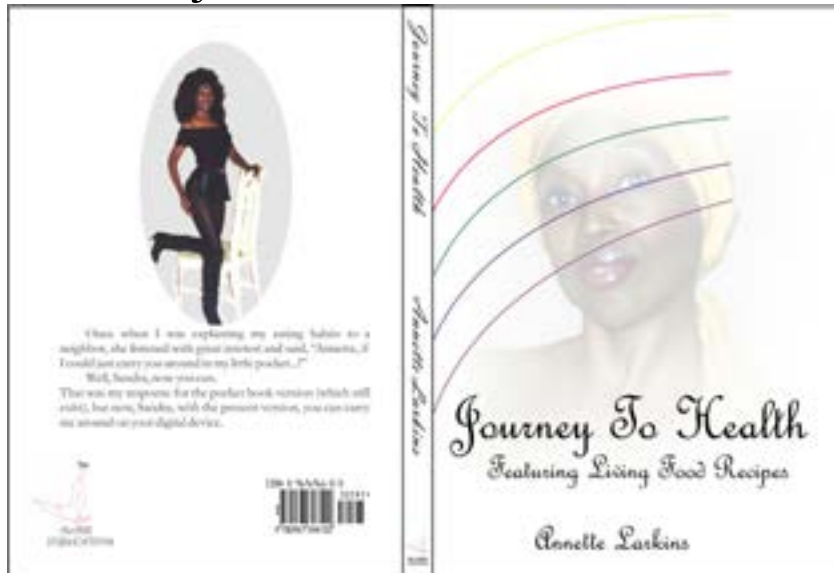
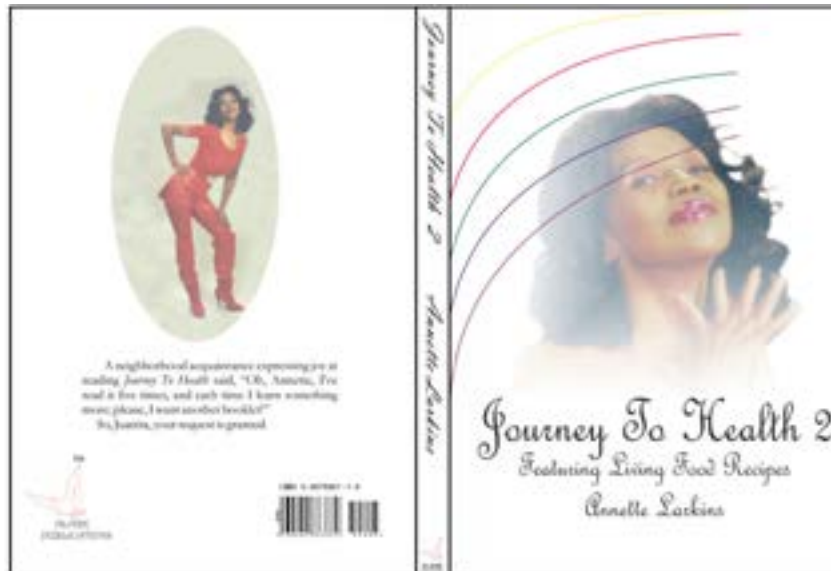


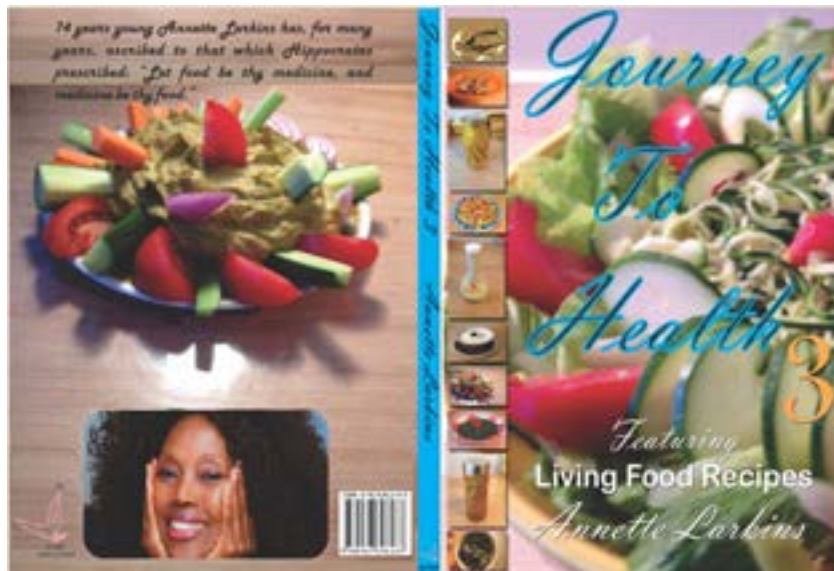
JOURNEY TO HEALTH



JOURNEY TO HEALTH 2



JOURNEY TO HEALTH 3





Journey To Health

Featuring Living Food Recipes

Annette Larkins

Journey To Health

Featuring Living Food Recipes

Annette Larkins

Living foods include tiny succulent sprouts, germinated from seeds. Even during refrigeration they continue to grow at a minute level; so, when we eat them, we are eating living foods.

Although raw foods do not continue to grow after harvest, they are live in the sense that they have not been debilitated or rendered dead through cooking.

TM



ALARK
PUBLICATIONS

ISBN 0-9676961-0-0

Copyright © 1999 by Annette Larkins

2nd Edition Copyright © 2017

All rights reserved

Please, notify of any broken links.

E-mail or call 305-238-1169

1999 Birth Announcement

This announcement refers to publication of the first book in the *Journey To Health* series.



Labor and delivery were equally challenging, but on December 22, 1999, Annette Larkins gave birth to a beautiful baby. At birth, she weighted one-quarter of a pound; she was four and one-quarter inches wide, and seven inches long. Her name, Journey...

During the 21st century, *Journey To Health* continues to inspire many people throughout the world; in its second-extended edition (digital version), hope is to inspire many more.

May good health reign at the end of your rainbow!



Journey To Health

Table of Contents

Introduction..... page 1
(The Beginning)

The Kingdom of
Live and Raw page 7

Sea Vegetables.....page 15

Food Combining.....page 16

Exercising Mind and Body.....page 18

Healthful Hints..... page 20

Outdoor and Indoor Plants..... page 22

Introduction to Recipes..... page 33

Recipe Thumbnail Pics..... page 34

Recipes page 37

Signature..... page 53



The Beginning

Because I never had a serious or life-threatening illness from which I had to recover, there are those who would argue that I have not been tested like some people who have returned from the brink of death by way of a miraculous health regimen. In other words, my personal comparison between good and bad health is limited, as I have not suffered greatly. I, on the other hand, would argue that preventive medicine is preferable to curative medicine. If one prevents an ailment from occurring, there is no need for a cure. Given my family history, I consider myself a case in point.

When my mother was nineteen, her mother died at the age of thirty-six of breast cancer. My grandmother's sisters died of it, and when I was twenty-seven my mother died of the same dreaded disease. My mother's only sibling, a sister, suffered from diabetes and had toe and leg amputations before succumbing. Their father had both cancer and diabetes.

Aware at an early age that my ancestors were plagued with cancer, diabetes, and hypertension, it is possible that I later subconsciously sought reversal of the inclination towards these maladies.

Clearly, I reversed my habits from those of my relatives who were accustomed to eating much refined sugar, salt, and fat. I, too, was a glutton for these substances until one day in 1963 when I took a step that changed my life. I was twenty-one, slightly overweight, married for five years with two and three-year-old sons. My husband, who owned a butcher shop at the time, made sure we usually had two kinds of meat for breakfast. This Saturday morning, we had bacon and ham, along with grits, eggs, and toast topped with butter and jam. For us it was a traditional southern breakfast laden with refined sugar, salt, and saturated fat. The difference for me was that it was the last time I ate meat.

After breakfast, I removed pork chops from the freezer for the evening meal. Between that time and midday, I experienced a strange sensation. As I glanced at the thawing chops in the kitchen sink, I became nauseated; I began to abhor the sight, the touch, the smell, and the taste of flesh. At that moment, I felt that I would never eat animal flesh again. However, I deemed it unfair to subject my family to an idea that I had seemingly, suddenly come upon, so I continued to cook meat for them while cooking separate meals for myself.

I had abstained from eating animal flesh for two weeks before informing my husband. Seated at our dining room table, I told him that I had not eaten any meat for two weeks and did not intend to eat it ever again. He looked at me with a confused curiosity. "What's the matter, honey, do you think you need to see a doctor?" He asked. As solemn as he was, I still could not contain my laughter; in fact, I fell from my chair onto the floor curled in the fetal position till the laughter subsided.

I maintain that he was prepared to ship me off to the funny farm because I had excluded meat from my diet, and that struck me as quite hilarious.

After regaining my composure and resuming my seat, I quickly understood his concern. We both had perceived that I loved meat. To suddenly make such a drastic change from meat lover to meat hater was strange and indeed unnerving. Especially considering that to our knowledge, neither of us had ever met a true vegetarian. I explained as well as I could why I had taken this new-found stance. He reluctantly accepted my explanation but probably watched me very carefully for some time afterwards. In retrospect, I realize that my distaste for meat did not spring forth suddenly; there was an unsuspected undercurrent. I can recall at times eating ham hocks, noticing the fat jiggling from the skin, and momentarily thinking, "Yuck, yuck."

Another problem I had encountered as an omnivore was the disgusting image of someone preparing rat disguised as chicken. I had heard of such things happening but could not imagine surviving such an ordeal.

Nevertheless, I continued to eat meat until 1963 since that was my food; I had been conditioned to eat dead flesh. It was the main part of every meal. After some self-examination, I came to understand that my individual composition as a human being dictated that I would arrive at the place where I am now on the food chain.

At any rate, I had begun a journey without knowing my final destination. Initially, I was nutritionally ignorant; I knew the basic four food groups like most people. Although I had not ceased eating meat for nutritional reasons, I observed benefits derived from having done so. For example, I was not as susceptible to catching colds as I had been; I was not sleepy after a big meal, and my energy level increased.

Being a bibliophile, a lover of books, it was not surprising to stumble across reading material that led me further on my journey. Unlike the first phase, the second phase did, indeed, have to do with nutrition. I had read about refined sugar and flour being stripped of nutritional value in order to lengthen shelf life. I, therefore, opted to eliminate these products from my diet.

With the passage of time, I became thirstier for knowledge in the area of dietary change. I learned that dairy products cause excess mucus to form in our bodies and are responsible for cell congestion in our systems; consequently, I excluded dairy products from my diet.

Through continued perusal of health literature, I met Ann Wigmore and Victoras Kulvinskis. They were founder and co-founder of Hippocrates Institute in Boston, Massachusetts. Their books convinced me that live and raw foods offer the optimum means for cell nourishment, cell growth, and cell rejuvenation. By following the program, I subscribe to Hippocrates' axiom: "Let food be thy medicine and medicine be thy food."

Whenever I describe my life style to people, I frequently include the following remarks: "If I stand outside of myself and look at myself prior to that day in 1963 and look at myself now, it is like looking at two different people."

I am so far removed from where I was on the food continuum. My food now is ambrosia—food of the gods; my drink is nectar."

My journey began in ignorance, but with education, change in diet, exercise and the desire to improve quality of life, I am happy to report that as I approach my fifty-eighth year, I am a dynamic individual, constantly in search of new challenges. I am truly delighted to have arrived at this place.

From the preceding account, it is apparent that my metamorphosis took on various stage before reaching present stages of development. Not all at once did I begin to eat live and raw foods. Actually in the beginning, I was unaware of the existence of such a lifestyle. During the transitional periods of abstaining from meat, refined sugar, and flour, elimination of these items was permanent. It was not so with dairy and cooked foods.

FOOD FOR LIFE



Although I was committed to giving up dairy products, I continued to eat cottage cheese since I still desired its taste. Some months later as I prepared to eat a salad topped with cottage cheese, to my surprise, I was repulsed by the taste of the plastic carton in which the cheese had been contained; obviously, my taste buds had become sensitized. At any rate, that completed the dairy cycle.

My first attempt at live and raw was unsuccessful. When I stopped eating meat, it was because I stopped liking it; that was not the case with cooked foods. I liked them very much. I chose to exclude them because I now knew that cooking killed the enzymes and robbed foods of important nutrients. But I was unable to do without cooked foods for more than a few days. The second time around, I was better armed. Not only was my psyche in high gear, but I also made sure that I satisfied my taste buds with more than salads.

I had been a vegetarian for eight years when I stopped eating refined sugar and flour in 1971; another five years passed before I quit eating dairy products in 1976. Nine years later I gave up cooked foods. So, you see, changes were not overnight. It has been fourteen years since I dropped cooked foods, and the one time that I tried to include a few cooked dishes, my system rejected them. I overate and began gaining weight; I also felt lethargic and sluggish.

I broach the subject of change to suggest that depending on the individual, the time, and the nature of that with which one is dealing, improvements may or may not be gradual. Generally, gradual improvements maximize success.



You may or may not want to be where I am on the food chain, but we can all benefit from improved eating habits. Identify your bad eating habits, and choose one thing you are willing to eliminate. Understand, you may fail in your first effort. Habits are difficult to break. What is important is not to give up. Accept that it is not unusual to give in to temptation, but losing a battle does not mean losing the war. Regroup with heavier artillery, an attitude of, “I will conquer!” Develop a personal strategy that will allow you to overthrow your opponent (the bad habit). In accomplishing this, you must do some profound thinking. Examine why it is so difficult to let go of this habit. Consider the negatives of holding on to it. Find motivation to help you rid yourself of its presence. Forge straight ahead and do not stop until the enemy surrenders. Know that there is power within you to overcome your adversities, but you must activate that power by using your brain to think and your will to put your thoughts into action. Og Mandino, author of *The Greatest Salesman in the World* said, “Failure will never overtake you if your determination to succeed is strong enough.” Determine your goal, find the necessary steps to achieve it, and though there will be obstacles, they are not insurmountable. If you have to crawl under, climb over, go around or hit them smack in the middle, deal with them. Eventually victory will be yours.

Upon reaching your goal of the elimination of one deleterious item from your diet, you will feel so proud of yourself that you will be ready to take another step. The next one should be easier now that you are psychologically geared for success. However you proceed, make food your ally, not your enemy.

View obstacles as challenges, not difficulties.





The Kingdom of Living Foods—Live and Raw

Welcome to a new world—the kingdom of living foods—live and raw—where live is king, raw is queen, and I am a willing and loyal subject.

Before seeds grow into large sized plants, they first germinate into sprouts. Sprouts are the young succulent shoots of the adult plants. At this stage they are powerhouses of essentials that enhance cell nourishment, growth, and development. They offer an abundance of vitamins, minerals, proteins, and organic liquid. Even during refrigeration, sprouts continue to grow at a minute level. Therefore, we are eating live food when we consume them. Cells are appeased rather than teased. If enough of these tiny, delicious morsels are eaten daily, along with a balanced diet, there will be no need for synthesized vitamin pills.

The reason for eating live and raw food is to obtain optimal nutrition. When we eat sprouted seeds (legumes, grains, nuts,) along with raw fruits and vegetables, our cells receive nourishment as nature intended. Since living foods supply better nourishment, cells require less food for satisfaction. Proper nourishment with live and raw foods, might evoke a “Yummy, yummy,” response from cells. To the contrary, cooked and over processed foods greatly diminish quality and leave our cells dissatisfied, often inciting a “more, more,” reaction. A simple experiment will demonstrate the difference between live and raw and fired or cooked foods. Cut about 1/2-1 inch from the top of two raw carrots; place one in boiling water, or steam it for a few minutes. Place each in a small, separate dish of water; set them on a windowsill or a counter top. In about three or four days, green, eatable shoots will appear on the raw carrot. At some point the other one will rot. Why? Because the life force of the cooked carrot top has been killed. Living and raw foods generate health; overcooked and over processed foods promote death.

Sprouting is not difficult. Remember three main steps: soaking, rinsing, draining. Seed size and hull thickness determine soaking time. Small seeds (alfalfa, clover, and cabbage) require three to four hours soaking; while others (sunflower, buckwheat, and pea) need at least 12 hours. Rinsing twice a day is average, but climate and season are also factors; hot, humid areas may demand more, especially in summer. Seeds must be moist, but after initial soaking, do not allow them to sit in water.

For indoor sprouting, seeds will sprout in jars, meshed bags, clear plastic shoe boxes (lid color is unimportant), bamboo baskets, or on towels. You can sprout any seeds using any of the above methods. We will sprout alfalfa, using two of these methods, starting with a jar and ending with, if you like, a plastic shoe box. Are you ready? Come on—it will be fun!

Purchase a package of alfalfa seeds. Some health food stores sell them in bulk. Measure nine tablespoons of seeds and place them in a large-mouth jar. Cover seeds with water; cover mouth of jar with cheese-cloth, and secure cloth with a thick elastic band. Soak four to five hours; rinse thoroughly. After draining in sink, place jar in a dark place at a forty-five-degree angle, so that the seeds will retain moisture without sitting in water. Rinse at least twice daily. On the evening of the third day, transfer the expanded sprouts to a plastic shoe box, into which you have drilled holes spaced about one inch apart. Be sure to drill a hole in each corner so that proper drainage occurs when placed at an angle. Place container under running water; skim hulls from top and discard. Continue to rinse and drain sprouts in the plastic box.

When sprouts appear tall and knitted together, cover box with its lid and turn upside down. Rinse sprouts to remove any hulls left behind. Turn right side up, and again drain at forty-five-degree angle while exposing to light, allowing green leaves to develop during photosynthesis. Again, turn upside down and place about three paper towels over bottom and sides of sprouts; this will prevent excessive moisture while under refrigeration (you may also place one on top). With towels in place, turn right side up; recover box with lid and place in refrigerator. This shoe box full will last four to five days.

If this is too much for you, share with friends and neighbors and grow less next time.

If you choose not to transfer the sprouts to the shoe box follow this next step: when desired length is reached, dunk sprouts in sink filled with water. Hulls will rise to top; discard and allow green leaves to develop in jar. Alfalfa sprouts are a good source of Vitamins A, B, and C.

Sunflower greens, pea greens, and buckwheat lettuce will grow from seeds with or without soil, indoors or out. However, soil supplies more nutrients for these seed types. Instructions are given for sunflower seeds, but you may use any one of the others.

Cover 2-1/2 cups of unhulled sunflower seeds with water in a large mouth jar and soak for 12 hours. Pour off water. Prepare a 14" x 18" cafeteria tray (sold at restaurant equipment stores) with one inch of potting soil. Create trenches in soil around tray to prevent puddles. Place seeds close together over soil, and water with a sprinkler can. Do not over water. Depending on your geographical location, you may need to cover with another tray or plastic to hold warmth and moisture.

With the humidity in Miami, Florida, covering tends to produce mold. They grow just fine without a cover.

Watch and water as needed, and when sprouts reach five to seven inches tall they are ready to harvest. Cut close to roots with knife or scissors; rinse and enjoy. Sunflower greens are packed with calcium and protein.

"For my panacea...let me have a draught of undiluted morning air," said Henry Thoreau. Given the polluted conditions of today's air, Thoreau, no doubt, would have second thoughts about claiming it as a panacea.

Sunflower Greens



Of course, there are no panaceas, but if anything comes close to a cure-all, it is grasses. Animals have long, instinctively benefited from them. Most of us have seen dogs and cats chew common lawn grass to extract its juice when ill. Because our intestines are not designed to handle the woody characteristic of grasses, we cannot eat them, but we can drink their juices. It is the chlorophyll in grasses that is so therapeutic. The molecular structure of chlorophyll is similar to that of hemoglobin. For that reason it is sometimes called green blood. The value of grasses seems endless. In addition to purifying the blood, grasses provide Vitamin C, B-vitamin complex, and contain all known mineral elements.

In her autobiography *Why Suffer?** Doctor Ann Wigmore describes a tragedy that left her incapacitated and threatened with death. An accident in a horse-driven wagon left both of her legs broken. Gangrene set in and doctors wanted to amputate. Ann refused. She went home and nursed herself back to health by chewing grass and other greenery.

Wheat, barley, rye, spelt, and all grains will sprout into grasses. After extensive research, Ann Wigmore chose wheatgrass as her favorite. Because of Ann I, too, have a story to tell.

