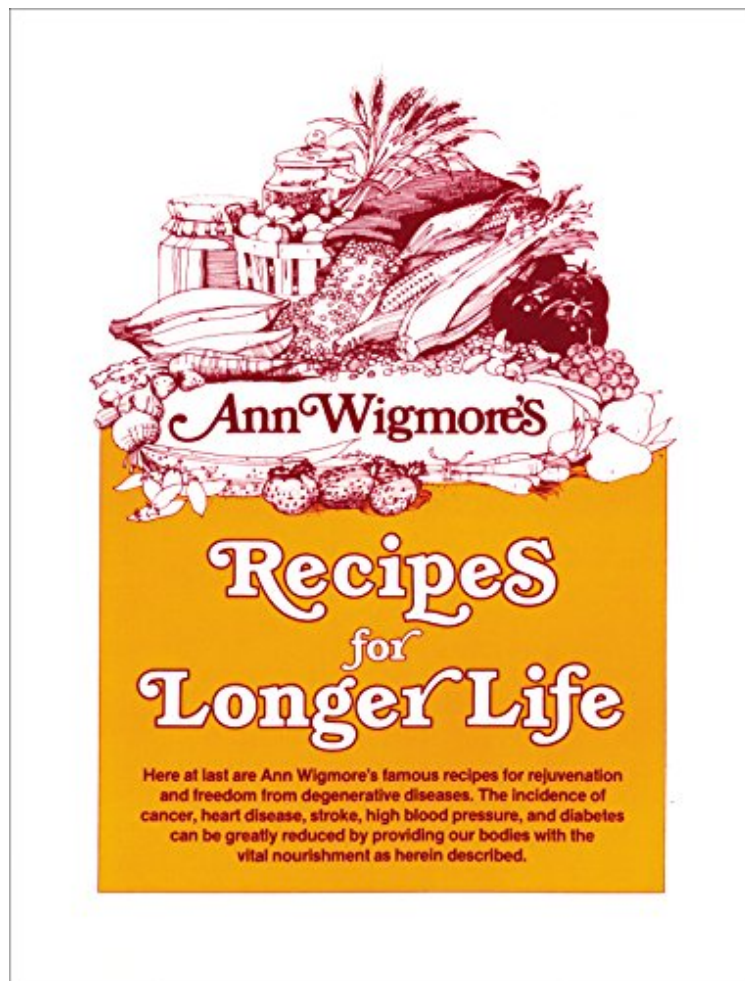


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Recipes for Longer Life: Ann Wigmore's Famous Recipes for Rejuvenation and Freedom from Degenerative Diseases

Ann Wigmore

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Ann Wigmore : Recipes for Longer Life: Ann Wigmore's Famous Recipes for Rejuvenation and Freedom from Degenerative Diseases before purchasing it in order to gauge whether or not it would be worth my time, and all praised Recipes for Longer Life: Ann Wigmore's Famous Recipes for Rejuvenation and Freedom from Degenerative Diseases:

2 of 2 people found the following review helpful. One of the Few Health-Promoting Recipe Books By Dan Saceanu It is one of the wisest recipe books, because it was written by a true, spiritual healer. The foundation of her books are the organic health principles respected by all other healing pioneers of our time, including Rachel Carson. Ann Wigmore was the founder of many healing centers, throughout the world. 3 of 3 people found the following review helpful.

Living Foods is AMAZINGBy Julie Honmei SniderThis book is for the very serious practitioner. It is highly informative and one of the only books of its kind. My one complaint is that some of the instructions are not totally clear, but it encourages trial and error and making it your own. Overall the book is worth its weight in gold for the incredible benefits the diet and information has brought to my life.7 of 7 people found the following review helpful. Recipes For longer lifeBy SherryThis book is it-if you cannot purchase anymore books for raw foods and information on health-get this one it will save the day.I have lots of books and this one answered all my questions on the first 4 pages.

Ann Wigmore's Recipe for Longer Life describes her transition from a conventional diet to one of natural raw foods, sprouts, and food combining. Includes sprouting techniques, fermenting of vegetables, and menus for all day.

