

Rainbow Green Live-Food Cuisine

Gabriel Cousens, M.D.
and the Tree of Life Café Chefs



NORTH ATLANTIC BOOKS
BERKELEY, CALIFORNIA



Rainbow
Green
Live-Food
Cuisine



Gabriel Cousens, M.D.
and the Tree of Life Café Chefs

North Atlantic Books
Berkeley, California

Copyright © 2003 by Gabriel Cousens, M.D. All rights reserved. No portion of this book, except for brief review, may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopying, recording or otherwise—without the written permission of the publisher. For information contact North Atlantic Books.

Published by
North Atlantic Books
P.O. Box 12327
Berkeley, California 94712
and
Essene Vision Books
P.O. Box 1080
Patagonia, Arizona 85624

Rainbow Green Live-Food Cuisine is sponsored by the Society for the Study of Native Arts and Sciences, a nonprofit educational corporation whose goals are to develop an educational and cross-cultural perspective linking various scientific, social, and artistic fields; to nurture a holistic view of arts, sciences, humanities, and healing; and to publish and distribute literature on the relationship of mind, body, and nature.

North Atlantic Books' publications are available through most bookstores. For further information, call 800-733-3000 or visit our website at www.northatlanticbooks.com.

Library of Congress Cataloging-in-Publication Data

Cousens, Gabriel, 1943–

Rainbow green live-food cuisine / by Gabriel Cousens and chefs of the Tree of Life Cafe.

p. cm.

eISBN: 978-1-58394-326-7

1. Raw food diet—Recipes. 2. Nutrition. 3. Health. I. Tree of Life Cafe. II. Title.

RM237.5.C68 2003

613.2'6—dc21

2003012499

v3.1

DEDICATION

To our brothers and sisters throughout the world who have made a commitment to themselves to live and eat in a way that creates the highest physical, emotional, mental, and spiritual expression and helps to heal the planetary ecology and Earth inhabitants.

ACKNOWLEDGMENTS

Rainbow Green Live-Food Cuisine has been a joyful collective effort. We wish to acknowledge and thank the many people who are a part of the Tree of Life, who participated and shared recipes as they were taught on site and tested at the Tree of Life Café. These people include Shanti, Karen, Philip, Chad, Sita, Heather, Ren, Rebecca, Rose Lee, Aaron, Lucas, Alison, Isaiah, and Tsiona.

Deep thanks to Ivri who served as the Tree of Life's *Rainbow Green Live-Food Cuisine* project manager and in-house editor. She also compiled the recipes, as well as wrote the section "Raising Rainbow Babies."

Much appreciation to Philip, the Tree of Life Café Manager and Chef, who took the photographs of the cuisine, edited the recipes, and wrote "The Secrets to Rainbow Green Live-Food Cuisine Preparation" and the "Resources Directory."

Thanks to Shanti who contributed all the recipes for the "Essential Oil Delicacies" and the Café staff who wrote the "Traveling in the Raw" section.

Thanks to Susan, Tree of Life Administrative Assistant, who generated some of the charts and helped with the details in a few pinches.

Gratitude to Kaliji for the wisdom of Kali Ray TriYoga® and for writing about airplane Yoga for the section "Preventing Jet Stress."

We also thank Richard Harvey for the excellent phase-contrast and dark-field slides he contributed to this book, and his partner Mary Houston, who helped Richard prepare the slides and inspired me to probe more deeply into Dr. Robert Young's research.

Special thanks to David Wolfe and Eliot Rosen who gave their support, energy, and the gift of words in writing the Foreword and Preface, respectively.

We also are very grateful for the enduring support of the folks at North Atlantic Books, especially Kathy Glass, who served as editor, and Sarah Serafimidis, the Project Manager.

TABLE OF CONTENTS

Cover
Title Page
Copyright
Dedication
Acknowledgments
Preface by Eliot Rosen
Foreword by David Wolfe
Introduction

SECTION 1

RAINBOW GREEN LIVE-FOOD CUISINE

IS THE WAY TO LIVE

.....

CHAPTER 1: TO COMPOST OR NOT: THE THEORY BEHIND

THE RAINBOW GREEN LIVE-FOOD CUISINE

Chart: Cycle of Chronic Disease

Summary

CHAPTER 2: PREVENTING THE COMPOSTING OF WESTERN

CIVILIZATION

Table: Pathogenic Microorganisms

Table: Foods to Avoid for Prevention and Treatment of Mycosis

The Phases of Rainbow Green Live-Food Cuisine

Table: Phase I—Rainbow Green Live-Food Cuisine

Table: Phase I.5—Rainbow Green Live-Food Cuisine

Table: Phase II—Rainbow Green Live-Food Cuisine

Table: Glycemic Levels of Fruits and Vegetables

Table: Foods to Avoid for Optimal Health

Transitioning to Rainbow Green Live-Food Cuisine

Table: Summary of Food Phases Chart

CHAPTER 3: HOW TO DEVELOP THE BEST DIET FOR YOURSELF

Fast- and Slow-Oxidizer Diets

Ayurvedic Dietary Considerations

Blood Type and Diet

Summary

*Table: The Effect of Diet on Fatty Acids, Hormones, and Prostaglandin
Production*

CHAPTER 4: AUTHENTIC FOODS

Organic Foods

Vegan Nature Farming

Pesticide Pestilence

Protect Yourself Against Food Chemicalization

Genetically Engineered Foods:

“If It’s Not Broken, Don’t Fix It”

Irradiated Foods—Another Biohazard

Go Organic

CHAPTER 5: HEALTH SECRETS OF LIVE FOODS

Benefits of Calorie Restriction

Live Foods—A Natural Way of Calorie Restriction

Cooked vs. Raw Foods

Phytonutrients

Table: Rainbow Phytonutrients

Enzymes

Extra Energy in Live Foods

Live-Food History and Modern Research

Summary

Table: Microscope Blood Slides

SECTION 2

RAINBOW GREEN LIVE-FOOD CUISINE RECIPES

.....