Although I had become a vegetarian, I still took Prescribed and over the counter drugs and was acquainted with penicillin due to a recurring bladder infection. The doctor did not know the cause of the condition, but penicillin was always the elixir. Since I did not display any noticeable allergic reactions to the drug and gained relief every time I took it, I kept going back for more. By this time I knew of wheatgrass and used it occasionally; a bit of grass soaked in its juice stopped my husband's toothaches; juice drops stopped our sons' earaches; I used it as an eye wash; I grew and stored it in case someone had a minor complaint. In spite of my knowledge of wheatgrass, when my problem reoccurred, I sought relief from the past: penicillin. The doctor prescribed; I obliged. I took the first dosage and waited for it to work its magic.

* © 1985 AVERY PUBLISHING GROUP INC.

There would not be a second dosage, and if there was magic, it was black. My skin felt clammy as I squirmed and doubled over in excruciating pain, while beads of perspiration covered my forehead. I wondered, “What on earth can be the matter?”

Remembering the wheatgrass in the refrigerator, I managed to hobble my way around enough to juice some. I used a portion to take a douche, a portion to take an enema, and a portion to drink. This method so relieved my affliction that in a short while I was able to walk upright to bed, where I napped.

I awakened refreshed and without pain. Though the pain had passed, I continued the wheatgrass therapy for a few days. By observing my body and its physiology, I was able to discern why I was prone to the bladder infection and took precautionary measures to prevent it. It appears to have taken permanent leave, but if the condition should return, I will not hesitate to administer wheatgrass therapy.

My tale, though not as dramatic as Ann’s, is my tale nevertheless; and my experience strengthened my belief in the power of wheatgrass.

Now, let’s grow some grass and get a new kind of high!



John Kohler shows my wheatgrass and sunflower greens during interview.

Wheatgrass grows best in cold weather, but will grow throughout the year. Place 2-1/2 cups of hard winter wheat berries in a large mouth-gallon jar; cover seeds with water; cover mouth with cheesecloth and secure with a thick elastic band. Soak for five hours; drain and place in dark place, like a cabinet, at forty-five-degree angle for eight hours. Prepare a 14" x 18" cafeteria tray with one inch high potting soil, creating trenches on each side of tray to prevent puddles. Place seeds over soil side by side but not atop each other. Water evenly with sprinkler can. Do not allow puddles. Place on patio or leave indoors in a dark or light place. If you choose a dark place to begin growing the grass, expose to light after third day. Water as needed. When grass reaches six to seven inches high in about five to seven days, harvest and extract juice with a manual or an electric juicer. Do not use a regular juicer, as wheatgrass requires a different turning motion. You may chew the grass to extract the juice, but do not swallow the pulp. A wheatgrass extractor is more convenient and is a good investment. Check prices at local health food stores or on line at [True Leaf Market](#).

Now that you know how to grow sprouts, you will find many uses for them: soups, salads, sandwiches, main dishes, and drinks. Green drinks made with sprouts and vegetable juices offer an abundance of nutrients and can supply you daily with chlorophyll. Extract sprout juice in wheatgrass juicer, using about three cups of sunflower greens, two cups of buckwheat lettuce, a small carrot and a large cucumber. For additional flavor add garlic, ginger, bell pepper, celery or vegetables of your choice.



Some of you are probably more familiar with fruit and vegetable juices such as apple and carrot. There are so many more drinks from which to choose.

Blending fruits and vegetables in a blender is not juicing. The juice must be separated from the pulp in a juice extractor. We positively need to eat whole fruits and vegetables for their fiber, but drinking fresh juices will add another dimension to the health scene.

Consider how diligently the digestive system performs day after day, breaking down whole foods into their finest components, transporting these components through the blood stream to all the cells, and separating waste for elimination. Drinking juices on an empty stomach provides an expedient means of getting nutrients through the system with a minimal amount of work.

Drinking only juices one day a week provides rest and vitality for a hard-working digestive system. Juices are natural laxatives, working quickly to hasten bowel movements.

I witnessed their effect when I nursed my granddaughter through chronic constipation.

Baby Toni, as her brother loving called her, was less than a year old when a doctor determined she needed to enter the hospital for tests and observation; the procedure would require the insertion of tubes in her little body, and naturally, she would be in unfamiliar surroundings. The thought of one so young having to endure such conditions was disturbing to our whole family. Her symptoms were not life threatening. She was lethargic, congested with mucous, unable to crawl properly, and, according to the doctor, underweight.

My daughter-in-law informed the doctor that if Toni did not show any improvement after two weeks, he had permission to check her into the hospital.

Toni's mother had casually mentioned that she had difficulty eliminating, but I did not realize that it was acute constipation until I observed her in action.

The agony that showed on her face, as she pushed and strained, was painful to watch. The small, hard stool did not equal the struggle.

I knew that I had made the right decision to try to alleviate her misery. Here was the opportunity to test the naturopathic approach on someone other than myself. This was what years of empirical study had rendered. I now had in my care a little patient.

The first revision of her diet was the removal of cow's milk. I filled her bottles with freshly juiced apples and carrots. She drank milk that I made from almonds. Shazam! Like magic she made three prodigious, unencumbered bowel movements the first day that I had her. I was so excited. I also included wheatgrass therapy which strengthened her colon, assisting in the elimination of constipation.

The next modification was solid food; I fed her mashed avocados, bananas, and other goodies. Also, I purchased a brand of unsalted baby food.

Every morning I placed her on a stool in front of a key board. While she struck the keys, I massaged her back and sides, holding her upright. Eventually she sat up so straight without assistance that her parents remarked, "She sits at attention like a soldier." I got down on the floor and taught her how to crawl; she was accustomed to sliding across the floor on her belly. Whenever she would revert back to the belly slide, I would command, "Up on your knees, please!" At which time she would pop up on her knees and continue moving.

It was amazing to see her whole countenance and behavior change; she smiled much more; she was more mischievous. She took on the challenge of toddlerhood. When her mother took her back to the doctor after two weeks, he commented, "Whatever your mother-in-law is doing, tell her to keep it up; this child is a live wire."

It was not tubes, conventional medicine, or surgery that enabled my granddaughter to claim her rightful place; nature's way (juices, and raw, and nourishing foods) put Toni on the right track, and when a few months later, she began to walk, the family was ecstatic. Baby Toni was ready to meet the world!



Sea Vegetables

Sea weed, sea moss, algae, and sea wrack are some of the names by which sea vegetables are known. In the United States, the sale of sea vegetables is escalating as health seekers recognize the delectable tastes and the medicinal values of these water plants. Orientals have used them for centuries as food and medicine. They are rich sources of iodine and other trace minerals and are packed full of vitamins.

Besides being good brain food, sea vegetables are good for hair, skin, nerves, and hypertension. Reports indicate that there are substances in the plants that promote longevity.

You can purchase dulse, kelp, hijiki, arame, wakame, kombu, iwa nori, sea palm, and more. Try as many as you can to determine the ones you like best. I like all that I have tasted.

Some of my sea vegetables



Use powdered kelp as a substitute for salt; use nori sheets to roll up sprouts and vegetables. Iwa nori is great sprinkled on salads. Thick textured wakame and kombu can be soaked, chopped, and used like collard greens.

Once you get hooked on sea plants, you will not want to be without them. Like the land leafy, low starch vegetables, sea vegetables probably combine well with most foods.

Speaking of food combining, I will touch upon the subject in order to acquaint you with its importance in the digestive process.

The average person overlooks proper food combining. It is no wonder that foul odors permeate the air in the surrounding area where one has a bowel movement or passes gas. If foods are not well combined, the results can be telling. For example, melons should always be eaten alone; they do not combine well with other foods and can cause excessive gas or other indigestion problems. Protein should not be eaten with fruits and starches. If one eats a fruit meal, digestion of that meal is completed within fifteen minutes to an hour. If one eats a steak meal, which is protein, digestion is completed in four to five hours. If the fruit and steak are eaten together, the steak, which begins digestion in the stomach, will hold up the digestion of the fruit for the four or five hours needed to complete its digestion, causing putrefaction or rotting, which occurs as a result of incorrect combinations. Hence, there is production of offensive smelling bowel movements and flatus.

It is to our advantage to learn something about food combining and also about our digestive system.

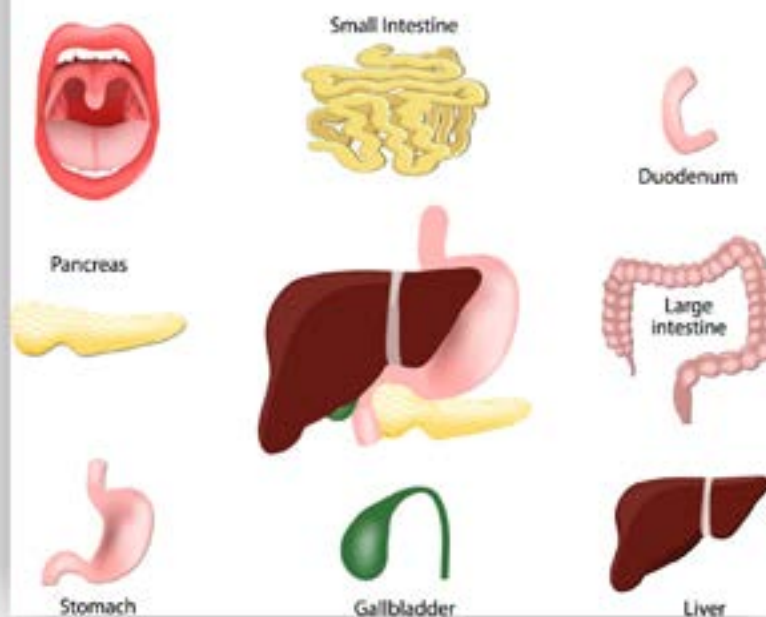
Food combining charts are available at most health food stores or on line, and the next page displays chart samples of food combining along with a view of the digestive system.

Do Not Combine More Than Two Spikes Per Heel

CHERRY FRUIT SWEET

[illegible]

HUMAN DIGESTIVE SYSTEM



Optimal Health—Exercising Mind and Body

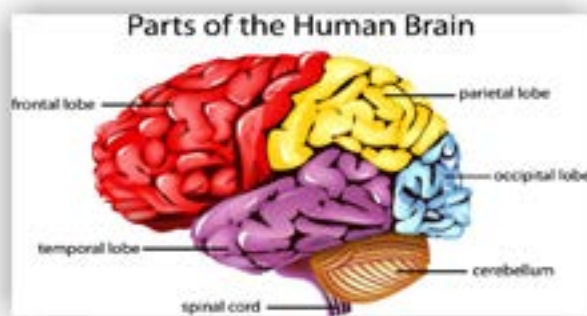
Because I spend so much time explaining my lifestyle to so many inquiring minds, I felt compelled to write this booklet in order to share my way of life with others. I do not make the claim that the suggestions in *Journey To Health* are all encompassing for all people. I know the benefits that I have received from living foods, juices, seaweed, and other benefits discussed. This booklet is an introduction to an alternative lifestyle. I hope to plant a seed that will give rise to interest and further study, enabling each of you to maximize your wellbeing.

If you treat your body with respect, keeping it well cleansed and well nourished, you will reap unforeseen dividends. Think about it if you are unhealthy and unable to enjoy a productive life, financial wealth means little. So, let us seek optimal health.

In addition to internally cleansing and nourishing our body, we must not forget to exercise our mind as well as our body. I play chess to sharpen overall strategic prowess. I use computer solitaire to test the speed at which I can win the game. Unless I achieve 10,000 points, a win is insignificant because it takes great speed to get that many points, and winning quickly keeps me alert. Those who watch me wonder how I play so fast. Practice. Playing word games, remembering names of people we meet, and telephone numbers are also ways to exercise the brain.

Technology, as great as it is, often makes many of us lazy. We have speed dial; so, why remember telephone numbers? I say to maintain the ability to remember. Naturally, we can not remember everything, but let us practice storing as much as we can in our mental bank instead of on a computer hard drive.

Find something to test and strengthen your brain's ability to function optimally.



There are many ways to exercise our bodies. Of course, there are sports of one's choice: swimming, biking, bowling and various ball games to list a few. I know a young lady who is hooked on jogging; she gets a high every time she runs, and her day is incomplete if she fails to get her run on.

Walking is most effective and one of the safest forms of exercise. I walk many more miles than when I was younger. It is good for the circulatory system.

In addition to walking, I like free style dancing. Turning on a favorite tune of the moment, grabbing a groove and synchronizing with the music is such a natural activity for me. Whenever I hear music that strikes a chord within that part of my musical self, I must move to it; I cannot sit still.

If it's my kind of music, and its force touches me, I can lose myself in its depths. The moving, the sweating, the breathlessness are intoxicating. Yes, dancing is my choice. What's yours?



Healthful Hints

♥ Drink distilled water; pure distilled water is void of chemicals and inorganic minerals. You will receive organic liquid from fruit and vegetable juices.

♥ Feed hunger, not appetite; don't eat because of boredom, or simply because food is available.

♥ Eat light foods—raw fruits and vegetables—late in the evening if your desire to eat is overwhelming.

♥ Develop an acquired taste; snack on dried sea palm, carrot sticks, celery, mushrooms, etc. Once you have acquired the taste for these foods, you won't want potato chips or junk foods. (Please, believe me; it's true!)

♥ Exercise your body and your mind; the old adage, "If you don't use it, you lose it," is true.

♥ Laugh as often as you can; it helps to eliminate stress, and it just feels good.

♥ Study yourself—dig deep down within—find out who you are, how your body reacts to internal and external stimuli, what makes you happy, and what you can do to better enrich your life and the life of those around you.

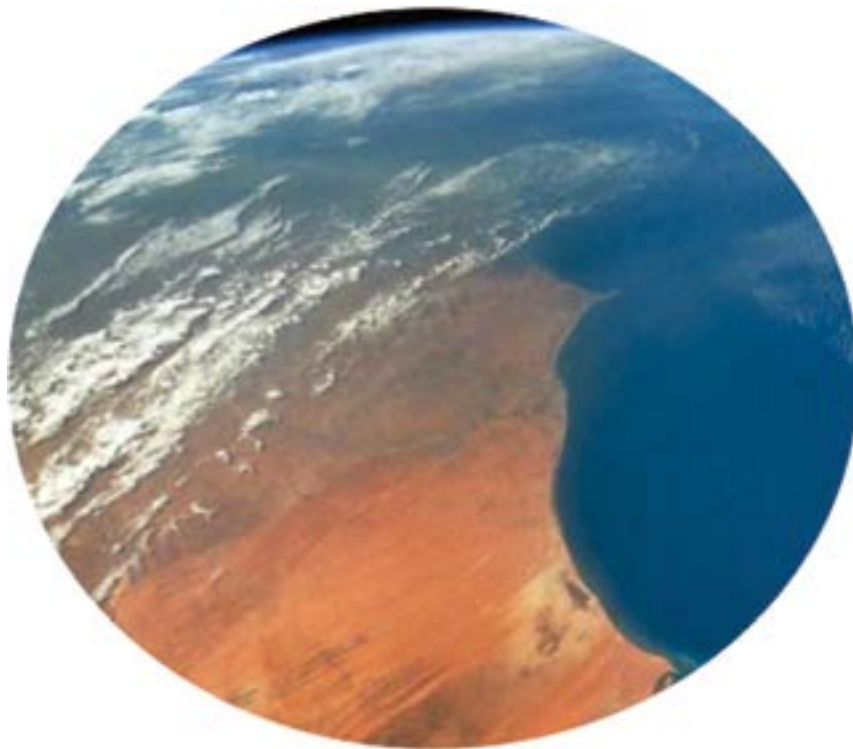
♥ Trust your knowledge of yourself; don't allow someone else's word or experience to be the gospel. Granted, there are some universal truths, but you must determine what applies to you and act accordingly.

♥ Avoid the negative; it does nothing to enhance your existence. Take the path of God and good with a positive outlook—spread sunshine and joy!

♥ Know that you are wonderful; give yourself a big hug and kiss—today, tomorrow, and for as long as you can—you deserve it.

♥ Be proud of your age; someone said, “Not to grow old is to die young.” Allow chronological age to make the best of you not to get the best of you.

♥ Understand your power within; others can influence you, but only you have the key to unlock the treasure that holds the best you that you can be.



Planet Earth, Our Home
We must take care of it!

Outdoor and Indoor Plants

Following are photographs of a few of my out door and indoor plants with notes of nutritional value.

Cabbage is an excellent source of fiber, Vitamin B6, folate, and manganese, as well as healthy amounts of thiamine (Vitamin B1), pyridoxine (Vitamin B6), and pantothenic acid (Vitamin B5).

It also has phytonutrients, a substance found in certain plants which is believed to be beneficial to human health and help prevent various diseases.

Cabbage juice is exceptionally beneficial for digestive disorders. It is known to help treat peptic ulcers due to its content of an amino acid known as glutamine.



The most noticeable difference between green and red cabbage is the color of the leaves. Green cabbage leaves are broad and pale green in color, and red cabbage leaves are fan-like and deep reddish-purple in color. Red cabbage can contain twice the amount of Vitamin C found in green cabbage. However, the folate content is higher in green cabbage.

Before red color develops



After



Broccoli is high in Vitamin C and dietary fiber. It also contains multiple nutrients with potent anti-cancer properties, such as diindolylmethane (DIM) and small amounts of selenium. It is a good source of lutein, a compound antioxidant, and sulforaphane, which is a very potent antioxidant. It also has some magnesium, phosphorus, a little zinc, and iron.



Chard leaves are an excellent source of the antioxidant Vitamin-C. It is a source of Vitamin-K; it is also a rich source of omega-3 fatty acids, and Vitamin-A; flavonoids—antioxidants like β -carotene, alpha-carotene, lutein, and zeaxanthin. Carotenes convert into Vitamin-A inside the human body. It is also plentiful in the B-complex group of vitamins such as folates, niacin, Vitamin B-6 (pyridoxine), thiamin and pantothenic acid that are essential for the optimum cellular metabolic functions.

Moreover, it is a rich source of minerals like copper, calcium, sodium, potassium, iron, manganese and phosphorus. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure by countering effects of sodium. The human body utilizes manganese as a co-factor for the antioxidant enzyme, superoxide dismutase. Iron is required for cellular oxidation and red blood cell formation.



Pepper is rich in manganese, potassium, iron, Vitamin C, D, fiber and other nutrients. Pepper is also used as a medicine, which can help with respiratory problems, colds and coughs, digestive system and other diseases.



Comfrey is an herb and reportedly contains Vitamins A and B12, and is high in calcium, potassium , and phosphorus; however I have never consumed it. The extent of my usage is when my husband was taking the medication Coumadin as a blood thinner, and since he was subject to possible profuse bleeding if cut, I would grind the plant for emergencies. Yes, I used it at least twice.



Another garden herb, rosemary is related to mint. Manganese, is a prominent mineral in rosemary which plays a critical antioxidant role in the body. It helps to lower the risk of cancer, specifically breast cancer.

Rosemary also contains iron (part of the hemoglobin inside red blood cells, determining how much oxygen the blood will carry) and potassium (a component in cell and body fluids which helps control heart rate and blood pressure). There's also fiber, copper, calcium, and magnesium, and an abundance of B Vitamins, such as pantothenic acid, pyridoxine, riboflavin, folates, useful for DNA synthesis and for women just prior to conception, which helps prevent neural tube defects in newborns.



The picture below is the progeny of a small plant that I purchased many years ago. The man from whom I bought it, said I would never have to buy another banana plant, and he was right.

Although people call them trees, the plant that the banana fruit grows on is actually a herbaceous plant, not a tree. That is because it lacks woody tissue. Bananas are a very good source of Vitamin B6 and a good source of manganese, Vitamin C, potassium, dietary fiber, biotin, and copper. Bananas reach their nutritional peak when brown spots appear on the skin.



The darker the lettuce, the more nutrients it contains. Iceberg lettuce has little nutritional value. The rest have varying degrees of Vitamin K and Vitamin B.

Usually, when we think of a salad, we think of lettuce, right?



Hydroponically Indoor Grown Lettuce

The photographs show indoor-grown lettuce without soil. These are tasty varieties enjoyed after outside climate conditions ceased to accommodate their growth. Miami, Florida's growing season for these plants generally begins in October and ends in May.

