coconut water or coconut milk. This kind of food I fed to squatter children for 2 years and they did not get sick anymore, no more fever and cough or skin diseases. The local healer was surprised that she was not called anymore to the families and when she came she saw all the children well fed and healthy. Their school performance improved tremendously. Finally even the adults started to eat the food which they considered before an insult, they thought that kind of food is to be given to the pigs... Also my employees improved and one of them was able to conceive after she had several miscarriages due to hormonal imbalance.

I have friends who go to meetings or parties with their fruit basket and they munch on their fruits when others eat party food, they are very energetic and healthy.

But one has to be aware that there will be a healing crisis first, the body eliminates toxins and it can be quite uncomfortable. Most of the people think that you cannot drink straight the pure coconut milk, pressed from coco-fiber, it causes diarrhea. Once the body is cleansed it does not react that way anymore, coconut cleanses instantly and this should be a reason to be happy. Any elimination from the body is important to get out the toxins and negative stuff from the body system. So don't be disturbed when the body reacts with diarrhea, cough and colds, even allergies and skin eruptions, fever, those are signs that the body's immune system is working and it is starting to cleanse.

Most of the people who go for raw food become very slim, but then increase again a little weight to a comfortable level, detoxification takes out fat and the acids which are hidden in the fat. What is important is that enough liquid is given so that the body will not get dry. A minimum of 8 glasses of water a day helps, take a little salt on the tongue 2 to 3 times a day, but not iodized salt, simple rock- or natural unbleached sea salt will do. It has all the trace minerals the body needs.

Juices:

You can mix up to 3 or 4 different fruits and veggies together. I use more, but some people say it should be just few.

I take whatever is available and in season and mix it together, apples, pineapples, carrots, anything fresh and crunchy. Red beets, turnips, red and white cabbage (ideal for ulcers) etc. Even a little of ginger root and then I add greens, malunggay, sweet potatoe tops, squash tops, any green leafy vegetables, even

Organic lettuce leaves, parsley, oregano, basil, - I also use the young leaves of fruit trees. In the Philippines they have a tea called pito-pito, meaning 7, they use 7 leaves of 7 kinds of fruit tree leaves,

mangoes, star-apple, avocado etc. I use young leaves of trees which are considered herbal, guava leaves, even the very young leaves of papayas, soursop (guabano), atis etc.

You can also mix the green juice with the water of young coco-nuts (buko or butong), this makes a perfect energy drink. I noticed that the green juice is so full of energy that one can literally feel the energy in the forehead, opening the brain....It must have to do with the function of the pineal and pituitary glands which are triggered.

Wheat grass juices is widely used, but then why only wheat grass? Wheat does not grow in the Philippines and I am sure that any edible green will do, as long as it is not toxic and if possible it should be organic. If it is not organic there are natural products which cleanse the vegetables from pesticides and artificial fertilizers like Blue Miracle, made of ancient seasalt basically. Orange peels with little vinegar and salt will also do.

Instead of making tea – killing the herbs with hot water – I take the young leaves, steep them in water and put the glass in the sun – sun-tea. There is a herb called sambong of the sage family. If a mother could not breastfeed her child they just put those leaves in water and let the baby drink it, those children grew up healthy and strong, without any baby formula! It is also used by farmers for cows to increase milk production.

Our drinks are: Living water, if possible from a spring or made alive through a spiral process, alkaline, fresh juices, sun-tea, smoothies with coconut milk instead of cows milk, yoghurt drinks made with yoghurt made of young coconut meat.

Breakfast:

Instead of muesli (muesli is the worst combination, cereals with cows milk and fruits)

Mixed finely chopped fruits of different kinds mixed with chopped nuts (soaked for a minimum of 24 hours in water to stimulate the production of enzymes and to make them alive), pour over

Coconut milk or/and a little coconut water. Sweeten if necessary with little honey, also finely grated coconut meat

Lunch:

A big salad with different greens and a mixture of other raw vegetables, young corn, avocado finely sliced, olives, tomatoes, cucumber, radish, finely chopped cabbage, even broccoli, asparagus, heart of the coconut (ubo), young bamboo shoots etc with fresh herbs.

Dressing is basically from coconut milk with little natural vinegar or lemon, a pinch of salt and pepper or paprika, never use mayonnaise, it is made of highly heated oil and eggs.

