

21 Days to Health & Beyond

A Classic Do-It-Yourself
Detox and Weight Loss Program

By Chet Day



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Version History

Originally published in paperback book format in 1998, my basic **21 Days to Health & Beyond** program was purchased by more than 35,000 readers before I revised and released it online in digital format in 1999.

More than 300,000 health seekers downloaded my free digital version during the years 1999 to 2005.

In early 2005 I removed the 21-day program from circulation so I could update it with new information and recipes, but I got busy with other projects and only worked sporadically on the revision.

This 2006 revised edition that you have not only contains new recipes but also additional how-to information on diet, emotional issues, exercise, stress reduction, and other factors not present in earlier versions.

In short, the 2006 revision of **21 Days to Health & Beyond** features the culmination of everything I've learned since 1993 about a predominantly vegan diet and how it can be successfully used for short-term weight loss and detox.



A Few Favorite 21-Day Testimonies

*Note from Chet: Before we get started, I'd like to share just a few of the thousands of happy reports that have come in over the years about the **21 Days to Health & Beyond** program.*

Chet, I've lost 10 lbs, my skin looks ten years younger... I feel so light and unbloated! I've been on the raw diet for seven weeks now. I have nibbled here and there on some "SAD" foods and have immediately suffered with stomach aches, as well as a yeast problem on my hand. I learned my lesson and moved on from there. **I don't have a problem veering off this occasionally, but my body does.** I've concluded that there are just some things I will have to live without.

What a thrill I had yesterday! I was shocked to discover **I fit into a beautiful red leather miniskirt** that my husband bought for me 15 years ago. I saved it all these years for nostalgic reasons. I'll be 39 this year and never thought I would see my 27 inch waist again. Oh happy Day!

Janet H.

Chet, I have to thank you from the bottom of my heart for turning me on to this new way of life. I was **extremely skeptical** at first, but decided I'd give it a try.

I was extremely **depressed, always tired, no energy, and crabby all the time.** My husband, kids and friends have been very impressed to see me becoming my old self again! I am happy all the time, I don't get angry or upset easily like before, I have a ton of energy, and have now been told I'm "a lot of fun again."

My witty sense of humor has come back, my love and zest for life is back, and for the first time in about nine years, I have a very positive outlook on life and the world around me!

You've truly given me back my life...

It was great that it was just starting out as a 21-day program because I don't believe I would have tried it if it had been longer.

Of course, I will not go back to my **SAD** eating ways, but three weeks ago, I just thought I'd eat well for three weeks and then that'd be that.

Now I will be trying to show people how they can improve their lives. My husband is already considering it now and when I started this three weeks ago, he thought I was crazy. But, he



now sees how great a difference it has made in me. I'm gradually putting my children onto this way of eating as well, a bit at a time.

Chet, I wish that everyone in this world would be willing to put their skepticism aside for just three weeks and try this new way of life. We could wipe out illness, and, if people's personalities improved as much as mine, we'd truly all be living in a much better world.

M.K.

Number of pounds lost: 10

Physical problems that improved: **floaties in eyes** have all diminished but one; **my mind takes things in and processes more clearly**; my complexion is clearer; I don't crave all the junk any longer; I don't have all the **mood swings**; I have even stopped taking all of my supplements and hormonal herb replacements; I sleep better!

Sharri S.

By changing my diet, I began to take control of one area of my life. And, because the change grew out of a **greater love and respect for myself**, it spilled over into other areas of my life.

Over the course of the 21 day program, there were several times when I dropped back to what was familiar – cooked and processed foods – because I felt I was dealing with enough emotional changes. For me that was the right thing to do.

Once the **emotional stuff was worked out** there was some emotional recovery to do. Afterward, it was easier to focus on rebuilding my health. I'm not there, yet. I'm still manifesting drama; however, it's more on the order of drama that I'm saying good-bye to.

I was surprised by how much I rely on **food for comfort and support** instead of for nutrition. That attitude is changing, although not always as quickly as I would like. Still, instead of beating myself up over it, I'm moving forward.

Thanks for your support over the course of the 21 days.

Kathryn S



21 Day Lessons Briefly Described

Note from Chet: Below you'll find a brief description of the 21 daily lessons that will encourage and motivate you to stick with the program for the next three weeks. It's smart to read this whole book first, but once you actually start the program (hopefully on a Friday), then you should closely read and study only one lesson per day.

Lesson 1

Chet writes about why he's doing another 21-day program and then fills in the basics **in terms of what to eat and when** and what to expect during the next three weeks.

Lesson 2

The first few days of the program are the hardest, and in this lesson you'll learn how to hunker down and make the best of it. You'll also be introduced to the **exercise program**.

Lesson 3

How to baby yourself through the **detox symptoms** and how to set goals that will ensure success instead of failure. A comment or two about moderation being the chief good.

Lesson 4

Everyone at work's eating donuts and slurping coffee. How to contend with friends who would get you back on the Standard American Diet that's killing all of us an inch at a time. Some thoughts on **colon cleansing**.

Lesson 5

Today, you learn about **rebounding**, one of the best exercises for the lymph system and human body. Also, if you're cold, don't be surprised. Most vegetarians feel cold more readily than non-vegetarians.

Lesson 6

Some people can't afford to lose any more weight. This lesson talks about what you can do **if you're hungry** or if you don't want any more pounds to melt off your body.

Lesson 7

Most of us eat too much most of the time. Try a **minimal diet** and be surprised at how good you feel and how much energy you have. Is it wise to nurse while detoxing? Why peel carrots?

Lesson 8

Energy sinks can cut into your health the way a surgeon slices into a tumor. If you aspire to superior health, you must learn how to avoid the daily situations in life that can steal your vitality.



Lesson 9

Course graduates write in and share advice on energy sinks, colon cleansing, and being prepared for situations that might otherwise encourage **poor health decisions**.

Lesson 10

If you're not making as much progress as you expected, don't despair. Today's lesson explains **why some people take longer** than others to detox and regain their natural energy.

Lesson 11

Superior health comes not just from dietary changes. One of the best things you can do for yourself each day is to spend some time in the rays of the **sun**. And without sunscreen.

Lesson 12

Healthy people practically vibrate with emotional and spiritual happiness. Today's lesson covers the topic of **meditation and prayer**, techniques you can use to find peace at your center.

Lesson 13

What happens when you overdo with exercise? Read this lesson to find out. **Missing hamburgers**? Then learn about a fabulous recipe for oat burgers in today's material.

Lesson 14

Only the strong-willed and disciplined can eat and live healthfully all the time. In this lesson we learn about **exceptions** and how to find a middle ground.

Lesson 15

Laughter is the best medicine and if you're not smiling and laughing much of the day, then you're not living as healthfully as you could and should be.

Lesson 16

If you still believe milk does a body good, then you're still brainwashed. In this lesson you learn about **milk** as well as **how to stick with the program** even if you have no support from you spouse or family.

Lesson 17

Even when you've been on a health program for quite a while, you may experience **cravings** for old favorites at one time or another. Learn how to get past those cravings without giving in to them.

Lesson 18

If you love the work you're doing, studies have proven that you'll be healthier than someone who hates his/her job. In this lesson we discuss the importance of **loving the work** you do.

Lesson 19

Most of us fit into the category of **sleep-deprived** because we work too hard and don't spend



enough time napping and sleeping. Learn how you can improve on your current habits in this area.

Lesson 20

Where do you go **when you finish the 21-day program**? This lesson shares thoughts on things to do to avoid slipping back into the old habits and old ways that were killing you.

Lesson 21

Final thoughts on the program as well as directions for how to send in a survey that shares your results. Learn a terrific raw soup recipe.

Natural Health Resources

Note from Chet: You'll get more out of your 21-day program if you take advantage of the additional resources that I've listed for you below.

Health & Beyond Online

You'll find more than a thousand excellent articles on natural health, weight loss, self-improvement, and related topics on my main website at <http://chetday.com>

Chet's Natural Health Circus

I use my blog, *Chet's Natural Health Circus*, to share all kinds of cool natural health information, tips, and opinions at <http://chetday.com/blog>

Natural Health Newsletters

I currently offer many email newsletters devoted to natural health, tasty and easy-to-prepare recipes that are also good for you, and a whole lot more. Check out my free newsletter resources at <http://dayzines.com>

Dr. Ben Kim's Life Essentials Health Clinic

Dr. Ben Kim is the natural health professional I would go to if I ever found myself with a health problem that I couldn't handle on my own. Dr. Kim has a fabulous free newsletter as well as a huge natural health website that's crammed with articles and recipes. Visit Dr. Kim's treasure trove of natural health resources at <http://drbenkim.com>

Be sure to read Dr. Kim's excellent article about juicers at <http://drbenkim.com/juicer.htm> if you're going to join me in having nutritious, live juice as part of your 21-day program.



Introduction

I've studied and pondered the fascinating subject of human health since 1993, and I still have almost as many questions as I do answers.

But after publishing a monthly natural health newsletter for four years and a weekly natural health newsletter for twelve years, as well as having corresponded with literally tens of thousands of health seekers around the world, I know one thing for certain:

You can't attain superior health until you learn to listen to your body and then adapt your diet and lifestyle accordingly.

Does this mean there are no perfect health or weight loss programs?

Yep, that's my current thinking, though I do believe that if you have a serious illness you may well benefit the most from following a **strict vegan regime without cheating** for several months to possibly as long as a year.

You see, in my experience, different health programs offer opportunities for improved energy, weight loss, cessation of disease, and so on.

Many people do well on these various programs for a time, but then something happens, and they begin to revert to old ways, to less healthy choices and habits. Or they follow to the letter the details of the program they're on and yet **they start losing energy and vitality** or perhaps their previous disease returns or a new illness develops.

Indeed, I've learned since 1993 that all too many people often start to flounder if they stick 100% to any given program for more than a few years, and that's **especially true for strict vegan diets, which can be quite dangerous in the long term for most individuals.**

Why?

I don't have a definitive answer, but, regarding non-vegan programs, I suspect it has something to do with the body requiring **more variety in nutrients and lifestyle** than most programs provide long term. And, the major problem with a strict vegan diet is that it just doesn't provide many of the nutrient factors (both known and unknown) that the human body needs for optimal health and well-being, factors that are only found in animal fat and protein.

Because the needs of the body change in response to time, circumstances and environment, stress, and no doubt hundreds of other factors, doesn't it stand to reason that each of us must learn to perceive and then respond correctly to our own body signals?



In other words, to truly experience superior health for a lifetime, we must listen more to our bodies and less to doctors and other so-called health experts, who, in reality seldom have more than a piece of the truth.

What do I mean by listening to your body? Like everything else in the **Health & Beyond** program, you don't need Einstein's brain to understand the answer. For example, if you feel tired, your body's telling you to rest. Do you rest when you get the tired message from your body? Do you clock out or tell the boss "I've had it for today" and then go home and plop down on the couch and cover your head with your favorite pillow and spend a relaxing hour or two in ZzzzzLand? I bet you don't. I know I don't, even when I know I should.

Unfortunately, it just doesn't work that way, so we must learn to interpret our body signals when our time is our own.