About the AuthorAnn Wigmore dedicated her life to teaching others the health benefits of natural foods. She spent years experimenting to find simple, healthful, and inexpensive ways to grow and prepare nutrient-rich foods. Wigmore wrote more than 15 books, including *The Wheatgrass Book* and *Be Your Own Doctor*.Excerpt. Reprinted by permission. All rights reserved.The medical and health procedures in this book are based on the training, personal experiences, and research of the author. Because each person and situation is unique, the author and publisher urge the reader to check with a qualified health professional before using any procedure where there is any question as to its appropriateness.The publisher does not advocate the use of any particular diet and exercise program, but believes the information presented in this book should be available to the public.Because there is always some risk involved, the author and publisher are not responsible for any adverse effects or consequences resulting from the use of any of the suggestions, preparations, or procedures in this book. Please do not use the book if you are unwilling to assume the risk. Feel free to consult a physician or other qualified health professional. It is a sign of wisdom, not cowardice, to seek a second or third opinion.A DIFFERENT APPROACH TO THE VITAMIN QUESTIONThere has been more research work done on vitamins than any other component of food, and yet the basic facts of vitamins are almost lost upon both researchers and laymen.It is necessary to recognize living forces as separate and apart from materialistic concepts. It is impossible to analyze or separate out vitamins. The vitamins are something immaterial a living force. Foods rich in vitamins, such as wheat grass or carrots, take on the living forces so that the living forces are integral with the wheat grass and carrots but cannot be separated from them. The living forces may be lost but cannot be separated out.What is the main source of this living force? The main source is the sun. We think of the suns rays as light rays, but in reality many different types of rays come into the world from the sun, and these are not all visible to us. The infrared rays and ultraviolet rays are examples.Foods rich in vitamin A, such as oils and seeds, are those which are rich in warmth. Warmth derives from the sun mostly from the infrared rays of the sun.Foods rich in vitamin B are those rich in order such as the husks of wheat berries or rice and the peels of fruit. Order derives from the ultraviolet rays of the sun.Foods rich in vitamin C are those rich in light such as green leaves (wheat grass). Light derives from the visible rays of the sun.Vitamin D is in another category. The best way to describe vitamin D is to relate an experiment with pigeons which had the oil glands under their tails removed. They developed rickets, the prime vitamin D deficiency disease. When preening their feathers, the pigeons could no longer oil their feathers to allow the sun to irradiate the oil into vitamin D, with resultant absorption of the irradiated oil into the birds skins. Undoubtedly our best vitamin D is the vitamin D we ourselves can properly absorb through our skin from the rays of the sun. My personal belief and practice is to expose a reasonable amount of my skin to the sun whenever conveniently possible.Paradoxically, the warmth, light, and air which impart the living forces to growing foods will destroy them after they have been harvested. Take hay, for example, which is livestock's chief sources of complete vitamins. A farmer will store his hay, protecting it as much as possible from light, heat, and moving air current. Years ago there were dairies which bottled milk in amber-colored bottles to protect the milk from light. The milk was to be kept refrigerated and sealed except when poured for use. The same principles apply to all living food, once harvested. The food should be protected as much as possible from warmth, light, and air.Harvey C. LisleA WORD FROM HARVEY G. LISLE TECHNICAL ADVISOR TO ANN WIGMOREI graduated in 1937 from Ohio State University, where I had majored in chemistry. After getting out of the U.S. Air Force, I worked as a chemist for an agricultural laboratory (the Brookside Laboratory) where I tested soils and animal fodder, and subsequently I worked as a food technologist. At the same time, I took up my avocation of testing food for human consumption.My chief diagnostic tool for testing foodstuffs is paper chromatography. Paper chromatograms are mediums for telling whether or not a food has been raised organically/naturally; whether it is full of life forces or devoid of such forces. While this testing method gives only basic answers, these are basic answers essential to a grass roots movement of people interested in a more natural lifestyle.Ann Wigmore, with her lay organization, the Hippocrates Health Institute, is a prime example of a person needing help ordinarily unavailable from any professional source. I agreed to help her in those areas where I felt qualified. Such help has always been rendered out of love for humanity and not out of love for remuneration.One of the keys to Ann Wigmore's program is the raising of wheatgrass and the consumption of wheatgrass chlorophyll. The growing of wheatgrass is relatively simple and can be carried out by anyone who desires to do so, regardless of