Floating Lettuce



Speckled Lettuce



Mature Mixed Lettuce



Baby Mixed Lettuce



Fresh cucumbers are composed primarily of water; still, the nutritional value is significant. The flesh of cucumbers is a very good source of Vitamins C and A, and folic acid. The hard skin is rich in fiber and contains many minerals, including silica, potassium, magnesium, and molybdenum

Cucumbers





Introduction to Recipe Section

Specifics for This Edition*

General information, suggestions, and tips for recipes: Use recipes as a guide. You know your taste buds; if you don't like a particular, recommended ingredient, substitute it with something that you do like. Eventually you will create your own raw-food combinations. Eat organically grown foods and use distilled water in food preparations whenever possible.

Dehydrators may have drying temperatures as high as 145°F, but in order to retain enzymes, do not go above 110°F. Without getting technical, suffice it to say that enzymes are substances necessary for our wellbeing, and they are destroyed by high heat. If a recipe portion is too large, scale it down to accommodate your needs; likewise, you may double the portions.

Regardless of how you proceed in the kitchen, prepare with love; have fun, be healthy, and strive to make dishes that will have you, your family, and friends singing yummy, yummy, for my tummy!

* Use the Basic Nut Meat Mixture recipe to form balls for the spaghetti dish.

Use a mandoline or any device that produces long-thin noodle or spaghetti shapes.

Although I used the 5 cups for this recipe, it is not absolutely necessary to use 5 cups of basil—experiment.



Serve with Love

Basic Nut Meat Mixture: p. 36



[CLICK PHOTOS](#)

Spicy-Marinated Collards: p. 37



Pesto: P. 38



Wild Rice Superb: p. 39



Creamy Coleslaw: p. 41



Mock Rice: p. 42



Mushroom Gravy: p. 43



Spaghetti Sauce: p. 44



Liquid Mayonnaise: P. 46



Fruit Ambrosia: p. 47



Pie Crust: p. 48



Banana Ambrosia Pie: p. 49



Mango Pie: p. 50



Shake Your Banana: 51

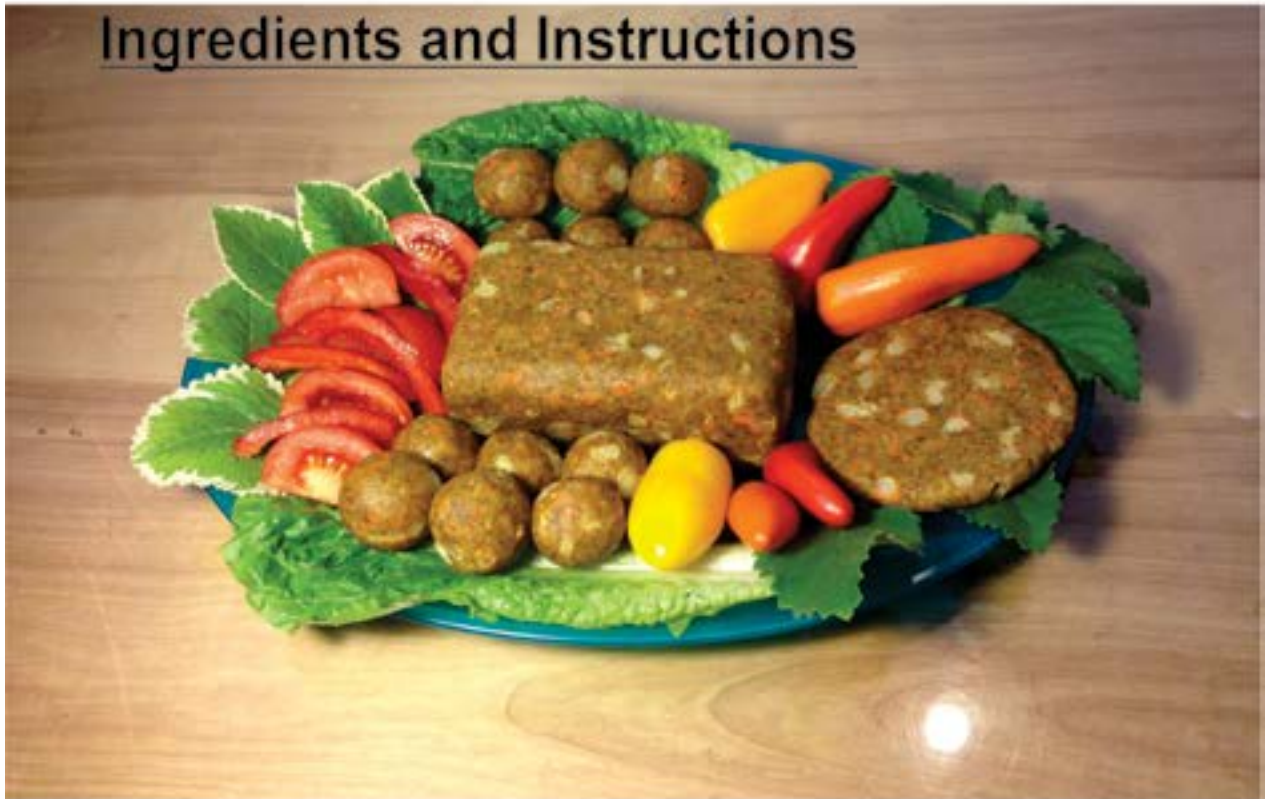


Ginger Ale Soda: 52



Basic Nut Meat Mixture

Ingredients and Instructions



1 cup each—pecans, walnuts, almonds, pistachios or nuts of choice
1 medium carrot, finely shredded
 $\frac{1}{2}$ cup white onions, finely chopped
1 tablespoon salt-free granulated garlic
 $1\frac{1}{2}$ teaspoons black pepper
2 tablespoons liquid aminos

Grind each kind of nut separately in food processor. Place all ingredients in a large bowl and hand mix well. Form into desired shapes—nut loaf, nut balls, or patties.

Spicy-Marinated Collard Greens

Ingredients and Instructions



**3 bunches of collards thinly sliced,(about 8 leaves per bunch)
3 tablespoons each—olive oil, flax seed oil
1 finely chopped hot pepper of choice
6 tablespoons of lime or lemon juice
1 teaspoon each—black pepper, salt-free granulated garlic
3 tablespoons liquid aminos**

Wash collards and remove stems. slice thinly, mix other ingredients in a separate bowl. Pour over greens, mix well; you may eat immediately or refridgerate overnight to develop flavor.

Pesto

Ingredients and Instructions



**5 cups basil
2 cups olive oil
1 cup pine nuts
5 cloves garlic**

Mix all ingredients in blender.

Wild Rice Superb



Ingredients

3½ cups wild rice
1 cup mushrooms, sliced
1 medium carrot, shredded
1 cup thinly sliced greens (lettuce or bok choy)
1 cup red cabbage, shredded;
1 tablespoon salt free granulated garlic,
1 teaspoon black pepper,
2 tablespoons liquid aminos, 2 green onions or half cup medium sliced white onions,
3 tablespoons pesto

Next page

Wild Rice Superb Continued



Instructions

Cover 2 cups wild rice with water in 2 quart jar; cover mouth of jar with cheese cloth and secure with elastic band. Soak for two days at room temperature, changing water after first day. Rinse well and drain. Absorb excess water with paper towels. Wash and slice mushrooms. Peel and shred carrot, wash greens and cabbage; slice greens and onions and shred cabbage. Add garlic, black pepper, liquid aminos and pesto; mix all ingredients well.

Creamy Coleslaw

Ingredients and Instructions



1 medium or large Cabbage
3 medium carrots
2 heaping tablespoons mellow white miso
½ cup raw unadulterated honey
⅓ cup each olive oil, apple cider vinegar,
distilled water

Using food processor's S blade, blend oil, vinegar, water, honey, and miso. Peel carrots, slice, and add to other ingredients in processor and pulse. Cut cabbage into quarters; add to other ingredients and pulse until mixture is finely chopped and creamy.

Mock Rice



Ingredients and Instructions

- 1 head cauliflower**
- 1 carrot, finely chopped**
- ½ red pepper**
- ½ cup yellow squash**
- ½ cup chives or scallions**

Separate cauliflower buds; grate them using a food processor. Hand mix other ingredients. Eat with mushroom gravy.

Mushroom Gravy



Ingredients and Instructions

10 medium portabella mushrooms
6 celery stalks
1 garlic clove
¼ cup liquid aminos

Blend ingredients in blender until smooth.

Spaghetti Sauce



Ingredients

4 fresh, medium tomatoes
3 ounces sun dried tomatoes
1 red bell pepper
2 cloves garlic
1 tablespoon Italian seasoning
1 teaspoon sea salt
 $\frac{1}{4}$ cup olive oil
1 teaspoon black pepper
2 stalks celery
5 mushrooms
 $\frac{1}{2}$ cup chopped onions

Next Page

Spaghetti Sauce Continued



Instructions for Sauce

Soak 3 ounces of sun dried tomatoes for 2 hours—drain. Section (cut) four tomatoes, red bell pepper. Crush garlic; chop onions and celery. Slice mushrooms.

Place these ingredients along with salt, black pepper, Italian seasoning, and olive oil in food processor and blend to desired consistence. Place in bowl and stir in sliced mushrooms.

Use with spaghetti shaped zucchini and recipe for nut balls.

Liquid Mayonnaise

Ingredients and Instructions



5 cloves garlic (less if desired)
3 tablespoons apple cider vinegar
1 large or two small lemons, juiced
1 cup pine nuts
1 cup olive oil

Blend garlic with vinegar and lemon juice until smooth. To make French dressing, blend a small tomato to a portion of mixture. Add more if necessary to obtain desired color.

Fruit Ambrosia



Ingredients and Instructions

1 cup each of chopped plump dried pitted dates, figs, and raisins

Cover fruit with distilled water and soak until syrupy, about 10 hours. Refrigerate and serve as a topping, or eat as is in small amounts.

Pie Crust



Ingredients and Instructions

2 cups each—ground pecans, walnuts,
almonds
7 dried plump-pitted dates

Soak dates for about five hours in $\frac{1}{3}$ cup of water; blend into paste in food processor or blender. Place ground nuts and paste in bowl and mix well. You may press mixture into pie dish or roll it between two sheets of wax paper.

Banana Fruit Ambrosia Pie



Ingredients and Instructions

**1 bunch or more of ripe bananas
Fruit ambrosia**

**Slice enough bananas to fill crust,
and top with fruit ambrosia.**

Mango Pie



Ingredients and Instructions

10 medium mangos

$\frac{1}{4}$ cup fruit juice of choice

**Peel and slice mangos lengthwise;
mix fruit juice with mango slices.
Arrange mango slices on pie crust.**

Shake Your Banana



Ingredients and Instructions

**3 large frozen bananas
1 cup distilled water
3 tablespoons honey
1 tablespoon non alcoholic vanilla
flavor
1 tablespoon vanilla powder (optional)
enough ice cubes to thicken mixture**

Use peeled and slightly overripe frozen bananas. Blend water, honey, and vanilla flavors in blender; gradually add banana pieces and ice cubes, checking thickness.

Ginger Ale Soda

Ingredients

1 cup raw, unadulterated honey
1 cup fresh-squeezed lemon juice
1 cup fresh-ginger juice
8 cups distilled water



Instructions

Place honey, lemon juice, and ginger juice in a 2-quart glass jar; stir until homogenized (uniform). Add distilled water and allow solution to ferment overnight, or until it becomes bubbly.

I autograph each copy of my soft copy booklets; continuing the practice, my signature is below in the electronic version, and I hope that you have enjoyed this presentation.

I wish you good health and great prosperity!

Rnette
Faria



One of my backyard miracle plants: when this red berry is eaten—lemons, limes, and any sour fruit— taste sweet.



Once when I was explaining my eating habits to a neighbor, she listened with great interest and said, “Annette, if I could just carry you around in my little pocket...!”

Well, Sandra, now you can.

That was my response for the pocket book version (which still exits), but now, Sandra, with the present version, you can carry me around on your digital device.



ISBN 0-9676961-0-0



Bundle selection

Contents



Journey To Health 2

Featuring Living Food Recipes

Annette Larkins

Journey To Health 2

Featuring More Living Food Recipes

Annette Larkins

At the top of the hierarchy in The Kingdom of Living Foods are sprouts. These delicious bites provide all that the body needs for cell growth and cell repair: vitamins, minerals, proteins, carbohydrates, fats, and water.

Next are the full-grown plants that provide superb nourishment when eaten in their natural raw state without overprocessing or cooking, which destroy plants' life force.

TM



ALARK
PUBLICATIONS

Journey To Health 2

Table of Contents

★ ★ ★ ★ ★
★ CLICK TITLES ★
★ ★ ★ ★ ★

Introduction..... page 1

The Importance of
Waste Elimination..... page 3

Detoxification..... page 7

Distilled Water and Fresh
Juices..... page 10

Beginning Health Education Early..... page 14

Exercise..... page 20

Healthful Hints..... page 21

Blue Green Algae..... page 23

Seeds,—Beans,Peas,Grains.... page 25

Introduction to Recipe Section.....page 38

Signature..... page 59

My first booklet, “Journey To Health,” introduces the living foods lifestyle and my connection to it. Since the booklet continues to inspire interested readers who are requesting more information, I am honored to present “Journey To Health 2,” in hopes that it may, likewise, continue to inspire.

The search for the Fountain of Youth certainly continues, long after Ponce de León sailed off into the sunset. Many try to hold on to or to find youth with creams and lotions and magic potions—in bottles, in jars, in beauty spas.

Why do we want to remain young? Some reasons are to look good, to feel well, and to maintain an energy level that allows us to meet life's challenges.

The bad news is that we will chronologically age if we live, for not to grow old is to die young. The good news is that we can slow down the aging process, and no matter how old we become chronologically, we can achieve our desire to look good, to feel well, and to meet life's challenges. We can have the best of both worlds—the fruitfulness of youth and the wisdom of age. Instead of relying on quick and synthetic fixes, we can commit to abide as closely as possible to the laws of nature. Abiding by nature's laws increases our potential to attain quality of life and longevity. Nature's laws are simple: eat foods in their natural state; refrain from laziness; breathe fresh air; and drink in the gift of sunshine.

We humans complicate matters by trying to improve on perfection. We insist on making foods better when nature has already made them as good as they can get.

At sixty years young, living foods continue to be my weapon against the ills affecting so many in our society. Living foods are found in The Kingdom of Living Foods—Live and Raw—where Live is King, Raw is Queen, and I am a willing and loyal subject.

The Kingdom of Living Foods is not a new world. In the beginning man and woman ate only live and raw foods, without firing or cooking them. It was when people began to rob foods of their life-giving, health-giving elements that mysterious illnesses emerged and shorter life spans ensued. Consequently, today hospitals are filled with people who are digging their graves with their forks.

Every so often there is a return to things or ways of old; "Everything old is new again!" Centuries and millennia have thrust us into a state of disarray where food is concerned. It is time we get back to basics. Back in the Garden of Eden is the ideal place to be, but because we live in modern times, in a different environment, with taste buds gone astray, we can concentrate on improving our present lifestyle. Salvador Dalí, the famous Spanish painter, said, "Do not fear perfection; you will never achieve it." Nevertheless, we owe it to ourselves to do the best we can.

Living foods, along with exercise, sunshine, rest, and positive thinking, are a means to this end. Additionally, we must reduce our stress levels. Stress can kill! We need, therefore, to reduce its presence whenever and wherever feasible. Worry not about that which we cannot control, but let us be about the business of controlling that which is within our power to manage.

We can manage eating better to live better. Living better through better eating frees us to learn more and to become more productive, caring human beings.

The information given in the following pages offers food for thought. I have endeavored to plant seeds that will motivate you to cultivate a harvest of plenty. Earth's garden can yield no better crop than humankind.

Go forth and be fruitful!





The Importance of Waste Elimination

Although what is normal for one is not normal for another, there are certain universal truths that apply to all living beings. One such truth is that when we eat and drink foods and liquids, we must rid ourselves of the waste material that the body cannot use during digestion and therefore must eliminate.

Constipation has plagued mankind for as long as mankind has opted to eat improperly by choosing wrong food types, wrong food combinations, and wrong food preparations. Our dilemma stems from misinformation that has passed from generation to generation and has caused habitual enslavement to incorrect eating and undue harm to our well-being.

I remember growing up in an environment where constipation was not a stranger. On the contrary, it was an expected visitor, evidenced by the castor oil and other over-the-counter laxatives in the medicine cabinet, stashed there to remedy the condition. In most of the households in my neighborhood, there was always the pervading scent of overcooked beans, swimming in some form of pork—fat back or ham hocks. White rice or white potatoes took turns or shared spaces on dinner plates piled with too many starches and not enough green or raw vegetables.

Remembering the bad eating habits of his youth, a minister with whom I had a conversation recounted the day that his mother failed to cook the customary pot of white rice. The children long-faced, wide-eyed, and sad-mouthed, questioned, “Mama, what happened to the rice?” “You didn’t cook any rice, Mama.” Their father, who was just as disappointed but did not want to appear so inquired, “Honey, what happened?” “You must cook rice for the children; they want it!”

The whole family moaned and groaned with such opposition that she was compelled to prepare the rice, and never again did she make the mistake of excluding it from the dinner meal. She would have fared better with brown rice, but being accustomed to the white, her family probably would not have liked it.

Some years ago, my college girl friend from Detroit lived with me while waiting to move into her apartment. She had previously suffered from chronic constipation. Going for as long as two weeks without elimination, she would finally have to throw up to feel relief.

During the month that she stayed with me, she abstained from meat and ate the foods that I ate. Although I ate fired (cooked) foods at that time, I also included plenty of raw foods in the form of fruits, nuts, and salads. After a few days, she noticed a change in her bowels; she began having at least one movement a day. The improvement was memorable; when I visited her in her new apartment, I was pleased to see the refrigerator stocked with foods conducive to promoting regularity. My friend, who was studying to become a nurse, was delighted—actually, overjoyed—to discover the difference that diet can make in elimination.

I contend that one reason some people are so grumpy and unhappy is because of constipation. Though I have not personally experienced it in many years, I have seen the discomfort it causes in others. The look of misery and the pain of suffering can take over the individual's countenance and can render that individual practically immobile. A case in point is my husband, who is a businessman and constantly on the go. On the occasions when his busy schedule prevents eating properly, he suffers the consequences and seeks my help. Once I noticed that he was slowing down to a snail's pace and lying around with an uncomfortable look on his face. He mentioned having difficulty trying to eliminate. After many unsuccessful trips to the bathroom, he finally said, "Baby, I hate to ask you, but I need you to give me an enema." At the end of the procedure, he was all smiles, commenting on how great he felt and breathing a big sigh of relief.

Constipation does not discriminate; young and old are subjected to the ills of this debilitating monster. My husband is in the older generation, but my granddaughter, who was a year old when she fell victim, proves that age is not a factor. Congestive constipation was the culprit that stung her in the first year of life and prevented her from sitting straight, crawling properly, and enjoying toddlerhood to the fullest. A transformation occurred when I replaced the cow's milk in her diet with almond milk; fresh fruit and vegetable juices along with mashed avocados and bananas assisted in flushing out her system, turning her into an energetic and smiling child—where before she was listless and weary. No doubt she was too exhausted trying to pass a decent stool to smile. Even her pediatrician noted the change. You may read her story in the first *Journey To Health* booklet.

Some of you will not be surprised by the stories mentioned here. You may have your own story of obstruction. Understand, however, that you do not have to live with the problem. It is not a given; it does not have to be a way of life. You can throw away the unnatural laxatives and eliminate waste from your body naturally. A good beginning is at the beginning of the day, before breakfast. Breakfast simply means breaking the fast. We fast (abstain from eating) while sleeping, so our first meal of the day breaks the fast. Before you breakfast, drink a big glass of warm water with fresh squeezed lemon juice; wait about thirty minutes before taking any solids. This helps to loosen the slime in your colon and to get it moving. Fresh fruit juices are cleansers, but drink them on an empty stomach, and as with the lemon water, do not eat anything solid for thirty minutes to an hour in order to give them a chance to go through your system unimpeded by solid foods. Even if you consume animal flesh, you can improve your digestion and ability to eliminate waste by including as many fresh vegetables and fruits as possible. Include nuts, but eat them sparingly if your diet consists of meat and cooked foods because nuts are high in calories and can add unwanted pounds.

Constipation is a villain that should be and can be eradicated. Victims unite! Arm yourselves against the enemy by eating well, by drinking well, and by exercising frequently. These measures will help build a fortress that will guarantee freedom from stress and uncomfortable blockage. Take control and put a stop to this unnecessary evil—this intruder that invades your right to exist in an uncomplicated environment without strain and pain.

