

Raw and Living Food
By Judy Barker, ISIS, Rockwell, Makati
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1. Judy wrote a book “Good Question. The Art of Asking Questions for Positive Change”. “Life coaching” has brought her to the Philippines.
2. Judy was/is a Waldorf teacher in Scotland. She stumbled upon Waldorf while she and her “magic 7” friends were brought to natural healing. Doctors in those days just remove a part of the body that gives the symptoms, thus her thyroid gland was removed. Imagine how reductionist this approach can be, not realizing that glands operate in concert.
3. Milk is one of those that give us health problems; this is referring to pasteurized and homogenized milk. The former yields plastic like substance; the latter leads to smaller particles of milk, or also to changed structure of substance.
4. In Judy’s time and place flour grinding was by hand, using stones. Grinding is also in a way cooking, and esp. when using those big machines where considerable heat is generated.
5. Cooked food is broken down food; there’s not much life anymore to it. And with this we need to do less chewing already. We do need to chew our food to give life, etc. to it.
6. There is a difference... Raw food faddists are considered as those who embark on food war with no scientific knowledge. Juicers (machines) differ too. The common ones lead to oxidized food. Time and air enhance oxidation and free radical formation. Free radicals are those little things in molecules spinning and are hungry to attach to other molecules, esp. essential substances: DNAs, proteins (enzymes, membranes, etc).
7. As a child Judy had lots of good food except... that they had pudding in almost every meal, and bread as well! These, according to her, were probably major factors in her tonsils problem. Understandably, she developed a distrust of medical doctors.
8. Drug companies are with doctors, and these companies purposely separate nature from drugs.
9. It is good that the audience (in attendance) are at least curious about raw food. It is a good start. Ten years from now maybe they’ll know more than us now. It is essential to listen to your body.

10. Here in the workshop we have sprouted mungbean, lentils, radish, broccoli, mustard, wheat grass. DID YOU KNOW THAT BROCCOLI is the best cancer food?
11. All of the above plants fit with our prescription medicine. They correspond to (or also heal) what modern medicines try to heal... and if you are taking those nature medicines mentioned above, you won't have contraindication.
12. Gluten: many are allergic to it. That chewy part of wheat grass – the seed – contains gluten, so don't include seed in harvesting wheat grass. Also may harvest when the sprout is about 8 days old (?) or 8 in. high (?).
13. Sunflower and pea seeds have 10-20x more nourishment when eaten as sprouts than as seeds. You get more nutrients per unit weight. The length of sprout differs with seed kind and intended use. Mungbean are good harvested when at 6-8 in. long.

WHEAT GRASS JUICE

14. Judy's suggested and own drink first thing in the morning: ripe lemon juice (or kalamansi) with water. One needs to drink plenty of water in the morning.
15. Some minutes later, Judy drinks wheat grass juice. This is good for detox, healing and nourishment. Pure wheat grass is alkaline. Don't mix it with orange or other citrus as it would become acidic in the body. The bigger shot glass is used as measure.
16. Alkaline lunch then follows. This is what the group will have/experience today. Another shot of wheat grass juice is taken in the afternoon. The participants here will experience wheat grass then green juice drink, then lunch, then dessert (raw).
17. A car (or any) battery runs because of the negative and positive charge. Electricity is a product of these charges. Our body is also electrical. The different parts of it communicate with each other constantly. We need the right balance of alkaline and acid for good health.
18. When our body is out of balance it becomes diseased (ill). All disease results from being too acidic.
19. Pizza, pasta, noodles, and bread, are acidic; rice is also a bit acidic. Eat fruit 3x a week. Don't just stop eating the way you used to do when you start raw, without starting with alkalizing veges. Fruit consumption is being reduced because the sugar of an alkaline fruit still becomes acid in the body. This is also true with honey.
20. The magazine of "Hippocrates" (Healing our World) may be given to you free. Just write your email addresses in the registration form.
21. In 2007 I felt not well; I was very exhausted. My taste buds were just tired. I did not have appetite. I was introduced to a raw food – the raw chocolate. Indeed with it I felt a surge of energy and was feeling good... for a while. After several months, however, my tummy felt

queasy; it was the caffeine! Later I learned too that rat feces are found in roasted chocolate (the commercial one) so the production system of chocolate is not so clean after all.

