

WHAT SHOULD I EAT?

Raw Vegetables, Fruits, Greens, Nuts, Seeds

Dr Ann Wigmore (Hippocrates Founder) always advocated a 100% raw food diet. (Fruits, greens, vegetables, sprouts, nuts, seeds, wheatgrass juice). During our Hippocrates residential program, ever since 1985, we have seen wonderful results from this diet: dramatic weight loss, as well as overcoming severe ailments.

Late in Ann's life, she began to recommend BLENDING these various raw foods to allow even easier digestion. (A number of Ann's books are available at www.hippocrates.com.au).

We've now taken a step beyond, to what we've deemed the "Ultimate Cleansing" or "Seedatarian Porridge" diet: consuming ONLY raw seeds and nuts -- soaked for 24 hours before eating, and resembling a porridge, plus fresh wheatgrass juice.

Why? Simple. Raw seeds and nuts are even MORE potent than raw fruits and vegetables. How does a planted acorn seed develop into a mighty oak tree? From sunlight, water, minerals in the soil, and the life force in the seed. And that's the life force that YOU can be constantly putting into your body.

And variety! You have literally thousands of seeds and nuts to choose from for soaking.

To name only a few:

Asparagus Bean Beetroot Broccoli Cabbage Capsicum Carrot Cauliflower Celery Chia
Cucumber Eggplant Endive Kale Kohlrabi Leek Lettuce Okra Onion Parsley Pumpkin
Radish Rocket Rockmelon Silverbeet Squash Swede

Sweetcorn Tomato Turnip Watermelon Zucchini Almond Walnut Brazil nut Pistachio
Cashew Hazelnut Pecan Macadamia Pine Nut Avocado.

You might like to add certain powdered or granulated foods, such as Maca, Rose hips, Carob, Turmeric. And, for flavouring, you might like to add fruits or Hippocrates Delicious Superberry Powder.

Of course, you'll lose weight until you reach your optimum.

And this is the perfect spot to recommend the foods at www.seedsoflife.com.au.

They're simply the finest quality manufactured foods we've ever had -- incorporating many of the ingredients above (organic, of course) in tasteful loaves and biscuits.

We can already hear many expostulating "But that's too hard! Can't you make it easier?" Sure, the next best approach to food is -- NEVER EAT BURNED FOOD. (BBQ, fried or microwaved.) Roast, bake or steam instead. Burning foods creates carcinogens, leading to cancer.

Nuts for Your Health

People often assume that in order to lead healthier lifestyles, they need to quit snacking. But according to a new study, snacking could actually reduce your risk of a number of diseases and of premature death. You just have to snack on the right thing.

In fact, according to an analysis of 29 studies involving over 800,000 participants, there's a snack that can cut your risk of coronary heart disease by almost 30%, your risk of developing cancer by 15%, and your risk of premature death by 22%. You'll cut your chances of death due to respiratory disease in half and your risk of diabetes by 40% as well.

So what is this miraculous snack? It's nuts! The researchers found that an average of 20g of nuts — about a handful — could deliver all of these benefits. The studies they reviewed included a variety of nuts, including macadamias, hazelnuts, almonds, walnuts and pecans, and found that the benefits were fairly consistent regardless of what kind of nut people consumed. Eating a mixture was beneficial as well.

Though nuts are high in fat, they contain a good deal of fiber, magnesium, protein, and antioxidants as well, making them a well-balanced choice for munching. However, this is a situation in which more isn't necessarily better. The benefits seem to peak at about 20g per day. Eat more than that and you'll be loading up on calories, but not doing your health much more good.

Clearly, nuts are a great snack option. Or, if you don't like to snack, just add them on as an appetizer to one of your meals. They're great on salads. **AND REMEMBER: TO ENHANCE DIGESTIBILITY, ALWAYS SOAK NUTS AND SEEDS FOR 12-24 HOURS FIRST.**

Calorie Restriction Slows Ageing

A study of people who reduced the calories they consumed has found the strongest evidence yet that such restrictions can slow down human metabolism. The results raise hopes that a low-calorie lifestyle – or treatments that mimic the biological effects of restricted eating – could prolong health in old age and even extend life.

Past work in short-lived animals, including worms, flies and mice, has shown that calorie restrictions reduce metabolism and extend lifespan. But experiments in longer-living humans and other primates are more difficult to conduct and have not yet drawn clear conclusions.