If there is no coconut milk I blend tomatoes with cucumber and a little garlic and spices with salt, or a avocado with herbs and a little lemon juice

Yoghurt

Blend the meat of young coconut with water to make it a smoothy milk, then put yoghurt starter, for example kefir or few spoons of original yoghurt and place it in a covered jar, wrap it with a cloth so that

it is dark and let it stand in a warm room for 6 to 8 hours till it start so rise, it should just start, then put it in the fridge

Coconut cheese

The milk of coconut which is squeezed from the grated nut can be used in different stages. I keep it in the fridge for 2 to 3 days till it becomes hard, then I blend it with a little fresh coconut milk and different herbs and spices. It tastes almost like white cheese, carefully blend it and mix garlic and basil, or coriander, parsley, oregano, dill with a little pinch of salt and pepper.

This is ideal also for toppings on finely sliced turnips, finely sliced cucumbers etc and as side dressing for salad.

Desserts

All my desserts are mixed with coconut milk or soaked nuts made into milk or paste. Any fruit can be mixed with the thick milk, the milk can be either fresh or 1 day old.

I use creamy star apples with coconut milk, soursap, even durian. The star-apple cream becomes like pudding.

I also use the pulp of fruits and mix it with coconut milk and a little honey, put it in a cup and turn it around, then decorate it with cream and a sliced fruit on top, ideal fiber and no waste.

When I make juice I juice first the fruits carrots and put the pulp aside for desserts or raw cakes, then

Tomato and cucumber with basil or other greens for tabuli or saziqi like dishes. The other greens, vegetable- and herb pulp can be the base of a cold soup.

Soup

Coconut milk based cold soup with: tomatoes, cucumber and little garlic, Broccoli, asparagus, celery, fennel, fresh mushrooms, just one kind mixed with the milk and water, add little salt and pepper and maybe just very little garlic, serve cool, the water added could be warm.

Coconut spaghetti: Medium young coconut meat finely cut in stripes, make a sauce of either raw tomatoes with garlic and herbs or heat it a little, add 3 day old coconut cheese to it and pour over the coconut spaghetti, you can very slightly heat it up. Vary with green pepper, avocado etc.

I also finely chop the tops of pepper, saluyot, water spinach, talinum, gota kola, even okra, bitter squash and put it over the salad. If no lettuce available those greens will do with a little Chinese cabbage finely sliced, tomatoes and cucumber. Also any kind of sprouts can be put over the salad, no end to variations.

Coconut based raw food is very filling, I always have something of coconut in a meal, there is no need to buy virgin coconut oil if there is coconut milk, this is the source of the oil, but it is complete. The only disadvantage is that it cannot be kept as long as the oil

Making your own virgin oil:

Press the milk from the ripe coconut meat and put it in a covered pot or bowl, leave it standing for 2 to 3 days and the oil will appear on top, scoop it or let it run through a very fine gauze.

Virgin coconut oil is the best medicine to strengthen the immune system, it is proven that it can cure HIV/Aids and other viral diseases.

In Sri Lanka they eat in the morning chopped gota kola (for the immune system and memory) with grated coconut and little lemon. Gota kola (in the Philippines it is called tagip kohol or yahongyahong) Has been used in India for thousands of years in ayurvedic medicine, 2 to 3 small leaves a day is sufficient.

The Boutenko family, also called the Raw Family (www.rawfamily.com) has been recently checked by doctors and they are very healthy, they never take any supplements or vitamins, just raw food.

The best blood as checked with live blood analysis was by people who ate raw food, or at least a lot of raw greens or fresh coconut every day.

The blood of a person who almost had a stroke was sticky and not oxygenated, but after 3 days of pure raw food and juices with a lot of coconut the blood cells were round, healthy and had even a little light aura around them. The person had also undergone colonic cleansing during those three days, after 6 days the blood looked completely healthy.

Energy and Harmony Spectrometer – Pendulum – Waves – Frequencies

by Ursula Schloer

Fine energy waves can be measured by a spectrometer and through the wave length it can be detected what substance it is. Rose has a frequency of 132, when smelling rose essence or the flower the energy goes up, if somebody has flu, health can be improved immediately, that was proved by scientists who experimented with it. Rose can create a 'romantic atmosphere' as they say, and it removes blockages, women can conceive, skin will improve. Human energy is low when there is flu and instead of 65 to 75 it might go down to 55, when there is cancer it can go as low as 45, if lower the person is dying.

Coconut has the highest energy in nature, 300 hertz, anything from coconut, even the roots, leaves, the wood and the nuts, also the sap and the heart of the coconut Coconut -date and pili nut trees are able to get traces of gold from the sun and convert it to energy. In countries with coconut trees there is also a lot of gold, could it be that gold came from plants?? People of some tribes eat the larvae of the coconut beetle and say they get very strong, it has traces of gold...