If your third mouthful of dinner suddenly starts tasting yucky, do you immediately stop eating?

I wager you don't because, like me, your parents taught you to clean your plate.

If your nose feels like someone stuffed a Volkswagen Beetle up each nostril, do you skip the next meal, knowing that by doing so there's a good chance your body will use the energy saved from digesting the meal to clear the sinuses?

No, of course not – not when the habits of a lifetime seem to confirm that you can't keep your strength up if you don't have at least three meals a day, as well as constant sipping on either coffee or soft drinks.

Well, the key to the **Health & Beyond** program involves learning how to listen to your body.

It involves discovering through trial and error what foods and lifestyle choices make you feel good and what foods and lifestyle choices make you feel bad.

It involves constant experimentation and adaptation.

It involves using your common sense, your intellect, your emotions, and a multitude of other tools available within your marvelous body.

For example, listening to your body means carrot juice three times a day may not be the best thing for you, especially if you don't care for the taste, the texture, the smell, or the way the juice looks. Or if you feel like you're about to hurl after you force down a cup of the orange, viscous stuff!

On the other hand, if carrot juice tastes better than anything you've ever eaten, it means your body needs carrot juice and that you should drink it until the cows come home. Well, not that long, maybe, but at least until your body says, "Enough."



When you're out in the sun and your skin gets hot and itchy and kind of tingly, your **body just sent you the message**: "You've had enough sun. Move to the shade."

If cooked food smells or looks unappetizing, your body's telling you it needs more raw food. If the thought of eating another salad makes your stomach tighten as if you're about to ingest a cake of lead, but the smell of cooking bread makes you salivate, your body may be telling you it needs more cooked food.

See, your body talks to you.

But beware because some body talk can also be deceptive.

For example, when I drive past Dairy Queen and suddenly think, "Whoa, I'd love to wolf down a large soft-serve vanilla cone," I know it's not my body speaking but one of my old food addictions. Once you tune your body to the signal, you can recognize cravings for white sugar and unhealthy fats and other processed stuff you **know** is not good for you.

The trick is in learning to distinguish false signals from legitimate ones.

How do you learn?

Trial and error, common sense, practice.

Hey, nobody said superior health was easy to attain. And anyone who does, or otherwise offers the end-all, be-all cure-all to all things and everything, is probably a liar. Or else he's deluded or crazy.

It may be a lot cheaper and less painful than having a quadruple bypass, but in many respects, some still consider the price of health to be too high. Especially when it means giving up barbecued ribs, the local diner's key lime pies, coffee, and ice cream sundaes.

To make the point one last time – listen to your body and learn to read its signals.

A simple idea, yes, but an idea that took me years to understand and acknowledge. I had to cut through a lot of cherished assumptions, long-held beliefs, intellectual desires, and peer pressure from friends in the alternative health movement who generally want to believe that the program they like best holds **all the answers for everyone**.

In closing, I offer for your consideration the idea that your body holds the real answer to your well-being and that you won't attain superior health if you don't learn to decipher the signals your body sends to you, and only to you.

And if this sounds like a sensible approach, I think you're ready to embark on **21 Days to Health & Beyond**.



Two Recommended Products

As far as I'm concerned, while you're detoxing you can get just about everything your body needs each day by juicing and eating a predominantly uncooked diet of fruits and vegetables. Toss in plenty of sleep and rest, twenty to thirty minutes of solid exercise, some clean air and water, a little sunshine, daily meditation or prayer, loving relationships with other people, and a sensible stress level, and the odds swing rather dramatically in your favor for leading a healthy and energetic life.

Unfortunately, most of us don't have time to get all of the above into our lives every day. That's when nutritional insurance in the form of select products come in.

The two natural health aids listed below are products I use every day in my own life, and I recommend them without hesitation or qualification for your 21 day program.

Dr. Ben Kim's Greens

I gave up the super green food I'd been using for over ten years after trying *Dr. Ben Kim's Greens* for a couple of months.

Dr. Ben Kim, who sells this excellent product, writes of it, "First of all, I believe that your hard earned dollars should go towards buying fresh, high quality food, locally grown whenever possible. There isn't a single nutritional supplement in this world that can do more for your health than a well-balanced, minimally processed, whole food diet.

"With that said, there is only one whole food product that I can recommend without hesitation. It's called *Dr. Ben Kim's Greens*, and is the highest quality and most effective whole food nutritional product that I have ever come across."

You can learn more about this highly recommended superfood on Dr. Kim's excellent website at

<http://drbenkim.com/greens.html>

Carlson Cod Liver Oil

Fish oil. Yuck, you're thinking, am I right? But believe it or not, this fish oil tastes great, like a lemon candy. It also supplies you with hard-to-get and essential long string fatty acids.

Dr. Ben Kim states, "One of the best additions that my wife and I have made to our diets over the past few years has been cod liver oil. Why has cod liver oil become a permanent part of our healthy food plan? It is one of the most reliable and concentrated food sources of four nutrients that are essential to your health: DHA, EPA, vitamin A, and vitamin D."



Learn all about this tasty and essential supplement at <http://drbenkim.com/codliveroil.html>

Note from Chet: Okay, let's get started with some important background information about what you can expect regarding symptoms during your 21-day adventure. The article you're about to read is a classic, one of the single best descriptions I've ever seen of how the body acts and changes when you start feeding it the nutrition that will allow it to rebuild. This is a must read article. You won't understand what's happening to you during your 21-day detox if you fail to carefully read this article.

So read it, darn it! And then read it a second time. It's that important!

Symptoms to Expect When You Improve Your Diet

by Dr. Stanley S. Bass

<http://drbass.com>

If I were asked which is the area of greatest misunderstanding and confusion in the field of nutrition, I would immediately be forced to reply that it is the failure to understand and interpret properly the symptoms and changes which follow the beginning of a better nutritional program.

What is meant by a better nutritional program?

It is the introduction of foods of higher quality in place of lower quality ones. For example, if a person replaces a protein rich food such as pork with beef, the beef may be considered the superior of the two due to its easier digestibility, lower and less saturated fat content, etc.; chicken is superior to beef and **fish is superior to chicken** because of its more rapid digestibility and lower saturated fat content. Lima beans, lentils, or chick peas, when eaten at the same meal with vegetables, are superior in all the nutrients needed to rebuild health.

As we go higher on the scale of quality, we begin to include protein rich food that may be eaten in the unfired state, such as **cheese** that is made from raw milk and unsalted. Then we ascend to the nuts and seeds, which are eaten in the natural state (raw and unsalted).

To summarize: the closer the food comes to the natural state in which it occurs, or the closer to its raw, unfired form, the higher its quality. In this condition, all the **enzymes** are found intact. The amino acids are in their finest form. The minerals, vitamins, trace elements, carbohydrates, and "life force" are present. The life force, in turn, is capable of reproducing healthy tissue.

This same classification of quality which we analyzed in relation to protein rich foods applies to the **carbohydrates** (the starch and sugar-rich foods), the fats, and the mineral-rich foods.

The quality of a nutritional program is also improved by omitting toxic substances such as coffee, tea, chocolate, tobacco, salt, pepper, etc. from your diet.



What is the relation of quality of foods to recovery from illness? It is this in a nutshell: The higher the quality of food we eat, the more quickly we recover from disease, provided we are able to digest and assimilate properly.

To this must be added the knowledge of

- **proper food combining;**
- **proper order of eating** the different kinds of food at a meal, e.g., the most easily digested food should be eaten first, the more complex one second, and the most concentrated item last;
- **the correct quantity** of food to be consumed (of each type) in the meal; and
- **the correct time** for eating (when hungry and not by the clock).

Now, what happens when a person follows these rules and makes a decided improvement in the quality of food consumed?

Remarkable things begin to happen to the body as well as the mind. The amazing intelligence present in every cell of the body and the wisdom of the body in its operation immediately becomes manifest. The rule may be stated thusly: **When the food coming into the body is of higher quality than the tissues that the body is made of, the body begins to discard the lower grade materials and tissues to make room for the superior materials that it uses to make new and healthier tissue.**

This is the **plan of Nature** – the body is very selective and always tries to produce health and always will, unless our interference is too great. Only then do we fail to recover and degenerate further into disease. The self-curing nature of many conditions such as colds, fevers, cuts, swellings, injuries, etc., furnishes endless examples of how **the body tends towards health** – always – unless we do something to stop the process.

What are the symptoms or signs that become evident when we first begin to omit the lower grade foods and instead introduce superior foods, those which are most alive and more natural than we are accustomed to?

When the use of **toxic stimulants** such as coffee, tea, chocolate, or cocoa is suddenly stopped, headaches are common and a letdown occurs. This is due to the discard by the body of the toxins called caffeine and theobromine which are removed from the tissues and transported through the bloodstream during its many bodily rounds.

Before the **noxious agents** reach their final destination for elimination, these irritants register in our consciousness as pain – in other words, headache. The letdown is due to the slower action of the heart – the resting phase which follows the stimulation of more rapid heart beat forced upon the body by certain poisons called **stimulants**. The more rapid heart beat (or



pulse) produces a feeling of exhilaration, and the slower action produces a depressed state of mind. **Usually within three days, the symptoms vanish and we feel stronger due to the recuperation that follows.**

To a lesser extent, the same process occurs when we abandon lower quality foods and replace them with better foods. Lower quality foods have undergone more preparation. **Spices, salt, and other ingredients** have been added, as they tend to be more stimulating than less prepared and more natural foods. Animal foods such as meat, fowl, fish, etc. are more stimulating than cheese, nuts, and vegetable proteins.

Consequently, the **withdrawal of stimulation** that follows the abandonment of animal food produces a slower heart action – a resting phase – which **registers in the mind as relaxation or a decrease of energy**. This initial letdown lasts about ten days or slightly longer and is followed by an increase of strength, a feeling of diminishing stress and greater well-being.

Now let us return to the **symptoms** that occur in the process of regeneration. The person who starts a better diet, stays on it for three days to a week, and then quits will say, “Oh, I felt better on the old diet – the new one makes me feel weak.” He failed because he didn’t give his body a chance to adjust and complete its first phase of action – **recuperation**. If he had waited a while longer, he would have begun to feel better than before he started.

During the initial stage (lasting about ten days on the average to several weeks in others), the **vital energies** that are usually in the periphery or external part of the body such as the muscles and skin, begin to move to the vital internal organs and start reconstruction. This shunting of much of the power to the internal region produces a feeling of less energy in the muscles, which the mind interprets as some weakness.

Actually, **the power is increased**, but most of it is being used for rebuilding the more important organs and less of it is available for muscular work. Any weakness which is felt here is not true weakness, but merely a redeploying of forces to the more important internal parts. **Here it is important for the person to stop wasting energy, and to rest and sleep more.** This is a crucial phase, and if the person resorts to stimulants of any kind, he will abort and defeat the regenerative intent of the body.

It is important that he have patience and faith and just wait it out, and after a while he will get increasing strength which will exceed by far what he felt before he began the new program.

Success in recovery or improvement of health hinges upon the correct understanding of this point – **realizing that the body is using its main energies in more important internal work and not wasting them in external work involving muscle movements.** Be wise, take it easy here, and relax. Just coast in your work and social obligations until you’re out of the woods.