TABLE OF CONTENTS

THE SECRETS OF RAINBOW GREEN LIVE-FOOD CUISINE

PREPARATION

Taste Balancing

Table: Taste Balancing

Know Your Ingredients

Food Preparation Equipment

Miscellaneous Hints and Tips

Table: Sprouting and Soaking Guidelines

ENTREES

PÂTÉS AND SEASONED NUTS

SALADS

SALAD DRESSINGS

CHUTNEYS, SALSA, SAUCES, AND SPREADS

SOUPS

CRACKERS, CHIPS, AND JERKYS

BREAD

DESSERTS

JAMS, “SWEET” SAUCES, AND “SWEET” SPREADS

PORRIDGE AND BREAKFAST DISHES

NUT MYLKS AND KEFIR

FERMENTED FOODS

ESSENTIAL OIL DELICACIES

APPENDIX I: RAISING RAINBOW BABIES

APPENDIX II: TRAVELING IN THE RAW

APPENDIX III: PREVENTING JET STRESS

Seven Steps to Prevent Jet Stress

Airplane Yoga

Using Essential Oils to Prevent Jet Stress

APPENDIX IV: RESOURCES DIRECTORY

APPENDIX V: SUMMARY OF FOOD PHASES CHART

About the Authors

About Tree of Life Rejuvenation Center & Tree of Life Café

Bibliography

Continuing Education Opportunities

The teachings of the Greek physician Galen (129–199 A.D.) held such indomitable sway over Western medicine that until the European Renaissance a full 1,400 years later, those who challenged Galen’s pre-scientific legacy faced professional ridicule, public banishment, and even death.

Refusing to blindly believe unproven doctrine, Leonardo Da Vinci, Dr. William Harvey, and others autopsied human corpses so they might see empirically, with their own eyes, the poetic architecture of human anatomy.

In like manner, Dr. Gabriel Cousens relies on his “own eyes” and not upon unsubstantiated dietary theories or idealistic ideologies of how things “should be.”

Having treated thousands of patients during his thirty-plus years as a holistic physician, Dr. Cousens time and again saw intriguing patterns emerge in positive response to his therapeutic interventions. As his patient data grew, the logical next step was to conduct clinical studies. This book represents the results of Dr. Cousens’ latest clinical exploration.

Dr. Cousens enlisted the aid of his residential staff at the Tree of Life Rejuvenation Center who initially adopted a low-glycemic (low-sweet) therapeutic diet for three months, and then voluntarily continued on the maintenance phase to this day. Dr. Cousens monitored clinical progress by way of dark-field microscopic blood samples and other diagnostic measures.

Before this dietary experiment, the residents had already been eating a 100% live-food diet but with no restrictions on fruit intake. On this no- to low-fruit live-food program, they felt better and better with each passing day. Blood samples revealed dramatically fewer pathogenic microorganisms, directly corroborating glowing subjective reports of the increased physical energy and mental clarity. Clearly something wonderful was occurring. Based on this successful experience, Dr. Cousens began offering the program to his clients.

Dr. Cousens believes that in today’s world, most of us are laboring under a toxic load of pathogenic microorganisms, heavy metal deposits, and pesticide residues. These substances enter the body mostly from what we eat. Paradoxically, even “wholesome foods”—grains, fruits, and high-glycemic vegetables—can be literally “feeding the problem.”

High-glycemic foods are not the only problem, however. A typical modern-day meal featuring a main course of beef, poultry, or fish may contain up to 750 million pathogenic microorganisms per serving, compared to a typical vegan meal containing only 50 pathogenic microorganisms per meal.

These same foods were not as troublesome for past generations as they are for us today. Our ancestors had stronger genetic inheritance and constitutional strength because they weren’t exposed to excessive antibiotic intake, foodless foods stripped of their essential nutrients, or poisonous pesticides, hormones, and food additives.

Other major offenders that induce fermentation and increase toxin-producing microbes—what Dr. Cousens calls “self-composting”—are eggs, mushrooms, brewer’s and nutrition yeast, peanuts, alcohol, dairy, corn, white rice, white sugar, and anything that contributes to excess acidity and a low-oxygen state.

There is a fascinating historical footnote illustrating the school of medical thought behind

Rainbow Green Live-Food Cuisine. In the late 1800s, French microbiologists Dr. Antoine Béchamp and Dr. Claude Bernard waged a much-publicized ongoing debate with Nobel Prize laureate Dr. Louis Pasteur, the creator of the “germ theory” of disease. On his deathbed, Pasteur shocked his attendants by changing his lifelong position. With all his remaining strength, he whispered (in French, of course): “Claude Bernard was right. The microbe is nothing. The terrain is everything.”