22. When I do my demo (like in a house setting) I prefer that the classroom is near the kitchen. Hygiene is important. Food handlers need to have clean hands (need to wash, wash hands). Also cooled boiled water is important (in eating raw) to wash veges. Water can carry germs. The vegetables also may harbor germs. Chinese cabbage must be soaked longer or 15 min after leaves are separated from the whorl/bunch. Ozone treatment of water by the way does not kill the bacteria.
23. Clean hands are absolute in raw food preparation. Otherwise one may feel ill and think that it is due to raw food, when in fact it is due to germs!
24. Arthur's juicer is good: auger (no heat produced) and confined space (less air). Homogenizing (blender) actually whips a lot of air and renders food hot as well. Remember that raw food should not have undergone heating beyond 40-45C.
25. The pulp of wheat can be used in many other ways like as body scrub (skin conditioner), for toothache, wounds in people and even pets! (this was shared by several people).
26. Some fruits are acidic. Need to study: rice grass and other grasses in lieu of wheat grass (?).
27. Know the optimum amount of wheat grass juice to take. Two ounces (no more) on an empty stomach would be enough. If not, or if more is taken?, absorption will be slow.
28. We need fast absorption. Don't mix vegetable juices, or system will be confused. Pavlov's experiment with bell and food helps to train someone to eat/drink something unlikeable. It makes one look at something eventually beautiful and rewarding. (Training to eat food needs to be done one food at a time).
29. Why wheat grass? The sun is linked to chlorophyll in grass (plants), and to the cows that eat the grass. Thus, the sun is in the grass; in wheat grass.
30. Judy read from a book the advantages of wheat grass... **purifies blood detoxes the liver, cleanses the colon, nourishes the cell/body, energizes.**
31. Thus, wheat grass is energizer. You see, coffee is energizing, but it takes something out of the body too. Fresh wheat grass is electrically charged, but those in sachets are not anymore. If fresh is unavailable you are better off taking the fresh cucumber juice. **Wheat grass is also easily assimilated, aids in digestion and releases excess fat.**
32. Sprouting gadget may or may not have lid with holes (the latter is easier for drainage). Compost substrate for seed is good to use (make sure it is organic).
33. Sweetness of wheat grass juice is innate but this also varies with different varieties of wheat grass. Arthur has done seed selection for this trait. He says 8 in. or 8 days old (depending on

temperature) is best. If you need to harvest before use, and you want to avoid getting them too long, just cut and keep the grass in the refrigerator. They won't rot because they are still alive; something else is still going on in the tissues.

34. Catch the sprouts at that "something wanting to form" stage, not later when it is already a "formed" seedling. For seed sprouts soak for about 2 days, rinse and rinse. If you started Thursday, may use them around lunch time Saturday. Just keep wet or in water so they continue to be growing until lunch.
35. Seed sprouts are ready when their radicles or roots have just come out. Put them in a canister with top that is with holes (sieve-effect) so can just easily pour out the water and keep the sprouts in.
36. You may use many kinds of seeds to sprouts but **avoid kidney beans**; they are considered toxic in Hippocrates modality. What is being shown here are "adzuki" bean, mungbean, radish, mustard, clover, alfalfa, lentils, broccoli, buckwheat (for this last one let grow for only until radicle is out or within 24 hrs from soaking).
37. Rinse the sprouts 3x before use. For tabouleh, may use raw wheat seed instead. The sprouting trays of Arthur can accommodate 150g seeds/tray.
38. Soak the seeds then put in trays with dark cover until approximately 2.5 in long. Then keep out where there is diffused light. Good if one can use a shelf so can save space. May also use a house spray to water.
39. Judy continued reading the book. **Wheat grass releases excess fat, removes unwanted bacteria and malignant cells, alkalizes, reduces oxidation, balances pH, enhances circulation, is an antioxidant, addresses gastro-intestinal problems (including constipation and diarrhea) is anti-aging, and repairs DNA.** The dried powdered one has already been exposed to air, thus not good.