Retracing

As one continues on the improved diet and gradually raises the food quality, interesting symptoms begin to appear. The body begins a process called retracing.



It says to itself, “Now we have a chance to get rid of this old garbage and build a beautiful new house. Let’s get started immediately. Let’s get this excess bile out of the liver and gall bladder and send it to the intestines for elimination. Let’s get the sludge moving out of the arteries, veins, and capillaries. These smelly, gassy, brain-stupefying masses have been here too long – out with them! These arthritic deposits in the joints need cleaning up. Let’s get these irritating food preservatives, aspirins, sleeping pills, and drugs out of the way, along with these other masses of fat, which have made life so burdensome for us for so long. Let’s get going till the job is done – till we have a beautiful house – and from there on we’ll keep it a beautiful ideal model house.”

During the first phase (called **catabolism**), the accent is on elimination, or breaking down of tissue. The body begins to clean house – in short, to **remove the garbage** deposited in all the tissues – everywhere. During this period, the body removes the ashes from the furnace preparatory to getting a better fire. Here the accentuation is on removal of the gross and immediate body obstructions. Wastes are discarded more rapidly than new tissue is made from the new food. This becomes evident as weight loss. This persists for a while and is then followed by the second phase, called **stabilization**.

Here, the weight remains more or less stable. During this phase, the amount of waste material being discarded daily is equal to the amount of tissue which is being formed and replaced by the newer, more vital food. This occurs after the excess of obstructing material in the tissues has been removed.

This state persists for a while and is then followed by a third phase – a build-up period called **anabolism**, wherein weight starts to go up, even though the diet is lower in calories than it was before.

At this point, much or more of the interfering wastes have already been discarded – the tissues that have been formed since the diet was raised in quality are more durable and do not break down easily. Also, new tissues are now being formed faster. This is due to the **improved assimilation** made possible by the ceasing of wrong food combining. The body’s need for the usual amounts of food decreases, and we are able to maintain our weight and increased energies with less food.

Many are able to function very efficiently on two meals a day. As the body progressively increases in efficiency and decreases in tissue breakdown under exercise, so do **we gradually need less and less food** to maintain life. The higher the percentage of raw food one lives on, the slower the rate of tissue deterioration which one evolves into. A sick body requires a gradual, carefully worked-out entry into this stage, where one is able to live on a 100% unfired (raw) diet, if desired.

Returning to the symptoms which occur on a superior nutritional program, people who have had tendencies in the past to recurring **skin rashes or eruptions** will frequently tend to eliminate poisons and harmful drugs through the skin with new rashes or eruptions. **If they**



go to a doctor now who is not familiar with this aspect of nutrition, he will diagnose it as an allergy.

They ask, “How come? I’m eating better now than I ever did before, and instead I’m getting worse.” They don’t understand that the body is **retracing**. The skin is getting more alive and active. It’s throwing out more poisons more rapidly now that the body is building more power which is saved from those hard-to-ingest meals which have been discontinued.

These **toxins** being discarded are saving you from more serious disease which will result if you keep them in your body too much longer, possibly hepatitis, kidney disorders, blood disease, heart disease, arthritis, nerve degenerations or even cancer – depending upon your hereditary or structural weaknesses. Be happy you’re paying your bills now in an easy-payment plan.

With some, **colds** that haven’t appeared for a long time may occur, or even **fevers**. This is nature’s way of **housecleaning**. Understand that these actions are constructive, even though unpleasant at the moment. **Don’t, but don’t, try to stop these symptoms by the use of certain drugs, or even massive doses of vitamins, which will act as drugs in huge concentrations. These symptoms are part of a curing process, and don’t try to cure a cure.**

These are not deficiency conditions or allergic manifestations – not if you’re eating properly in quality, quantity, combination, and sequence. Here is where experienced advice is a great value. Unfortunately, there are few good books present today which give full guidance to the average reader. Try to find **guidance through a doctor or teacher** who has the requisite experience in this most confusing of all subjects – nutrition in relation to health and disease.

You may be eating perfectly in regard to quantity, quality, and observing all the correct rules, and still symptoms will occur. Those who have lived **better lives** in the past – who have eaten better foods and who have abused their bodies less with over-eating will have reactions ranging from almost none at all or very mild symptoms which may be uncomfortable or acute.

Those who have lived **worse lives** and poisoned themselves more will experience more severe symptoms if their liver, kidneys, or other important eliminating organs have been damaged. **When they have been renovated to the point of fair working order, they will no longer produce symptoms.**

Headaches may occur at the beginning; **fever** and/or **colds** may also appear; the skin may break out; there may be a short interval of bowel sluggishness, occasional diarrhea, feelings of tiredness and weakness, disinclination to exercise, nervousness, irritability, negativity or mental depression, frequent urination, etc.

However, the great majority of people find their reactions tolerable and are **encouraged to bear with them** because of the many improvements which have already occurred and are becoming more evident with each day. This acts as an inspirational force to them.



The symptoms will vary according to the materials being discarded, the conditions of the organs involved in the elimination, and the amount of energy you have available. The more you **rest and sleep** when symptoms are present, the milder they are and the more quickly they are terminated.

Be happy you are having symptoms. Realize deeply that your body is becoming younger and healthier every day because you are throwing off more and more wastes which would eventually have brought pain, disease, and much suffering. **Those who have the worst symptom-reactions and follow through to their successful termination are thus avoiding some of the worst diseases, which would eventually have developed had they continued their careless eating habits.**

Don't expect to go on an ascending scale of quality, that improving your diet will make you feel better and better each day until you reach perfection. **The body is cyclical in nature, and health returns in a series of gradually-diminishing cycles.** For example, you start a better diet and for a while you feel much better. After some time, a symptom occurs—you feel nauseous for a day and have diarrhea with a foul-smelling stool. After a day, you feel even better than before and all goes fine for awhile. Then you suddenly develop a cold, feel chills and lose your appetite. After about two or three days (assuming you don't take drugs or do anything else about it), you suddenly recover and feel better than you did for years.

Let us say this well-being continues for two months, when you suddenly develop an **itch** or **rash**. You don't take anything special for it. This rash flares up, gets worse and continues for ten days, and suddenly subsides, immediately after this you find that your **hepatitis** is gone and your **energy has increased** more than ever before. The rash became an outlet for the poisons in the liver which produced the hepatitis.

This is how recovery occurs – like the cycles in the Dow-Jones Average at the beginning of a bull market recovery. **You feel better, a reaction occurs and you don't feel as well for a short while.** You recover and go even higher. Then another reaction occurs, milder than the last. You recover and go even higher.

And so it goes, each reaction milder than the last as the body becomes pure – each becoming shorter in duration and being followed by a longer period of feeling better than ever before, **until you reach a level plateau of vibrant health.** Here you become relatively disease-free.

We must learn to obey the laws of Nature. We must learn to eat simple, pure, and natural foods, properly prepared and combined, and our bodies in return will cast off all the poisons we have taken in during our lives. The mysteries of the body, the operations of nature, the vital forces working in nature are far beyond what our minds are prepared to understand at present.

Every great physician or scientist who ever lived marvelled in awe and humility at the wonders of nature. Yes—we are “fearfully and wonderfully made!”



The “Must Do” Requirements for Success

Food and Drink

Eat fruits, vegetables, nuts, seeds, whole grain breads and pastas (unless gluten intolerant), brown rice, and any other natural, unprocessed or minimally processed food that you like. The more uncooked food you eat, the faster you’ll detox.

Drink freshly extracted fruit and vegetable juices (no more than 20% carrot) and distilled or purified water. Have at least one tablespoon of **Dr. Ben Kim’s Greens** and one tablespoon of **Carlson Cod Liver Oil** every day.

Do not drink coffee, alcohol, soft drinks, or anything with sugar or caffeine.

Do not eat any meat, dairy, sugar, white flour, or salt during your 21-day adventure in health.

Do not eat any processed or fast foods. Period.

Exercise

Spend a minimum of twenty minutes each day taking a brisk walk. If you get out of breath, slow down and/or stop. If you need to build up before you can walk twenty minutes, that’s fine. The principle is to get out and move your body as much as you comfortably can, trying to do a little better each day. One step at a time.

Meditation

Spend a minimum of twenty minutes a day meditating or praying or just sitting quietly by yourself in a room where there are no distractions. See page 77 for detailed directions for a simple meditation technique.

Okay, let’s move to the daily lessons now, shall we?

Turn the page and keep reading...



21 Days to Health & Beyond Daily Lessons

Lesson No. 1

Today's Message

Whoa, I don't know about you, but I've been chomping at the bit for this day to arrive because I've let my health program get out of whack in the past six months or so.

From spending too much time at the computer, from letting my exercise program dwindle to an occasional romp on the rebounder, from snacking on dried fruit and corn chips and oatmeal raisin cookies, and from other lapses I've managed to gain 25 pounds in ten months.

No wonder I have to take a deep breath to get into the pants that used to require suspenders to stay up.

You see, **less than ideal health sneaks up on a person**. Even when you know quite a bit about natural approaches to living right, it's so easy to get the idea in your head that you're doing great, when, in reality, the phrase "rather sorry" probably cuts a lot closer to the truth of the matter.

I mean, I occasionally look in a mirror and even get on a scale once in a while, so I knew I'd lost some of my conditioning. But, the mind being such a skilled deceiver, I convinced myself I'd only sacrificed the ability to jog maybe five or six miles at a time.

Ha.

Being the Type-A that I am who likes to confirm his assumptions through personal experience, I went jogging on Monday of this week to check out just what kind of shape I was really in.

I couldn't believe it.

Three and a half minutes into this shuffling jog, I'm hunched over the asphalt, hands on knees, huffing and puffing like a fish out of water. Well, it wasn't quite that bad, but it was pretty sorry. I was out of breath and had to stop for a breather.

What the heck happened to me?

I'll tell you what happened.



I lost my vigilance for a while. **I let my priorities shift** from maintaining a complete program to managing my health with a minimal program. I spent my time answering e-mail telling other people how to be healthy instead of spending a good part of my time maintaining my own health.

Yeah, compared to most people 58 years old I'm still in good shape. I've missed a grand total of three days at the office since 1997 because of illness, and I can work most people under the table, but as I write these words I'm lugging around extra weight and not waking up every day at five in the morning, eager to jump out of bed and hit the old keyboard.

So I have some obvious improvements to make during the next three weeks.

Okay, let's leave the confessional and get down to business.

I share my present condition with you to illustrate **cause and effect** and to point out that attaining superior health has to be worked at every day.

My friend, you only experience true and lasting health when you work at it diligently and when you cover a lot of basics.

True health does not come from diet alone.

It doesn't come from exercise alone.

It doesn't come from the genes your parents gave you, and it doesn't come with the jeans you buy from Levi-Strauss.

True health comes from living and eating sensibly and moderately, day in and day out.

During the next three weeks, you and I are going to visit a lot of health principles. We'll add one new idea or technique each day that will help you build true health.

Twenty-one days from now, the chances are excellent that we're both going to be in a whole lot better shape than we're in today.