Yes, the elimination of waste is very important. You can make it difficult or you can make it easy; the choice is yours.

FOOD FOR LIFE



Fibrous foods act like a broom to sweep the colon clean.

Detoxification

To detoxify the body is to rid it of poisons. This entails cleansing the blood, the organs, the colon, and elsewhere poisons may collect in the body's system. Internal cleansing is accomplished with enemas, colonics, and foods.

To take an enema, purchase an enema bag from a medical supply store or a pharmacy. The pliable tube, attached to the bag, is about 58 inches in length and about as round as a standard pencil.

Mix the strained juice of two lemons with two quarts of warm water and fill the enema bag. Place the bag on a knob or a hook behind and above your rear end (near toilet stool) so that the tube extends downward toward your rear while you are in the following position: get down on all fours with your elbows and knees on the floor, hands in front of you with palms facing down. Arch your back so that your buttocks are raised.

Lubricate a portion of the tube with K-Y jelly; place jelly on your index finger and lubricate your anus area to facilitate tube entry. Insert tube as far as it will comfortably go. Release tube clamp, taking in as much water as you can. When you feel uncomfortable, immediately close the clamp, get up and sit on the toilet. Waste will automatically expel. Repeat the procedure until the bag is empty. You have just had a high enema. Don't you feel better?

A colonic irrigation is a sophisticated enema; it involves about 5 gallons of water; if performed at home, one lies prostrate on a colonic board, instead of getting up and down. If a colonic operator does the administering, the client lies on a colonic table. It's a good idea to investigate purchasing a board or visiting an operator for internal cleansing. I cannot overemphasize the importance of internal cleansing.

About thirty minutes after taking an enema or a colonic, to help strengthen the colon, implant wheat grass juice or other chlorophyll liquid into the anus with an infant enema tube. Try holding for twenty minutes before expelling. Chlorophyll has great therapeutic value.

The argument in the conventional medical field against enemas is that they wash away good intestinal flora—healthy bacteria. If this is true, chlorophyll implants replenish the good flora. Chlorophyll is the real green power.

There is also power in live and raw foods. They act like a broom to sweep the colon clean. Those of us who eat completely live and raw never have to worry about constipation. The higher your percentage is of living foods, the lower your risk is of suffering debilitating diseases related to improper eating.

Do not be dismayed if you have an unpleasant reaction when detoxifying; some people experience uncomfortable feelings, such as slight headaches, especially when detoxifying too quickly. Take it slowly.

Enema Bag



Home Colonic Board System





Distilled Water And Fresh Juices

If you were stranded in the Sahara Desert for four days without food or drink, and someone came along and offered you a choice of a bag of gold, a scrumptious meal, or a glass of water which one would you choose? Unless you were delirious, chances are, you would choose the glass of water.

Water is more precious than the most precious gems and metals. Just as men have killed for gold, they have also killed for water. Unscrupulous individuals have even taken advantage of those in need of it during catastrophic times. After Hurricane Andrew, when we (in Miami, Florida) were without water, hardhearted schemers were selling it for as much as ten dollars a gallon. In a panic, some people were paying this exorbitant price before realizing the government was providing it for free.

That water is important is obvious. What may be less obvious is the extent of its importance—the fact that there are different kinds of water, and that all water is not equal. A glance at our dependency on nature's original thirst quencher reveals its worth.

Life, as we know it, cannot exist without water. People have fasted (eaten no solid food) for forty days or more, but without water, one will die in seven days. About two-thirds of the human body is composed of water, and every interaction carried on in the body requires it.

Water can be hard, soft, boiled, and distilled. Hard water is loaded with inorganic minerals and harmful chemicals; this includes tap water. Hard water runs through or over the ground, collecting inorganic minerals along the way. Because water used from rivers, lakes, or mountain reservoirs does not run through or over the ground, it is called soft. Nonetheless, it contains impurities along with inorganic minerals, the same as hard water. Boiled water can kill germs, but it does not remove inorganic minerals. Pure distilled water is the best. Colorless, odorless, and tasteless, it works wonders. Distilled water acts as a solvent; it dissolves inorganic minerals and eliminates them along with toxic waste from the body.

Before I changed my diet and began drinking distilled water, I had a visible, recurring cyst (ganglion) in my right wrist that caused slight pain and discomfort. A doctor told me that he could hit it with a big heavy book that was in his office.

This, he explained, would dissolve the cyst, but there was no guarantee that it would not return. An alternative was to remove it surgically. Concluding, “Well, it doesn’t hurt all that much,” I refused both suggestions, deciding to simply live with the condition. Eating and drinking differently yielded a reward. The cyst disappeared and never returned. I attribute its total disappearance to the diet changes I made. The doctor, who was a surgeon, failed to inform me that surgical removal of these common cysts is not necessarily a permanent solution. I know people who have had cysts return even after two surgeries. By changing my diet, I treated the cause, not the symptom. Inorganic mineral accumulation will reveal itself in one way or another.

To illustrate the damage of inorganic minerals from nonliving sources, picture a rust stain in a sink, or an encrusted teakettle. The stain and the crust are caused by mineral build-up. If it tarnishes metals, think what it can do to our delicate insides. The unusable inorganic minerals collect in the joints where they create cysts, arthritis, and artery encrustation, causing them to clog. Muscles, too, are at risk. Excretory organs work overtime in an effort to discard the foreign matter, but some always remains.

Unlike human body systems, plant systems transform inorganic minerals into biologically available forms. Mother Nature’s design allows plants to transform the raw materials received from the water and soil into organic minerals through natural distillation (without machinery). Therefore, when we eat fresh, raw fruits and vegetables and drink their juices, we are receiving the best liquid available; our bodies are then able to use their liquid to carry out functions without overworking the lungs, liver, kidneys and large intestines. Caffeine and soda pop are among the wrong drinks of choice; therefore, they are also among the drinks that overwork the excretory organs, but no matter how much of these drinks one consumes, at some juncture, the only liquid that satisfies thirst is water, even if it’s bad.

An incident with my cousin's two-year-old son demonstrated the point when I visited their home some years ago. Unfortunately, because his mother disliked water, (the family customarily drank soda pop) she would forget to give it to her children. One day as I turned on the kitchen faucet to get a drink, the child looked at the running water and stammered, "Wa—wa, wa—wa!" He quickly gulped down that which I gave him and just as quickly asked for more. Despite her opposition to it back then, still, my cousin would periodically crave water. These days she drinks more of nature's original beverage.

Fresh fruit and vegetable juices are delicious drinks; in addition, they are good health-sustaining beverages. Besides supplying distilled liquids, they are brimming with nutrients. Apple juice, for instance, has considerable amounts of vitamins A, B-1, B-2, B-6, and C, including the minerals magnesium, phosphorus, potassium, silicon, and sulfur. Pro-vitamin A, which the body converts to vitamin A, is found in carrot juice. Other vitamins include B, C, D, E, and K. Significant minerals and trace minerals are also available. To obtain the finest juices, either make your own or go to a juice bar. Commercial juices (bottled or canned) are subjected to a high heating process which removes vital vitamins and minerals.

Purchasing a juicer to make your own juices is well worth the investment and the effort. Inexpensive ones are available; shop around. Do not mistake a blender for a juicer. A blender does just that—it blends substances together. A juicer separates the juice from the fiber. However, if you own a blender and your budget prevents immediate purchase of a juicer, blend produce with distilled water and strain it. You will not receive full benefit, but some is better than none.

Nature's Original Beverage



Vegetable and Fruit Juices



“Don’t we need fiber?” You may ask. Yes, we do, and we will receive it by eating whole foods. The consideration here is to receive the highest percentage of nutrients in the least amount of time and to give your digestive system a rest. It works diligently day in and day out, breaking down foods into their finest components, distributing that which can be used and discarding that which cannot be used. Doesn’t it deserve a break? It takes less time for the separated juice to travel through the body channels; this allows cells to quickly receive what they need without overworking the digestive system, hence saving energy. In order to get the most effect from juices, remember to drink them alone and abstain from eating any solids for thirty minutes to an hour afterwards.

Once you get into the habit of drinking water, along with fresh fruit and vegetable juices, your desire for carbonated and caffeine drinks will decrease—trust me.

It can take years before the ill effects of poor liquids in diet show up, but when they do, it usually means big trouble. If you want to make a difference in your health, start now—make that change!

[My Water Distiller](#)





Beginning Health Education Early

It is not unreasonable to begin teaching health in kindergarten. Young minds are like sponges; they are capable of soaking up a great deal more than we sometimes give them credit for. One of the best subjects to start with is health. If taught in a fun way, children will delight in learning about anatomy and maintaining organs and other body parts in working order through proper nourishment and exercise.

Age matters not—what matters is method. Remember the television commercial that asked, “How do you spell relief?” Two-year-olds were spelling the name of the product that supposedly brought relief. Aretha Franklin’s hit song, “Respect,” had little ones singing “R-e-s-p-e-c-t” loudly and clearly along with older music lovers. On the other hand, how many adults know the location of their liver, or how it functions? If adequate attention is given early, most adults may not only be aware of the locations and the functions of their internal body systems but may be more willing to take better precautions to avoid abuse and damage to these precious components.

I recently asked a school administrator, “What does the present curriculum offer in the way of health education?” She replied, “They use to teach it in Home Economics, but now with budget cuts, there is very little attention paid to the subject.” Although parents should definitely take responsibility to educate themselves and their children, it would be advantageous to demand allocation of tax dollars for better health education in our schools.

By giving presentations combined with colorful visuals and interesting interactions, parents and teachers alike can heighten youngsters’ enthusiasm for learning about the body’s composition and its maintenance. Just as they know the visible body parts—eyes, ears, nose, and mouth, they should also know what is on the inside as well.

Some ways to generate interest in the kindergarten set are to exhibit puppet shows with the puppeteer's voice pretending to be a talking heart, brain, or pancreas, signifying the importance of these organs and glands while explaining how to keep them healthy; invite a ventriloquist to voice, through a dummy, healthy attitudes. Cartoons are attention grabbers that mesmerize little ones and some big ones. Cartoonists can create energetic characters contrasted with slower characters, representing healthy versus unhealthy.

There are many ways to attract and hold the attention of inquisitive minds. These suggestions may already be available, but are they being implemented effectively?

In the United States, obesity is reaching epidemic proportions as fast food establishments are increasingly lining our streets. Other countries that adopt Western eating habits find themselves experiencing the same tormenting diseases that are responsible for filling our nation's hospitals. Hospitals are overcrowded with patients suffering from food-related illnesses; arteriosclerosis, diabetes, and hypertension, to name a few, could all be prevented through proper diet and exercise.

Food-related illnesses are not limited to adults. Have you noticed lately how many big kids there are? A television program showed babies and three-year-olds weighing from seventy-five to one hundred and twenty-five pounds. This is unnatural and not yet the norm, but if parents continue to overfeed them, more children will reach these outrageous proportions. It is unfair to burden our progeny with problems that may lead to destruction. "Train up a child in the way he should go, and when he is old, he will not depart from it," states Proverbs 22:6.

Little ones are great mimics; they imitate what their caretakers say and do. If we are perpetual junk food consumers who seldom exercise, they will follow our lead.

The Hunzakuts, who reside in the Himalayas, set a fine example for their children. They are not subjected to the enervating diseases from which our society suffers.

By eating well (they grow their food) and exercising much, they live long and fruitful lives without an overabundance of stress. Surpassing one hundred years old is not perceived as remarkable—it is expected. In Hunza, good living begins in childhood and continues throughout life. If they escape accidents and the Egyptian fly that causes death from dysentery in the young, most inhabitants die of old age.

Speaking of old age, some older person (probably from the USA) once said, “If I had known I was going to live so long, I would have taken better care of myself.” So many older people are suffering ills that are the result of abuse that began in youth. Longevity is a great endowment if one is keen of mind, quick of step, and high in spirit. Without these qualities, longevity seems dismal. Why wait until an individual is near the brink of death to try to cure a disease?

Prevention of life-threatening illnesses through teaching our youth the values of proper diet, sensible exercise, and sufficient rest is a better approach.

We do not have to become decrepit as we age; we can continue to be productive.



Taking care of our wonderful bodies is one way to insure stability and balance in passing years.

As life begins, mothers who are able to breast-feed should, and when they wean their babies, the only milk given should be that derived from a plant source such as almond. Have you ever seen a cow drink milk? No! Cows nurse calves, but after weaning, they never drink milk again. Humans on the other hand, continue to drink animal milk after the weaning period. Some people experience acute congestion caused by excess mucus build-up as a result of this continuance. Some mucus in the body is normal, but an overabundance is usually due to over-consumption of mucus-causing foods (too much dairy, too many cooked foods, and too many starches).

During and shortly after the weaning phase is an ideal time to introduce good food instead of bad. In the early stages, mashed and pureed fruits and vegetables, along with fresh juices, will delight young body cells. Parents desiring to change the eating habits of older children should add more fresh and whole foods; include as many live (sprouts) and raw foods as possible.

Instilling good eating habits at home can pay off. Even if youngsters give in to outside peer pressure, most often they will prefer the foods they are accustomed to eating.

I do not advocate eating animal flesh; studies have shown that unlike the digestive system of the carnivore, the human digestive system is not designed to accommodate animal flesh. Parents who insist children must have it should keep it to minuscule proportions.

Children who are not introduced to animal flesh do not crave it. Ask many people in India. They may, however, become curious about its taste. A story about Mahatma Gandhi exemplifies childhood curiosity. Gandhi, following the lead of a friend, decided to sneak into the woods one day after school. The purpose of this clandestine meeting was to eat some animal meat that his friend was to supply. Gandhi had never tasted animal flesh, since most of his people in India were vegetarians and thought it sinful to eat animals.

His friend's argument that it was old fashioned not to eat meat and that he would grow to like it convinced Gandhi to experiment. Well, the experiment left him physically ill as he suffered a severe stomach ache; it left him psychologically distressed as he struggled with moral indiscretion. Meat was foreign to his digestive system; therefore, it caused his body enormous pain. To his knowledge none of his ancestors had consumed flesh—that he could be the first weighed heavily on his mind. Gandhi's curiosity was put to rest.

Like Mahatma Gandhi, children will follow the ways of their parents and caretakers, and like Mahatma Gandhi, if they stray, they will eventually come back.

Let us teach our children from the start that being healthy is smart. Let us begin at the beginning!

Mahatma Gandhi at Seven-years-old



If unavoidable misfortune befalls us, that is a condition completely out of our control. However, failing to take responsibility for our health where we have control is a grave mistake. Being in a state of good health should be our primary goal, for it will better enable us to achieve other goals (I took responsibility for my health almost forty years ago when I became a vegetarian; later I made another lifestyle change when I became a living foodist—almost eighteen years ago). Good health is a treasure worth more than the riches in legendary El Dorado. We must guard it carefully.

I encourage you to visit a health care practitioner at a health facility when necessary, but use the power within you to prevent unnecessary illness.

As you listen to the many voices speaking in the health arena, listen also to your body; it speaks to you. Pay attention and adhere to what it has to say.

Listen to your health care practitioner and to your body.



Exercise

Essentially, my view on exercise is to physically move the body while choosing a fun way to do so and to use the mind, while learning something to make life worthwhile.

Simultaneously combining both physical and mental exercise is a plus. For example, I may watch the History Channel, listen to French lessons, or practice a speech while I walk on my treadmill.

After exercising, drink plenty of water to replenish water lost. Because hunger is sometimes confused with thirst, drink water first, even though you may think you are hungry. Water is filling but has no calories.

When we exercise, the brain releases endorphins, natural chemicals that make us feel good; so, move that body instead of reaching for that candy bar.

Some experts say that the best time to exercise is in the morning, but if morning is inconvenient, do it whenever you can. Just do it!





Healthful Hints

- ♥ Include as many fresh green vegetables in your daily diet as possible. The chlorophyll in greens is alkalizing. Body cells should be more alkaline than acid. Also, eat sprouts in abundance.
- ♥ Eat only when hungry, not because the clock strikes a particular hour.
- ♥ Sit down and slow down when eating. Chew food well, focusing on flavor and texture. This allows the brain to receive the message that you have eaten enough and that you have enjoyed it.
- ♥ Eat and drink healthy foods and juices that will give an inner glow, which will translate to an outer glow.
- ♥ Eliminate stress. In traffic jams, think about constructive projects to complete; listen to soothing music. In checkout lines, strike up a conversation with another person or read an article. We cannot escape occasional traffic delays or long lines, but there is no need to stress out over them.
- ♥ Live today as if it is your last—give as much as you can to life, and you will receive much in return.

- ♥ Start a smile exchange—the more you give, the more you receive; your dividends will multiply.
- ♥ Don't be embarrassed to laugh, to sing, to dance, and to love. Keep the child in you alive!
- ♥ Keep in mind when trying to achieve a goal—if you stumble, you must straighten yourself up and refocus; if you stumble, you must straighten yourself up and refocus. Say it as many times as is necessary. Use mantras, meditation, and prayer—whatever it takes to propel you forward.
- ♥ Run your own race; go at your own pace—some people can go cold turkey while others need to be weaned.
- ♥ Seek professional assistance if you have a problem that requires it. There is no shame in asking for help.
- ♥ Periodically reflect upon where you were, where you are, and where you strive to be, striving continuously to be better.



**Planet Earth, Our Home
We must take care of it!**

Blue Green Algae

Algae began growing billions of years ago and will probably be growing billions of years from now. They grow in almost all of the regions of the world—in ponds, rivers, oceans, and lakes.

In The United States, blue green algae grow wild (wild grown algae are more nutritious than the cultivated variety) in the pristine Upper Klamath Lake in Oregon.

Algae is cherished for its chlorophyll, which has properties similar to hemoglobin. Besides detoxifying the blood, algae supplies vitamin B-12 and a host of other vitamins and organic minerals.

People also feed it to their animals. Human claims of health enhancements include increased energy, decreased appetite, stimulated sex drive, smoother skin, stronger nails, and silkier hair.

*An optometrist diagnosed my husband with glaucoma, prescribing special eye drops to control the disease for the rest of his life. Two years after failing to obtain a second opinion, my husband returned to the same doctor who, after a thorough examination, found no sign of the disease. For months before returning to the doctor, my husband had been drinking liquid blue green algae from Klamath Lake.

Chlorophyll is green power. Consumption of blue green algae is one way to help insure an adequate intake of the body's daily requirement of greens.

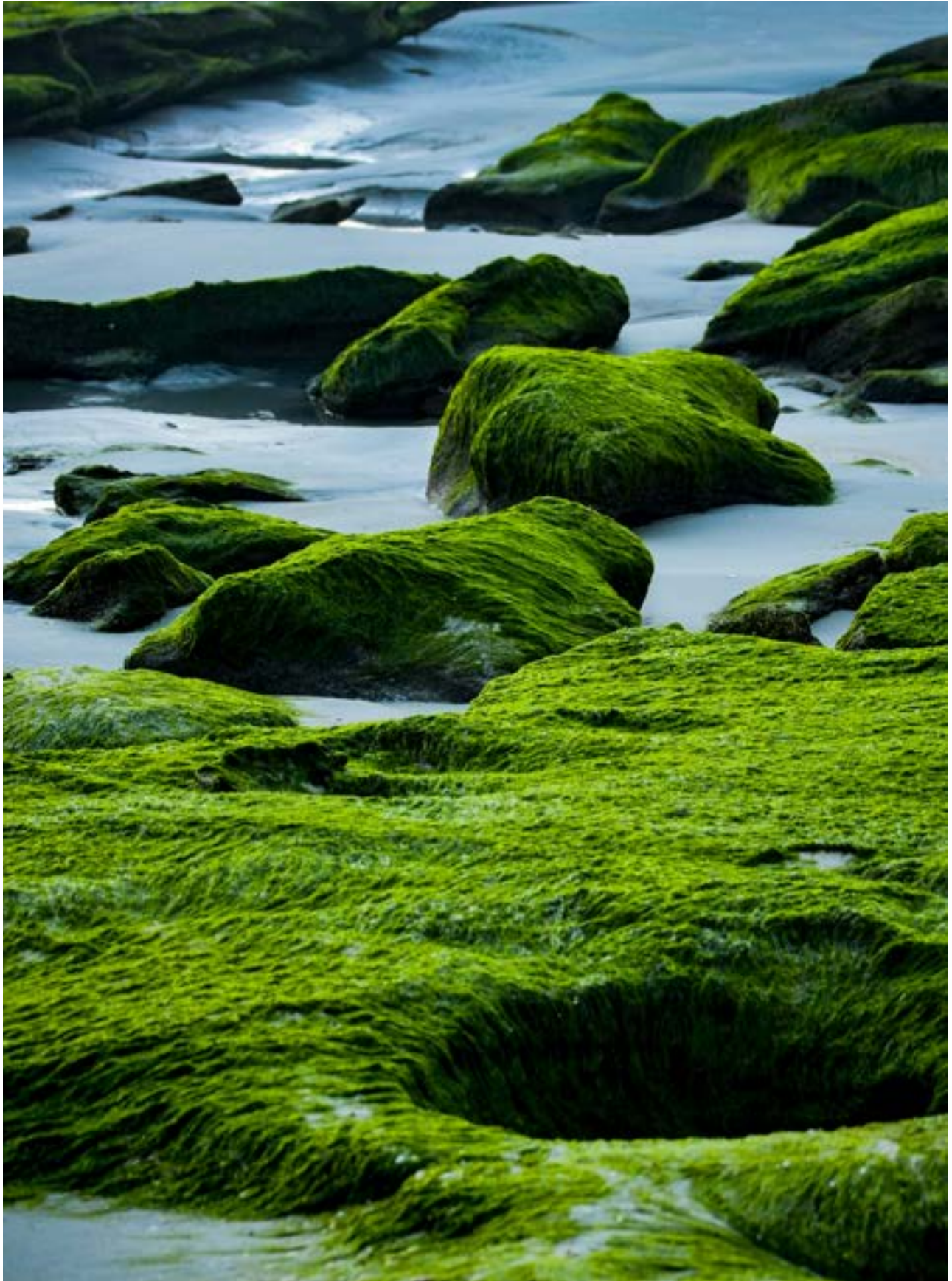
*This is a personal account, intended to impart information. You and your personal physician must determine proper treatment for encountered illness.