whether at Ann Wigmore's Mansion, at home, in a desert region, or even on travels. Although raising wheatgrass is simple, there are a few fundamental rules which must be followed if the grass is to be of value. With the help of my experience and testing methods, we were able to devise with Dr. Ann what we think is the optimum method for raising the kind of wheatgrass which incorporates the highest grade of chlorophyll, vitamins, minerals, and enzymes. The next step was to determine whether the fresh wheatgrass juice should be drunk immediately or whether it could be made in advance and then stored in the refrigerator for a few hours or any other length of time. Although we had a good idea of what the answer would be, it took a little research to arrive at a fairly definite time span. The answer was as follows: for the maximum benefit, the freshly-extracted juice must be consumed within fifteen minutes of its preparation. Research done by other scientists on a variety of juices (including wheatgrass juice) shows that a median time lapse of only seven minutes is recommended for full benefits. We are all, therefore, in full agreement that a freshly-extracted juice of fresh living produce must be drunk almost immediately. Ann Wigmore asked me to formulate a salad that would be complete in food values, including proteins. This research involved not laboratory facilities, but books and tables which gave such diverse information as amino acid values, calories, percentage of fat or carbohydrates, life energy (resistance), etc. Such a salad was formulated with the provision that if a person was still hungry or had a craving after eating, that person was allowed to satisfy his/her appetite by supplementation with other vegetarian food. There were a number of what I would call minor problems which Dr. Ann asked me to address. For example, almost everyone likes watermelons, but almost no one eats the white meat of the inner rind which borders the red fruit. Analysis proved the white portion to be very rich in nutrients. Tests on family and friends confirmed that the white meat is very easily digestible so the conclusion is obvious. The taste of the white meat is not objectionable; the only consideration is that this portion is harder to chew than the inner red fruit. Therefore, for the sake of health and the strengthening of much-needed will power, go ahead and eat it for all-around benefit. As is widely known today, the minerals and vitamins, as well as the enzymes, of all fruits and vegetables are located predominantly in rinds and skins and immediately underneath them. Another major key to Dr. Ann Wigmore's Health Program is enzyme-rich fermented foods: seed sauces and cheeses and a drink called Rejuvelac. She never told me how she came to develop this most beneficial beverage, but she told me how it is made and asked me to find out all I could about it. I found that Rejuvelac shows immediate good results. It is simply a drink of fermented cereal grains. Fermentation of grains creates a high enzymatic activity, which is the basic essential of Rejuvelac. Human digestion is dependent upon enzymatic activity, so those people in ill health or with poor digestion benefit especially from drinking this very slightly sour liquid. While Dr. Ann Wigmore's main thrust is restoration of good health for those who lack it (especially those afflicted with grave and painful malfunctions like cancer), she has other allied interests. One of these is the health of our pets. Another is the improvement of school lunches. This pretty much concludes the majority of projects we have carried out for Dr. Ann Wigmore. It is my conviction that healing is still more of an art than a science. Ann Wigmore has the background, conviction, and talents to carry out her healing program successfully. I am pleased that I could add my small talents to help her along her chosen path.