GREEN JUICE

40. To make green juice, use...

- ½ cucumber with skin
- 1 bunch celery (fresh; if limp, rehydrate first)
- Other greens

- Carrot leaves (1)
- Beet leaves (1)

SAVE THESE LEAVES! THEY ARE REAL SUPER FOOD. BUT not all leaves are okay. **Alugbati must be cooked to release the cyanide** (do more research on this; Pam eats some of this raw)

41. Juicers – Brands and Prices

- Lexen P3,200 or P10,000 if electric
- Normandy P3,500 or P12,500 if electric

- Angel double auger
- Lexen single auger
- Matstone single auger
- Oscar single auger
- Greenstar double auger

42. DRINK A GLASS 3X A DAY. Judy drinks wheat grass then later lemon juice then veggie or green juice.

43. Steiner talked of “warmth” nutrition. In the Philippines you don’t need much of warmth nutrition because it is already naturally warm here. It is ok to store veges in the ref for a day before juicing... that’s good enough. But if ill, better use fresh. Carrot and beet root– avoid because these have lots of sugar. Use their leaves instead.

44. Fruits don’t digest well with veges.

45. Stress makes body ACIDIC!

46. Sweet potato is better than potato. The eyes and the green part of potato can be toxic. Potato is a member of nightshade family. So are tomato, eggplant, and pepper. Okra too(?) is not favorable.

47. There is a high correlation between kids that are hydrocephalic and eating green potato during pregnancy. Make pasta from sweet potato instead. The leaves of sweet potato are very good.

48. The 2 screws or auger-type work better but “Green star” has too many parts. “Angel” is all metal and extracts more. “Felix” (being used in the demo) is like Arthur’s manual extractor; also Felix.

49. The metal one should be ok because it is of stainless steel. It lasts for a long time and doesn’t get rusty. (But Arthur stopped selling this kind)

50. “Lexen” seems not to extract much juice. “Matstone” and “Oscar” are similar, while “Norwalk” is more fussy and slower.

BREAK (Pam missed the intro part; was out)

51. Judy showed Vitamix food process which is available at ISIP. It is sold by Melanie Go for ₱ _____??.

52. If we use a blender the fiber in juice is still to be processed by our digestive so blended juice taken after a meal will give our tummy no rest. This “sludge” will get deposited in our system??.

53. Blended food on the other hand, and not juice, would have been ok, but by the nature of the machine we expose the substance to lots of oxygen. But if we put water instead to address this, then we unfavorably dilute the juice.
54. Avocado and fruit (like mango, etc.) may be blended at 1:1 ratio. This is good for vanilla custard or flan.
55. Stir-fry like dish (no cooking). Make julienne slices of carrot, sweet potato (soak this first), cucumber. The process is like pasta making.
56. Use organic black sesame. It has enzyme inhibitors on the coat that renders itself dormant. All nuts and seeds must be soaked first. Smaller seeds like sesame need only short soaking time. For our purpose, just approx. 2 hrs before we eat it. Sesame is a good calcium source.
57. Other ingredients for main lunch food: raw sprouts (toge), Chinese cabbage, anise, star anise, ginger, cinnamon, 5-spice, cloves, raw onion (use less because very potent). Dehydrated soaked or sprouted pili (in < 47 C dehydrator), olive oil that's cold pressed, sesame oil (also raw or cold pressed).
58. Note: coconut is solid fat; it's good for women's physiology but solidifies easily. (see appendices for pro coconut discussion).
59. Issue: olive oil may be mixed with 40% sunflower oil (this is now allowed in European law). Also there are other reports that olive oil is not really good for health. (need verify this)
60. Cayenne pepper is kinder to our system than chili pepper. Use it more instead.
61. Use tamari or a kind of fermented soybean. But soybean tends to be an animal hormone in behavior so need to ferment first. A substitute for soy milk would be milk from hemp, rice, and almond.
62. You can put turmeric. May use Himalayan salt but not too much. Use liquid amino or tamari, or "under-salt". Just put salt shaker on the table to adjust individual taste.
63. Finally, after mixing put zucchini noodles (delay so as not to get watery) and the presoaked sesame.