By this parting utterance, Pasteur acknowledged that external germs weren't the primary root-cause of disease, only opportunistic scavengers that appear when the body is weak and out of balance. The primary underlying etiology of disease was a disruption of what Béchamp referred to as the “biological terrain.” By this he meant the overall condition of the host organism's cells, fluids, organs, etc. Factors that improve or maintain the health of the biological terrain include 1) low levels of toxicity and fermentation; 2) the proper range of acid/alkaline balance; 3) strong electromagnetic potential; 4) high cellular oxygenization; and 5) a high number of pro-biotic beneficial bacteria and a low number of pathogenic microorganisms.

There is over 100 years of microscopic evidence supporting the validity of the biological terrain approach. In this book, Dr. Cousens provides convincing visual illustrations that include microscopic dark-field, dry field, and phase-contrast photographic slides showing “protists”—minute non-pathogenic organisms—mutating or “morphing” into full-blown toxin-producing fungi, molds, yeast, and viruses.

Modern-day exponents of the biological terrain school presently number only a few thousand worldwide, yet their size is steadily growing. This is typical in the history of scientific progress: Paradigm-shifting breakthroughs often hit cul-de-sac dead-ends in societal acceptance due to the vagaries of vested economic interest, political intrigue, and pride of ego. It is ironic that the pharmaceutical-based healthcare delivery system—staunch advocate of Pasteur's opposing germ theory—has somehow forgotten Pasteur's very own dying words: “The germ is nothing. The terrain is everything.”

The Rainbow Green Live-Food Cuisine regimen is divided into three phases. The Healing Phase I permits no fruit or high-glycemic foods whatsoever. The Stabilizing Phase I.5 allows a few mildly sweet foods, but one might need to revert to Healing Phase I if negative symptoms return. The Maintenance Phase II is what one eats on a long-term basis. This latter stage permits occasional higher glycemic foods, but only if one's biological terrain can handle the microbe-stimulating effects of these foods.

For some health seekers, having to abstain from some of their favorite foods may come as an unwelcome shock. However, to reclaim their health-birthright, Dr. Cousens says the following three factors may first need to be addressed:

1. Despite the belief that they are eating relatively wholesome foods, in actual fact their bodies are burdened with toxin-producing microbes that are being fed by the very foods that people think are good for them.
2. Switching from inorganic to organically grown foods will dramatically reduce the food-borne intake of pesticides and heavy metals. As an added bonus, the inherent internal cleansing properties of a live-food diet will further help to detoxify the body.

In this connection, Dr. Gunther Enderlein conducted a lifetime of biological terrain microscopic research spanning sixty years. He concluded, “The most powerful diet for bringing a diseased biological terrain back to normal is live foods.” Dr. Cousens is himself a student of Dr. Maria Blecker, one of Dr. Enderlein's protégés.

3. Individualizing the Rainbow Green Live-Food Cuisine to fit one's dominant metabolic type as either a fast or slow oxidizer is a critical piece of this dietary approach. Dr. Cousens also teaches how to assess one's basic Ayurvedic constitutional type—vata, pitta, kapha, or hybrid—and to partake of only those recipes that specifically support unique bio-individuality.

“Those who apply these guiding principles enjoy more physical energy, sharper mental clarity, and a richer, more loving emotional life,” says Dr. Cousens. He reports a 99% success rate in helping others maintain a live-food vegan diet.

For these and other reasons, Rainbow Green Live-Food Cuisine creates a direct passageway to radiant health as well as a solid foundation for building an ecologically conscious, fulfilling way of life. Rainbow Green Live-Food Cuisine is destined to save many present and would-be vegetarians/vegans from falling off the dietary wagon.

If you're wondering why Dr. Cousens put so much emphasis on becoming a live-food vegan, it's because he believes that internal warfare on the battlefield of the biological terrain cannot be separated from disharmony in the external world. Indeed, conflicts between nations, races, and creeds have made much of the world a festering compost heap. Rainbow Green Live-Food Cuisine is the fastest and most effective way of putting a stop to internal self-composting. Therefore, if we transform our inner environment, the outer world will change as well.

While I was interviewing Dr. Cousens in 1987 in connection with his first book, *Spiritual Nutrition and the Rainbow Diet*, he shared in a thoughtful, humble tone, “Eliot, the further up the mountain I travel, the more I can help my patients and students.” As a vegan myself for thirty years, I'm convinced that Dr. Cousens is 100% dedicated to helping people attain glowing health, deeper happiness, and accelerated spiritual growth. His vegan-based Rainbow Green Live-Food Cuisine program will be an important step towards experiencing these expansive states.

In a world where healthy, peaceful, loving humans increasingly reflect their inherent divine nature, this gift of a book is your invitation to live what Dr. Cousens calls a “new paradigm of awakened living.” And a great way to start is with your next healthy bite of Rainbow Green Live-Food Cuisine!

Eliot Jay Rosen, QCSW, CNC

Nutrition-oriented psychotherapist and author of the *Los Angeles Times* best-selling book and video documentary, *Experiencing the Soul: Before Birth, During Life, After Death*

We are so blessed to have access to the information shared in this book.