Harvey Lisle
Norwalk, Ohio - September, 1980

PROFILE OF DR. ANN WIGMORE

Dr. Ann founded the Hippocrates Health Institute in Boston to share her Living Food Program with the world. It is the home base of the Hippocrates World Health Organization, founded by Dr. Ann in 1970 and which is now growing rapidly with centers in Michigan and Bombay, India. The HWHO is an educational, humanitarian, non-profit organization devoted to the physical, mental, and spiritual development of mankind through a living, uncooked, diet. Students come from all over the world to learn the Living Food Program, and return home equipped to teach to others the techniques they have learned. With its emphasis on sprouting, fermenting, composting, and living food, there is no other program like it in the world. Ann has repeatedly shown that the body will heal itself of any illness when it is given Living Food Nourishment. Sprouts, wheatgrass, seeds, grains, indoor greens, fermented sauces and uncooked fruits and vegetables that is, all living foods which are easily digestible and wonderfully nutritious form the staple of her Living Food Program. These living foods have been shown by Dr. Ann to provide the body with everything it needs for optimum health, harmony, and vitality. During her long and loving service to humanity (twenty-seven years), she has received numerous honors and awards for her outstanding work in the field of health and human nutrition. In 1971, The Nobel Prize Foundation (Royal Laplander Academy of Science) in Europe presented her with a Recognition Award for work in the Field of Youthfulness and for Efforts in Regeneration of Human Cells and Tissues; in 1978, Dr. Ann was made Lady Ann Wigmore by the Kingdom of the Netherlands which presented her with its highest award, the Order of Chivalry, for distinguished achievement and noble deeds in recognition of her outstanding work in the field of health and human ecology. In 1979, she was presented with a Cancer Victory Award by the Arlin J. Brown Information Center in appreciation for saving numerous lives... As far back as 1975, the House of Representatives of the Commonwealth of Massachusetts had awarded her with a citation for exemplary development of food self-sufficiency through the wise use of natural resources. Dr. Ann had donated five years of teaching workshops in the Boston area to high schools and colleges. These workshops on sprouting, healing, and soil composting are very popular. She co-lectured for many years with her friend and colleague, Dr. Paul Dudley White, the famous heart specialist. Ann has traveled extensively around the world promoting her Living Food Program. Between 1977 and 1979, she traveled to India three times. There she opened seven health restoration camps, lectured at the Medical

Research Hospital, and opened a HWHO center in Bombay. There, as in America, thousands of ailing people were helped to health by her program of living food, sprouting, and colon cleansing. While in India, Dr. Ann also published four books, among them *You Are Your Own Healer*. During August of 1980, Dr. Ann spent ten days in Finland where she was warmly received. While there, she generated considerable excitement because of her program; as a result, a number of significant events are now happening. Her books are going to be translated into Finnish, among many other languages. As more and more people become educated about living foods and made aware of Nature's laws, they will begin to experience the power and grace behind Hippocrates words, *Let food be thy medicine*. To human angels everywhere who have become aware that living food is the key not only to health and reduction of living costs in these times of inflation, but also helpful in reducing the consumption of energy and, more important, reducing the time needed to prepare meals. Instead of spending three hours over the stove cooking and destroying the life force in foods, one need spend a maximum of only one hour to prepare the nourishment that God created. This living food cookbook is also a means of survival and will provide guidelines for the prevention and overcoming of sickness and old age. These souls that have become human angels have taken it upon themselves to be examples. I would like to comment on their courage their courage to move into the change despite resistance encountered from their family and friends and perhaps from society. I dedicate this book to them because of their fortitude and faith in Nature and God; their awakening desire to help themselves and their families and friends (when they become ready to be helped); their interest in helping humanity as a whole. It has been a great privilege for me to work with these human angels and to watch them grow and improve, not only physically and mentally, but also spiritually, as they move into this New Age, through Nature's and God's way by living food. So I want to say that these people deserve my dedication as an encouragement to them to continue to join my long-standing efforts to make a better world, the results of which I begin to see manifested everywhere. Again, let me say with my heart full of gratitude and love, and my dedication that we will proceed until we have changed the whole of humanity and its attitude toward caring, especially caring for Nature, for ones body, for ones pets, for all of creation which humankind has so unknowingly neglected. For your love through service, I say, thank you, thank you.

Ann Wigmore, D.D., N.D.

FOREWORD

The idea for the Recipe Book grew from a desire to share with others the knowledge of how easily raw food meals are prepared, how delicious they are, and how readily they can fit into any diet no matter what else that diet may include. This new edition appears at a time when there is great general interest in health. Those of you who share this interest will realize that by preparing these meals, you are promoting your health and that of your families for all the ingredients proposed are those belonging to Mother Nature herself. Dr. Ann Wigmore's program of living foods has brought me great benefits and I like to help bring those benefits to you. The work accomplished at the Hippocrates Institute would not be possible without the hard work and vision of Dr. Ann. Her presence seen or unseen is felt throughout the Mansion as a beautiful example to us all. This book is also an expression of the loving hands, hearts, and spirits of all who have put their energy into the Hippocrates kitchen and who have provided in so many ways for the physical and spiritual welfare of those who come to the Mansion. What each Hippocrates staff member gives is unique. This book is the expression of their spirit and of the loving dedication and energy of Dr. Ann.