DRESSINGS

64. We make 2 dressings, using Vitamix. Replace vinaigrette with lemon because the former is acidic.
Use:
65. Mustard, garlic, cayenne pepper (black pepper is irritant to stomach and intestine), olive oil (1 c), water
66. Carrot & coriander (or oregano) grated, oil, salt, kalamansi, water

67. If you feel hungry, drink water first. It is the same feeling **as when thirsty and adults are less able to discern this than kids.**

68. Use untoasted nori wrap (raw, dried). We also need vegetables from the sea. It is good for detox. In Sweden workers are given seaweed daily for their health.

69. Mix in seedlings and sprouts. Use 2-leaf stage sunflower seedling, julienned carrots, pepper, and avocado; may use water cress also. Peppers shouldn't be green. It is a fruit so it is mostly not used. Green takes something from, rather than give you something.

70. Roll sprouts and other prepared veges on nori wrap. Lettuce leaf can be a substitute wrap. May use sesame oil and soy sauce to flavor.

71. The main menu is sprouts. Corn sprouts (leaves) may be used too.

72. A spicy hot dressing may use cayenne. Note that common wasabi has artificial color.

ENJOY LUNCH... bonus: **Sampaloc juice with kalamansi was served at ISIP. Nice.**

73. You may opt to attend a 3-week Life Change Program, or a 6-week one to become a Hippocrates Health Educator. You'll experience (learn to do) colonic hydrotherapy, enemas, life blood analysis, plus conventional blood test. A blood cell spins but can become sticky and clump together and can't spin well when unhealthy. An acidic blood can't be independent so cells stick together.

74. I can give or you may also receive from me Skype advice/consultation, talk therapy and supplements from dried vegetables

75. Our order of preference of the juice extractor is:

- 1) Angel
- 2) Oscar
- 3) Matstone
- 4) Lexen
- 5) Norwalk

76. Judy's food order (schedule) of the day

- wheat grass
- green juice
- sprouts, nuts and seeds
- sea vegetables (dry them; essential to have if there is no fish in the diet; fish has lots of issues: heavy metals)
- fermented food (a must daily)

Q&A, OTHER POINTS

77. When you do kimchi, use cayenne as it is less hot; make your own.
78. Kafir is more watery than yoghurt. Almond may be used too, as milk or yoghurt (Arthur has this). Add to the “food order of the day”: Bee pollen, green veggie, other veggies, grains, fruits.
79. Our usual vegetable fruit is green or unripe. But we must strive to eat the more ripe ones. Restrict also the use of those belonging to nightshade family; except for red capsicum. Tomato thus, is not so encouraged.
80. Having those very ripe fruit in season is a treat. Have treats every now and then. Binge but don't have guilt, which is bad for our health.
81. On the question of mushroom... there is a correlation between mushroom and cancer. That is also why cancer cells are injected with bicarbonate or soda. They are acidic thus are neutralized by soda (alkaline).
82. Edible flowers include nasturtium, and pansies. Blossoms of usual vegetables are also edible, even that of ginger and garlic.
83. Make use of special plants like stevia and cinnamon. They are natural flavor enhancers.
84. Cashew... maybe what you get are truly not raw but steamed? Eat sunflower and pumpkin seeds raw.
85. Take hot tea but not boiled. Hemp seed meal is good. Flax seed is also good esp. for digestion.
86. Don't take white sugar. Some brown sugar are brown, but only because they are dyed. Honey is best when raw. Wild one is very good, too.
87. Yacon syrup is best when raw. It's good for diabetic; but it is really not as good a digestive as honey (?). Agave syrup is also not better than honey and is expensive! Pesticide use is implicated in this.
88. It is of value to appreciate honey because of the bee issue. We must take care of the bees. They are dying everywhere and this has great impact on our crop production.
89. Stevia supports sugar metabolism. It would only be a mild health food when it comes in powder leaf form.
90. Kalamansi, water, stevia are good “lemonade” ingredients.
91. Raw cacao is high in caffeine still, though many claim it is good food (even quantum food). It is a substitute for marijuana when one is out of it (stock).