Dr. Cousens has established himself as the leading holistic medical doctor in the United States and, in my opinion, the leading physician in the world. I consider Dr. Gabriel Cousens to be the foremost medical authority in the field of nutrition and particularly in the area of raw- and living-food, vegetarian nutrition. In this landmark, groundbreaking book, Dr. Gabriel Cousens presents *the* cutting-edge research in nutritional healing.

As a leading researcher and developer of raw-food products for the marketplace, I rely on Dr. Cousens' expertise in the health and nutrition field in order to make educated decisions that affect consumers interested in the best health possible. I consult with Dr. Cousens on a regular basis about various ideas and approaches. Many times I believed that I had come across something so unique or exotic that I was sure he did not know about it, only to discover that he had known about it for years.

Dr. Cousens' research is extraordinary. He is constantly seeking more and more subtle refinement in his approach in order to allow more people to succeed with their diet strategies. I certainly have greatly benefited from some of the key insights I first learned from Dr. Cousens over the years.

Having conducted many retreats and workshops with Dr. Cousens and served as a professor for the Master's program at Dr. Cousens' school of vegan and live-food nutrition, I am intimately familiar with the meticulous level of quality that goes into every project Dr. Cousens undertakes.

Throughout these pages, Dr. Cousens elaborates and expands a long line of research beginning with biochemist Antoine Béchamp through Dr. Enderlein into the present day with Gaston Naessens' and Dr. Robert Young's work.

Dr. Cousens has meticulously combed this vast body of research and drawn from it a startling conclusion: that sugar is the primary culprit behind disease, because sugar feeds mold, fungus, yeast, and viruses (nature's composting tools). An excess of sugar in our diet causes our "composting button" to be pushed. It causes us to begin to slowly, yet perceptibly, be compromised from the inside.

We know that the amount of sugar (carbohydrates) present in the Western diet today has never been seen before in the whole of human history. Yearly consumption of refined sugar in the United States was no more than about ten pounds per person in the early 1800s. The U.S. Department of Agriculture reported that this had risen to 152 pounds per person by 1996. Reading Dr. Cousens' book reminded me of the wake-up call I received when I read William Duffy's classic book *Sugar Blues*.

We have such an enormous amount of sugar in our present diet that many indigenous peoples, upon adopting a Western diet, immediately develop sugar diabetes because they have never seen such a high carbohydrate diet in their entire genetic history.

We have artificially increased the levels of sugars in foods by protecting foods from natural predators and nature's recyclers (viruses, bacteria, fungus, mold). Even though plant domestication techniques, fence lines, and pesticides may keep nature's recyclers away for

moment, they will not protect us after we ingest sugary/starchy plants, whether eaten raw, cooked, or refined.

Our technological ability to protect plants from natural predators has become extraordinarily sophisticated in the last hundred years, increasing our exposure to sugars far beyond our capacity to adapt. As Dr. Cousens demonstrates, this is a primary cause of the epidemic of disease and ill health currently experienced in Western civilization.

Sugar is not the only challenge we face. Fungal-infected food (especially grains and corn) and the animals that eat this food (cattle, pigs, chicken) introduce an enormous quantity of foreign organisms in the body that break down overall immunity.

Dr. Cousens presents a three-phase program incorporating the leading-edge technology in the field to guide us away from high starch/sugar foods and fungal-contaminated animal foods and toward a mineral-rich, live-food diet.

The wide spectrum of recipes provided in Part 2 will assist anyone in adopting and adapting to a low-sugar, living-food regime. Dr. Cousens and his Tree of Life staff have compiled an enormous array of fantastic, 100% healthy, simple recipes. I know they are delicious because I have had the privilege to sample many myself!

Of additional and great value is the discussion of nutrition for children, healthy jet travel, and the latest research in gardening and farming. I have paid close attention to Dr. Cousens' knowledge in all of these areas and have shifted the advice I give to others and my own approach accordingly.

The Tree of Life staff is also to be applauded. They have done a fantastic job organizing this project with Dr. Cousens.

Overall, this book covers a wide spectrum of fascinating ideas and intelligent, well-thought-out strategies for healing. What Dr. Cousens presents you are ideas and concepts that allow you to get a wider understanding of diet, health, emotional poise, and spiritual balance.

One of the key themes in the book *A Course In Miracles* is that "a miracle is created simply by a shift in perception." Following the diet plan in this book engenders a transformation within you that allows you to gain a new perception—to ask a new question, get a new answer, and, with applied creativity, have more choices. Essentially, we create miracles in our lives if we have enough choices.

I consider Dr. Gabriel Cousens a dear friend, a seeker of truth, a pillar of health, and someone who leads by example. Dr. Cousens' relentless search for ecological health solutions indicates how much he cares about the health and well-being of his patients, friends, and the planet. *Rainbow Green Live-Food Cuisine* represents a culmination of his key teachings and research in the health and nutrition field.

As you discover that you are enjoying the contents of *Rainbow Green Live-Food Cuisine* and that you would like to make it part of your lifestyle, I recommend visiting Dr. Cousens' Tree of Life Rejuvenation Center in Patagonia, Arizona, and trying this food out for yourself! I look forward to every trip there, so I can eat the most extraordinary, healthy, organic food available anywhere!