Gold has been used as medicine in alchemy and spagyric medicine and is now again used in Japan and Taiwan to prevent hardening of the veins in the form of nano gold.. Alcohol has the effect of turning into formalin and this substance which is used in embalming hardens the veins, after drinking alcohol people complain of headache the following morning. Micro waves have the same effect on food, there is formalin produced and the food does not spoil easily, but it becomes unhealthy. The Russians did not allow micro wave ovens to be used since the early 70s since it destroys the life force in food!

Specific frequencies correspond to certain frequencies of the energy centers and when the right wave is used the glands connected to those centers will start to function better and produce the substances the body needs. Waves coming from sound, colors, specific movements and scent have the same effect, also the waves of informations from plants, minerals, even animals and for example the healing hands of a person.

The body is like an orchestra with many different instruments, when all are well tuned the music is beautiful and harmonic, but when just one instrument is not tuned or plays a wrong tune, the music is in dis-harmony. The body is not in harmony when one of the meridians is blocked, the energy cannot flow. If there is negative energy, meaning a low frequency stored in the cellular memory because of a traumatic incidence in the past, this creates a "NEST" of low energy. This nest attracts now all stuff made of low energy, just like cockroaches shy away from light, parasites, bacteria and fungi cannot exist well in a hi-frequency environment with light and bio-photons. Only plants which are not healthy will be attacked by those parasites, when the process of dying starts they come and attack, try to brake down the cells and eat up the plant and dead flesh. If the soil is healthy, plants are also doing well and will not be easily attacked, the same happens in the human body. Cancer cells thrive with cooked food, specially dead meat, they still spread little with cooked vegetables, but they not only stop but they even die when the body is given fresh fruits, vegetables and juices Instead of buying or building a spectrometer we can simply use a pendulum. Either a necklace with a heavy pendant or a ring put on a thread or a long hair can be used as pendulum.

Just hold it over an object and it will start to move. I discovered that usually with women the 'good' energy moves counter-clock wise and with men opposite. When held over the basic chakra, women's energy moves counter clock wise and men's clock wise, just like the symbol of yin and yang. Going up the body each chakra moves again in the other direction, like a snake, this is where they symbol of the

snake and the sword came from. It is the symbol of the caduceus, the healing symbol of the Greek God of health, Aesculap.

When I use the pendulum on food it will show me what food is full of energy and still has life. It is fun to do that, people usually are amazed, all fresh food has 'positive' energy, coming from the earth, also called telluric energy, equivalent to magnetic energy.

When food is cooked the pendulum moves slightly back and forth, that is neutral, no energy, but if it is highly heated oil and really damaging it goes the other way around. This happens with mayonnaise, peanut butter, coffee, white sugar for example and other preserved low energy food, also mobile phones which emit micro waves and radiation.

Even the energy of fabrics can be measured, anything synthetic coming from petrochemicals is dead and can cause blockages, if natural fabrics are worn, cosmic energy can enter the body and we can communicate with each other through the energy emitted from our charkas, but with synthetic clothing this energy exchange is prevented.

The same happens in buildings, if the energy is flowing in a house, it is made of natural materials. Even the shape of the building and the roof is important, ideal is a round building like a teepee of the American Indians or the graal of the Africans, or the ancient houses in South-East Asia, the temples, their energy is flowing and cosmic energy can enter. If the floor is made of natural materials, the telluric energy can move through and combine with the energy from the universe, creating the perfect flow of electric and magnetic energy.....

But if the building is made with metal poles, cement (heated lime stone) and the roof is made of metal, the energy in the house is not flowing, it can cause disturbances and people cannot live in harmony, they start to fight and argue inside such a house, specially if the roof is made of metal sheets.

The pendulum can show how high the energy is in a building, divining can with movable rods detect electromagnetic disturbances in a home which can come from certain lines from the earth. When there is a disturbance a person would not be able to sleep well on that spot, but when the bed is moved to another place where the energy is harmonic, he/she can sleep well again.

Some buildings are so negatively charged that it might be better to move to another place unless something is done about it. Feng Sheu is used to let energies move in a building, this ancient science is looking at the distribution of 5 elements and their flow plus the cosmic influence of our solar system.

Symbols are also emitting energy and are keys to unlock certain information or waves. They can also be used in healing and balancing. A very powerful symbol is the equal cross, but when used tilted it brings energy out of balance.