92. Arthur's macadamia with yacon syrup. The nuts that he brought here and sells are all raw. Yacon has inulin, a "prebiotic".
93. Shelled hemp seeds are high in protein (Judy's staple). Soak the seed then add stevia.
94. Nutritional yeast are not really raw. They are in Arthur's pili nut? Arthur's almonds are also soaked and dehydrated.
95. Other good food: dry carrots, cinnamon, nuts, flaxseed and fruit like banana or dates (they are good sweeteners).
96. "Mila" the miracle seed (Chia) – is the product or brand of Judy's staple esp. when traveling. It is not only rich in protein but also is gluten-free, high in Vit C and has something equivalent to fish oil (thus no need to kill fish for it).
97. Vegan food has thus lots of omega 3 and 6 fatty acids, but more of 6 than 3.
98. What about eating according to metabolic type? This becomes a non-issue with raw food diet.
99. Raw oat is "warming" so is good in a cool climate. To cook, put in water, then put on top of stove and stir with finger. When heat becomes unbearable, that's the time to stop.
100. You may request back copies of Hippocrates magazine and you'll also get your free subscription for attending the workshop.

RAW DESSERT MAKING

101. Ice cream making using frozen fresh fruit and "Matstone" food processor... Yummy! "Angel" is not an ice cream maker. Freeze fruits well then feed into the machine.

Post script:

- *Ursula's comment on wheat grass and acidity: the wheat grass, I used all kinds of greens, the Boutenkos even take thistles, whole, and put them in a blender with fruits as green smoothie. Sergej said that lettuces came from the thistle plant... And for me, I think that food isn't acidic, it is the fact that cooked food, and more so grains, can't be digested well, so the wise body sends acid to get rid of what stays too long in the stomach. Acid crystals, as seen in life blood analysis are sharp, so the body wraps the crystals with fat, specially acid from sugar, and that is why many women have this 'salvabida' (swimming tube) around the hips.... Once you detox and eat raw, the acid goes, and the fat too!!!*
- *Ursula H Schloer's posting 28. Feb 2011: vco and anything coconut is just so great, and that is missing from the raw food of many, I have a friend who has white hair since 20 years, and now after putting a little coconut oil in his hair every day, his hair starts to grow black, and there are some doctors whose husband had alzheimers, they cured it with coconut....have you heard of the boy in Cebu who was autistic? his mom gave him*

3 spoons of coconut a day and he became normal. And what I suspect is that the citric acid which is used in drinks and candies, which is made of black mold (check this out, it is true) causes aluminum and lead to go directly in the brain....and then there is a possibility that candida in mothers also can cause problems in the brains of children. all that is taken away by coconut, the best brain food, immune stabilizer and high energy food, 300 hertz when measured by a spectrometer, I was told by a micro biologist from Davao, she worked with Dole. And did you know that the coconut tree takes traces of gold from the air? 3 trees do that, dates, coconut and pili nut....

- *Reference...David Wolfe. Super foods. Food and Personality*

<http://shine.yahoo.com/channel/parenting/the-opposite-of-a-tiger-mother-leaving-your-children-behind-2460982/>

<http://naturalnews.tv/v.asp?v=3BC8D73D2923B21CC86316B708C40A47>

- End -