Ruth Rogers, M.D.

INTRODUCTION

Hippocrates, the Father of Medicine, taught that live food could restore and maintain vibrant health. Some four hundred years before the birth of Christ, he affirmed that your food shall be your medicine, and your medicine shall be your food. Today, more than ever before, we should heed his words: modern living, with its cooked food, overstimulation, and destructive living habits, has made of our bodies clogged sewage systems (literally!). I have stated continuously that only one sickness exists: malnutrition. Malnutrition manifests itself in various forms. It strikes the weakest part of the body, so that some persons may have cancer, heart trouble, or diabetes, while others are addicted to drugs or alcohol or become overweight. Still others are plagued by the mental disturbances which are so common in our country today. We can allow our bodies to heal themselves, however, with a return to a more wholistic way of living, and particularly if we eat living foods. I have proved consistently that when deficiencies in the body are taken care of through organically-grown living food, we have the basis for a peaceful world. In this world there will no longer be the need to take alcohol or drugs or other harmful substances in an effort to escape from depression and anxieties. We at the Hippocrates Health Institute in Boston are dedicated to making available to everyone the basic principles underlying easy, inexpensive ways to maintain health, vitality, and mental alertness. Visitors are offered practical, supervised experiences in sprouting, organic growing of greens, and food preparation and a simple diet of living food, plus instruction in the use of wheatgrass (chlorophyll) - and these form the basis of the art of self-healing. The delicious and easily prepared meals suggested on the following pages have evolved from this program.

RECIPES FOR LIFE are exactly that: recipes which consist of exclusively uncooked, living foods that contain life and truly impart life to the eaters thereof. Although the recipes are deceptively simple to prepare, inexpensive to purchase, incredibly delicious to the palate and beautiful to the eye do not be fooled: you are working with the most scientifically superior nutritional materials possible, those grown by Nature (God). The cumulative effect of such menus will enable the lucky ones who enjoy the complete meal salad, the miracle drink called rejuvelac, the non-fattening, wholly natural cookies and candies, and many other wonderful dishes; to make great jumps in their energy levels and thus accomplish what they could not accomplish before. And who knows? they may be brought a little bit closer to becoming truly