The study was part of a multi-centre trial called CALERIE (Comprehensive Assessment of Long-term Effects of Reducing Intake of Energy), sponsored by the US National Institutes of Health. The randomized, controlled trial tested the effects of two years of caloric restriction on metabolism in more than 200 healthy, non-obese adults.

“The CALERIE trial has been important in addressing the question of whether the pace of ageing can be altered in humans,” says Rozalyn Anderson, who studies ageing at the University of Wisconsin-Madison. She leads one of two large, independent studies on calorie restriction in rhesus monkeys, and began her research career studying calorie restriction in yeast. “This new report provides the most robust evidence to date that everything we have learnt in other animals can be applied to ourselves.”

Published in March 2018 in *Cell Metabolism*, the study looked at 53 CALERIE participants who had been recruited at the Pennington Biomedical Research Center in Baton Rouge, Louisiana. This facility is home to four of the world’s twenty or so state-of-the-art metabolic chambers, which are like small, sealed hotel rooms that measure minute-by-minute the amount of oxygen that occupants use and how much carbon dioxide they exhale. This allows researchers to track how the occupants use energy with unprecedented precision, says Anderson. The ratio between the two gases, combined with analysis of nitrogen in occupants’ urine, indicates whether the occupant

is burning fat, carbohydrate or protein.

The trial participants, aged between 21 and 50, were randomized into two groups:

34 people in a test group reduced their calorie intake by an average of 15%, and 19 people in a control group ate as usual. At the end of each of the two years, they all underwent a range of tests related to overall metabolism and biological markers of ageing, including damage associated with free radicals released during metabolism. They were also placed in the metabolic chamber for 24 hours.

The scientists found that participants on the diet used energy much more efficiently while sleeping than did the control group. This reduction in their base metabolic rate was greater than would be expected as a result of the test group's weight loss, which averaged nearly 9 kilograms per participant. All the other clinical measurements were in line with reduced metabolic rate, and indicated a decrease in damage due to ageing.

Caloric restriction has been known for decades to extend life in different species. In the 1990s, scientists began to identify the genes and biochemical pathways actively involved in longevity in the short-lived worm *Caenorhabditis elegans*, and in the fly *Drosophila melanogaster*. These include pathways relevant to insulin sensitivity and the function of mitochondria – tiny structures in cells that use oxygen to generate energy. Subsequent studies revealed that calorie restrictions alter similar pathways in mice and monkeys. Mice on restricted diets can live up to 65% longer than mice allowed to eat freely, and the ongoing monkey studies hint at longer survival and reduced signs of ageing.

“The Rolls-Royce of a human longevity study would carry on for many decades to see if people do actually live longer,” says Pennington physiologist Leanne Redman, the lead author of the latest study. CALERIE ran for just two years, and was designed to see whether a calorie-restricted diet in humans induces some of the same metabolic, hormonal and gene-expression adaptations that are thought to be involved in slowing ageing in other species during long-term caloric restriction.

Few people would want, or be able, to restrict their diet as severely as the participants in the study. “But understanding the biology of how restricting calories extends life will allow us to find easier ways to intervene,” says Anderson.

Redman would like to repeat the study, combining less ambitious calorie restriction with a diet containing antioxidant food to control oxidative stress.

Other scientists are starting to try out the effect of restricting calories for just a few days every month. Such intermittent restriction has been found to be as effective as continuous calorie restriction in protecting mice against diseases of ageing such as diabetes and neurodegeneration. “I think that’s going to be a way to get all the benefits, without the problems of constant dieting,” says gerontologist Valter Longo of the University of Southern California, who is embarking on clinical trials of intermittent calorie restriction in various disorders.

Weight Loss

How many overweight wild antelope have you ever seen? What about morbidly obese zebras waddling around the savannah? Wild animals don’t deal with overweight or obesity issues. Wild animals don’t eat cooked or processed foods. They eat raw foods in their natural state and maintain ideal body weight. The human body is designed to run on the clean fuel of raw foods as well, like all other animals. Through our experiments with cooking and processing foods, however, we have moved ever farther away from simplicity, towards the so-called ‘Franken-foods’ and we pay for it with our health. Our addictions to processed starches, refined sugars and greasy foods lead to widespread obesity, which we then try to ‘fix’ with yet more processed foods, chemical pills, powders and packet ‘diet’ foods.