Let's segue into today's principle, shall we? **Be gentle with yourself and baby yourself when you're going through health changes.**

The first day of this online program is exciting for everyone. The next two days may well take the edge right off the excitement.

Why?

Because when you stop eating all meat, all dairy, all sugar, all white flour, and all salt the body quickly goes into what the alternative health movement calls "cleansing" mode.



Now that you're feeding your body healthy foods that contain nutrients it can actually use to build new cells, it starts pouring toxins into the bloodstream to be eliminated. Consequently, the first few days after upgrading the diet, you can expect to feel **BAD**.

But this is a **GOOD** thing. It's a sign that your body is removing some of the junk that would otherwise stay in your system and eventually lead to an acute illness (cold or flu) or a chronic disease (arthritis, diabetes, etc.).

Thus we come to today's principle: **baby yourself**.

You can almost count on feeling bad for a few days, especially if you're addicted to coffee and sugar and soft drinks. When you stop eating and drinking these things, you have to go through a couple days worth of withdrawal. **You can expect headaches (really nasty headaches if you're a big coffee drinker), stomach aches, diarrhea, sore joints, night sweats, rashes, almost every symptom imaginable.**

These symptoms are called "healing reactions" in the alternative health movement.

What can you do if the symptoms become too intense? Cut back on the amount of **Dr. Ben Kim's Greens** you're taking, cut back on the amount of vegetable juice you're drinking, eat more cooked food. **Go to bed and pamper yourself.** Sleep all weekend if necessary, eating as little as possible, sipping on fresh juices. Take a day or two off work and rest and ride it out. Any or all of the above will help.

For homework, if you haven't already done so from the beginning of this book, read the informative article by Dr. Stanley S. Bass entitled *Symptoms to Expect When You Improve Your Diet*.

Will everyone get sick when they first change their diet?

Nope. Some breeze through with no problems at all; others are laid out flat. Most are somewhere in-between.

Finally, let me give you an idea of how I'll eat during a typical day on this program. **This is not a requirement.** I offer it to you solely as an example.

You need to work within the parameters of the program, using **Beth's recipes at the end of this book**, while also listening to your body and developing the diet and lifestyle that makes you feel the best.

Personally, here's my plan for today.

You do not have to follow this same plan. In fact, it's probably **not** a good plan for most people to follow what I'm doing because it could make them detox too quickly. It'll work for me, however, because I've done it often enough to know how my body will react.



For breakfast, I'll have a teaspoon of **Dr. Ben Kim's Greens** in eight ounces of purified water. At ten-thirty a.m. I'll have at least **eight ounces of freshly extracted vegetable juice**.

For lunch I'll have several pieces of fruit. One choice will definitely be a Fuji apple.

At four p.m., I'll either walk, rebound, jog, or lift weights for at least one half hour.

I'll have another eight ounces or so of vegetable juice with a teaspoon of **Dr. Ben Kim's Greens** mixed in after I finish exercising.

Just before dinner, I'll have a tablespoon of **Carlson's Cod Liver Oil**. Then I'll sit down to a huge lettuce and vegetable salad.

If I get hungry in the evening, I'll have a small piece of fruit.

As you can see, I plan to spend the first few days on an **all-raw diet**, though I will add some cooked food at the evening meal (brown rice or steamed vegetables) if I start feeling too weak or tired.

I'll meditate for an hour before going to bed.

I plan to be curled up in the sack and sound asleep each night by ten-thirty p.m. at the latest.

Today's Featured Recipe

Ann Wigmore's Applesauce

1/4 cup apple juice
1/4 cup raisins, soaked
2 large sweet apples, diced
2 tsp freshly squeezed lemon juice
1/2 tsp ginger

Pour the liquid into your blender. At a low speed, work in the raisins, followed with the apples and lemon juice. Blend in the ginger for a tang. This treat can be a complete meal. Serves one hungry person or two people who don't have big appetites.



Today's Chuckle

(Courtesy of Shirley – slightly edited by Chet)

A woman who doesn't practice the **Health & Beyond** program walks into a store. Curious about a shiny object, she asks, "What is that?"

The store clerk responds, "It's a thermos."

The woman scratches her head and inquires, "What does it do?"

The clerk explains, "It keeps hot things hot and cold things cold."

So she buys one.

The next day, she brings it to work with her. Her boss, who is also not on a good health program that helps to develop brain cells, asks, "What is that shiny object?"

She replies "It's a thermos."

He asks, "What does it do?"

She says, "It keeps hot things hot and cold things cold."

He then asks, "What do you have in there?"

"Two cups of coffee and a Popsicle."

Chet's Closing Words

I can't tell you how exciting it is to share this first lesson with people who are interested in improving their health. I want to thank you for making this commitment to life as it's meant to be enjoyed, and I also want to thank you if you're doing the program with a friend or loved one. Isn't it wonderful to realize that together we can improve our quality of life as well as the quality of life for someone else simply by changing our diet and lifestyles?

Tomorrow we'll visit the topic of exercise, one of the key components to health and beyond. See you then.



Lesson No. 2

Today's Message

Wow, we're almost done with our **21-Days to Health & Beyond**. Can you believe the time's going so fast?

Oops, let me dodge those of you who are feeling awful and would like to slam a two-by-four into my big mouth for being so happy and energetic.

I'm sorry. I don't mean to sound like **Richard Simmons** on crystal meth, but I feel a whole lot better today than I expected to. With all the cheating I've done on my health program the past several months, I thought I'd be paying my dues in heavy gold coin come Day Two of our adventure into healthful eating and living.

Instead, at eight a.m. on Saturday morning as I add the finishing touches to this letter, I'm just a little slow, a little crabby, and a little headachy. I also have breath that would knock Godzilla over. I don't think I mentioned it before, but **bad breath is normal during detox periods...** of course, it doesn't exactly make you the most popular person in the house!

I had a letter this morning from a fellow health adventurer who told me she felt tired, cranky, and starved all day yesterday. This too is normal and there's not much you can do about the tiredness other than to rest. With the crankiness, you can either scream at people and turn into a psychopath, or, preferably, **you can retreat within yourself**. Simply tell everyone, "I'm detoxing and I'll be crabby, so if I snap at you, please forgive me in advance. I just need extra space for a few days."

The **hunger** is the one that bothers most people. I ate about one tenth yesterday of what I usually eat and as a result I feel kind of hollow and hungry this morning. But I know it's not true hunger because my body has at least 25 lbs. of extra fat to feed on. So I'm just going to grit my teeth and live with these feelings of false hunger for the rest of the weekend since part of my commitment to myself was to eat a minimalist raw diet for the first several days of the program.

But I'm a medieval monk at heart who doesn't mind suffering on occasion, and you don't have to be like me.

If you're feeling hungry, eat!

You can have **unlimited amounts of raw fruits and vegetables** during the 21-day period. (Though if you have blood sugar problems, you should limit fruit.)

If you're famished and feel like you'll die in the next twenty minutes if you don't have some food, **dig into a handful of raw almonds**. You can stuff an almond in a date and make a cool little sandwich that's better than oysters in steak. Well, not quite, but if you feel like



you're starving, these will suffice nicely. A few will appease hunger quite quickly. On the other hand, too many of these every day and you won't lose weight.

Feel like you need something heavier? Then have a slice of **sprouted Ezekiel bread** (available at most health food stores) when you get hungry. It's very dense, very filling, and very good for you. Don't put butter on it, but if you brush a little **Carlson Cod Liver Oil** on top you'll be surprised at how good it tastes.

Drink an 8-ounce glass of purified water when you're hungry. Or have another glass of vegetable juice. Remember you want plenty of **water and/or fresh juice** in your body each day.

Don't sit around and complain and feel sorry for yourself. You're in control.

So act.

But **act sensibly and in a healthy manner**, making healthy choices instead of turning to potato chips and other packaged unhealthy foods.

Mainly, pamper yourself today and Sunday (and Monday if necessary) and expect to feel not so hot. This is part of the whole deal.

Health is not destroyed in a day or a week or a month... and lasting health is not built in a day or a week or a month.

The body works in its own time in its own way, and if you want superior health, you have to be prepared to feed and treat your body properly for the rest of your life.

All the advertising and hype to the contrary, there are no quick fixes, magic pills, and incredible therapies that can get around this simple fact of life: Building health takes time and work. Period.

Now to today's topic: **exercise**.

Well, I'm happy to report that on Friday afternoon I managed to plod my way through **ten full minutes of slow jogging** without having to stop for breath. I didn't even throw up in somebody's yard!

And after I finished the ten minute jog, I walked another **fifteen minutes to cool down** a bit and get some of the stiffness and lactic acid out of the old muscles.

Fellow health seeker, unless you have a disability or health challenge that precludes body movement, I can't over-emphasize how important it is that you get **at least twenty minutes of some kind of exercise every day**. Even if all you can do is sit in a chair and lift a dictionary up and down.



For those without health challenges or disabilities, I recommend brisk walking as the ideal exercise. Here's a dandy way to start developing your own physical movement routine.

If you haven't had any exercise to speak of since Nixon sat in the oval office, go outside, get in your car, and drive around for twenty minutes, honking the horn with first your right hand and then your left. Do this every ten seconds.

Kidding.

Actually, drive around the block, watch your odometer, and **measure off one mile**.

Now put your car back in the garage or driveway, lace on your jogging or walking shoes, note the time on your watch, and walk that one mile course. If you crap out before you do a whole mile, **no big deal**. Stop, look at your watch, and note how long you were walking. Now go home, have a glass of veggie juice with a teaspoon of **Dr. Ben Kim's Greens** mixed in, and then take a nap.

If you completed the whole mile, great! Note how long it took you to walk that mile.

Tomorrow, no matter how little or how much you did, your goal is to do a little better. **Go a little further or a little faster**, whichever makes you feel more comfortable. When you can do two miles in thirty minutes, then you have a minimum exercise period that you want to maintain at least three times a week for the rest of your life.

If you find out there's actually a runner living in your body, as I did many years ago (much in contrast to my sedentary, bookish lifestyle), you'll want to develop a **jogging routine**. As the weeks and months go by, you'll be utterly blown away by how much your body can actually do physically if you just keep doing a little more each day.

Not to brag, but in less than a year back in the 70's I went from a guy who literally couldn't jog one half a block to a guy who would get up at five a.m. on Saturday mornings **to run 20 miles** on the levees of the Mississippi River when we lived in New Orleans.

In 1978, when I was a serious runner, I had thighs like oak planks. I used to go to society-type parties and tell people, "Here, hammer on this thigh. It's like hitting a chunk of steel." But I stopped doing this after someone called a local security guard. That's another story, however.

Anyway, you too can have oak thighs if you want 'em. Other than personal satisfaction, there's no good reason to have them, I should add. **Studies reveal that 20 to 30 minutes a day of exercise three days a week provide excellent health benefits.**

But if you get off from physical movement and enjoy the mental clarity and just plain all around "I feel great" energy from a long, brisk walk, or a good hard run, then, hey, go for it with my blessings.



I don't have space today to get into other forms of exercise, but I recommend **swimming, cycling, rebounding, weightlifting, yoga, dance aerobics, boxing**, and so on and so forth. Find two or three activities you enjoy and then vary them during the week. That's what I do.