Enjoy the Rainbow Green Live-Food Cuisine and have the best day ever!

David Wolfe

www.davidwolfe.com

David Wolfe is the author of *Eating For Beauty: The Sunfood Diet Success System*, and he is CEO of Nature's First Law Inc., CEO of Genesis 129 LLC, and founder of The Fruit Tree Planting Foundation.

This book represents a paradigm shift in the live-foods movement. It is the next step in my personal research and service to work out how to develop a healthy diet that supports all levels of a person's function, from basic physical health to one's spiritual evolution. In 1975, I began my path toward searching for a diet that would be the best for serving all of these purposes. In 1987, I wrote my first book, *Spiritual Nutrition and the Rainbow Diet*, which specifically highlights how live foods are the healthiest food approach on the planet and by far the most powerful for supporting spiritual life. In 1991, I came out with the book *Conscious Eating*, which took this approach further with the principle that we are all individuals and must be able to select a diet that best fits our constitution. In 2000, the revised and expanded edition was published. It contains further details of (1) how to develop an individualized diet that best serves our constitution; (2) the breakthrough theory of the origins of the biologically altered brain; (3) a complete live-food approach for pregnancy and nursing; and (4) many new recipes. In the present book, with the collaboration of the Tree of Life Café staff and my wonderful wife and partner, Shanti GoldsCousens, we are presenting the next step in the development of the healthiest maintenance diet for supporting your physical, emotional, mental, and spiritual life. The final book in the series, the next one I will write, is on spiritual fasting.

The spark of the idea for this book was furnished by Robert Young, Ph.D., D.Sc., in his book *Sick and Tired*. He made the point, based on a great deal of microscopic dark-field and dry-field research, that a diet low in fungus and mycotoxins (toxins that are produced by fungus) is best for our overall health. I have a better appreciation of Robert Young's work since studying pleomorphic science for the last ten-plus years (the microscope-based science dating from the late 1800s that describes the transmutation of organisms in our blood from one non-pathogenic form to a variety of pathogenic forms). His insight and understanding into this whole process enables us to use pleomorphic theory in a practical way to understand our health. No one else has put this information together like Robert Young. The information from *Sick and Tired* has a heavy influence throughout the initial chapters of this book. For that I want to express my gratitude, appreciation, and acknowledgment.

In my usual scientific way, I felt that before I even shared these ideas with anyone else, I needed to personally explore this diet, which is essentially a low-glycemic fruit, vegetable, nut, seed, sea vegetable, algae-based diet. But within a few days, most of the staff had followed Shanti and me on this, particularly the café staff, and three months later, most had experienced very significant positive changes in their energy levels and sense of well-being. I began to explore this diet with clients who were suffering from mycotoxicosis (which is not just toxicity from candida infection, but from mycotic infection in general). This, of course, included most of my clients, as I began to realize that most people, in this day and age, have an excess of fungal growth in their system. Again, much to my surprise, people who were able to follow this diet for a period of three months showed remarkable positive changes in their blood picture, as well as in the quality of their health and energy.

As I looked at the results, I could not help but say, "We need to make some changes

because most of the live-food preparation in North America certainly includes a fair amount of natural sweets. Sweet foods, which have a high glycemic index even if they are natural and raw, are still very mycosis-producing. Over the period of the next year at the Tree of Life Café (part of the Tree of Life Rejuvenation Center), we began to develop a series of recipes for people to use in their everyday lives, incorporating the Rainbow Green Live-Food Cuisine, a low-sweet, low-fungus, and low mycotoxin-producing, delicious, gourmet, vegan, live-food cuisine.

We are pleased to share this exciting revolutionary breakthrough in quality of health and delightful taste.

Gabriel Cousens, M.D., M.D.(H)
Diplomate in Ayurveda,
www.treeoflife.nu
e-mail: healing@treeoflife.nu

1
SECTION

Rainbow Green Live-Food Cuisine



is

**The Way
to Live**

**TO COMPOST OR NOT:
THE THEORY BEHIND THE
RAINBOW GREEN
LIVE-FOOD CUISINE**

The theory that I am sharing with you is what is presently known as the pleomorphic theory, developed over a period from the late 1800s to early 1900s by several people who have influenced my understanding of holistic health. The first is Antoine Béchamp (1816–1908), who was a master of pharmacy, doctor of science, doctor of medicine, professor of medical chemical pharmacy, professor of physics and toxicology, and professor of biological chemistry. What he discovered was the process of fermentation, which he described as the process of digestion by microscopic ferments or life forms. As a genius in his field, he saw that blood is not a liquid but a flowing tissue. In his work, he discovered what he called “microzymas” or ferments in the blood. The microzymas are living microscopic and colloidal elements capable of fermenting the sugar in our system. The microzyma is the smallest living unit in nature and in our bodies; it is much smaller than the cells.

The cornerstone of Béchamp’s theory was that maintaining a healthy terrain and biological physiology is the key to health. When the biological terrain was disrupted, when people got too acid, then the natural fermentation process in the body was accelerated, and a morbid evolution of these microzymas would take place. They would coagulate and pleomorphically permutate into bacteria, yeast, fungus, and eventually mold. As these morbid pleomorphic forms from the microzymas developed, they fed on our vital body substances and produced more toxins, which we call mycotoxins. This toxic process resulted in a degenerative disease symptomology.