Algae: a simple nonflowering plant of a large group that includes the seaweeds and many single-celled forms. Algae contain chlorophyll but lack true stems, roots, leaves, and vascular tissue.

Find more information by going to [E3 Live](#).

Picture on next page shows how algae grows wild.

Algae Covered Rocks on Shoreline





Beans, Peas, Grains, and Other Seeds

Many people are surprised to learn beans, peas, grains, and other seeds can be eaten without cooking them. Before any plant based food reaches maturity, it first germinates from a seed into a sprout* or a shoot, and at this stage, these tiny, succulent morsels provide all that the body needs for cell growth and cell repair—water, protein, fat, vitamins, minerals, and carbohydrates. Even after harvest and during refrigeration they continue to grow at minute levels; so, when eating them, we are eating living food.

Following are some of these important staples which you may consider consuming in a state (sprouting or using without subjecting to high heat) that supplies the highest nutritional value.

* I give instructions on sprouting in *Journey To Health*, the first book.

From Buckwheat Seeds



To Buckwheat Lettuce



ALSO CALLED MICROGREENS

Despite its name, buckwheat is not related to wheat. It is actually a fruit seed that is related to rhubarb. Research shows that rutin, a phytonutrient found in buckwheat, is an important *antioxidant for cardiovascular health. This phytonutrient supports the circulatory system and helps fight blood pressure and high cholesterol, as does the high fiber content of buckwheat.

Buckwheat lettuce shown on previous page, is nutritious and delicious.

* Antioxidant is a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products.

BUCKWHEAT SEEDS



Wheat berries are rich in Vitamins B1 and B3; and the minerals magnesium, phosphorus, copper, manganese and selenium.

When sprouting, use the red winter berries. They may be sprouted for making raw bread, bulgar dishes, or a drink called rejuvelac.

Juicing wheatgrass requires a special slow motion. Do not use a centrifugal juicer which uses extremely high speeds. Sprouted wheat does not have the gluten effect that plagues those suffering from celiac disease.

RED WINTER WHEATBERRIES



The next three photographs are of sunflower seeds; the first one shows them hulled. These are used to make patés, sunflower meal, flour, milk, and seed yogurt. They may also be mixed with other seeds and nuts to be eaten as a snack. The hulled ones sprout for making patés, milk, and yogurt, but the striped and black are used for sprouting sunflower greens. I prefer the striped ones because the hulls seem to fall easier from the lettuce leaves.

Sunflower seeds contain a tremendous amount of Vitamin E. They also contain a fair amount of Vitamin B1, manganese, copper, magnesium, Vitamin B6, phosphorous, and several other key nutrients.

HULLED SUNFLOWER SEEDS



STRIPED SUNFLOWER SEEDS



BLACK SUNFLOWER SEEDS



Color has nothing to do with the nutritional value of lentils. I just like the colored variety; they are a rich source of protein, folic acid, iron, dietary fiber, Vitamin C, B Vitamins, essential amino acids, and trace minerals. Among the winter growing legumes (member of the pea family), lentils have the highest concentration of antioxidants.

I sprout them alone or together with mung beans.

RED LENTILS



DARK FRENCH LENTILS



GREEN LENTILS



GREEN FRENCH LENTILS



Mung beans provide Vitamin B9 an important vitamin for DNA synthesis, cell and tissue growth, hormonal balance, cognitive function, and even reproduction. Mung bean sprouts have fiber and other B Vitamins. All B Vitamins help the body convert food (carbohydrates) into fuel (glucose), which is used to produce energy. These B Vitamins, often referred to as B-complex Vitamins, also help the body use fats and protein. Mung beans also deliver a boost of Vitamins C and K.

MUNG BEANS



In addition to folates (folic acid), peas are also good in many other essential B-complex Vitamins such as pantothenic acid, niacin, thiamin, and pyridoxine. They are a rich source of many minerals such as calcium, iron, copper, zinc, and manganese.

Sprouted green peas are delicious eaten alone or for making soups, hummus, and adding to salads.

Green Peas



Although soy beans have become controversial over the years, I still use them. I just make sure they are a non GMO, organically produced product.

Nutrients—molybdenum, copper, ,manganese, phosphorus, protein, iron, omega-3 fats, fiber, Vitamin B2, magnesium, Vitamin K, and potassium.

SOY BEANS



Garbanzo beans, also called chickpeas, belong to the legume family, which includes a variety of beans and peanuts.

Adding them to salads, making hummus, or eating them alone provides a good source of protein. Garbanzo beans contain vitamins and minerals and significantly boost your intake of manganese and folate. The mineral manganese helps support bone development and wound healing and also helps carry out chemical reactions important to your metabolism.

GARBANZO BEANS



Alfalfa provides selenium, riboflavin, and niacin. It is also a good source of protein, Vitamin A, niacin and calcium. It is a very good source of dietary fiber, Vitamin C, Vitamin K, thiamin, riboflavin, folate, pantothenic acid, iron, magnesium, phosphorus, zinc, copper and manganese.

Alfalfa sprouts are delicious in salads, in other dishes, and on sandwiches.

Alfalfa Seeds



Clover sprouts, with a look and taste similar to alfalfa sprouts, provide protein, fiber, calcium, iron, Vitamin C and folate. Adding them to your salad or sandwich offers a number of health benefits.

Clover Seeds



Tests reveal that three-day old broccoli sprouts consistently contain anywhere from 10-100 times the amount of glucoraphanin—a chemoprotective compound—found in mature broccoli. Isothiocyanates, an anti-cancer compound, is found in broccoli. Broccoli sprouts contain an abundance of myrosinase, an enzyme needed for formation of sulforaphane, which is mature broccoli's cancer-fighting, anti-inflammatory component. Mature broccoli has plenty of myrosinase, too, but it tends to be destroyed in cooking.

BROCCOLI SEEDS





Introduction to Recipe Section

Specifics for This Edition*

General information, suggestions, and tips for recipes: Use recipes as a guide. You know your taste buds; if you don't like a particular, recommended ingredient, substitute it with something that you do like. Eventually you will create your own raw-food combinations. Eat organically grown foods and use distilled water in food preparations whenever possible.

Dehydrators may have drying temperatures as high as 145°, but in order to retain enzymes, do not go above 110°. Without getting technical, suffice it to say that enzymes are substances necessary for our wellbeing, and they are destroyed by high heat. If a recipe portion is too large, scale it down to accommodate your needs; likewise, you may double the portions.

Regardless of how you proceed in the kitchen, prepare with love; have fun, be healthy, and strive to make dishes that will have you, your family, and friends singing yummy, yummy, for my tummy!

* If you sprout your own garbanzo beans, rinse with cold (not cool) water, and keep in cool environment as they tend to mush easily.

For recipes using corn meal, I prefer to dry and grind my own organic corn meal, but you may try using one of the non GMO organic brands available online, or at your local health food store.

I make my tahini, but you may purchase it from health a food store.

The recipe for pesto is in the first book, *Journey To Health*.

Grind dried tomatoes for tomato powder.



Serve with Love

Humming Hummus: page 41

CLICK PHOTOS

Green Beans Julienne: page 43



Corn Chips: page 44



Salsa: page 45



Pizza your way: page 46



Sea Greens: page 48



Zucchini Chips: page 49



Pestolini: page 50



Granola: page 51



Almond Milk: page 53



Almond Nuggents: page 54



Tomato Chips: page 55



Julienne Medley: page 56



Papaya Fruit Bowl: page 57



Fabulas Fudge: Page 58



Humming Hummus



Ingredients and Instructions

6 cups sprouted chick peas (garbanzo beans)

1 carrot, peeled and sliced

7 fresh basil leaves

9 sprigs parsley—Italian or regular—(use stems also)

4 cloves garlic

Continued on next page.

Humming Hummus, Continued



Ingredients and Instructions

1/2 cup tahini
1 tablespoon olive oil
2 lemons, juiced
2 tablespoons cumin
2 tablespoons liquid aminos

Mix all ingredients with S blade in food processor. Eat with mixed vegetable sticks—carrots, celery, cucumber.

Green (String) Beans Julienne

Ingredients and Instructions



2 Pounds of green beans, thinly, sliced lengthwise—I sliced these in four pieces instead of two.

½ cup of red bell peppers, diced

Marinade

½ cup olive oil

¼ cup apple cider vinegar

1 teaspoon sea salt

1 teaspoon black pepper

1 tablespoon granulated garlic

½ tablespoon organic seasoning

Blend well with fork in jar or bowl; pour over beans and diced peppers and marinate.

Corn Chips



Ingredients and Instructions

**10 ears fresh corn kernels
2 cups corn meal**

**Blend in blender until smooth.
Spread onto dehydrator sheets, score
triangularly, and dehydrate at 110°F until
crisp.**

Salsa

Ingredients and Instructions



1 each—large green, red pepper, ripe tomato (quartered)

½ onion

½ jalapeño pepper

2 garlic cloves

A few sprigs of cilantro

1 lemon, juiced

½ cup tomato powder (optional)

With S blade, chop jalapeño and garlic first; pulse in other ingredients, adding tomato last.

Pizza Your Way



Ingredients and Instructions

Taco Shells or Pizza Crust

10 ears fresh corn

1 tablespoon raw honey

Wash and remove corn from cob; blend corn and honey in blender until smooth. Pour 6 individual circles onto 6 separate dehydrator sheets or freezer paper and dry for 24 hours at 110°F. Peel crust from sheets, turn and dry five more hours. Fold for shell; use flat for pizza crust.

Continue on next page.

Pizza Your Way, Continued



Ingredients and Instructions

Spread pesto on crust bottom. Layer with sliced mixed baby greens, julienne sliced red onions, mushroom, and tomatoes; top with sliced nut balls (recipe in *Journey To Health*). Top with black, cured olives and squirt with liquid mayonnaise (recipe in *Journey To Health*). Sprinkle with dulse, and spray with liquid aminos. There are no measurements here. This is just a guide; add whatever you desire—do it your way!

Sea Greens



Ingredients and Instructions

1½ cups Ready-to Use Pacific Wakame

Rinse wakame to remove excess salt; then cover with water and soak for about 10 minutes. Pour most of water off, leaving enough to keep sea greens wet but not swimming in water. Use like regular, land greens.

Zucchini Chips

Ingredients and Instructions



**4 zucchini, thinly sliced
½ cup pestolini**

Wash and slice zucchini; mix with pestolini in large bowl; spread onto dehydrator sheets or freezer paper. Dry at 110° F until crisp.

Pestolini



Ingredients and Instructions

1 cup pesto (recipe in *Journey To Health*, page 38)

½ cup fresh lemon juice

3 tablespoons liquid aminos

3 tablespoons salt-free granulated garlic

Shake together all ingredients in pint jar. Use with recipes requiring pestolini.

Granola



Ingredients and Instructions

Combine 3 cups of rolled oats with $\frac{1}{2}$ cup each—chopped raisins, dates, and figs. Add 1 cup grated coconut, 2 tablespoons cinnamon. Add $\frac{1}{2}$ cup each—chopped pecans, almonds, walnuts.

Continue on next page.

Granola, Continued



Ingredients and Instructions

To 4 cups of distilled water, add $\frac{1}{2}$ cup raw honey, 2 tablespoons non-alcoholic vanilla flavor, 2 tablespoons olive oil; stir well and pour into bowl with other ingredients; mix and allow to sit for 20 minutes. Stir again, spread, and dry on dehydrator sheets at 110°F for 16 hours, periodically breaking up with fork.

Almond Milk

Ingredients and Instructions



**4 cups almonds
5 or 6 cups water
1 tablespoon raw, unadulterated honey**

Cover almonds with water and soak overnight; rinse, grind with water in blender, and strain through cheese cloth. Stir in honey.

Drink alone or use with granola.

Fluffy Almond Nuggets (Unsweetened)



Ingredients and Instructions

Pulp left from almond milk

Holding a teaspoon in one hand, press mixture onto spoon with other hand to form nuggets. Slide from spoon onto dehydrator sheets. Dry at 110°F until light and fluffy—about 15 hours—more or less.

They are not sweet tasting. Add sweetener if desired.

Tomato Chips



Ingredients and Instructions

Tomatoes—As many as you choose.

Wash and thinly slice ripe tomatoes. Lightly coat dehydrator sheets with olive oil, and place tomato slices on sheets to dry at 110°F until completely dry and crisp—about 17 to 24 hours. You may or may not need to turn chips over. Check progress.

Julienne Medley



Ingredients and Instructions

2 pounds mixed colored bell peppers
½ pound mushrooms
1 large onion
2 garlic cloves
6 stalks celery
½-1 cup pestolini

Cut all solid ingredients into julienne strips and place in a bowl. Add pestolini, mix well; spread on dehydrator sheet (s) and dry at 110° for about 5 hours. Add to wild rice dish or dish of choice.

Papaya Fruit Bowl



Ingredients and Instructions

Cut papaya in half and stuff with fruit of choice—pear, mango, banana.

Top with fruit ambrosia (recipe in *Journey To Health*), tahini, and sheddred coconut.

Fabulous Fudge

Ingredients and Instructions



5 cups almond meal (do not soak almonds.)

5 tablespoons carob powder

5 teaspoons cinnamon

$\frac{3}{4}$ cup raw, unadulterated honey

2 or $2\frac{1}{2}$ cup water

With S blade, grind almonds; mix in carob and cinnamon. Add honey and water, adding water by degrees; spread on $9 \times 13 \times \frac{3}{4}$ pan. Refrigerate for 4 hours. Sprinkle with shredded coconut, slice, and serve.

I autograph each copy of my soft copy booklets; continuing the practice, my signature is below in the electronic version, and I hope that you have enjoyed this presentation.

I wish you good health and great prosperity!

Rnette
Faria



One of my backyard miracle plants: when this red berry is eaten—lemons, limes, and any sour fruit— taste sweet.



A neighborhood acquaintance expressing joy at reading *Journey To Health* said, "Oh, Annette, I've read it five times, and each time I learn something more; please, I want another booklet!"

So, Juanita, your request is granted.

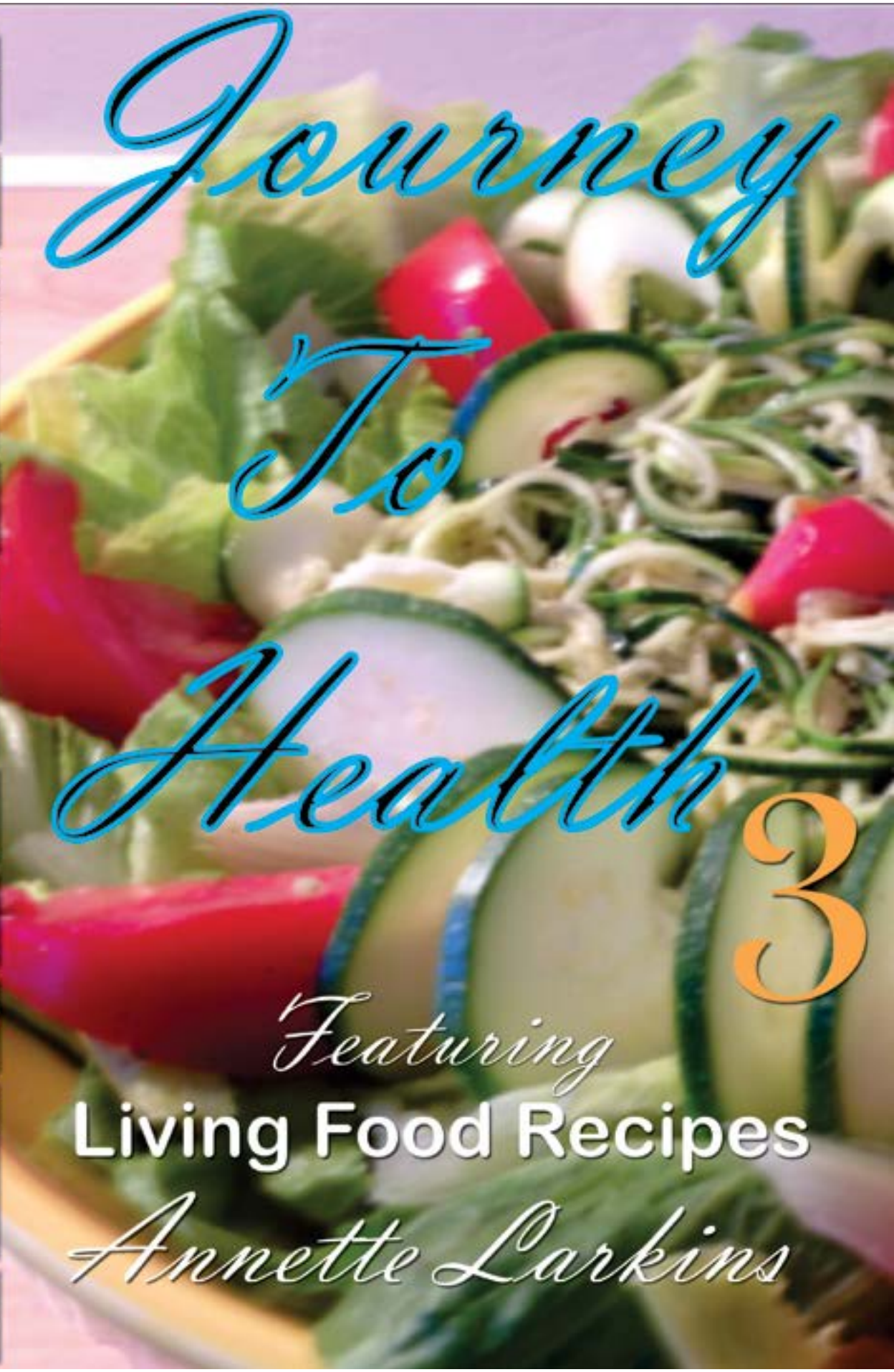


ISBN 0-9676961-1-9



Bunlde Selection

Contents



Journey To Health 3

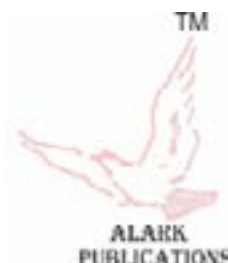
Featuring
Living Food Recipes

Annette Larkins



Journey To Health 3
Featuring Living Food Recipes
Annette Larkins

*A universal truth is that when we eat food in its
natural, raw state, as opposed to processing or cooking it,
we receive ultimate nutritional value.*



ISBN 0-9676961-3-5

Copyright©2016 by Annette Larkins

All rights reserved

Printed in U.S.A.