And now that I've been working out daily again for five days, I can't believe how much better I feel already. I'm sleeping more soundly and I'm not as crabby as I'd been lately.

Start an exercise routine and get it into your life!

To close today's message, somebody asked me about **breakfast** so let me address that for just a minute.

During the 21-day program, **I don't recommend eating breakfast** for most people since the body gets important detox work done during the hours from after dinner until lunch the next day. Don't forget, the less energy the body expends digesting food, the more energy it has to expel toxins and to build healthy new cells.

With that said, some people just can't enjoy the 21-day program without having some food of a morning. And for them, I say, go for it... but eat something healthy. Instead of bacon and eggs or lox and bagels or cereal and milk, have an **all fruit breakfast** at least twenty minutes after your **Dr. Ben Kim's Greens**. Or if you want something a little more substantial, try today's featured recipe.

Today's Featured Recipe

Rosemary Vaughan's Raw Oatmeal

Chet, one of my new discoveries is raw oatmeal for breakfast. It really helps you get through the morning if you work outside the home, and have a while to wait till lunch.

1/4 to 1/3 cup oats

Cover with purified water and let sit overnight (use pure unprocessed oats)

In the morning add

1/2 chopped apple

1-2 Tbs raisins

1/2 tsp cinnamon

1 Tbs raw honey

Stir and enjoy. This is so much better than cooked oatmeal.



Today's Chuckle

From a docudrama about famous composers.

So the producer set up a meeting with Sylvester Stallone, Jean-Claude Van Damme, and Arnold Schwarzenegger and offered them a chance to select which famous musicians they'd portray.

"I've always admired Mozart," Stallone said. "I'd love to play him."

"Chopin has always been my favorite," said Van Damme. "That's the part for me."

The producer turned to Schwarzenegger. "And you, Arnold? Who do you want to be?"

There was a long silence, then he replied, "I'll be Bach."

And if that one didn't crack you up, here's one I heard when I was 18, more than forty years ago:

What did Mozart's dad say when the little composer wanted a piano lesson but couldn't find his teacher?

"Oh, he must be Haydn."

Chet's Closing Words

Don't forget to pamper yourself today and tomorrow. One of the reasons I started the program on a Friday was to give you two days away from work when the most serious detox symptoms usually occur. **If you're feeling crappy, grab a jug of pure water and go back to bed. Sleep and rest as much as you can... at least until this afternoon when you need to get up, go outside, and move around for at least twenty minutes.** Unless you're having an utterly incredibly bad healing crisis, you'll feel better after you've had some exercise and a warm shower afterwards.

And don't forget to have a glass of vegetable juice right after you exercise. The **body needs cell nutrition after exercise**, and you can hardly beat 8-12 ounces of vegetable juice with a teaspoon of **Dr. Ben Kim's Greens** mixed in.

Day Three is the toughest day of the program for a lot of people, so tomorrow I'll address some temptations you may start to feel come around noon or so.

Hang in there... once you're past the first three or four days, things will start to get dramatically better. I promise.



Lesson No. 3

Today's Message

Well, Day Three has arrived, and this is a milestone day.

You see, for many people, the third day of a diet and lifestyle upgrade is the hardest day.

Most people wake up feeling bad, spend the first few hours of the day feeling even worse, and about noon or one o'clock start thinking something like:

“This program's making me sick. I'm going to stop.”

“Why am I doing this to myself? I feel terrible. I'm going to stop.”

“Eighteen more days of this torture? I can't do it. I'm going to stop.”

Or something along the same lines.

I'm here to tell you that in most cases (not all), people start feeling better after the third day passes.

So I urge you to fight your way through this very important third day of detoxing.

If you haven't done so, read Dr. Stanley Bass's [article on detoxing](#).

It's vital that you read this article carefully so you'll understand what's happening in your body... that what you're going through right now is good, even though it's no fun.

Now, you don't have to suffer terribly.

If your body is detoxing too fast – and that's what causes headaches, stomach aches, the runs, constipation, and so on – **you can slow the detox process down by having less Dr. Ben Kim's Greens, less vegetable juice, and more cooked food.** This is not only an acceptable approach to take, it's also a wise one because there's enough suffering and pain in life without imposing even more on yourself.

I also urge you to take it very easy on yourself today. I plan to be in bed by one o'clock, and I'm going to stay there the rest of the day, reading and taking catnaps and giving my body some much-needed rest. I will, however, go out for my usual twenty minutes of exercise in the late afternoon, and I urge you to do the same thing.

If it's possible, **tell family members who aren't on the program with you that they should pretty much get along without you today...** that they're just going to have to



manage without you... that they can make their own meals and clean up their own messes and arbitrate their own squabbles.

If it's not possible to seal yourself off, then try to do less than you usually do.

Slow down. Rest. Breathe deeply.

Once you get through the detox period, everyone in your family will start noticing a big difference in you, believe me.

“Hey, Dad, what’s the matter with you? You’ve been in such a good mood lately..”

“Mom, I don’t think I’ve ever heard you whistle “The William Tell Overture” quite so fluidly. What’s up?”

Whoa, I may be exaggerating a little, but I’m not making this up.

Honest.

I get reports like the above every time I do this 21-day program. To prove it, here’s a sample testimony:

From: Alexis

Date sent: Sat, 6 Feb 1999 16:10:07 EST

To: chet@chetday.com

Subject: Hi!

Hi... well, I have to tell you that I love this 21-day program! I know you are getting lots of mail and you don’t have time to answer anything at the moment, but I mainly wanted to thank you for all of your service and hard work in our behalf. I was really excited to start the program so I cheated a little bit and started last Monday.

I went through about 3 days of a runny nose, headache, and very grouchy, etc. But I am happy to report that I feel much better! The most exciting for me is that I have lost 7 pounds!

My dad had a copy of your book (21-day challenge) and I read the whole thing last Saturday. I have been following your plan mentioned on the first couple of pages! I even tried the blended salad. Very COOL! Well, I’ll sign off for now! Thank you again for everything!

Alexis



So, please, hang in and don't give up the ship. Remember you have to go through winter to get to spring.

I also want to say a few words about **temptations**. I know last night around seven o'clock I started getting tempted. I'd had my blended salad, my meal for the evening, and the ole false hunger pains started nudging my brain, whispering stuff about how good this or that would taste.

I took a deep breath and reminded myself that I'd made a **commitment to stay all raw**, on a minimal diet of juice, **Dr. Ben Kim's Greens**, fruits, and salads for at least the first three days of my 21-day program.

Since I had set a goal that I knew I could attain – from practice I've learned that I can do just about anything for at least three days if I put my mind to it – it wasn't difficult for me to have a large glass of water instead of steaming up a big plate of vegetables and brown rice.

This is important.

Set little goals within the framework of your larger 21-day program goals.

Set little goals that you KNOW you can meet.

I try to set daily goals, three-day goals, and weekly goals. All within the context of the 21-day program. Then I assure myself of having a constant stream of victories.

And the daily victories make it a lot easier to get through the whole three weeks.

Finally, don't forget that **you're supposed to have fun** on this program. Find ways to make it fun for yourself each day. This will be easier later this week when the worst of the detox symptoms have passed, but you can do it now too.

Head for the kitchen and **be creative with some recipes**. Try some new vegetable combinations instead of just having vegetable juice. Make yourself a glass of freshly squeezed orange juice. **Formulate your own taste treats with natural foods**. You can make some fabulous "natural candies" with honey and ground nuts and coconut, for example.

But if you start making fancy foods, be sure you don't pig out and thus mess up your weight goals.

Moderation is the chief good in all things, and a little is better than a lot.

I mean, that's what the experts keep writing in their diet books, isn't it?

Let's finish with a taste treat recipe you can use to make yourself feel a little better today.



Today's Featured Recipe

Ann Wigmore's Raisin-Walnut Patties

1 cup raisins
1 cup walnuts
1 cup ground cashew meal
1 cup dried coconut
2-3 Tbs fresh (unsprayed) orange peel

Grind ingredients, mix well and form into patties.

Today's Chuckle

A bus full of politicians was speeding down a country road when it swerved into a field and crashed into a tree. The farmer who owned the field went over to investigate. Then he dug a hole and buried the politicians.

A few days later the sheriff drove by and saw the overturned bus. He knocked on the farmhouse door and asked where all the politicians had gone. The farmer said he had buried them. "They were all dead?" the sheriff asked.

"Well, some of them said they weren't," replied the farmer, "but you know how politicians lie."

Chet's Closing Words

Tomorrow I'm going to start addressing some of the questions that I receive most often.

Hang in there. Tomorrow should be a lot better for you, though it still may be bad, so be prepared for that too. **Remember that each of us is different and each of our bodies will heal and detox differently.** There are no quick fixes with the natural approach to life and healing.

So be patient and be good to yourself.

See you tomorrow.



Lesson No. 4

Today's Message

I have a lot of territory to cover this morning, so let's get started.

I trust you're feeling a little better than yesterday? At least I hope so. If not, don't worry. Just be patient and remember that the body heals in its own time.

Today I want to tackle some common questions from those on the program.

Question

How do I stay on the diet at work when everyone around me is eating donuts and drinking soft drinks and coffee?

Answer

Having lived on the **H&B** program for years while teaching high school, I sympathize and empathize with this problem. I don't have easy answers for you either, since the best solution I ever figured out was to just make sure I had plenty of good things to eat and drink with me at all times. This way it was in my power to make a good choice or a bad choice when a colleague came up and said, "Hey, how about a jelly donut?"

Now, if you don't have some almonds stuffed in dates or an apple or banana or **a healthy snack with you**, it's going to be a whole lot easier to cave and eat the donut. Guess what happens if you do that? A lot of the good you've accomplished since Friday gets harmed. The donut will taste good for a few minutes and then it'll sit in your stomach like a lump of processed white flour and sugar. Physically you've just taken a step backward. Mentally, if you're like most people who do this 21-day program, you'll start hammering on yourself for being weak, blah, blah, blah.

I'm not into guilt or hammering so let me say right now, if you take a step backwards, hey, no big deal. You took a step backwards. Who cares? Life exists in the moment. So put that backward step behind you, take a deep breath, tell yourself you're going to do better, and then start moving forward again.

So, when you're at work, just be prepared. And if co-workers make fun and tease you, just deal and pretend you're being hazed or something. Just know that you'll have the last laugh in seventeen more days (and probably by this time next week) when they'll start asking you things like, "Hey, what're you doing? You look great."

Question

I have been told that it is helpful to help the body along with its detoxing by using various



means, such as cleansing the colon through **enemas, colemas, colonics, sitting in a sauna or hot bathtub and working up a good sweat**. What is your opinion about this?

Answer

Colon cleansing represents one of many controversial areas in alternative health. Some writers consider it a great thing; some consider it a bad thing; some say it depends on the individual.

I did my share of colon cleansing in 1993 when I started my diet and lifestyle changes – enemas and home colonics (same as colemas). I found these experiments interesting but time-consuming, messy, and not a lot of fun.