Another great researcher who came a bit later and based some of his work on Béchamp was a physician, Professor Gunther Enderlein (1872–1968). (I had the opportunity to study with one of Dr. Enderlein’s German students, Dr. Maria Blecker.) Dr. Enderlein proved the pleomorphic theory postulated by Béchamp, through his sixty years of observations of living human blood. He also proved that the cell was not the smallest unit of life, and that with the cell are protits, which is the tiniest unit of life. Perhaps most important of all, he validated Béchamp’s theory of pleomorphism, which states that these protit-microorganisms change in their form according to the conditions of the blood and its tenor in general. Instead of calling them microzymas, Dr. Enderlein referred to them as protits, but the principle

essentially the same. For the purpose of this book, I am choosing to use the word “protit,” that is the term I am accustomed to using. Dr. Gasten Naessens in Canada has also discovered these pleomorphic forms, and he calls them somatids.

Fundamentally, what these researchers have discovered, which can be readily seen in a microscope, is that these protits, which are of very small size (.001 micron), form a colloid energetic field, not only in our human system within the cells, but also in extra-cellular fluids and the lymph and the blood. This is, essentially, everywhere in the body. This colloid energetic field, if it is healthy, helps to create health. If the living colloid energetic field is disrupted by toxic influences, then the energetic and physiologic electromagnetic field changes in the direction of pathology, and we move to progressively poorer health.

This theory was further developed by Dr. Robert Young. In my discussions with him, I added my theory of Tachyon energy and subtle organizing energy fields (SOEF) (as explained in *Spiritual Nutrition and the Rainbow Diet*, *Conscious Eating*, and *Tachyon Energy: A New Paradigm in Holistic Healing*), which he felt comfortable with. In essence, the combination of Tachyon, SOEF, living colloid theory is key for understanding this new concept in nutrition. The subtle organizing energy field (SOEF), which is energized by the Tachyon energy (energy just faster than the speed of light), creates an energetic matrix from the protits' colloid suspension on the physical plane. This manifests first as a living colloidal field in the space between and within the cells. This protit colloidal field is affected by the environment, as well as by the normalizing SOEF matrix. Acid food, acid thoughts, low oxygen, environmental toxins, heavy metals, and lack of exercise all have the power to distort this living protit colloidal field. They can shift it from a healthy, creative, energetic matrix for cells and tissues into a morbid pleomorphic expression: an unhealthy field. These negative environmental stresses create a morbid pleomorphic change from the healthy protit energetics of life into bacteria and higher forms of yeast, mold, and fungus, as the protits pleomorphically transmute and coagulate. These higher morbid pleomorphic forms give off mycotoxins, which tend to break down our living tissues. These morbid pleomorphic forms, for which I use the word “mycosis,” also eat the sugar in our systems, the DNA, the proteins, the enzymes, and the hormones. They live off our tissues and vital fluids, and as they increasingly give off mycotoxins (in essence, their fecal waste), they further imbalance and acidify the system and create favorable conditions for more of these pleomorphic organisms to grow and, therefore, increase the state of mycosis.

In an undisturbed, healthy state there is a clear and full expression of the vital subtle organizing, high-energy fields into the colloidal field. Undisturbed by toxic influences, the energetic continuum—from Tachyon energy, to SOEF vital life pattern, to a healthy energetic protit colloidal system—is the foundation of optimum health. The living colloidal system is the first level of physical manifestation of life energies. This healthy protit colloidal field is needed for a healthy coagulation system and for proper building blocks for all cellular structures, lymph, blood, and intra-cellular structures. When this protit colloidal field, which is very sensitive to morbid effects, is energetically healthy, then we have a perfect, supportive field for a healthy matrix for the creation and life force of our cells and tissues. When the subtle organizing energy field matrix on the colloid field is disrupted by degenerative influences, then this protit colloidal field acts as a sensor to the physiological imbalance. It reacts to the environment and creates a morbid energetic field to compensate. This shift to a morbid field

takes us toward degenerating health.

The protits—independent living elements—seem to have critical roles of being a builder as well as a recycler of organisms. In essence, “from dust to dust.” This recycling is the dying and death process. As long as the subtle organizing energy field imprint of the colloidal matrix of the protits is not too significantly disturbed, then the protit colloidal system acts as a builder and restorer of life. When the colloidal energetic matrix is disturbed significantly, then the “recycling button” or “composting button” is pushed and the protits begin the function as recyclers of whatever organism they are in. In essence, they begin to accelerate the rate of fermentation of the system. At the turn of the nineteenth century, candida was primarily seen in people who were dying of cancer or other very serious diseases. What was going on was that the recycle button had been pushed and they had already begun the cycle of degeneration.

The process of chronic disease is activated in a person who is toxic enough to push the “composting button.” Depending on the degree of toxicity, this composting process leads to chronic disease, misery, and ultimately death. The key to restoring health is minimizing or eliminating the toxic conditions so that the composting button is turned off. A low-sweet live-food, non-acidic diet and a healthy mind are the key factors in turning off the composting button and reestablishing vibrant health. These reverse the forces of entropy or composting. Activities that enhance the flow of the energetic continuum, from enhancing the flow of Tachyon energy, to energizing the SOEFs, to all forms of positive lifestyle habits, all help to reverse entropy or the aging-degeneration process.