Please, notify of any broken links:

[E-mail](#) or call 305-238-1169

☆ ☆ ☆ ☆ ☆
☆ CLICK TITLES ☆
☆ ☆ ☆ ☆ ☆

Journey To Health 3

Table of Contents

Introduction..... page 1

King Hog..... page 2

Making That Change..... page 4

The Garden of Eating..... page 6

Physical Fitness..... page 10

Aromatherapy..... page 12

Healthful Hints..... page 15

Seven Typical Days..... page 17

Annette's Raw Kitchen..... page 32

Introduction to Recipe Section..... page 35

Biography..... page 49

Signature..... page 51



I am not a licensed practitioner. And it is not my intention to contradict medical advice. Rather, I write this book that I might share nutritional and other practices that have ushered me into my seventh decade enjoying vibrant health.

Throughout much of the world life expectancy is on the rise. And yet so too is disease and declining health. Ironically, this means many of us may live long lives, all the while plagued by hypertension, diabetes, stroke and obesity. But it need not be so!

For example, one-third of U.S. cancer deaths are the result of poor nutrition and/or lack of exercise—things each of us has direct control over.

Due to the direct connection between nutrition, exercise, and health, it behooves each of us to do all we can to insure our diet delivers peak nutrition—while our body remains physically fit so we live in a state of optimal health even to the age of 100 and beyond!

King Hog

I grew up in a family of omnivores for whom hog was king and everything but the squeal was served. But at the age of 21 I set out on a different path, one I detail in *Journey to Health*, my first publication.

And that metamorphosis continues to this day, where at the age of 74, I am still learning, experimenting, maintaining a sharp mind, a flexible body, even building my own personal computers. Yet I mention this only by way of example. For those who adhere to proper nourishment and exercise, their mental and physical abilities can remain keen throughout the last days of a long life. Think of Jack LaLanne, the godfather of physical fitness, whose lifelong pursuit of clean diet and exercise kept him strong till the day he died at the age of 96. Or British raw food and juicing pioneer Norman Walker, inventor and author, who lived within six months of his 100th birthday. And Ann Wigmore, early advocate of raw foods and wheatgrass therapy, still writing and lecturing in her late 70s when she died of external causes.

The power of natural regeneration so influenced these health pioneers as young adults, helping them to recover from personal, physical hardships, they dedicated their lives to helping individuals sustain or regain optimal health. Fortunately, no such circumstances propelled me onto the natural path. I chose it as a preventive course. Yet like those pioneers before me, I too want to arouse the desire to be as healthy and hale as possible and to assist in finding ways to make that possible.

With that end in mind, this volume, the third in the *Journey To Health* series, presents more health alternatives. The objective is to affect some control over what goes into our body as well as what goes onto our body's largest organ, the skin. Also, addressed are ways of working with the pull of gravity to assist in mental and physical

efficiency. The reader is encouraged to plant gardens for food and medicine, to experiment with aromatherapy blends for health and beauty, and to consider other options for creating good health in a healthy environment. The idea is to make productive changes to ensure that we are always in good health.

Go forth and be fruitful!





Making That Change

I relate my story in the booklet *Journey To Health* of how I changed from an animal based to a plant based diet. My son Amos has quite a different story, which I recount next.

So, you want to go raw, but you do not know quite where to begin. The first step is to get a psychological grip on the situation at hand. Sit down, stand up, or lie back on your slant board; the position does not matter, as long as you give yourself a good talking to while developing a plan to take a small step in the direction of where you want to go, with the pledge that you will build on that step until you reach your goal. One small step of change can lead, eventually, to a giant leap into good health. Understand that you are not in a race; go at your own pace. Be careful making abrupt changes. People differ—some can go cold turkey, while others must wean themselves. Keep in mind the old cliché, “Rome wasn’t built in a day.” For many of us, it has taken years to establish the wrongs that befall us. Is it not reasonable to expect that it will take some time to undo these wrongs? Simply take it step-by-step, bearing in mind that you must periodically reevaluate your status because it is so easy to slip back into old bad habits. You must reflect upon where you were, where you are, and where you want to be, and you must continuously strive to be better.

It takes some people longer than others either to realize that a change is needed, or to act upon a needed change. Amos my oldest son, for example, grew up watching me alter my lifestyle from one stage to the next. When he was three years old, I became a vegetarian, progressively eliminating white sugar and flour from my diet; then it was dairy and egg products and finally cooked foods. During this time, he along with his father and brother continued to eat those foods that I had given up. In my eighteenth year of vegetarianism, my husband abstained from eating animal flesh for six years after witnessing benefits that I had derived from making food alterations. He later returned to his original way of eating, but, to this day, wishes he had not gone back. For one year, my youngest son withdrew from meat consumption as well. Their abstinence was not due to illness, but in later years, Amos, the eldest son, having dabbled in different aspects of the wellness way—internal cleansing here and there—eating mostly meatless meals from time to time—eventually made a transformation that did have to do with poor health.

After years of drug abuse (marijuana, cocaine, and alcohol, along with tobacco addiction) had taken its toll, the prodigal son returned. He is one of the lucky ones. Lucky in that exceptional talent granted him a means to earn a living in the recording industry; so, he did not have to steal to support his addiction, but substance misuse and extravagant living were a way of life. He took no responsibility, nor did he demonstrate any self-discipline outside of music. Finally, worn out, both psychologically and physiologically by his self-imposed nemesis, he was ready to reverse circumstances.

It was a difficult struggle; overcoming adversity seldom is trouble free, but he began a Psychological campaign to end his dependency (which had wreaked havoc and created bodily disorder) by equipping himself with the necessary artillery to wipe out the beast. His choice of weaponry was the living foods lifestyle. Therefore, when he asked for my help, I was delighted to give full support.

He prepared to confront any obstacles of deterrence. Hence, he integrated prayer and meditation into a regimen that included detoxifying his body through enemas and colonics. Fruit and vegetable juices replaced scotch and beer. Eating live and raw foods became such a part of his daily rehabilitation that I would often hear, "I want to eat like this for the rest of my life." Many foods he liked instantly, but the ones eaten merely for nutritional value, eventually, gained favor too. Since he desired to lose weight, an added advantage was that he eventually went from 297 pounds to 215 pounds, shedding a total of 82 pounds.

In earlier times people who knew that my eating habits were not average would ask, "What does your mother eat?" He jokingly replied, "Oh, just give her some tree bark or some green grass, and she's okay." Now he has come over to the other side where the tree bark and the green grass are just fine, and he loves it. Speaking of grass, wheatgrass is the high of the day, not marijuana. He is experiencing a high encounter of a different kind.

Even though he would joke about what I ate, as time advanced, he quietly observed notable characteristics, where health is concerned, between many of my peers and me. Later on, once he had embraced my way of life, one day as we conversed about wellness, he said, "I have always noticed the difference between you and other people, even between you and daddy, and I want to be like you."

He means that he wants to be full of life, to spring out of bed, ready to meet the day, and to carry out physical tasks without aches and pains. He used to hate climbing our spiral staircase; now he enjoys it. For exercise, he is riding his bicycle again. We are hoping that like the mythical Phoenix, he has risen from the ashes and triumphs. He, however, knows that addiction can be a lifelong battle, and that is why he takes it one day at a time. With a little help, nature can work wonders. With improved treatment, the body can show remarkable recovery, even after years of abuse. Try it! You, too, like my son, who by the way, still records, can make a meaningful difference in your life. Think, plan, and act in order to make that change.

PHOENIX





Change Equals Growing

As we grow in mind, body and spirit, recognition of certain elements that help in our growth is central to our success in attaining optimum health. Awareness of and adhering to the body's nutritional requirements are key to developing and maintaining overall wholeness.

The human body, in order to function optimally, needs water, vitamins, minerals, proteins, carbohydrates, and fats. These substances are found in the foods we eat and when we eat correctly, there is no need to depend on pills, tablets, capsules or other supplements to sustain us. Good, wholesome, unadulterated fruits, vegetables, grains, nuts, and seeds are the staples upon which we should rely to produce energy, to stimulate cell growth and repair, and to thrive, rather than just survive, in life. In order to ensure that we are receiving proper nutrients, we should return to the ways of old, and if not totally, at least begin to cultivate as much of our food as we can.

The Garden of Eating

Only those who do it know the pleasure derived from planting seeds and watching them grow. There may be an appreciation of sorts from non-planters, but the reaction displayed by the person who witnesses the fruits of their labor may seem bizarre to some onlookers.

A case in point is of one friend accompanying me to another friend's farm; while there, the farmer friend showed us one of his bushy tomato plants; he pointed at a single tomato and proudly exclaimed, "Oh my God, look at that; that's a tomato. Have you ever seen anything more beautiful?" His excitement heightened as he picked and ate a couple of Matt's Wild Cherry tomatoes, still oohing, and aahing with enormous delight. The accompanying friend and I agreed that the tomatoes looked like prizewinners. Later in the car, out of ear range of the farmer, my riding companion remarked, "Boy, that guy was extreme, wasn't he?" as he imitated the farmer's remarks and gestures. "Did you see the look in his eyes? He gave new meaning to loving your tomatoes." It was very funny to hear the scene re-enacted, but at the time of the actual occurrence, I did not find it comical, nor did I find it odd. That is because I could relate; I am a grower. Many times I jump for joy at the mere appearance of berries or other living organisms that I plant.

There is great reward and a feeling of accomplishment in having your own food garden. In growing your own, you know what goes on from start to finish. You do not have to wonder about harmful chemical insecticides; there are other methods to discourage garden pests.

Plants such as marigolds, nasturtiums, tansy, onions, and garlic are just a few natural insect repellents. Installing a birdbath with a couple of trays on which to spread birdseed close to the garden, limits insect infestation; birds are gardeners' friends and insects' enemies. Creating a healthy growing environment also reduces insect damage. Mixing quality seawater helps to form healthy soil, allowing the plants to receive necessary elements provided by the sea solution. High-quality soil helps to prevent unwanted invaders. A good analogy is that of healthy human body cells; it is more difficult for cancer and other diseases to flourish if one's immune system is in a healthy state (promoting homeostasis). By the same token, it is unlikely that bugs will ravage plants growing in healthy soil. Earthworms help aerate the soil; bait and tackle stores sell them. Compost is always a plus. There are compost bins (either store bought or homemade ones) in which table scraps, (excluding animal leftovers), vegetable and fruit juice pulp, leaves, and yard clippings are mixed, along with dirt to use as recycled material (non-synthetic food for plants) in gardens.

Once the garden is established, it will require attention, but giving it a little care each day goes a long way. A bit of weeding, a dab of feeding will prevent a piled up workload. Some plants require more water than others; you will learn the needs of different ones through observation. Give the ones that can handle it a drink every morning before the sun comes out so that they have time to soak up the water, before the sun has a chance to evaporate it. They will be forever grateful and will never wilt.



It Is Herb Thyme

If you want to begin planting on a more elementary level, consider starting with herbs. They have many usages; they occupy an important niche in the scheme of plant life and are less intimidating to the beginner.

A guest on the first show of [Health Alternatives](#) With Living Foods, the 12-part television series, which I hosted, spoke about cleansing and healing the body with herbs. She told the story of her thirteen-year-old daughter whom doctors diagnosed with Hodgkin's disease, reported to be at a stage where doctors gave no hope for recovery. The diagnosis was that she would not live to see her fifteenth birthday. The mother remembered her island up bringing when her folks treated illness by going into the back yard, choosing an herb suitable to the particular ailment, administering it and waiting for the patient to mend. Refusing to accept the grave verdict concerning her offspring, she created her own back yard herb garden here in the United States and began researching, experimenting, and applying acquired knowledge. At the time of the interview, her final words on that subject were, "Suffice it to say that my daughter, now thirty-five, with a beautiful two-year-old, is just going along beautifully."

This same guest related another story about herself. A physical examination revealed that she had grapefruit sized fibroid tumors; according to doctors she needed a complete hysterectomy. Again, she took matters into her hands, using herbs as a non-invasive treatment. On her return to the doctors, the tumors had disappeared.

Having become a master herbalist, the woman described above is now helping others to overcome pain and suffering through natural means. Her story is an example of numerous individuals who have profited by using nature's pharmacy.

In addition to medicinal benefits, herbs add flavor to what some may consider drab dishes. The difference between herbs and vegetable plants for food is that in culinary preparations, herbs are eaten in small amounts, used as seasoning, rather than as a main part of a meal, and because of their potency, a little goes a long way whether used for flavor or for therapy.

It is easy to start an herb garden. You may use seeds, or you may purchase seedlings (small plants) from a nursery, but be sure to inquire from whence your seeds or seedlings have originated. Avoid genetically modified (GMO) and chemically treated supplies.

Growth and care instructions are on seed packages, and there is usually a label placed in the plant's container. The printed information tells how much water, sun, and plant food are required. As you become more adept you will know your plants' requirements.

Ah! "But what about space?" Use what you have. You may grow in four-inch pots, fifty-gallon garbage cans, or a small area on your backyard lawn. A kitchen garden window or any plain windowsill transforms into an aesthetically pleasing view when lined with these attractive plants.

Determine how much space you have and work with it. Plants can thrive almost anywhere.

There are loads of herbs from which to choose. The mint family offers chocolate, pineapple, apple, and lemon, along with the more commonly known ones. Also there are different basil: sweet, opal, (also known as purple-leaf), and Italian. Additionally, there are rosemary, sage, marjoram, thyme, oregano, and many more.

Keep in mind herbs are classified as medicinal, culinary, or ornamental. Some grow annually—once a year; others are perennials—lasting throughout the year, thriving year after year.

Now that your interest is peaked, check out a book on herbs or gardening in general from the library, or surf the Internet to learn more about them.

Beginners should start with a few plants, adding more as you become familiar with the process of planting; know that whenever and whatever you plant, you will experience a joy in watching your plants come to life. There is a profound satisfaction in knowing that you are growing foodstuff and natural remedies in your home environment, and having fun doing it.



More Mint

Physical Fitness

We know that we should exercise. Doctors prescribe it; advertisements promoting exercise equipment bombard us. Our body even tells us that we need to do it. Knowing is not the problem—the difficulty arises in the execution.

Find some physical activity to which you can commit to doing for twenty to thirty minutes, at least three times a week. The type of exercise does not matter—as long as you like it; as long as you do not overtax yourself; and as long as you stick with it. The body will appreciate and reward your efforts by allowing you to climb stairs easily, bend and squat without moaning and groaning, especially when you add stretching to your routine. Stretching helps to keep the body loose, flexible, agile, and it feels so good. Discover the best activity that suits you and encourages you to move that body. Done correctly, exercise is a beneficial aide in preventing and curing injuries.



More Than One Road To Fitness

Other ways of assisting physical fitness include inversion. Inversion is a repositioning of the body whereby the head is lower than the rest of the body. There are a number of ways to achieve this posture, but a question may be why would anyone want to be topsy-turvy? One reason is that inversion permits blood flow to the upper part of the body and to the back part of the brain (cerebellum). When we supply the brain with this much-needed fluid, we are able to think more clearly. Another reason slanting is advantageous is that as we stand and sit upright, physics, the natural law of the universe is at work, gravity pulling downward; therefore, at the end of the day, our organs are prolapsed; in other words, they have slipped out of place; slanting puts them back where they belong. It also helps to relieve back pain.

Slanting does much for overall wellness, but there is a beautifying claim as well. Blood forced to the face, neck, and head helps to eliminate wrinkles. Three to four minutes daily is sufficient to gain results of feeling well and looking good. You may use the slant board to recline and relax or to do sit-ups and other exercises.

Commercial boards may be fancier, but a homemade one is less expensive and just as effective*. To make your own, go to the lumber department of a building supply store and purchase a piece of plywood, three-fourths of an inch thick, which measures six feet long and twenty inches wide (for average sized individuals—taller people will need eight feet long board). Most likely, they will have to cut it from a larger piece of plywood. Next, go to a foam or fabric store and buy a two-inch thick piece of foam with the same length and width dimensions as the board. This is your cushion. Optionally, you may make a fitted cover or you may place a sheet over the foam cushion. To secure and keep your feet from sliding, fasten a strap or a belt to the bottom of the board over the foam and cover. As a prop, use any eighteen to twenty-inch-high object that will support the board's width—it may be a chair, stool, or the bottom of a low bed.

Now you are ready to lie back, close your eyes, relax, and become more fit and beautiful. Of course, anyone with hypertension or vertigo should avoid inversions, and I always caution individuals to consult with a health care practitioner before embarking on any new or unfamiliar regimen that might affect health.

*My homemade slant board resting atop store bought one.

My Inversion Table





Other Therapeutic Modalities Include Aromatherapy

My introduction to aromatherapy was when a young lady gave me a gift pack of essential oils containing lavender, sandalwood, geranium, rosemary, and peppermint, along with a book on the subject. I was intrigued and wanted to know more about the lovely, fragrant-scented extractions. Through experimentation, I learned the value of these natural healing substances and have, over the years, put them to the test regularly.

One instance was after my husband had been in an automobile accident; he felt very sore and somewhat shaken. In order to get relief, we went to a hospital emergency triage facility. Since he was not seriously injured, there was a very long wait. Finally giving up he said, “Honey, let’s go home where you can concoct something to make me feel better.” At home, I blended everlasting essential oil with some other pain related oils. He later thanked me for once again alleviating another aching condition.

Another incident occurred when my youngest son Anthony could not shake a lingering cold. In a diffuser I blended fir, birch, eucalyptus, and tea tree oils. Next morning, congestion gone and breathing easily, my son remarked, “Mother, now I understand!” You see, he had previously questioned my sanity when I told him that I spent \$200.00 dollars for a small bottle of rose oil (Do not fret; all oils are not that expensive). For him, it took receiving relief from an aggravating ailment to realize the medicinal value of these precious oils.

In addition to medicinal experiments with essential oils, I also delve in the aesthetic arena—making cosmetic blends into creams and lotions for hair and skin; I even make tooth care products.

There are a number of good books on aromatherapy; following is a brief definition and description of some extraction methods. Aromatherapy is the use of aromatic plant extracts called essential oils to promote healing, to enhance beauty, and to replace harmful household cleaning compounds; many people are familiar with lemon and orange oils in cleaning products. The essence of a plant, results from the process of extraction using steam distillation, enfleurage (a process in making perfume in which odorless fats or oils absorb the fragrance of fresh flowers), cold pressing, and solvent extraction.

Essential oils are an amalgamation of biologic chemicals produced by the plant for its own very survival and well-being. We may use these oils by means of inhalation, bath, massage, creams, lotions, and water blends. Here are three forms of extractions:



(1) Distillation: Whether a sophisticated or a crude system of distillation is used, the principle is the same—involving steam, evaporation, cooling, and in this case, droplets of oil. The plant parts are placed in a vat whereby steam is run through it, releasing the aromatic molecules taking the form of non-greasy oil. By traversing a tube to another vat where the vapor re-condenses into water and the oil is then separated from the condensed water. Some oils like citrus are cold pressed, simply squeezing the oil out of the rinds. When you pop open citrus, you can see the tiny droplets of oil squirt out.

(2) Enfleurage: is a method whereby delicate aromatic molecules are obtained by immersing the plant parts into vegetable oils for a long period, thereby imparting into the vegetable oil the aromatic properties of the plant part used; the oil having procured the essence of the plant is then strained.

(3) Solvents: Steam distillation destroys the most delicate flowers; so, solvent extraction is required to obtain the aromatic properties of the flower. Solvent extracted oils are called “absolutes.” While solvent extracted oils are mostly used in the most expensive perfumes and not meant to be used medicinally they can impart many psychological benefits from their delightful aromas. Some absolutes like jasmine are beneficial for certain skin types. The goal of this method is to separate the oil and leave behind the solvent, which is acetone or any petroleum by product; however, residue of the solvents does not separate as intended; so, on the whole, avoid these oils for medicinal usage.

In addition to the bevy of books on the subject, there are classes that offer hands on experience of smelling, feeling, and blending the oils, salts, and treating common, everyday ailments.

All essential oils are not equal, and it is of utmost importance to use the best you can find; never use synthetic oils. Find a reputable company like Whole Spectrum*, in business since 1990, the same year of my introduction to aromatherapy. Their Tampa, Florida based facility is worthy of high esteem. Whichever company you choose, test its goods by leaving the cap off the bottle of an essential oil to determine its oxidation rate while in contact with air; if it loses its potency, that is an indication that there are petroleum chemicals and a sign that the oil is not pure. On the subject of purity, do not be misled by the term 100% pure. White sugar is 100% pure white sugar, which has no nutritional value. So, ask the manufacture about the life of the product. Oils having a shelf life of three years or less are not the best. The fine oils improve with age; in fact, I have some Whole Spectrum oils that I bought back in 1990 that I am still using.