Most people in the Western world are dealing with overweight/obesity issues. The consequences are enormous – from increased illness and medical costs, to ‘lost’ work days, family tensions and more. The obesity epidemic infiltrates all aspects of life. Not surprisingly, then, the weight loss market is one of the largest industries in the world and growing constantly. Bombarded with slimming plans, pills, powders, and pre-

packaged, processed diet foods, slimmers fret about calories, fat grams, low-carb, no-carb and all number of issues. There are literally thousands of different diets available and a HUGE amount of conflicting information. It can be very confusing to decide how to lose weight.

In contrast, a raw food lifestyle is all about keeping it simple. Not about calorie counting or protein controlling – it's about returning to natural, nutrient-rich foods, Choosing to simply include more raw foods daily, as part of a permanent lifestyle change, can help you lose weight, detox and enjoy much more energy.

The effects of going raw are well-documented. We look younger, hair and nails strengthen, skin gets clearer, pores tighten, eyes brighten, depression lifts, diseases heal and we feel energised. In addition to all these benefits, swift, sustainable weight loss is one of the primary effects of beginning a diet rich in raw foods.

This is a completely different approach to 'dieting'. It's not about how many calories something contains, the fat grams or the endorsements on the packaging. It's about how it feels in your body – do you enjoy it, are you energised by it, are you feeling better?

The raw lifestyle is extremely cleansing. The body goes through an incredible transformation: toxins, including fats that have accumulated over years, are released through massive detox. The body always works towards health, so when it suddenly receives potent enzyme and nutrient rich food with which to clean and cure itself, it seizes the opportunity to become much healthier, very quickly. Eating more raw is the most natural, simple and rapid path to sustained weight loss available.

Most people, however, seem to look towards unsustainable 'quick-fix' solutions for weight loss, such as dieting, 'miracle' powders/pills or even surgery. These solutions rarely provide satisfactory results in the long run.

The truth is that diets don't work. Often, people just lose excess water when dieting. They're thrilled to see a lower number on the scales and soon revert back to previous habits. They then regain weight (and often extra), ending up in a 'yo—yo' dieting

situation. So, how is going raw different? Simple: we don't see this as a temporary patch-up solution, or a diet we go 'on', waiting to come 'on' again at some point; for us, it's a genuinely effective and loving lifestyle choice. We adjust to a permanent new abundance of fresh, raw food, which cleanses the body and sustains us.

This path doesn't chain you to endless diet club sessions and expenditures, nor is it funding any multinational pharmaceutical company. There is no big business behind raw fruits and vegetable – it is just simple, natural and effective. The great news too is that you don't have to eat 100%, completely raw to feel the benefits – just eating more raw than cooked food will begin your healing. If you can simultaneously remove the primary 'nasties' in your diet – processed starches, refined sugars, pasteurised dairy – your cleansing and weight loss will progress dramatically.

One definition of madness is to keep doing the same thing over and over again, expecting different results. Yet people come 'off' a diet, revert back to previous eating habits and are surprised to find they regain weight and feel the same as before. A KEY aspect to understand is that making committed changes to your lifestyle will bring about complete changes in your body and wellbeing.

You are what you eat. Did you ever wonder what that really means? The foods you eat literally make up your cells. Consider food as messages to your body's cells for a moment. The optimal foods for your body are natural things it can easily recognise. Your body can 'understand the message' when you eat fresh watermelon for example, much more easily than denatured, pre-packaged low-fat ready-meals. The body has to work much harder to 'unpack' the information in the ready meal. It likely contains any number of preservatives, stabilisers, processed starches, trans-fats and so on – things that simply don't occur in nature. There may be all kinds of claims on the box about how it will help you slim down and gain energy, but those aren't the messages your body receives. With cooked/processed foods, the body isn't getting the nutrients it needs, so it keeps asking for more, which ironically often leads to eating huge amounts of 'empty' foods, such as pasta, sweets and snack foods. When we eat mainly raw

foods, the body gets what it needs: enzymes, vitamins, minerals and other nutrients – in a form that's easily understandable and useable.

The same principle goes for trying to lose weight permanently and successfully using medicines/pills. The body doesn't recognise such chemicals – they only complicate matters in the long run. In the short term they may raise your metabolism and help you burn some fat, but in the long term it is hard to even know what damage these chemicals may cause. Making long term, permanent changes to your food intake is the optimal way to natural weight loss, not ingesting chemical pills alongside a lifeless diet. As Hippocrates put it, 'Let thy food be thy medicine'.