This diet is designed to turn off the self-composting button. Today we have a great many more morbid influences on us including hybrid, high-sweet fruits, radiation, intense pollution, heavy metal toxicity, and an accelerated amount of stress in the environment and within our minds, as well as the use of genetically engineered food, irradiated food, processed food, fast food, junk food, refined white flour food, white sugar food, and canned foods. All of these foods specifically are morbid influences on the protit colloidal field as it attempts to express the pure subtle organizing energetic matrix in our cells and tissues. Whereas a diet high in fruit was considered an excellent diet fifty years ago, because of the greatly increased physical, emotional, mental, and spiritual toxicity in ourselves and the world, we now need to shift to a diet with lower sugar content. The purpose of this, of course, is to have less fermentation and therefore not feed the morbid pleomorphic evolving organisms. In addition, because of the conditions in our environment (and I see this as a global issue), I have had to look at adjusting the live-food diet to counterbalance the toxic conditions of our planet and the conditions that all of us human beings are facing. It is in this context that I am offering and explaining the Rainbow Green Live-Food Cuisine.

As we delve deeper into this theory, which helps us more profoundly understand the process of disease, we enter into a debate that has been going on for the last hundred years which is the theory that the terrain is of primary importance in establishing conditions that then create disease. This is, in essence, the pleomorphic theory. Once the terrain becomes disease-inducing, the organisms that are in us (the protits) pleomorphically change into morbid forms and create the actual conditions of disease. The opposing theory is that we catch bacteria or viruses, and that they then become the cause of disease. Somewhere there is an in-between place that combines both concepts. However, there is an old statement that

“The swamp breeds mosquitoes. Mosquitoes do not breed a swamp.” If your terrain (your basic physiology) is strong and healthy and in proper pH from eating the right foods, you are less likely to get any exogenous acute disease, and you are likely to be better able to fight disease. Chronic disease is more easily understood when one’s framework is the pleomorphic theory. Most chronic diseases are not an acute invasion in an immunologically and pleomorphically weakened terrain, but a chronic breakdown that can degenerate or devolve all the way to cancer. It is hard for any disease to invade a person who has a strong terrain. That is why some people do not get sick when there is an epidemic going around, and why other people are always getting sick. Usually those people who do not get sick are those with a very strong physiology or basically strong biological terrain.

We are all hooked up by the subtle organizing energy fields to an optimal terrain. However, by disrupting the acid-alkaline balance (most usually by becoming too acid: eating acid-promoting foods, living an acid-promoting stressful lifestyle, and thinking acid thoughts) we shift the terrain. Another factor that shifts the terrain significantly is the level of toxicity to which we are exposed. Heavy-metal toxicity, environmental pollution, lack of oxygen, poor nutritional status, mineral depletion, poor lymphatic flow, loss of electrical charge in the cells, and exposure to electromagnetic pollution all increase toxicity. Drugs that encourage yeast and fungus, which imbalance the biological terrain, include steroids, antibiotics, birth control pills, alcohol, and cigarettes. Lack of exercise, lack of rest, flesh and dairy products, white sugar, and white flour have the same effect.

As a result of all these acid-producing conditions (or any one of them, but usually it is collectively all), the red blood cells actually lose the normal, healthy negative charge that keeps them repelled from one another and prevents clumping. The cells living in these conditions become invaded by mold and fungus, lose their charges and turn positive, and begin to clump. They also clump to healthy cells, which have a negative charge, infecting them as well. As the electromagnetic field changes more and more, cells are disrupted. There is more and more clumping. The bacteria-yeast-mold sequence beginning to take place because of a lack of oxygen also promotes clumping. The more clumping you have, the less oxygen is getting to the tissues and cells in the terrain. This whole cycle can be easily identified with dark-field microscopy.

The fungal toxins that are given off are called mycotoxins. When people are very toxic as a result of fungal growth, their condition is called mycotoxicosis or mycosis. These mycotoxins further increase the acidity, acting as acids that eat away at the tissue. Symptoms are experienced as one’s body attempts to deal with the poisons that result from the action of the acid toxins on the cells and tissues. They produce metabolic waste called exotoxins, as well as endotoxins, which are poisons within the organism.

One of the main mycotoxins is acid aldehyde, which converts to alcohol. The acid aldehyde causes the liver to increase the production of low-density lipoproteins, which are called LDL cholesterol. These low-density lipoproteins help bind and deactivate the mycotoxins. They also raise the cholesterol level. Acid aldehyde can decrease our strength and stamina, cloud our mind, decrease immunity, destroy neurotransmitters, and bind to red blood cells to make them less flexible and therefore decrease oxygenation of the tissues. Some of the other pathological results of excess acid aldehyde are pancreatitis, cardiomyopathy, general brain atrophy and dementia, atrophy of the interior spaces of the brain (called the ventricles)

jaundice, splenomegaly (enlarged spleen), stomach ulcers, cirrhosis, and fetal edema. Acetaldehyde destroys essential enzymes and decreases cell energy.

Another powerful mycotoxin is called cyclosporin, which suppresses the immune system and can cause cancer. Uric acid is another mycotoxin. It can cause gout and also uses up the body minerals, particularly potassium, magnesium, sodium, zinc, and calcium, to neutralize the uric acid. Oxalic acid is a mycotoxin associated with kidney stones.