Aromatherapy has stood the test of time—6000 years ago Egyptians used it to treat ailments and enhance beauty. Because of the diverse advantages of aromatherapy, it is, indeed, worth investigating its value for the purpose of alternative ways to heal and to beautify.

*[Whole Spectrum](#)



This is an array of some of my essential oils.



Healthful Hints

- ♥ Be tolerant and patient with others who do not think the same as you.
- ♥ When conveying food and health information to others, remember to teach, not preach. Do not act like the food police.
- ♥ Always take time to give thanks for whatever you consume—water, juice, fruit, or any nourishment.
- ♥ Eat before grocery shopping; on a full stomach, you are less likely to buy junk items.
- ♥ Instead of going on a diet to lose weight, which is like going on a train ride—at some point you plan to get off; make a lifestyle change, a plan to follow for life.
- ♥ Use glass jars to store foodstuff whenever possible; plastic containers may emit harmful chemicals. If you use plastic, be sure it is BPA (Bisphenol A) free.
- ♥ Set aside a few minutes a day to close your eyes, think good thoughts, and make constructive plans.
- ♥ Sleep without light and noise. In darkness, the brain produces melatonin, a hormone secreted by the pineal gland. The slightest light can interfere with its production. Even low noises can be disturbing; so, turn off stereos, radios, televisions, and lights in order to rest properly.
- ♥ Give praise and love to someone daily .
- ♥ Learn something new every day; at the end of the year, you will have acquired 365 things you did not know the previous year, and your mind will be better for it.
- ♥ Share your blessings; you will receive more.



♥ Help save our planet. We need less water waste, less toxins, and we need to become more involved in eliminating the problems plaguing the environment. Each of us has to do our part to ensure that our body, our mind, and our world are safe and healthy places in which we and our posterity reside.



Planet Earth, Our Home



Seven-Typical Days

Many people ask how I spend a typical day. My days differ depending on circumstances—mood, appetite, obligations, et cetera. During a conversation on the subject, My son Amos suggested I write a seven-day chronicle. Hence, the following is a description of how I spend some of my days.

Day One

After rising and performing the every morning mundane regimen* (bowel and urine elimination, bath and teeth care), I broke into pieces and bagged the flaxseed crackers that had finished drying in the dehydrator from the day before. Flax seeds are an excellent source of omega-3 fatty acids, an essential contribution to our diet since the body can't make them from scratch but must get them from food. Flax seeds are also high in fiber and most of the B Vitamins. I use to make the crackers with whole seeds but now grind them since learning that the ground seeds are more beneficial. Before the dehydrator lost its warmth, I cleaned and thinly sliced some fresh tomatoes and placed them on the dehydrator trays to dry. Tomato chips are a delicious snack eaten alone, as a side dish, or crumbled and added to a salad. Next, I juiced and drank 2 ounces of wheatgrass. One ounce of wheatgrass equals 2 pounds of leafy greens. The therapeutic property in the grass (as in all leafy dark greens) is chlorophyll, which is sometimes referred to as green blood because of its similarity to hemoglobin (the protein in the red blood cells). The nucleus of the hemoglobin is composed of iron, while the molecular structure of chlorophyll has magnesium in its nucleus. Otherwise, the atoms are identical.

Although I sometimes skip drinking wheatgrass juice, I habitually include dark-green leafy vegetables in my diet.

After my chlorophyll shot, I began the daily ritual of descending and ascending the spiral staircase. There are fourteen steps, and once I go down and back up, I have completed one floor. I repeat this throughout the day until I have achieved fifty to 100 hundred floors. The additional walking on the treadmill in my downstairs gym, along with gardening, housecleaning, dancing, and just walking around the house, generates at least eight miles of activity at the end of the day, which includes an average of 18,589 steps. Walking is a safe, effective, cardiovascular movement that one can do just about anywhere. I often walk in the family room, circling back and forth while my husband sits watching television. He frequently mutes the sound so we can talk.

Once I had completed thirty floors and realized the wheatgrass supply was getting low, I grabbed two glass-gallon jars in which to soak some berries for planting. In *Journey To Health*, the first booklet, I give instructions on how to grow wheatgrass, and in volume 2, video 5, of the DVDs *Health Alternatives' Interviews*, I visually demonstrate the growing process.

Having answered a number of e-mails and telephone calls, I decided that it was time for another drink; this time it was noni juice. The noni tree flourishes all year as long as we don't have a freeze. Living in Miami, Florida, we seldom experience freezes, and noni, a tropical fruit, does very well here. It is uncertain from where noni first originated—possibly Polynesia or Asia. What is certain is that its popularity has grown tremendously because of its healing powers. I know a retired physicist who says that he healed himself of prostate cancer by drinking the juice. Another acquaintance of mine told how her neighbor appeared to be dying, but after daily doses of noni juice, one day my acquaintance and her husband looked out of their window and witnessed the neighbor mowing her lawn, which was incredulous to them given her previous, bedridden state. Reports such as these prompted my eldest son to drink it, not that he had been diagnosed with any illness. I drink it because I like the taste which seems to be unpleasant to most people. The majority of commercial preparations use fruit mixtures to disguise noni's natural taste. I, on the other hand, place the fruit in food bags, hydraulically press it, and we drink it straight.

Sometimes the fruit is so plentiful that I will juice a gallon, dividing two quarts between my son and me. Today I made haft a gallon.

As midday approached, I prepared a salad consisting of lettuce and other green-leafy vegetables, Matt's Wild Cherry tomatoes from my garden, red bell pepper, portabella mushrooms, avocado, kelp (sea vegetable) chips, celery, and broccoli slaw—the dressing was pesto (recipe included in the first *Journey To Health* booklet and on the DVD *Annette's Raw Kitchen*). With the salad, I ate some of the flax seed crackers mentioned earlier, with a side dish of tomato chips.

It was afternoon when I partook of said meal, which was the first solid intake of the day. I am not advocating that anyone else forgoes an early breakfast, but my custom, for many years, has been to abstain from solid food until noon. This is when I choose to break my fast from the day before; therefore, I breakfast in the afternoon. For some unknown reason, many years ago, I began to feel that I should perform a few physical activities before earning the right to eat anything. The number of meals that I eat in a day fluctuates from one to three. At present, I am eating twice a day, and since the first meal was so large, for dinner I ate what was left over. As for evening dinning, I agree with the concept of day light eating. So, I eat before dark, and although I do not always manage to follow the before dark rule, I wholeheartedly believe in it.

Reflecting on day one, I am reminded that I did a bit of shopping; the legwork aided in my achieving nineteen thousand steps for the day. I have a tracker that records my activity.

Night has come and, at some point, rest is imminent. I shall sleep as long as needed—seldom do I require eight hours, and I don't have a specific time to go to bed. I usually awaken at five or five-thirty in the morning. Rest is most important for maintaining good health, but I think an individual's body and lifestyle determine the amount of sleep one attains. My body indicates when I need to rest and when I need to resume action; in other words, like a traffic light, it signals when to stop and when to go.

Even though I do not give a blow-by-blow description of the day, a synopsis delivers a general idea.

*These activities do not change; so, I shall not mention them again.



Day Two

Like manna raining from heaven, noni is dropping from the big tree that gets much attention from passersby as it stands tall in my front yard. People who are unfamiliar with the fruit ask questions about it. Today I opted to juice again because I prefer juicing a half gallon rather than a gallon. The truth is that I do not relish the cleanup. As mentioned earlier, I use food bags, and the seeded pulp has to be removed from the inside of the bags; that is the unpleasant part, but in spite of the messy aftermath, I refrain from complaining and continue the procedure, undaunted. When asked on *The Doctors'* television show how I drink it—I remarked that “I take it like a shot of tequila.” I later realized that I used that simile because noni juice actually gives me a buzz. It has been many years since I have ingested wine and beer (never hard liquor), but I remember the after effect. I do not know which property it is in the fruit that stimulates me in such a manner. The fact that my son does not experience the same reaction leads me to think that my anatomical makeup may be responsible for the slightly, euphoric state which I accept as a healthy high.

The soaked wheat berries from the day before, having drained overnight and sprouted slight tails, were ready to plant. Sometimes I grow them hydroponically (without soil), but this batch was planted on soil. Sunflower greens, pea greens, and buckwheat lettuce, are grown the same way as the wheatgrass, which I describe in *Journey To Health*. More seed soaking was on the agenda, but these were not to be grown on soil or on trays; instead, the broccoli, alfalfa, mung, and mixed lentil seeds are cultivated and harvested in glass jars. Studies conclude that broccoli sprouts, in addition to providing vitamin C, also strengthen the immune system and supply antioxidants to fight off disease; they reportedly supply ten times the nutritional value of their mature counterpart. Alfalfa sprouts are a great source of protein and are rich in minerals—potassium, calcium, iron, and folic acid. Vitamins A, C, and K are also stored in Alfalfa sprouts. Mung beans and lentils are legumes that are high in protein. The question often arises, “Where do you get your protein?” In addition to nuts, seeds, and other vegetables, sprouted legumes are another means of obtaining it. They are fiber filled, and fiber is the broom that sweeps the colon clean.

I drove to the sugar cane farm where I bought a 40-pound bag of cane to juice. I make lemonade to serve to family and friends. My powerful sugar cane juicer juices a 40-pound bag of cane (3 gallons) in about 10 minutes.

Food for the day: first meal consisted of avocado, Vidalia onions, crumbled dried tomatoes, and a side dish of sprouts. Between the first meal and dinner, I ate fruit—banana and mango. Dinner consisted of mock spaghetti (made from zucchini squash) and nut balls, a big salad, and flax crackers.

Early evening was spent with our two visiting sons Amos, the oldest, named after his father, and Anthony, the youngest, named because we wanted to be the four A's.

Whenever they visit together, there is always some reminiscence of the past; we are, indeed, a nostalgic foursome. One topic of conversation was that I became a vegetarian when they were two and three years old but did not force them to do so; years later they wished that I had insisted. They feel that they would have lost the taste for meat. Had I been nutritionally aware (story related in first booklet), perhaps I would have done it differently. Alas, we cannot change the past.



Day Three

Two tablespoons of fresh-squeezed lemon juice added to two cups of warm water, was my first liquid of the morning. It is a good drink to have first thing, as it loosens the walls of the colon. I had already had two bowel eliminations and did not need any loosening; I simply desired that particular beverage. Thirty minutes later, I drank two ounces of wheat-grass juice.

My palate, hankering for green pea soup, prompted the soaking of peas for sprouting. After placing the peas at a 45° angle in a glass jar to drain, slight tails appear in eight to twelve hours, and the peas are scrumptious in salads, dips, and soups. Green peas are power packed with Vitamins A, B-1, B-6, C, and K.

Since my husband Amos eats differently than I, he prepares his food in the bigger downstairs kitchen while I prepare mine in the smaller one upstairs. Even though he is an animal eater, he has eliminated certain kinds of animal flesh and now limits his consumption to fish and fowl. I am happy to report that at age 83, he is improving his diet, which is testimony that as long as the nail is not in the coffin, or the ashes are not in the urn, it is not too late to make changes.

So even though he consumes animal flesh and cooked foods, he, nevertheless, is including a substantial amount of raw foods in his diet and enjoys many of the raw dishes I prepare. He loves mango dressing on his salads; so I made some for him this morning. Our mango tree has been bearing abundantly beautiful fruit this season. There exists a huge variety of mangoes, of which I have only tasted a small fraction, but never have I tasted one that I did not like. I am pleased to learn about the health benefits of this luscious fruit: it prevents cancer, lowers cholesterol, clears the skin, is good for eye health, and alkalizes the body. Whoever started the rumor about healthy food lacking taste must not have tasted a good, juicy mango.

Because the mango tree is producing so generously, new ways to make use of its fruit have formed in my head; Slice, bag, and freeze for future use as sorbet is one idea. Another is to make mango pies, which I did after making dressing and freezing slices. It was mango day in my kitchen as I peeled, sliced, and blended. All good things must come to an end; so soon we will see the last mango for this period, but we are grateful for our bounty and look forward to next season's crop.

Speaking of crops, the mail ordered seeds arrived today; I purchase seeds from an heirloom company—heirloom meaning that the seeds are free from unnatural chemicals, free from GMOs (Genetically Modified Organisms), and come from plants that have been passed from one generation to another. Planting time is approaching and these wonderful seeds are just waiting to abandon their dormant state, come alive, germinate, and grow into mature life giving sustenance. I am excited to help them attain their goal. My order consists of tomato, lettuce, collard, mustard, turnip, beet, kale, and many more seeds. Sorting the packets put me in a state of expectation that only those who plant can understand.

First solids for the day: uncooked tomato soup, crackers, avocado salad, and carrot juice—it is best to drink juice alone, but do I always consume proper combinations? No! The last meal contained a spout mixture, more soup, and a slice of mango pie.

Day Four

More often than not I breakfast at 12 noon or after; today I could hardly wait for the clock to strike 12. I don't know if it was because the green peas have some nutrient that I needed, or if it was the fact that it had been a while since I had eaten peas; at any rate, I could not keep my mind from focusing on pea soup and peas in a salad; I craved them. A fresh batch of flax crackers topped with caraway seeds were ready to accompany the on the dot noontime fare. At 11:45 a.m., I scurried to get everything ready. The menu was simple yet scrumptious. Of course, to me, my meals are fit to serve royalty, which is why I welcome new comers to the Kingdom of Living Foods, live and raw—where live is king, raw is queen, and I am a willing and loyal subject. I invite the willing to feast at the royal table of life—to drink in the beautiful sights and taste of the delicious cuisine. The Kingdom of Living Foods takes us back to the Garden of Eden when man and woman ate foods in their natural state, and lived free from dis-ease caused by dead animal flesh and fired foods (cooked). Come with me, if you are so inclined, and experience the joy of life through living foods!

Living food is definitely a plus in maintaining a healthy lifestyle—what we eat and drink are extremely important to our wellbeing, and I ascribe to a universal truth that if we eat food in its natural, raw state it benefits us more than processed, or cooked food. Additionally, in order to enjoy the best of health, we must get enough exercise and rest, along with sufficient sun. I normally try to take advantage of morning sun rays to get a good dose of vitamin D, but this morning's undertakings prevented it; consequently, I found myself drenched in perspiration once the sun's heat was at its peak; at such times I choose not to linger too long—20 minutes is the limit. Otherwise, the minimum is 30-45 minutes. I seldom spend more than forty-five minutes at a time engaged in sunning; I don't bake my food, nor do I bake my body. Thank goodness I was born with a tan; if I had to rely on the sun for color, I would be as white as a sheet.

Back inside of the house, I fulfilled an earlier request from my son to soak some wild rice. It has been months since I prepared a wild rice dish; there is a recipe in the first booklet *Journey To Health* and a different one here in the recipe section. Wild rice is high in fiber, protein, and the amino acid lysine; it is low in fat; some wild rice goes through a parching process; therefore, it cannot be considered raw, per se. My method of preparation is to soak the rice until it softens and becomes fluffy. It is great for transitioning to a raw diet. Amos is pinning for a wild rice dish, and mother is happy to deliver.

A couple of hours before dinner, I ate a sizable slice of watermelon. Most of the time, I follow the food combining rule that dictates eating melon alone. I prefer to have it at room temperature, but after the first cutting, it needs to be refrigerated, and I don't always remove it from the refrigerator in time to allow it to settle at room temperature; so, I eat it cold as I sit in my back yard under the noon day sun—sometimes while reading, sometimes while watching the birds feed and bathe in Paradise Square, the name I gave to the area setup for their enjoyment. For dinner I added rehydrated raisins and goji berries to a juicy, fruit salad comprised of mango, pear, cherries, pineapple chunks, apple slices, and orange slices; a lengthwise sliced banana was arranged on crisp romaine lettuce leaves, and the rest of the fruit took center stage. What a divine fruit day!

Day Five

My stock of wheat berry, sunflower, and pea green seeds is dwindling, necessitating another order; I purchase these sprouting seeds from Ferris Organic Farms, a family farm since 1837. When I visited them in Eaton Rapids Michigan some years ago, I was so enthralled by their set-up (spacious, fastidiously clean, and thoroughly organized) that I began recommending them to anyone wanting to buy seeds. The couple in charge run a very sanitary operation. Although you may peruse their website [Ferris Organic Farm](#) for available products, you must call to place an order.

Further depleting my stock, I soaked sunflower, buckwheat, and more pea seeds; this time the green peas will sprout into pea greens on soil; all will be ready in about five to seven days.

Noni is dropping so frequently that I must juice every other day so as not to have an overload. I am trying to come up with other ideas to use the fruit. It is amazing that one tree can produce so much. I would love to share with my neighbors, but not only will they probably dislike the taste of the noni, I jokingly imagine that they may very well dislike me for giving it to them; most people find the fruit distasteful. A curious repairman picked one up, bit into it, and immediately threw it back onto the ground. I shall put on my thinking cap and find some way to use it in food preparations. One idea that works well is using the juice to make kale chips—it gives the chips a cheesy taste.

Moving right along, the next few days I will be setting aside some time for sewing. My husband and I will be traveling by car for two weeks. Since I make my own clothes, I shall focus on wardrobe. There will be seven outfits—one for each day of the week. We will remain in one place for one week, allowing me to wear the same outfits in two different cities. Our home away from home has two bedrooms, two bathrooms, a living room and a full kitchen so that I have use of a big refrigerator, appropriate for all the bulky fruits and vegetables that I stuff in it. The stove remains unused because although my husband cooks, he usually eats out on these trips.

We carry a certain amount of distilled water made from our home distiller, and when it runs out, we buy bottled, distilled water. In order to continue my exercise routine, I use the treadmill in the hotel's gym; I walk up and down the hotel's stairs instead of taking the elevator, and I walk back and forth through the hallways. I even walk back and forth in our suite.

That is a description of past and future happenings; back to the present, the fifth day of my chronicle; after cutting out an outfit and threading the sewing machine, I made some coleslaw; Cabbage is a good source of Thiamine, Calcium, Iron, Magnesium, Phosphorus, Potassium, and Manganese. I ate the coleslaw in the afternoon with a nut burger and spinach salad. It is better to drink liquids thirty minutes before and after meals, but I am on a carrot juice kick that is driving me to drink—I drink it before, during, and after meals; I only had one solid meal today; by the time I thought about dinner, it was dark, and I was not hungry.

Before retiring for the evening, I searched the Internet for caraway seeds since Ferris does not carry them. Earlier in the day, I bought two 1.90 ounce jars from a local health store to sprinkle atop a new batch of flax crackers (my son and I are hogging them up quite quickly). The two bottles cost \$5.00 each. An Internet find was much more economical—\$28.00 for 10 pounds. It pays to shop around, and the information highway (the Internet) is a great place to find bargains.

Caraway seeds, aside from adding a distinctive flavor, prevents gas and bloating, and is a remedy for colds and congestion, as the seeds contain mild antihistamines. Tonight instead of counting sheep (not that I ever do) as I doze off into dreamland, I just may be counting caraway seeds and thinking of the amount of money saved by purchasing them Online.



Day Six

At 2:00 in the afternoon, I realized that having been so busy answering telephone calls and e-mails and resolving a computer problem for my husband and walking and organizing unexpected occurrences, I had neglected to drink water or any liquid; nor had I eaten any solids. I did not feel hungry, but I did feel thirsty. So, I thought about the watermelon that I had juiced the day before. I was so thirsty that I grabbed a straw, poured the juice into a quart jar, closed my eyes, and envisioned myself on a white-sanded island sitting under a coconut tree while a balmy breeze gently whisked around me. My thirst was quenched with that delicious red nectar. How refreshing!

Every week I set aside time to interact with a few people who have special needs in one way or another. Some are older; some are younger, but none of them have much contact with the general public. It is my desire to raise their spirits in whatever way I can, either by visiting or by telephoning; this afternoon I spent two hours making calls. When we are blessed, we must, in some way, pay the blessings forward.