Before you embark on colonics or enemas, be sure to read Dr. Ben Kim's article "Are Enemas Good for Your Health?" at

<http://drbenkim.com/articles-enema.htm>

Dr. Herbert Shelton, the man whose writing and thinking on health has influenced me the most, said **no to enemas and no to colonics and no to the concept of induced colon cleansing**. He taught that the body has its own intelligence and when it's ready to move the bowels, it will move the bowels.

Ultimately, from my point of view, **one builds colon health just as one builds overall health: by making intelligent choices regarding food and lifestyle one day at a time**.

Whether or not **colonics or enemas** are for you... hey, do some homework on the subject, think about the evidence, and then decide what's best for you and your body.

As for **saunas and hot tubs and artificially working up a good sweat**, some writers say that doing such things enervates or weakens the body and others say it helps to move toxins out.

Me, I like a good soak in a hot tub, and I'd use a sauna once in a while if I had one... and if it made me feel good. I consider that the key... **if it makes your body feel good, and not just momentarily good, then go with something**. But be sure to base your decision on how you feel not only right after the enema or the sauna but **also how you feel an hour later, two hours later, the next morning**.

Question

I had been doing nearly 100% raw since Dec. 24 and just decided to go along on the 21-Day challenge to see what I could learn. When lo and behold last Wednesday my husband came down with a **cold, fever and chills, and runny nose**. I thought I was going to escape it, but yesterday it hit me. I've spent the day in bed today and feel awful. We went through this back



in December and now again. Is it just detoxing? We don't know if we can tolerate it. I believe we'll add some cooked food. What do you suggest?

Answer

I wouldn't be discouraged as I've had things like this happen to me many times over the years and so have a lot of other people on excellent health programs. **The idea that a few weeks or a few months or even a few years on a vegetarian or vegan diet makes one totally immune to all disease for the rest of one's life borders on lunacy, in my experience.**

Although I haven't missed a day of work because of sickness in years, I in no way consider myself so pure and healthy that I won't get a cold or flu or something else somewhere down the line. And if that happens, hey, no big deal. It's my body getting toxins out of my system. I'll take to bed, drink purified water and juice, and enjoy some time off work.

The options are many for when one gets sick: **stop eating altogether and have purified water and fast until the symptoms go away; go on a juice diet and rest until the symptoms go away; have some cooked food and see if that won't stop the detox (if it is detox).**

Question

Should I feel excited that I am not having any of the "bad" feelings connected with the detoxification on the 21-day program? Or could it be that I have done something wrong? I am basically following your regime that you shared on Day 1. One exception, I did put my evening salad into a pita pocket, and, boy, was it good! Would that slow down my detox?

Answer

Be happy and enjoy health building without apparent symptoms. Many people have the same experience you're having and it's not because they're doing something wrong. **They just have fewer toxins to expel.** Or their bodies expel toxins without symptoms. Or whatever. Putting your evening salad in a whole grain pita pocket is a terrific idea. It sounds so good, I wouldn't mind having one right now.

Don't worry about slowing down or speeding up detox. Just make intelligent decisions about what you eat and how you live and let the body make the decisions about detox speed.

That is, unless you're feeling just plain terrible. **Then you can slow down detox by having less vegetable juice, less Dr. Ben Kim's Greens, and more cooked food.**

Well, it's after eight a.m. already so I need to stop for today. I didn't get to a lot of good questions yesterday, but I'll start with them tomorrow in No. 5.



Today's Featured Recipe

Chet's Favorite Blended Salad

Here's the newest version of my favorite recipe for the blended salad:

4 Romaine lettuce leaves
1 medium tomato
1 half avocado
3 stalks of celery
1 medium carrot
1 small zucchini
1 Fuji apple (peeled and quartered)
Any other veggies you have handy
Lemon juice to taste
1/2 tsp sea veggies like kelp or dulse

Put tomato and avocado in blender and blend. Then add lettuce, carrots, and other ingredients, pushing down with celery stalk. Blend until smooth and then eat like a cold soup. Looks awful but tastes wonderful.

If it doesn't taste good to you, try again with a whole avocado or experiment with the ingredients until you find what suits your taste buds. Don't give up with the first try. Blended salads are great when you find the right recipe for your tastes!

Today's Chuckle

A physician passed away and was being screened for the destination of his soul's eternal afterlife.

Unfortunately, he'd been a bit of a lout, a quack, and greedy to boot, so he wasn't quite certain what to expect.

Upon arriving at the Pearly Gates, Saint Peter greeted him, and informed the Doctor that he would be allowed to choose from one of the doors before him, but that because of his greed and misdeeds he may find the choices rather hellish.

Upon opening door #1, the doctor witnessed fire and brimstone of truly Biblical proportions, a horrifying sight. He quickly closed the door.

Upon viewing the spectacle behind door #2, he was even more horrified to observe various tortured souls ravaged by plague, disease and other maladies too terrible to mention, while an evil guard stood watch.



With trepidation, the doctor opened Door #3 to discover therein groups of white-coated male physicians, being waited on hand and foot by beautiful young women dressed in little more than nursing caps!

The doctor rushed excitedly back to saint Peter and proclaimed, "I'll take door #3!"

"Oh, no, I'm afraid that's not possible," exclaimed Saint Peter. "That's Nurse's Hell!"

Chet's Closing Words

Let's close with a letter from Terry. I received this note yesterday, and it made me feel great. Terry also has a very good tip for those who want healthier skin:

Dear Chet:

I couldn't wait to start on my 21-day program. This is my 15th day and I'm really feeling great. I've been working out for an hour a day, which is helping greatly. I started out with 10 minutes of huffing and puffing. Now I'm starting to feel like a million. I'm still detoxing, though, and sometimes feeling weak. Just to let you know that body brushing is working for me. I use a loofa or brush before my shower every day. I'm finding that my skin is so much softer without using any creams or lotions. And this is helping to rid my skin of toxins. You may want to suggest it to everyone.

I want to thank you for your daily encouragement. I've been printing it out and referring back to your kind words and your book. Knowing that you are experiencing the same symptoms as I am helps. It helps to know that I'm not getting sick (detoxing makes you feel so ill). I'm getting better. Thanks again.

Tomorrow I'll continue to address some of the most common questions.

Hope you're over the roughest part of the detox. If not, hang in there. Sometimes it takes a week or even two weeks or longer of discomfort (in rare cases) before the fun part begins.

And for most of us, tomorrow will be better than today. And once we get past the first week, whoa, then a lot of us will really start feeling super!

See you tomorrow.



Lesson No. 5

Today's Message

Good morning! I woke up feeling substantially better today, and I hope you did too. Whereas the past few mornings I've been less than eager to get up, climbing out of the warm sack a couple hours ago wasn't that big of a deal.

Okay, let's get down to business, shall we?

Today I'd like to continue answering some of the most common questions about the program.

Question

I started the 21-day diet on Friday and have totally stuck to it, except for the fact that I had to take six **Excedrin tablets** over the weekend for bad headaches. Is this considered cheating, since these tablets have a small amount of caffeine?

Answer

Purists won't like this answer, but **though I consider drugs toxic and harmful to the body, I also don't see a lot of sense in suffering terribly during initial detox.**

I tried it two ways back in 1993 when I went through my horrible detox periods:

Living through headaches that felt like Mike Tyson was in my skull hammering left hooks to my forehead.

Popping a couple of Advils and going to bed to take the edge off the pain.

For me, popping the pills and going to bed ultimately made more sense.

I'm just not big on too much suffering, and a lot of people carry the natural health paradigm and dieting to absurd places when it comes to doing everything "by the book."

Since no two natural health "experts" can agree on much of anything anyway, I don't consider what you did to be cheating at all. I probably would have done the same thing.

Question

What is rebounding? Is that jumping on the small trampoline or is it a particular routine on the trampoline?

Answer

When I write about rebounding, I'm referring to jogging on a mini-trampoline that I keep in our family room. **Rebounding offers wonderful exercise for everyone**, but especially for



those who have trouble getting out of the house during the daylight hours because you can rebound any time you want to.

One of the great benefits of rebounding lies with the fact that by engaging in this exercise you really get the lymph fluid flowing through the lymph system. According to **Dr. Samuel West**, as well as a number of other alternative health teachers, most of us have clogged up lymph systems, which contribute to the sorry state of health many of us are in.

I enjoy rebounding to **Bob Marley and the Wailers**, the original reggae group, and I recommend that you rebound to some of your favorite music too. Doing so makes the time go faster, and **the rhythm of the music helps the body slip into an exercise groove** that I find very pleasant and enjoyable.

If you're terribly out of shape, rebounding is a great place to start because it's not as hard on the body as walking, jogging, swimming, or other more intense physical exercises. In fact, you can even sit on the rebounder and just move up and down gently. Even this helps the flow of lymph in the system and thus improves elimination.

I used a **\$25 rebounder for years** and wasn't very impressed with it. When I broke down and purchased an expensive rebounder, I've been using it steadily. The quality of the bounce actually made the huge difference in expense worth it to me.

But, with that said, I'd recommend that you purchase a garage sale or K-Mart rebounder first, **to make sure you're going to use it regularly**. Once you know you're committed to an exercise program as part of your life, then give the cheap one to a friend or loan it out to others.

Remember, once you have the simple keys to building your own health, you also have an obligation to share the information with friends and family and anyone else who will listen. It's satisfying and fun to help others get started on this marvelous health journey so loan out or give away your cheap rebounder when you purchase a first-class model for yourself.

Question

Every time I start this program, within a day I start to FREEZE. I'd almost rather have hot flashes! (Just kidding.) Seriously, though, is there anything **I should be eating or not eating to avoid being so cold**? I live in Wisconsin, but even when my heat is up to 74 in the house I'm cold. I've talked to others on the diet with the same problem. Is there a solution?

Answer

Almost every vegan/vegetarian I know has the same problem with being cold in the winter. I know I did during my vegan years. To my knowledge, if you want to stay vegan (I don't recommend this), there's not much to do about it other than to dress in layers and sip on hot herbal teas or lemon juice mixed with a little honey or maple syrup or, if you get really cold, a liberal dash of cayenne pepper.

**Question**

This morning I really missed my **herbal tea** and so I had some lemon in warm water. Then I realized I didn't know if tea was not advised. I usually have some blend of herbal tea with some **stevia** in it. What do you think? Also because of my gluten and wheat intolerance I have been having rice bread or kamut muffins and things like that (baked myself) every now and then. Is that correct for the 21 days or should it only be Ezekiel bread (and what's the difference, is it because Ezekiel bread is made from sprouts?)

Answer

Herbal tea is fine and stevia is fine too. Enjoy!

And those muffins sound wonderful. They're perfect for the 21-day program.

Ezekiel bread was only a suggestion for a health food store product that I use and recommend. You're not required to have it on the program. Yes, Ezekiel bread is made from sprouted grains. A heavy, dark bread, not everyone likes its rather earthy taste. I enjoy it, especially on cold evenings when I'll pop a slice or two in the toaster and then brush a little good, healthy oil on top in lieu of butter.

Better than hot, fresh cherry Danish!

(Well, okay, that was a lie. But it still tastes okay, and it's a lot better for you than sugar-laden, white flour pastries.)