There is another mycotoxin called alloxan, which is a metabolic breakdown by-product of uric acid. It directly destroys pancreatic cells. Some research shows that rats given high-uric acid foods (a diet that had about 10% uric acid) all developed diabetes.

These mycotoxins and the breakdown they cause eventually exhaust the immune system. As this whole process continues, the biological terrain is increasingly and chronically changed to an abnormal fermentative metabolic condition, which has often been identified as a pre-cancer condition or condition of cancer. In many of my clients who have significant mycosis, the cancer profile (done at an outside laboratory) shows a pre-cancer condition. When the systemic condition localizes, like in a tumor, we call it cancer. In my theory, the tumors show up where the body is constitutionally the weakest.

Other results of a systemic mycosis (this is more than just candida), secondary to an exhausted immune system, are allergies, irritation and inflammation, eczema, runny nose (which are ways the body tries to eliminate the toxins), environmental sensitivities, fungal infections in the heart, lungs, and sinuses, fatigue, neurological problems, depression, anxiety, PMS, paranoia, panic attacks, headaches, poor concentration, poor memory, and mental confusion. These are just some of the effects. In children, we often see the mycotoxin symptoms appearing in autism, diaper rash, thrush, urinary infections, upper respiratory infections, colic, constipation, diarrhea, hyper-activities, and learning disabilities.

Additional problems that we see with mycosis are: weight problems, bloating, mycotoxin conditions of the colon and liver, a tendency towards parasites, rectal itch, urinary tract infections with itching and burning, vaginitis, increased colds and flu, cellulitis, fungus in the mouth, jock-itch, athlete's foot, and fungus of the skin. Other results of mycosis include a tendency to infection, fatigue, adrenal and thyroid weakness (which I see very often in my clients), indigestion, diarrhea, food cravings, intestinal pain, chronic fatigue syndrome, asthma, hemorrhoids, cold and flu, dry and itchy skin, receding gums, dizziness, joint pain, bad breath, diabetes, heartburn, dry mouth, PMS and menstrual problems, irritable nervous system, puffy eyes, decreased sex drive, vaginal yeast infections, hay fever, acne, gas and bloating, low blood-sugar imbalances, muscle aches and pains, and a general feeling of poor health. Mycotoxic stress and fermentation in the blood and lymph also increase free radicals in the system.

As part of the circle of degeneration, there is a collapse of the colloid system in the biological terrain that causes further aggravation of red blood cells and loss of charge and energy in the cells. We need to understand that the protists are the colloids of life, which we need to function appropriately. The living colloid system holds the state of balance, because it maintains the electrical charge in the system and, therefore, stops excessive coagulation. Excessive coagulation is not only more clumping but is merging together to create higher forms. The colloids of life, the protists, will sense any electrical compromise and be affected by it. We depend on our colloids for life force and health. By creating a proper alkaline

balance in our biological terrain, via proper diet and lifestyle, we maintain a state of optimal health, because in this process we are maintaining an optimal living colloid or protit system.

Cycle of Chronic Disease Self-Composting – “ashes to ashes, dust to dust”

.....

Cell is put under stress from:

- Sugar
- Acid Diet
- Acid Thoughts & Emotions
- Polluted Environment
- Radiation
- Dehydration
- Low Oxygen



Healthy Cell
Protits

Creation of Acid Terrain

Recycle Button Pushed

Cycle of Cell-Rotting & Fermenting

begins as protits adapt to an acid environment

Cells Lose Healthy Electrical Charge

as they ferment & become electromagnetically disturbed and begin to clump

Slightly Unhealthy Cells Become More Unhealthy

Protits Pleomorphically Change to Viruses, Bacteria, Fungus, & Mold

Fungus, Mold & Bacteria

give off waste products: acetaldehyde, uric acid, lactic acid, alcohol, oxalic acid—all of which disrupt cellular & organ function

Cells & Body

go to chronic disease state and/or die; & composting completes in the earth—“from dust

- [read online Canada 2013 \(World Today\)](#)
- [read online Magic Tree House Survival Guide pdf, azw \(kindle\), epub](#)
- [download online Healing From Borderline Personality Disorder: My Journey Out of Hell Through Dialectical Behavior Therapy](#)
- [click Went the Day Well? \(2nd Edition\) \(BFI Film Classics\)](#)
- [download Rough Living " Tips and Tales of a Vagabond \(2003 Version\)](#)
- [download online From the Heart \(Tonight and Always, Matter of Choice, Endings and Beginnings\) pdf, azw \(kindle\)](#)

- <http://conexdx.com/library/Canada-2013--World-Today-.pdf>
- <http://aseasonedman.com/ebooks/Magic-Tree-House-Survival-Guide.pdf>
- <http://weddingcellist.com/lib/Ortona-Street-Fight.pdf>
- <http://ramazotti.ru/library/Last-Chance-to-See--In-the-Footsteps-of-Douglas-Adams.pdf>
- <http://korplast.gr/lib/Rough-Living-----Tips-and-Tales-of-a-Vagabond--2003-Version-.pdf>
- <http://bestarthritiscare.com/library/Wicked-Autumn--Max-Tudor--Book-1-.pdf>