As early evening approached, I walked into my back yard and saw an eye soar pile of rubbish. My husband's office, located a few feet from the patio had a leaky roof; one workman removed all of the tile and the galvanized drip edge from atop the building. Another workman was to later carry it away, but seeing it lying there for three days, I was much agitated and decided to take matters into my own hands. I put on my workman's gloves and began transporting the refuse into garbage cans and huge litter bags. I used a pickaxe to crush and fold the galvanized drip edge to fit it into the assigned receptacles. Although it was a sweaty, time-consuming job, there was nothing spectacular about completing it; nevertheless, when my husband saw what I had done, he remarked, "This is another reason I call you amazing." The amazing thing to me is that after fifty-eight years of marriage he still thinks that I am amazing.

After bathing and winding down a bit, I prepared my one solid meal for the day: zucchini chips, a kale salad, and sliced red, white, and yellow onions, sliced red peppers, sliced mushrooms, and carrot sticks surrounding a small sunflower seed pâté dish. Yummy, yummy for my tummy; it was good!

Later I read a section of one of the books that I am presently reading; I routinely read a portion of one book when I am in my bedroom and a portion of another one when I am in my bathroom. Reading is like breathing to me; I must do it every day.

Because I had gotten in 10 miles of activity throughout the day, I abstained from any more walking and actually sat still to watch a movie with my husband.

Before retiring for the evening, I made one of my favorite drinks, which taste like soda pop and is so simple to make. The recipe is in the recipe section, but I shall explain why it taste like soda pop. It is due to the formation of carbonation during fermentation.

I have not drunk commercially processed carbonated beverages for many years. For a long time I wished that I knew a way to obtain that taste naturally. One day the thought of fermentation occurred to me, and shazam! It worked. Honey is one of the ingredients, and I acknowledge that some raw vegans do not eat honey, but I do, provided it is pure, raw, unadulterated honey. In the raw world, like in religion, people may have the same basic beliefs, but certain aspects set them apart, which is why there are approximately 313 different religions and denominations in the United States.

Lights out, television off, I went to bed knowing that I had spent a productive day, expecting that the next day would be just as prolific.



Mushrooms



Bell Peppers



Carrots



Day Seven

On the last day of the seven day chronicle (Seven Typical Days) I fasted; it was time to give my digestive system a rest. As stated at the beginning of this chronicle, people worldwide want to know how I live day to day—eating, drinking, sleeping, et cetera. I share certain facets of my lifestyle in hopes that I might encourage others to make life changes that will allow them to enjoy the fruitfulness of youth and the wisdom of age. Of course, individuals must decide for themselves which course to take in life; one may read what I write and listen to what I say, but of utmost importance is to know thyself. Because we humans are complexed beings, it stands to reason that although we share many commonalities, no two people have the same fingerprints, and we may respond differently than others to almost anything.

Therefore, one must pay close attention to how one's own body reacts when consuming something internally or applying anything externally. One's body will indicate acceptance or rejection. I recommend fasting to those who are interested and are able to handle it because I know the benefits that I derive by including it periodically as another means of maintaining good health.

In spite of the dividends of fasting, some people like diabetics must eat on schedule; therefore, those who suffer from the disease should refrain from such an endeavor (unless under strict supervision of a qualified practitioner). Anyone else should consult with his or her physician as a precaution against other risk factors.

I have been intermittently fasting, one way or another for many years and am always exuberant at the completion, whether it lasts for one day or one month. I have tested various ways to fast. Because I was initially unable to endure an entire day on just water, a juice fast was my first successful one. Green drink fasts are nourishing, and I was able to withstand the water fast eventually. I have also done what some call a dry fast, the intake of absolutely nothing—no solid food, water, or juice. One dictionary definition of fasting is to “Abstain from all or some kinds of food or drink, especially as a religious observance.”

Never have I fasted for religious observance. My purpose of abstinence in this way is to give the digestive system a rest. We often eat without thought of how hard our digestive system has to work to break down food to a usable state for cell mending and cell growth. Fasting also gives a rest to the glandular, circulatory respiratory and nervous systems. Since daily food consumption is the norm, it can be a struggle to go just one day without eating, let alone a week or more. There are short and long fasts; the longest that I have gone is one month on a juice fast. I did it to test my stamina.

If you feel the desire to try a fast and have received the go ahead from your medical advisor to do so, understand that you will not be in a starvation mode, and if you get through it you will feel a sense of accomplishment.

Fasting experts cite many reasons why we should fast; below are some examples:

1. To lose weight
2. To detoxify the whole system
3. To allow the body to heal itself
4. To sharpen mental processes
5. To feel a sense of control
6. To Feel spiritual awareness
7. To provide better bowel elimination
8. To sleep better
9. To relieve nervous tension
10. To lower blood pressure and cholesterol levels

Those who are unacquainted with fasting may think that it weakens and reduces strength, and initially one might feel like it does; that is a psychological misconception. Once you adapt to fasting, that feeling dissipates. I remember reading that Paul Bragg, a pioneer life extension specialist, would hike for miles while fasting. Well, hiking was not on my agenda yesterday, but I did a lot of house cleaning, and I ended the day with ten miles of activity. I did not feel weakened at all, and I was contemplating going another day.

During a water fast I drink distilled water because it is pure without any inorganic minerals. Distilled water acts as a solvent to dissolve and to flush out toxins, contrary to what some may think.

I firmly believe that one of the reasons that, along with proper eating and exercise, I have not been introduced to Mr. Arthritis is that I have been drinking distilled water for almost 50 years. There are over 100 different forms of arthritis; thus far I do not suffer from any of them.

Below is my water distiller; if you want to view a video of mine on my choice of water and why, click the link below:

[Annette on Distilled Water](#)

Click the link below to find out more about the distiller:

[Aquanui Water Distillers](#)



Shown is just one of the available sizes. This one is located downstairs in the laundry room outside of the pantry; a smaller one upstairs has a one-gallon storage capacity; an individual's needs determine choice of size.



Annette's Raw Kitchen

Annette's Raw Kitchen demonstrates how to prepare delicious, non-cooked recipes. Twelve of the recipes are from the 12-part television series *Health Alternatives With Living Foods* that I hosted. The two-hour video includes: *Breakfast and More*, *Pizza and More*, *Lunch and More*, and *Dinner and More*. The recipes are divided between both soft covered booklets—1 and 2. During the demonstrations, viewers see some of the equipment used in a raw kitchen. Below are some handy items for consideration.

- ♥ Blender—Blenders serve well for mixing and combining solids and liquids. There are several price ranges to fit different budgets.
- ♥ Food Processor—more versatile than a blender—it chops, dices, slices (with attachments), and handles solid foods as well as liquid combinations. Consider one with at least a four cup capacity.
- ♥ Mandoline—No, it is not the musical instrument, mandolin. This manual slicing device produces julienne, matchstick, French fry, and crinkled cuts. Some processors have attachments to do the same jobs as a mandoline.
- ♥ Juicer—Consider a regular juicer to extract the pulp from fresh fruits and vegetables—the least expensive ones generally use centrifugal force: the blade has a round shape with a quick spinning motion. This type of juicing causes fruits and vegetables to oxidize quickly; so, you should drink the juice right away to prevent loss of nutrients.
- ♥ Wheatgrass Juicer—Wheatgrass, requires a different motion than centrifugal force. It is very fibrous and requires a special slow-turning motion. A machine with an auger blade (rotates instead of spins) will juice both wheatgrass and other vegetables but may be more expensive than centrifugal force machines.



- ♥ Dehydrator— Dehydration removes moisture from food. Drying also changes concentration, volume, and texture of foods; it is a way to preserve foodstuff. Dehydrator shapes are round and rectangular. Some have timers, which is not necessary, but be sure there is a thermostat and a fan. Sun drying is also an option.
- ♥ Nutcracker—Many people prefer purchasing shelled nuts, but if you want to shell your own, a good nutcracker is essential.
- ♥ Water distiller—A water distiller saves money in the long run, and you know that your water is 100% purely distilled.
- ♥ Sprouting machine—You may purchase an automatic one, a manual one, or you may use glass jars covered with cheesecloth for drainage. For sprouts like wheatgrass and sunflower greens, you may use containers like cafeteria trays when sprouting on soil.
- ♥ Glass Jars—Use to make sauerkraut and other fermented vegetables—use to store dehydrated foods.
- ♥ Ice Cream Maker—Some juicing machines have the facility to turn frozen bananas into great tasting ice cream. They also make sorbets and sherbets; however, there are machines designed especially for making those desserts.

Conveniences may or may not be pricey. I am the gadget guru; so, I am not trying to discourage you from stocking up on expedient equipment if you can afford it; but there is more than one way to peel a carrot, and you should make use of what you have if you cannot meet the expense of certain machines. Do not be dissuaded by a missing doodad or special gizmo.

I spoke to an Atlanta, Georgia woman in her seventies who said in her deep, southern accent, “Baby, I love you, I love your book, and I love your wheatgrass; it helped me so much. I can’t afford a wheatgrass juicer; so, I do like you told me, in *Journey To Health*—I chew the grass to get the juice and spit out the pulp.” She was referring to advice from the first booklet. After all our teeth are the original grinders.

It does not matter whether you use modern gadgets or resort to teeth grinding, sun drying, or rock pounding; getting healthy is what counts, and this is the intention of the raw kitchen and other material in my raw world.



Nine-Tray Excalibur Dehydrator

Click link below for more information on water distillers and dehydrators.

[Annette Larkins](#)



Introduction to Recipe Section

Specifics for This Edition*

General Information, Suggestions, and Tips for Recipes: Use recipes as a guide. You know your taste buds; if you don't like a particular, recommended ingredient, substitute it with something that you do like. Eventually you will create your own raw-food combinations. Eat organically grown foods and use distilled water in food preparations whenever possible.

Dehydrators may have drying temperatures as high as 145°, but in order to retain enzymes, do not go above 110°. Without getting technical, suffice it to say that enzymes are substances necessary for our wellbeing, and they are destroyed by high heat. Regardless of how you proceed in the kitchen, prepare with love; have fun, be healthy, and strive to make dishes that will have you, your family, and friends singing yummy, yummy, for my tummy!

* In the Onion Bread recipe, you determine how long to dry the bread, but note that when you are satisfied with the progress on one side, turn it over to finish drying, and as stated in the recipe, if you want crackers instead of bread, allow longer drying.

If a recipe portion is too large, for example the mustard, scale it down to accommodate your needs; likewise, you may double the portions.

The avocado salad that you see has chopped red peppers on top as garnish, and the mayonnaise recipe is in the first booklet; however, you may use mayonnaise of choice. I Make my tahini by stone grinding sesame seeds, but you may purchase it from the health food store. The Little Chef's label on the bottle is a leftover from years ago when I marketed a salad dressing to health food stores. There is an anecdote regarding the Little Chef's dressing in the biography section, here, on the last pages.

With the Lemon Soda Drink, you may shake the jar from time to time, or stir the mixture, and be sure to allow bubbles to form (at least eight hours, maybe more), indicating carbonation; otherwise you have lemonade, which is good too.

The Wild Rice and Arame dish—wild rice is really a grass and not a grain, and in case you are unfamiliar with arame, it is a sea vegetable that you may purchase in health food stores or Online.

An example of substituting one ingredient for another is in the Kale Greens; I normally use noni juice that adds a cheesy flavor, but understanding that most people do not have access to noni the way that I do, I substituted the recipe with lemon juice, and my son Amos and I lapped it up, enjoying it as much as if I had used plain noni juice (not the kind that is mixed with fruit juice).



Serve with Love

Onion Bread: page 37

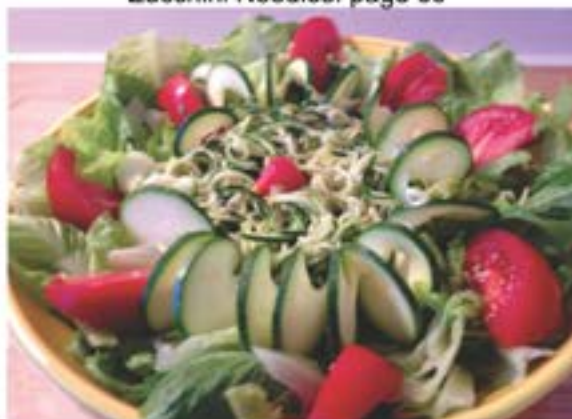


Onion Bread Topping: page 38



[CLICK PHOTOS](#)

Zucchini Noodles: page 39



Mustard: page 40



Avocado Salad: page 41



Tahini Dressing: page 42



Mock Sour Cream: page 43



Pumpkin Seed Pâté: page 44



Lemon Soda: page: 45



Wild Rice and Arame: page 46



Kale Greens: page 47



Chutney: page 48



Onion Bread

Ingredients



3 or 4 chopped or diced onions
1/2 cup diced celery
2 zucchinis (chopped)
1 red bell pepper (chopped)
1 Tablespoon dried seasoning of choice
1 teaspoon sea salt
1/4 cup extra virgin olive oil
4 cups water
2 1/2 cups sunflower seeds (ground)
1 cup flax seeds (ground)
1 cup chia seeds (ground)

Instructions



Place chopped onions in large bowl.
Add celery, zucchinis, red bell pepper, seasoning of choice, sea salt, olive oil, water, and ground sunflower seeds into blender or food processor and blend.

Pour mixture into bowl with onions and stir; then add flax and chia meal, stirring until mixture thickens. Spread onto non-stick dehydrator sheets. Score with spatula, and dry at 110°.

Onion Bread Topping

Bottom bread spread is pesto. Recipe is in *Journey To Health*; you may use spread of choice. Sliced red and yellow bell peppers, sliced onions, sliced tomatoes, sliced avocados



Zucchini Noodles



Ingredients and Instructions

Zucchini—as many as you desire. Use a mandoline or any device that provides long, thin-noodle or spaghetti shapes. Place in a bowl and add to taste: sea salt, black pepper, and pesto or olive oil. Mix well.

Garnish bowl with vegetables of choice: tomatoes, lettuce, etc.

Mustard



Ingredients

4 cups ground mustard seeds
1/2 cup turmeric
1 quart apple cider vinegar
1 pint distilled water
1 cup raw-unadulterated honey

Instructions

Mix mustard and turmeric together in a big bowl. Add vinegar, water, and honey to mixture and stir well; then pour mixture into a food processor or blender and blend until smooth.

Avocado Salad

Ingredients and Instructions



**2 avocados cut into cubes
2 Tablespoons mayonnaise
3 Tablespoons chutney
1/2 teaspoon sea salt**

Hand mix ingredients well and enjoy!

Tahini Salad Dressing

Ingredients

1 cup tahini
2 1/4 or 2 1/2 cups water, depending
on desired thickness
1/4 cup fresh-squeezed lemon juice
1 garlic clove
1 teaspoon sea salt
1/2 teaspoon black pepper



Instructions

First, pulverize garlic in blender;
next add the rest of the ingredients
and blend well until smooth.

Mock Sour Cream

Ingredients and Instructions



2 cups cashews, soaked for 2 hours—then drained

1/2 teaspoon sea salt

4 teaspoons apple cider vinegar

2 Tablespoons fresh-squeezed lemon juice

1/2 cup water—you may use soak water.

Blend until creamy and smooth.

Pumpkin Seed Pâté

Ingredients and Instructions



**2 cups ground pumpkin seeds
2 diced carrots
2 stalks celery
4 Tablespoons red diced onions
2 Tablespoons Bragg liquid aminos
3 Tablespoons fresh-squeezed lemon
juice
1/4 cup water**

**Add all ingredients to food processor
and mix.**

Lemon Soda Drink

Ingredients and Instructions



**1 cup raw, unadulterated honey
1/2 cup fresh-squeezed lemon juice
8 cups distilled water**

Place honey and lemon juice in a 2-quart glass jar; stir until homogenized (uniform). Add distilled water, and allow solution to ferment over night, or until it becomes bubbly.

Wild Rice and Arame



Ingredients and Instructions

1 cup wild rice, soaked for a day or until soft
2 cups arame, soaked for 15 minutes
1 peeled carrot, cut into strips
1 peeled zucchini, cut into strips
1/2 red pepper, cut into strips
1/2 cup sprouted green peas
1 cup mixed salad greens

Mix drained rice and arame with other ingredients; blend 2 tablespoons of fresh-squeezed lemon juice with 3 tablespoons extra virgin olive oil, and stir into vegetables, adding salt and pepper to taste.

Kale Greens

Ingredients and Instructions



2 Pounds cut, stemless kale
2/3 cup fresh-squeezed lemon juice
1/2 cup pesto or extra virgin olive oil
1 1/2 Tablespoon sea salt
1 1/2 cup water
1 cup tahini

In a bowl or a jar, mix liquid ingredients along with salt.
Add mixture to destemmed kale and hand massage well.

Chutney

Ingredients and Instructions



Place in large bowl—2 cups each—diced red bell peppers, diced celery, diced cucumbers, and diced onions.

In another bowl or jar hand blend 2 cups apple cider vinegar and 1 1/2 cups raw honey.

Pour over diced vegetables, mix and store in a glass jar.



Born in Asheville, North Carolina in 1942, Annette knows so little of her birthplace that she has always claimed to be from Detroit, Michigan. She has lived in Miami, Florida so long that it has become home.

While attending George Washington Carver High School in Coconut Grove, Florida, she met and married Amos Larkins, Jr., who is nine years older than she and with whom she will soon celebrate their fifty-eighth wedding anniversary. The year was 1958, and she was sixteen years old. Two years later she gave birth to their first son Amos II; their second son Anthony was born ten months and eighteen days later, a little over a month after her nineteenth birthday. Annette announced that she had contributed to the perpetuation of the species and was finished with childbearing. "They were so close together; it was like having twins," she says.

When the boys were ten and eleven years old, she began singing at a local nightclub on Miami Beach, where she remained for two and a half years.

Choosing not to pursue stardom on a grand scale, Annette chose, instead, to enroll at Miami-Dade Community College, majoring in liberal arts. She graduated with high honors, receiving the highest achievement award for foreign languages; Spanish is her second language.

In order to determine if she wanted a career in teaching, she taught Spanish and other subjects as a substitute teacher. She also worked as a reservations clerk for an airline, which afforded extensive travel benefits. In Air Florida's in-flight magazine, the company published an article that Annette wrote. She manufactured a salad dressing; The Little Chef's dressing was a popular item in health food stores, and customers were disappointed when she stopped making it. One day while shopping in one of the stores where the dressing had been sold, Annette encountered a

lady who asked, “You’re The Little Chef aren’t you?”

“Yes, well, I was,” replied Annette.

“They told me that you stopped making the dressing, and I am, now, looking for something comparable to it. My son says that if he can’t have The Little Chef’s, then he just won’t eat salads.”

“What a commercial!” thought Annette; however, she would not be swayed by such remarks. The reason she had produced the dressing in the first place was because people said she should market it; so she did, but she lacked the passion to see it through to its greatest potential.

When her husband Amos, a diversified businessman, requested that she obtain a Property and Casualty Insurance License, in order to complement his Life and Health License, she did that too.

Her perpetual quest for knowledge and new experiences eventually landed Annette into the computer age. In this world of motherboards, CPUs, and unknown peripheral devices, she found fascination and challenge. No longer a stranger in foreign territory, to date, Annette has built numerous personal computers.

After learning so much about computers, she wondered, “What now?” She preceded by combining acquired technical knowledge with innate creativity to compose personal greeting cards, using poetry to accommodate the occasion, along with clip art, photographs, and a protective plastic cover. She also wrote a textbook for her grandson that taught him how to read and helped with his first grade studies.

“I have always been passionate about motivating individuals to make changes that will enrich their lives; I like stimulating the psyche of others and helping them to discover the power within themselves.” she expresses.

Annette’s desire to help others achieve a healthier lifestyle is manifested through the production of her DVDs *Annette’s Raw Kitchen*, *Health Alternative Interviews*—volumes 1-4, and her booklets *Journey To Health*, *Journey To Health 2*, and now the E-Book, *Journey To Health 3*, third in the series.

Having investigated assorted career opportunities, she now recognizes that the health field is where she belongs and plans to serve in that arena for as long as possible!

I autograph each copy of my hard copy booklets; continuing the practice, my signature is below in the electronic version, and I hope that you have enjoyed this presentation.

I wish you good health and great prosperity!

Ronette
Faria



One of my backyard miracle plants: when this red berry is eaten—lemons, limes, and any sour fruit— taste sweet.

74 years young Annette Farkins has, for many years, ascribed to that which Hippocrates prescribed: "Let food be thy medicine, and medicine be thy food."