healthy, happy, and holy humans. You might say, You want me to believe that these recipes can perform such a miracle? Our reply to you is, Yes! But you don't have to believe us! Ask the twenty-nine year old man who ran more than a hundred miles a day for weeks on end, until he crossed the continent of Australia in world-record time. He was a total raw-fooder. Ask members of the Pittsburgh Pirates baseball team, which won the World Series in 1979, what they think about the uncooked foods and fruit and vegetable juices added to their diets. These were added by a nutrition consultant who himself ran across America, doing fifty miles a day on less than 500 calories a day! Even if you don't plan to run or bike across continents, you may well find that this book is for you. The delicious and easily prepared meals suggested on its pages have evolved from our self-healing program. RECIPES FOR LIFE are for:- Any mother who loves her husband and children and wants the very best for them including freedom from illness. Digestive problems and their resultant toxicity have soured many a marriage and have also been proven to contribute to problem behavior in children.- Any nutritionally-oriented physicians or healers who would like to guide their patients to good health by way of kitchen therapy (a living foods program). They will find that each recipe is a true prescription for health.- And for Everyman and Everywoman and Everychild who feels that there can be more to life and love in his or her life than presently experienced. The RECIPES FOR LIFE people say, Eat as if your life depended on it it does! Eat Gods greatest hits whole foods, live foods, healthy foods, life-giving foods and then witness the incredible health benefits that these foods bestow upon us all! Our experience at Hippocrates has shown that when our bodies are provided with the necessary nutritional elements, we need no longer fear degeneration, disease, or mental disorders. When we understand the basic care of the body and nourish it with living food, according to the principles of Natures laws, we have taken the first step toward eliminating illness, mental and physical, and toward self-healing. With the right combination of living foods, we can achieve and maintain the balance needed for us to overcome adverse conditions; we can achieve energy and youth and freedom from stress. We can, in short, achieve perfect health - mental, physical, and spiritual. It is to this aim, and with the vision of a peaceful, healthy world. that these recipes have been compiled. Ann Wigmore, N.D., D.D. LIVING FOODS DEFINED (An Excerpt from a letter to Ann Wigmore from Chemist Harvey Lisle) To understand what organic food is, one must first understand the definition of organic soil, since food is the product of soil. I have read many definitions of organic soil and found that they tend to miss the main point. Organic soil has been defined as one in which no chemicals or poisons have been used and in which there is an adequate supply of humus or organic matter. This is correct, yet an important factor is missing: the key point in organic soil is balance. To understand what is meant by balance, one must realize that all nature, all of life, is polarity. Polarities appear to be in opposition, but in reality control each other. Some easily-perceived polarities are: hot and cold, wet and dry, ... day and night, male and female ... If any one member of a polarity becomes too great at the expense of its opposite, then an unstable, unhealthy condition will persist until the two members of the polarities come back into balance ... In grasping the concept of balance and its importance, we shall now consider what happens when a typical chemical fertilizer such as 6-24-12 is added to the soil (6% nitrogen - 24% phosphorous oxide - 12% potassium oxide). These ingredients are water soluble and absorbed much too rapidly by the soil. The soluble phosphorous and potassium tip the balance in their favor, and a true balance has been lost. Any food raised in that soil will not be in balance. Such unbalanced food will fill empty stomachs and sustain life but will not promote health. To consider the attainment of a truly organic soil, the following points must be considered: the soil should be tested and brought into balance by earthworms and compost... Such a soil will then attract and be a home for many living organisms ... and will be a truly living soil. Now, with a better understanding of what truly organic soil is, it will be a simpler matter to understand what an organic living food is. An organic living food is food which has been raised on an organic, balanced soil. Hopefully, it would be a well-balanced food with minerals, vitamins, and enzymes, all in balance. From a practical standpoint, sunshine, rain, and weather cannot be ignored in considering a balance ... However, knowing what it takes to develop an organic soil and what is required to raise organic food, we can strive for the best. ... Included in this book are recipes which are geared to various stages of a transition diet. You are urged to be aware of the relative lightness or heaviness of each dish and to refer to the food combining chart for additional ideas. Measurements are specified by T (tablespoon); t (teaspoon); and C (cup). They are offered as guidelines only; no recipe need be followed exactly. You are encouraged to make substitutions freely: salads can be made into soups with the use of a blender; nectars can be left unblended and eaten as salads, and so on. All the recipes can be enjoyed in many different ways and only you can judge what works best with your supplies on hand and the dictates of your taste of the moment. illustrated by Katherine Bradford The art work throughout this book was created by the very talented Katherine Bradford. She brought to the Mansion smiles, happiness, and a new sense of serenity and shared them with all. The loveliness of these designs is an outward, permanent expression of her own inner beauty and harmony. TRANSITION DIET The purpose of the transition diet from that of meat, processed foods, sugar, white flour products, etc., to a total living foods diet of vegetables, fruit, sprouts, fermented nuts, and seeds is to allow the body to gradually cleanse accumulated waste materials at a slower pace until the whole diet is one of living foods. Even while on the transition diet, attempt to incorporate as many green sprout salads and fruit meals as you comfortably can in order to speed up detoxification and to allow the body and mind to accustom themselves to this new diet. The first phase in the transition diet is to eliminate drugs, medicines, and other chemicals; meat, tobacco, alcohol, white sugar,