The rose and lotus has been used as a symbol, it is the symbol of the heart or the middle chakra of the body, when the energy there is flowing, all the other energy centers will be balanced, that means if there is an open heart there is love and love conquers all....Without love we are nothing Jesus the Christ says, we are not vibrating in harmony. The head might be developed and the sex center might be open, but the result can be sex and violence without love.....or just automatic sex for the sake of physical satisfaction, not a spiritual union. Again that is imbalance and can cause harm.

Celibacy has been misunderstood, it is not that sexuality should be suppressed, it can be

Raised up to another higher level by moving this 'mother power' up without physical sex and transforming it into a spiritual energy flowing upwards.

The power of the kundalini (snake force) has been very much misunderstood, when tantric meditation is practiced or the untimely and early rising of the kundalini is triggered, the impurities in the different energy centers might be released in the wrong way and cause not only more blockages but it could result in 'wrong' wiring and energies go wild. That we can observe in adolescence where the sexual energy is starting to be released. If not guided properly the young people become irritated and sexually active without having yet their full potentials developed. Early positive emotional bonding to the opposite sex parent can prevent imbalance. When men had been not nurtured as young boys up to the age of 7 by their mother in an unconditional loving way, they tend to 'steal' female energies later. Women would be not able to have the right attitude to their partner if they did not have the bonding with the father at an early age, they can be abused or will abuse a man, they don't find the balance needed for a harmonic relationship.

Orgasm during sexual union is but a reminder of what the energy system of a human being is capable of by getting into a state of bliss. Bliss can be achieved by raising the energy so that every center produces the right amount of waves, then not only the body is nurtured by itself (no need of food as energy source) but also the ultimate opening of the pituitary and pineal glands will release a honey like substance which results in 'samadhi' or the state of bliss which was experienced by saints. In our human existence we could not take this state for a long time, we would be too 'far' out.

In order to prevent 'wrong' wiring of energy and short-circuit, it is better to bring the energy in from above, first electric, then magnetic. This cosmic electric energy comes from the Father, the male energy or by Christians called the "Holy Spirit", when guided properly it will bring in strong spiritual energy and healing. When balanced with the

Flow of the "Mother Power", the telluric energy from the Earth, then harmony and balance will be restored and we function well.

Wilhelm Reich used this balancing with his "orgone shooter" where organic (telluric, magnetic) and inorganic (cosmic, electric) materials are combined in a spiral inside a tube and the energy is raised, not only of the body but also the atmosphere. They are building huge orgon-shooters to induce rain in arid zones like in Israel's desert.

If people who are potential "orgone shooters" or generators of energy raise their vibrational level, then there is harmony in nature, when there is blockage of energy like in the case of cultures who prevent a woman from experiencing sexual flow of energy by removing the clitoris through circumcision, nature dies...and there is no rain.

Peaceful and healthy societies are those who are free and give loving support to children, nurture them through breast feeding and bonding, not punish them but guide them gently.

Those societies live in harmony with nature and don't abuse it, they give harmonious energy to nature and with that they nurture and are being nurtured.

What we see in the world now is a destruction of the environment, not only of the outer but also the inner environment. Life becomes superficial, entertaining, but not with substance, noisy and not peaceful, disturbing sounds surround us and we get polluted, there is a need to understand energies and harmony.

“Dead” and toxic water can be healed and made alive again and become a powerful tool for healing and harmony when we speak beautiful words of love and gratitude, we can also heal ourselves and others by showing gratitude to each other. (see www.emoto.com)

Human relations can be very complicated, the whole world is now in turmoil, imbalance and there is violence and abuse of others and the environment. We put up fences and borders of all kinds in stead of being One in harmony and love.

We have to start to look at making the energies flow in our body/mind/sprit environment first before we can do something about others and the environment in general, we have to stop sending out negative energies of thoughts and pollute our system with low energy food and chemicals and raise our vibrational level.

MAY PEACE PREVAIL ON EARTH

Those simple words can be used when thoughts of any negative kind are coming up, this has been promoted by Mr. Goi from Japan who founded the World Peace Prayer Society after the bombing of Hiroshima and Nagasaki at the end of the last world war. He was aware of the effects of the thoughts of humanity. Our thoughts are running wild and can hardly be controlled, by using those simple words we can be part of the change to a peaceful world

In the Celestine Prophecy James Redfield describes how we use dramas to steal each other's energies, as long as we don't look for a higher source of energy we will continue to suck each others energies by playing dramas. Once we connect regularly and consciously to nature and the divine source we will be more in harmony and create a better world of harmonious frequencies.

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