For most people, 'going raw' seems a huge change. We reemphasise that to see real and effective weight loss, there is no demand that you **MUST** be 100% raw, now or ever, or indeed do anything that doesn't feel comfortable to you. Try starting with baby steps. Ultimately, the most important message here is to **EAT MORE RAW** – it doesn't matter if you begin at 50, 60 or 70% raw, as long as you're eating more raw than you used to, and more raw foods than dead, cooked foods.

In the beginning, especially if you're coming from a junk food background, anything is an improvement as you're moving away from processed foods towards more natural produce. People usually fear that to eat more raw means it's all carrot sticks and apples from here on. That need not be the case at all. It's possible to produce incredibly lavish raw meals, as gourmet as you like.

When dieting, people often feel deprived, as they're calorie counting and weighing foods and these restrictions can feel very un-nurturing. As a result, when the diet ends, they often swing into binge eating. Eating raw can alleviate much of the pattern.

Just go for it – try it out for a day or a week. The more raw foods you ingest compared to cooked, the more opportunity you have to release toxins/excess weight and regain health. The choice is yours, but the minimum level we suggest starting at is 50% raw (by weight, not volume of the food) and work up from there.

Remember, this is about long-term, realistic changes, not about ‘magic bullet’ solutions or being perfect at being raw, so take things at a pace that’s comfortable for you. Be aware that making a huge change from a very unhealthy diet to very high raw can be extremely demanding in terms of detox and you may experience a ‘healing crisis’ if you push too far, too fast. Your body stores many toxins in fatty tissue, so the faster the fat breaks down, the faster the toxins are released, and too many toxins released too quickly can cause discomfort. Be sure to incorporate colon cleansing to aid the elimination process. Going 100% raw has many health benefits, including a clearer system, increased assimilation and greater energy and we certainly recommend it in the long run, but in the beginning, it’s usually beneficial to take your transition gently.

You might find at first that you feel like eating soaked nuts constantly, along with three avocados a day. It’s OK, avocados won’t make you fat. Fats are an area where people tend to feel confusion and fear. Raw fats are completely different from cooked fats. Whereas cooked fats clog up the body with toxins, raw fats such as those from avocados, coconuts, soaked nuts and seeds nourish the body, soften the skin and actually promote weight loss. This is because raw fats still have enzymes intact, especially lipase, which helps to break fat down, whereas in cooked/processed fats, the enzymes are mostly destroyed.

Something that really excites us about people going raw for weight loss is that it tends to foster exploration of many other aspects of themselves – not just the physical. Rather than it all just being a ‘weight issue’, people start to examine the emotional suppression underlying those excess pounds. They begin to unfold more and connect with hidden parts of themselves, reaching out to others for support. Far from being a “shallow” process of losing some fat/water, then reversing to old habits, this is about positive, real life changes. Working through these shifts may feel tough in the short term, but overall will leave you clearer and less likely to return to self-destructive patterns. We see going raw as an incredible path for natural weight loss and healing on all levels. If you want to experience genuine, lasting shifts in your health and vitality we say go for it – EAT MORE RAW – there’s nothing to lose but all that weight.

Diabetes / Metabolic Syndrome

Eating foods high in bad fats can significantly increase your risk of metabolic syndrome and diabetes. But eating good fats can actually help you avoid these diseases. Now a study has found that the good fats in a very tasty food can have a beneficial effect on a disease affecting 5 million+ Australians.

If you have metabolic syndrome, it's a warning sign that you need to take charge of your health before the problem gets worse.

Fortunately, eating avocados can help you do that. Although they're high in fat, this healthy fat had positive effects on lipid profiles, affecting LDL cholesterol, HDL cholesterol, triglycerides, and phospholipids for a complete cholesterol-improving package. And because avocados are full of carotenoids, minerals, phenolics, vitamins, and fatty acids, they have antihypertensive, antidiabetic, anti-obesity, antithrombotic, antiatherosclerotic, and cardioprotective effects in addition to their cholesterol benefits.

It's true that avocados are high in calories, so you should be careful not to overdo it. And if you're eating guacamole, we recommend using some chopped vegetables as dippers rather than chips. It's easy to go overboard quickly once salty snacks get involved. But adding avocado to a smoothie or in a salad is an easy, delicious way to lower your risk of diabetes and metabolic syndrome.