white flour, salt, and coffee all processed foods. This may be a radical change for some people, as these foods have become deeply ingrained habits and dependencies. One way to approach this change is to decrease and substitute. If you eat meat every day, for example, decrease it to two or three times a week, and substitute fish and fowl in its place. If you drink or smoke each day, cut it to every other day, then every third or fourth day. Substitute clearer thinking and deep, clean breathing exercises in their stead. You aren't giving anything up you are really choosing something better. In the meantime, use as many live foods as possible as substitutes for the refined and processed foods. Use unfiltered honey and dates instead of sugar; whole grains instead of white flour; raw milk rennetless cheese instead of processed cheese; raw milk instead of homogenized milk; fresh fruits and vegetables instead of canned, frozen or packaged food. You'll notice a taste change, and in a short time your taste buds and mind will automatically choose nutritious foods. The second phase in transition is the elimination of mucus-forming foods such as dairy products: milk, butter, cheese, eggs, yoghurt, etc. Begin to substitute seed milk cheese and seed yoghurt. While in this phase, try fasting on juices one day a week or more to expedite toxin elimination. The third phase in transition is the elimination of all cooked foods from the diet. This includes grains, cooked fruits or vegetables, granola, crackers, all cooked legumes, bread, etc. The ultimate diet is that of fresh raw fruit and vegetables, sprouts, and fermented nuts and seeds. This transition may take months for some, perhaps only weeks or days for you. It's your decision. Some additional transitional diet data: Have three juice meals a day to nourish the body. Include a salad with each drink. Clean out the colon with enemas and wheatgrass implants once or twice a day. If you cook or steam vegetables, cook as little as possible, on the lowest heat possible, to retain the maximum amount of nutrients. Eat the living foods before the cooked foods. Try not to drink liquids for an hour after mealtimes. Chew your food very, very well. Find out more about food combining and digestion and begin using only the foods that are easily digested.

THE COMPLETE MEAL SALAD

Certain aspects of nutrition may be considered within the realm of science. An analysis of Dr. Wigmore's Complete Meal Salad has been prepared by Dr. Harvey C. Lisle, a graduate in Chemical Engineering from the University of Ohio, with fifteen years industrial experience in food testing laboratories, including both animal and human foods. Over the years, he observed the natural superiority of health in families raised on natural foods and became convinced that the health enrichment of Americans lies in their abandoning highly refined and processed foods and returning to naturally produced foods. The ingredients required in a complete meal are protein, carbohydrates, minerals, vitamins, and enzymes in sufficient quantity and quality to furnish adequate energy (or calories), and elements needed for growth (or maintenance). A meal prepared from raw garden produce, sprouts, and seeds will assuredly be rich in vitamins, minerals, and enzymes. By adding a little dulse or kelp to the meal, flavor is enhanced and minerals are enriched beyond any doubt of adequacy. Such a meal provides a wide range of vitamins, minerals, and enzymes. Animal protein has to be broken down into simple amino acids before it can be reconstructed into human protein. In meat eaters, putrefactive bacteria predominate, and most of the meat rots in the lengthy human intestines, placing an excessive strain on the liver, which is not equipped to eliminate large quantities of uric acid and other toxic by-products of meat eating. These toxins are often absorbed into the tissue of the organism. In plant life, much of the protein is already in a predigested state; this is especially true of sprouts and indoor greens in which most of the protein is in the form of simple amino acids. Furthermore, the protein in plants has the advantage of being free from nucleo-proteins and therefore does not lead to the formation of uric acid in the system and does not encourage gout or rheumatism. New scientific findings indicate the amount of protein required can vary from 20 to 50 grams for each individual, depending on weight, sex, climate, and type of work. Dr. M. Hindhede, Director of the Hindhede Laboratory for Nutritional Research established by the Danish Government, shows the definite relationship between high protein diets and acidosis and disease. It is a scientifically demonstrated fact, for example, that dairy cows which are fed heavily on proteins are short-lived and subject to many disorders of the kidneys and bowels not found in cows permitted to graze and eat in a more normal manner. It has been dramatically pointed out that a low protein diet in animals and humans yields an increased resistance to disease, and builds an immunity against cancer and that it is nearly impossible to graft cancer cells onto species fed on a low protein diet. Protein is constructed of 22 building blocks called amino acids, of which eight have been found essential in the food requirements of people. From these eight, we can synthesize the others we require. All eight of these essential amino acids must be present together in the complete meal as they complement each other's qualities. If one of the eight is missing, then the remaining amino acids cannot be utilized and fail to provide what they were designed to. The Complete Meal Salad contains full proteins in quantity and quality. A study of Table I will reveal the individual items which contain all eight of the essential amino acids. The sunflower seeds are especially excellent in this regard. Table II gives the necessary data from which the proteins and calories of Table III are calculated. Total protein for this one meal is 15 grams. Assuming the same amount of protein will be ingested during the other two meals of the day, the total protein intake will come to 45 grams. Protein is very sensitive to heat. Heat causes irreversible changes in protein, changes that downgrade the protein. Most Americans now cook their food, whether meat or vegetable, which could account for the fact that most nutritionists recommend approximately 70 grams of protein per day for the average person, whereas raw food proponents recommend only about half that amount. Uncooked food can provide more usable proteins. Table I Table II Table III The average American eats too much food and takes in too many empty calories, energy units without