Question

How long will **carrot juice keep in the refrigerator**? I notice that the juice tends to separate, but does this mean that it has spoiled?

Answer

Here we find yet another controversial question in the natural health field. Some experts say you have to drink your juice immediately upon extracting or else it's not even worth drinking. **I agree that the best juice is the freshest juice.** No question about it.

And if you are healing yourself of a chronic condition or major illness, you need absolutely fresh juice, right out of the extractor.

With that said, let's explore this question a little bit more for those who aren't dealing with major health challenges.

Most of us don't lead lives that allow us to juice two or three times a day. Even working at home, I've not been able to manage this. So we need to do some storing of juice.

Unfortunately, to my knowledge, no independent testing agency has ever run a test on a wide range of nutrients in juice made with the major juicers and kept over various lengths of time. Some tests have been run, but I don't consider them conclusive, encompassing, or ultimately convincing.



Having owned three juicers since 1993 (**Acme, Champion, Green Power**), I give the **Green Power** an edge regarding the staying power of juice in the fridge. But it's not that big a difference, near as I can tell, from the quality of juice I've made and stored in the past with my **Acme and Champion**.

As usual, my advice boils down to this: don't listen to the so-called experts. Make your juice, pour it into jars right up to the brim, cap tightly, and put in the refrigerator or ice chest. During the course of the next couple days, shake the juice, open the container, and sip some. Swirl in the mouth. **Your taste buds, your vision, your sense of smell, and your intuition will tell you very clearly if the juice is still good or not.**

Oh yeah, juice will keep longer if you peel the carrots rather than just scrubbing them clean. I always peel my carrots when I'm going to store juice in the refrigerator.

Question

Do you think my brain will detoxify with this program? I have had a painful sinus infection. I've been sort of on a natural diet and lifestyle since May, 1998, but I am trying to get more committed to it.

Answer

I don't diagnose or prescribe, but I can assure you that since 1993 I've read a remarkable range of reports of self-healing from individuals who have committed themselves to a **thorough detox by going on a good fasting or detoxifying diet and lifestyle program**. A number of people have said their life-long sinus conditions have simply gone away after following a natural diet and lifestyle for various lengths of time.

I've also read several fascinating reports from people with depression or other mental health challenges who have regained their lives after taking charge of their health.

Let's end today's message with a good tip from Kitty:

Since I'm fighting yeast and am avoiding honey and sugar, and even fruit for the most part, I am using the herb stevia as a sweetener instead. I add it to my herbal teas, use it in making lemonade and cranberry juice from pure concentrate, sweeten homemade salad dressings with it, and use it with whole grain cereals and rice or almond milk. I find it a wonderful sugar substitute and have heard that it actually levels out the blood sugar and so is healthful for diabetics and hypoglycemics. It helps me feel almost normal in my diet, i.e. less deprived. If you have knowledge of this herbal product and feel comfortable endorsing it, I thought you might want to share with others.



Today's Featured Recipes

Pam Rodriguez's Baked Grain Recipe and Meatless Chili

Chet, here is my baked grain recipe and a super recipe for meatless chili, which is great with a scoop of brown rice.

Baked Grain

Heat water. Wash and drain grain. Roast grain in a dry skillet (no oil) until fragrant, stirring constantly (you can skip this step but doing it makes the rice very flavorful and pilaf like in consistency). Place roasted grain, salt (optional) and boiling water in a casserole dish and cover. Bake at 350 for designated time.

Brown Rice

Bake one hour

3 cups brown rice

6 cups boiling water

1/8 tsp salt (optional)

Yield 6-7 cups

Millet

Bake 30 minutes

2 cups millet

6 cups boiling water

1/8 tsp salt (optional)

Yield 6-7 cups

You can do bulgur or other grains. Try adding sauteed or steamed veggies to bake with the grain. Wonderful.

Two Bean Chili and Rice

1 Tbs olive or vegetable oil

1 1/2 cups chopped onion

1 cup chopped green pepper

2 Tbs minced garlic

1 fresh jalapeno pepper, seeded and chopped (optional)

2 tsp cocoa powder (the unsweetened baking kind)

1 can 28 oz tomatoes (whole, crushed, stewed – we prefer just whole tomatoes with no added paste or additive and then slice or puree ourselves...)

1 can pinto beans, drained and rinsed

1 can black beans, drained and rinsed

1 1/2 Tbs chili powder

1 tsp ground cumin

1 tsp oregano

1/4 tsp allspice



In saucepan, heat oil. Add onions, green pepper, garlic and jalapeno. Stir and cook until veggies get soft. Add cocoa. Cook three more minutes. Add in rest of ingredients. Bring to a boil. Simmer covered for 20 minutes until flavors are blended. Serve over brown rice or with whole-wheat tortillas.

Today's Chuckle

Ghandi walked barefoot everywhere, to the point that his feet became quite thick and hard.

Even when he wasn't on a hunger strike, he did not eat much and became quite thin and frail.

He also was quite a spiritual person. Furthermore, due to his diet, he ended up with very bad breath. He became known as a super-callused fragile mystic plagued with halitosis.

Chet's Closing Words

Let's wrap up Day Five with an inspiring letter from Donna:

Dear Chet,

I have been surprised to see that my desire for junk foods has already decreased by Day Three! Yesterday I had a day full of obligations, all involving food, and I was able to resist without much trouble. One event was a brunch at a dear friend's house for 30 friends. She served mountains of food! I kept myself occupied by helping out my friend. I donned an apron and took orders for special omelets. That way I was too busy to eat and still got to talk to many people who were crowded into the kitchen. I sipped my carrot juice and ate the raw veggies that were laid out when I was done cooking, even though I was surrounded by bagels, donuts, coffee, alcohol in many forms, fancy cheeses, Godiva chocolates, and homemade desserts. I am not stating this in a prideful way – what amazed me was I didn't crave these foods!

What a change in three days! I have lost 3 pounds and have been able to cut a medication by 2/3 when all previous attempts to do so have been a failure. Getting off this medication is crucial to me; it causes many undesirable side effects, but every time I've tried before I got terribly ill. In just three days I've been able to reduce it drastically with no ill effects!

THANK YOU for your support through this. It means a lot that you're doing it alongside the rest of us.

Well, tomorrow I'll continue to address common questions. Until then, make good choices.



Lesson No. 6

Today's Message

We're almost finished with the first week, and I trust that for most of you the rough part is getting smoother, if it isn't already a thing of the past. For those still suffering some detox symptoms, just remember to remain patient and rest as much as possible.

One of the reasons I love doing this program is that I learn so much from each of you who write in. The most recent examples come from Bev, who adds these great tips on staying warm, and from Sheryl, who shares a tip on avoiding Advil or other harsh painkillers during detox:

Hi Chet,

Ginger is great for feeling warmer and it is good for you too:-))

A slice of fresh ginger in a cup of warm tea and you will feel warmer in no time. Can also put ginger in oil and rub on the body, massaging the body with oil before or after bathing also makes one feel warmer, and ginger can also go in the bath water.

Ginseng is also a good herb for winter warming and, as you mentioned, cayenne:-))

Dear Chet,

I thought your readers might be interested in this after the letter you printed about detox headaches. It might be after the fact since we're past the worst of it, but still useful info. The herb, Feverfew, comes in tablets, capsules, or liquid, and is a wonderful pain killer with no risk. If taken according to package dosage, it can really "take the edge off" as you mentioned. It's not a drug, so there are no more toxins going in when you use it. Hope this helps someone.

Some more good questions need answering, so let's jump in and tackle a few more, shall we?

Question

I would really like to know how many calories are in carrot juice. My husband and I both feel as though we are GAINING weight! We also go from really full, to really, really hungry in a matter of seconds.

Answer

A long time ago I found a great page for people who like all the details about what's in what



they eat. A service of the U.S. government, please check out this web page and get something for your tax dollars, for a change. If you log on to the Internet, you can access the page by clicking on the address on the next line:

http://www.nal.usda.gov/fnic/cgi-bin/nut_search.pl

Of course the nutritional experts at the United States Department of Agriculture have never heard of fresh carrot juice, but they do have fascinating information about canned carrot juice. For example, **canned carrot juice** contains 94 calories per cup, along with all kinds of vitamins and minerals (even after being pasteurized – think how much good stuff is in the freshly-extracted nectar that comes from Bugs Bunny’s favorite root vegetable). Anyway, check out the **USDA’s search engine** – it’s neat. Just type in “carrot juice” as your search term.

To get to the rest of your question, if you feel like vegetable juice is too sweet for your taste or physical condition, dilute the juice half and half with purified water or celery juice.

Getting hungry all of a sudden is common... the key is to figure out if it’s real hunger or just head hunger. If it’s real hunger, do something about it. But make healthful food or drink choices when you do. My experience has been that some people do better if they graze on healthy foods all day long or else have five or six mini-meals during the course of a day. Others do well on one or two meals a day.

To my knowledge, this whole business of three square meals a day spaced more or less evenly apart is not etched in stone anywhere.

Question

I know most people don’t like to hear about my particular concern. But surely there are a few other 21-dayers out there who share it. I’m already at **my rock bottom weight**. (I’m 45, 5’6” and 110#) I really don’t want to lose anymore. Do I need to worry about getting scrawnier during the next three weeks?

Answer

Thank you for this important question. You’re the fourth person to ask it this week. Like being cold, this is another tough, common problem for some vegans and vegetarians, and I don’t have a lot of great suggestions. **Dr. Shelton and other health writers** whose experience I respect teach that the body will lose down until it has shed all its toxic cells and waste and that the body will then gain back up to its optimal weight.

I’m not convinced that this theory holds true for everyone, however, since over the years I’ve corresponded with a number of people who couldn’t gain any weight on a vegetarian or vegan diet no matter what they did. In general, these folks didn’t feel healthy with what little weight they did carry and they were often tired.



The late **Dr. Christopher Gian-Cursio**, another one of my health heroes and mentors, found that his long-term natural hygiene patients didn't thrive **until they added raw milk cheese, yogurt, fish, or egg yolks** to their diet. Individuals who modified their diets in this manner quickly gained weight, energy, and an improved sense of overall health and well-being. This has been my experience as well. Vegan diets are great for short-term detox purposes but for long-term health, most people must eat clean foods from both plant and animal kingdoms.

With that said, if I were losing more weight than I wanted to and trying to stay on a vegan diet, I would experiment in this manner. First, I'd add at least one whole avocado a day to my food intake, and I'd also eat at least four ounces a day of almonds, filberts, and/or walnuts. I'd eat a big plate of brown rice or whole grained pasta at the evening meal, and I'd have veggie sandwiches on Ezekiel bread for lunch instead of fruit. I'd also snack on bananas or dried fruit during the day. And if I continued to lose weight that I didn't want to lose, I'd move to a three meal a day plan and have millet or oatmeal for breakfast.

I know from reports back in 1998 that the above approach has helped a few people maintain already low weight during a 21-day program.

So much of this **weight business seems to boil down to metabolism and individual differences**. I mean, seriously, I can put on pounds eating the above, even working ten-hour days and jogging a couple miles every afternoon. But sometimes it feels like I can gain weight by hearing a Twinkie commercial on the radio, so I consider my particular metabolism neither normal nor representative.