Probiotics in Foods Can Help You Avoid Genetic Health Problems

As researchers continue to learn more and more about the role gut bacteria play in our health, it's truly astounding just how powerful these little bugs can be. In fact, research conducted at the University of Wisconsin-Madison has found that these microscopic creatures can actually help turn our genes off and on. What they uncovered gives you a great way to avoid illness — even genetic illnesses.

For this study, the researchers raised mice in a germ-free environment so they could focus on the effects of the microbes introduced through diet. They found that the bacteria actually produced metabolites that talk to the mice's cells and affected gene

expression. They evaluated some of these effects by feeding one group of mice a plant-based diet that provided a variety of carbohydrates similar to what humans could obtain from eating a diet based on fruits and vegetables. They gave another group a high-fat, high-sugar diet to imitate conventional Western choices.

As you might expect, the mice eating the plant-based diet fared far better and had much more complex microbiomes (intestinal bacterial balance). And the microbes were better able to communicate with the mice's genes and influence them for good. This was thanks to the production of short-chain fatty acids that occurred as the gut bacteria consumed and fermented the nutrients in the plants. The bacteria in the mice eating the Western-style diet had fewer nutrients to consume, resulting in decreased fatty acid production and, consequently, decreased communication.

The researchers were particularly surprised to find that the microbiome didn't just communicate with cells in the stomach and colon. It even sent messages to the liver and other areas of fatty tissue throughout the body. This indicates that having a healthy and diverse microbiome is important not just to our digestive health, but for the body as a whole.

If you want to have a healthy gut microbiome that can help your genes communicate and perform their best, you need to both populate your colon with healthy bacteria and give them the right foods. Eating a variety of plant-based dishes rather than a diet high in fat and sugar will help with the latter part of the equation. And it will eventually contribute to the first part by gradually increasing the complexity and quantity of good bacteria in your gut.

A How-To Guide for Activating Grains

Many health benefits come only from activating (pre-soaking) your grains. This includes breaking down phytic acid, which binds to the nutrients in grain and prevents them from being absorbed in the body. Soaking also helps pre-digest the grain and neutralizes enzyme inhibitors, which is beneficial since grains are difficult for the digestive system to break down. The process is especially useful for anyone who has a

history of digestive problems, such as gluten intolerance or irritable bowel syndrome. Best of all, soaking your grains can increase their available vitamin and mineral content.

How Long Should Grains Be Soaked?

Allow your grains to soak for at least 7 hours. Soaking for 12-24 hours yields the best results, but any more time than that does not significantly increase the nutritional quality of the grain.

How Much Liquid Should I Use?

Generally, use the same amount that you would normally use in preparing a particular recipe. For instance, if you typically cook one cup of brown rice in two cups of water, simply use two cups of water to soak one cup of rice.

What Are The Benefits of Adding an Acidic Medium to the Soaking Water? How Much Acidic Medium Should be Used?

Acidic liquid doubles the benefits you get from soaking your grains, because the acidity helps break down anti-nutrients and further pre-digests the grains. The juice from one or two fresh lemons, added to your soak water, is sufficient.

My Family Doesn't Like the Taste of Soaked Grains. Can I Soak Them in Plain Water?

Many people find the taste of soaked grains very pleasant, but some do not. Omitting the acidic medium is an acceptable alternative. Although acidic water maximizes soaking results, plain water is still effective and eliminates some of the strong taste of soaked grains. Another option is draining off the acidic liquid when you're done soaking the grain and then rinsing the grain, which will eliminate much of the sour taste.

Rolled oats, however, are NOT raw. (They've already been cooked, rolled, dried and then factory-packaged.) If you're in doubt about the rawness of your grains, simply ask the manufacturer.

If you have little experience or knowledge of soaking grains, rest assured; the process is easy to learn and to apply in your kitchen. It may feel a little unfamiliar at first, so experiment with just a few dishes a week to allow yourself to adapt to this new technique. Once you've tried it, though, you'll see that soaking grains is quite easy and beneficial.

FERMENTED FOODS

Dr Ann Wigmore was a pioneer in the development of fermented foods – such as fermented drinks, sauerkraut, nut cheese and seed cheese. (The fermentation process makes digestion even easier.)

Ann's books are available at www.hippocrates.com.au.

Fermentation is most sensitive to heat and humidity, and many try it once or twice and give up. (Minor variations in temperature or humidity can make an immense difference in flavour.)

There are now a number of fermented food manufacturers in Australia. Of course, always read labels carefully. When in doubt, phone the manufacturer. Do not rely on shop assistants!