vitamins and minerals. Our complete meal salad contains 543 calories vitamin, mineral and enzyme-packed calories. If the other two meals of the day contain the same number of calories, total caloric intake will total 1600. Eating the highly processed foods of today negates the instinctive knowledge of how much and what to eat. Assuming that the person who partakes of the complete meal salad is on somewhat of a natural food regime, he or she will instinctively know whether the meal is satisfying, is too much or is not enough. With good judgment and regained instinct, the individual may take the complete meal salad and adjust it to his or her own personal requirements. It will maintain good health in body, mind, and spirit.

COMPLETE MEAL SALAD FOR TWO
1 C mung sprouts
1 C alfalfa sprouts
1 C summer squash, grated
1 C mixed greens
1 half avocado, sliced
14 cucumber, sliced
4 slices tomato
4 slices red pepper
2 T sunflower seeds
2 T coconut oil
1 t kelp
Mix all. For greens, use buckwheat lettuce, sunflower greens, beet greens, spinach, romaine lettuce, or any dark green. See here for additional recipes.

FERMENTED FOODS
As well as raw fruits and vegetables, fermented foods are also eaten at the Institute, the most popular being rejuvelac, sauerkraut, and fermented seed dishes. These foods are included in the diet for an important reason they are extremely rich in enzymes, predigested protein, and lactobacillus bacteria. In a healthy person, the enzymes are manufactured by the body. It is thought that aging occurs because the body loses the ability to synthesize new enzymes. The researchers are now convinced that diseases are traceable to missing enzymes. Food that is fermented is filled with enzymes. People known for longevity the Hunzas, the Georgians use much fermented food. In Georgia, Russia, people eat yoghurt, sour bread, sour milk, soured vegetables. They also eat naturally made sauerkraut and sour pickles. These people seldom have digestion problems. Dr. Kuhl, a German researcher, has this to say regarding fermented foods: The natural lactic acid and fermentive enzymes which are produced during the fermentation process have a beneficial effect on the metabolism and a curative effect on disease. Lactic acid destroys harmful intestinal bacteria and contributes to the better digestion and assimilation of the nutrients. Fermented foods can be considered predigested foods: they are easily digested and assimilated even by persons with weak digestive organs. Fermented foods improve the intestinal tract and provide a proper environment for the bodys own vitamin production within the intestines. They also help a person with constipation problems.

REJUVELAC THE ENZYME DRINK
Rejuvelac is rich in proteins, carbohydrates, dextrines, phosphates, saccharines, lactobacilli, saccharamyces, and aspergillus oryzae. Amylases are derived from aspergillus oryzae and they have the faculty of breaking down large molecules of glucose, starch, and glycogens. This is the reason rejuvelac is an aid to your digestion. (Dr. Harvey C. Lisle, Food Chemist) Rejuvelac, the water of the Institute, puts into your body the enzymes cooked food doesnt. Enzymes help friendly bacteria such as lactobacillus bifidus to grow. Lactobacillus in turn gives off lactic acid, a natural astringent, which helps your large intestine maintain its natural, healthy, vitamin-producing environment. This leads to a clean colon where sludge does not collect on colon walls, and where harmful, disease-producing bacteria are unable to survive.

REJUVELAC
Rejuvelac is a pre-digested food the proteins are broken down into amino acids, the carbohydrates into simple sugars (dextrines and saccharines). These nutrients are readily assimilated by your body with little expenditure of energy. Rejuvelac is extremely rich in eight of the B vitamins, as well as Vitamin E and K. Rejuvelac is also used as a starter in the production of other fermented dishes, particularly the protein (nut and seed) sauces, cheeses, and loaves. Drink glasses of it between meals to flush the system out, and help cleanse the intestinal tract.