As usual, my bottom line answer is that each of us must experiment to find what works best for our bodies and what helps us best reach our particular goals.

Today's Featured Recipe

Chet's Rainbow Salad

Since I had this for dinner last night, I thought I'd share it with you.

Grab your favorite cheese grater and a huge bowl. Into the huge bowl, grate cabbage, carrots, beets, turnips, and any other grateable veggie in the fridge. Add a big handful of baby spinach leaves. Chop celery, green pepper, red pepper, tomato, and anything else you have in the fridge that can be chopped or diced. Add a tablespoon of **Carlson Cod Liver oil** to get your essential fatty acids for the day. Squeeze the juice of one half lemon over everything and stir until your wrist gets tired. Top off with one half avocado, sliced. Adding some apple chunks is nice too, if you want a sweeter salad. (Those who are concerned about combining fruit and veggies... apple combines well with vegetables so it's an exception to the general rule for most people.)

If you're concerned about losing weight, spoon the above into a pita pocket or slap it between some slices of **Ezekiel bread** for a dynamite sandwich.



If I weren't keeping my food intake to a minimum to lose as much weight as I can these three weeks, I'd follow the above up with some brown rice and steamed veggies and maybe a whole wheat roll. Or else I'd have three or four ounces of almonds. You can also grind the almonds and sprinkle them over the salad. Very tasty.

Today's Chuckle

(Courtesy of Linda and Sharon)

A lesson in maintaining a positive attitude during adversity.

I heard the story told recently about a king in Africa who had a close friend that he grew up with. The friend had a habit of looking at every situation that ever occurred in his life (positive or negative) and remarking, "This is good!"

One day the king and his friend were out on a hunting expedition. The friend would load and prepare the guns for the king. The friend had apparently done something wrong in preparing one of the guns, for after taking the gun from his friend, the king fired it and his thumb was blown off. Examining the situation the friend remarked as usual, "This is good!"

To which the king replied, "No, this is NOT good!" and proceeded to send his friend to jail.

About a year later, the king was hunting in an area that he should have known to stay clear of. Baptist missionaries-turned-cannibals captured him and took them to their village (as there are no true cannibals in Africa!). They tied his hands, stacked some wood, and set up and bound him to a stake.

As they started to set fire to the wood, they noticed that the king was missing a thumb. Fearing a disease, they never ate anyone who was less than whole. So, untying the king, they sent him on his way—after they gave him a Chick witness tract, of course.

As the king returned home, he was reminded of the event that had taken his thumb and felt remorse for his treatment of his friend. He went immediately to the jail to speak with his friend. "You were right" he said, "it was good that my thumb was blown off." And he proceeded to tell the friend all that had just happened. "And so I am very sorry for sending you to jail for so long. It was bad for me to do this."

"No," his friend replied, "this is good!"

"What do you mean, 'this is good'? How could it be good that I sent my friend to jail for a year?"

"If I had NOT been in jail, I would have been with you."



Chet's Closing Words

I sure hope you're having a good experience with the program so far... that you're adapting it as you move along and learn to listen to the signals your body's constantly sending you.

Let's wind up Day Six with a couple of good testimonies:

Dear Chet:

I have been keeping a daily diary of how I feel, what changes I've noticed, etc. It's been fun to read over and it makes me look forward to seeing what the entire three weeks will look like! I actually lost three pounds and have felt so clear headed. I look forward to receiving your letter every day. Thanks for everything.

Abby

Chet,

For over a year now I've been experiencing a throbbing in my legs. It wakes me up during the night, and it's always there when I awake at dawn. I have been debating a doctor's visit for some time now, but put it off because I didn't want to be put on some pills. The only thing I could think of that was causing this was my body's lack of "something." I'm happy to tell you that on Day #3 of the H&B diet I have no more leg throbbing!

What a relief. You're the best, Chet, for sharing your information with all of us. I, in turn, pass it on to my 3 children with the hope that they will use it in their journey of life. Truly, what makes us wise is not just hearing your information, but how we use it.

Carol

Okay, that's all, folks.

See you tomorrow, when we wrap up our first week. Think of that. We're a third of the way done already.



Lesson No. 7

Today's Message

Judging from past experiences, by the end of the first week, most individuals on this interactive journey to health are losing weight, gaining energy, and experiencing new clarity of mind.

That's sure true for me. Since last Friday, I've shed five of the extra twenty-five pounds I picked up when I ventured off my health and exercise program and spent too much time slaving over a hot computer.

A week ago Monday when I resumed **daily exercise** for the first time in months, I had to stop jogging after less than four minutes because I was out of breath.

This afternoon, only nine days later, I jogged fifteen continuous minutes and felt great.

Seriously, don't you marvel over how quickly the body adapts and improves when you feed it living foods and provide it with sensible exercise and intelligent lifestyle choices?

I mean, for the past six days I've had so little to eat... morning **Dr. Ben Kim's Greens**, eight-ounce glasses of vegetable juice twice a day, a banana and apple for lunch, and a blended or tossed salad/slaw for dinner, along with some almonds and walnuts. And that's been it.

Up until Friday when we started the 21-day program, probably five times that amount of food went into me every day, and we're talking some low-octane fuel, too.

Most of us overeat on a daily basis.

On this minimal, living food diet I feel twice as good as I felt a week ago when I munched half the day on dried fruit, bananas, and corn chips and slammed down big suppers every night.

Okay, time for some **questions and answers** about natural approaches to health. These questions come from individuals who are improving their health and lives by starting with a basic program of eating predominantly uncooked fruits and vegetables. **They then adapt the program as their bodies tell them to by experimenting with exercise, unprocessed whole foods (including daily juicing), and lifestyle choices involving sunlight, stress management, clear air, clean water, and so on.**

If you need to review the latest version of the **Health & Beyond Living to the Max** program, go online and visit the page <http://chetday.com/hbprogram.html>

**Question**

I am nursing my 5-month old and have found that she is seriously affected by my detoxing. Any thoughts on this?

Answer

Natural health teachers generally suggest that nursing mothers need to be careful not to detox too much, if they don't want to affect their babies.

When nursing babies cry and get colicky, often they have picked up toxins from the mother's body in her milk. Women who have experienced this have eased or solved the problem by slowing down the detox. They do this by having more cooked food and/or less **Dr. Ben Kim's Greens** and/or less vegetable juice. In other words, they listen to their bodies and their babies.

Dr. Joel Robbins tells how his nursing wife one night decided she wanted Chinese food so they went out to dinner. The next day the poor baby was cranky, crying, and miserable because her milk contained some of the toxins from their meal at the restaurant.

Cause and effect – it works every time.

Question

You suggested peeling your carrots if storing them. Why?

Answer

Please peel your carrots if you plan to refrigerate and store the juice you extract from them. You see, some bacteria and dirt remains on the skin, no matter how well you scrub your carrots. The bacteria will multiply during storage and thus lower the nutrient quality and taste of the juice. By peeling beforehand, you have a cleaner carrot that will produce juice that lasts longer and tastes sweeter.

Question

I've been on the program for about a week. I am experiencing **lower back pain** today. I'm wondering if that is detox, as I have done nothing (as far as I know) to cause it. I too have been using a **brush** for cleansing in the shower for several weeks. I've been getting compliments on the "glow" of my skin. I'm not using any cleansers or lotions, only the brush. I'm looking great!

Answer

Over the years, I've read reports of aches and pains and drains from places you would hardly believe. Lower back pain is common. Ditto for joints. Ditto for muscles. Ditto for rashes, stomach aches, headaches, diarrhea, nausea, and even sore teeth. I find it fascinating that the



detox pains or symptoms often manifest themselves in places that we injured when we were younger.

Natural health writers theorize that when we give our bodies the foods and conditions that activate self-healing the body returns to areas of previous injuries and/or illnesses to complete healing work that didn't get completed for one reason or another.

Whether this theory is true or not, I don't know, but it makes sense to me, given the number of times I've corresponded with people who have reported detox pains in places they hadn't thought about in years.

In most cases, these pains or symptoms pass in a few days or weeks when the body completes its healing of that area.

Okay, enough with today's **Q&A**. Here's a great tip from Donna Muller.

Dear Chet,

As you know, our bodies are releasing many toxins at this point. Many of them show up as a white or yellowish coating on our tongues. Perhaps your readers would like to know about tongue scrapers, which remove this coating and decrease bacteria in the mouth, leaving the breath fresh. Many countries around the world use these routinely. Some drugstores sell them, and I know Wal-Mart does, too. They are very cheap and have entirely eliminated the breath dilemma of detoxing for me. Especially with flossing and some liquid chlorophyll added to my Dr. Ben Kim's Greens.

I've never tried a tongue scraper, though I've heard of them. You can bet I'll get one soon and give it a try because I currently have breath that even makes my two dogs cringe.

Let's move now to a dandy recipe, which comes from my long-time friend and correspondent, Joan Pressman.

Today's Featured Recipe

Joan Pressman's Vegetable and Apple Slaw

1 large Granny Smith apple (or apple of choice) peeled, diced
Fresh lemon – drizzle over apple
1-2 zucchini, grated
Red cabbage, sliced thin and cut to bite size pieces
1-2 carrots, peeled and grated
Bean sprouts, cut to bite size pieces
Few pinches of ground nutmeg and ginger
Optional: sunflower seeds



Mix above ingredients in bowl and toss with the following dressing:

1 Tbs flaxseed oil

1 Tbs apple cider vinegar

1/2 cup or more apple juice,

Optional: few drizzles of olive oil (Vary the amounts according to taste)

Store in refrigerator in tightly covered container; will keep for a few days. The above amount yields about three cups.

For me, this recipe makes a perfect dinner. I can sock away three cups of a great salad/slaw like this without batting an eye. – Chet

Today's Chuckle

Interesting Facts that May or May Not Provoke a Grin

A duck's quack doesn't echo, and no one knows why.

The reason firehouses have circular stairways is from the days of yore when the engines were pulled by horses. The horses were stabled on the ground floor and figured out how to walk up straight staircases.

Chet's Closing Words

Mrs. M, a lady on the 21-day program, has the closing words:

Dear Chet:

I have just had some shocking and miraculous news – at the age of 39 I am going to have a baby! I know it is the way we eat now, as last year we changed our diets drastically and took out all animal products and refined sugar – and we have not cheated since we started ten months ago. We have not used any birth control for twelve years and were unable to get pregnant, and now – well, we are pleasantly surprised! Although still shocked as you can imagine.

On that wonderful note, I'll see you tomorrow. Until then, please make good food and lifestyle choices because they fill this marvelous life with wonderful surprises and results.



Lesson No. 8

Today's Message

Stretch one of those arms of yours out long and then reach back between your shoulder blades, and give yourself a firm pat on the back.

Congratulations because you've successfully made it through the first week of the 21-day program to health and beyond. **And if you've faltered here and there, hey, no big deal.** You haven't quit and you're still doing your best, so you can give yourself a pat on the back too.

I bow in respect to each of you doing the program because you've just accomplished something that more than 99.99% of the population of the world has never done – you've devoted an entire week of your life to developing a new consciousness and attitude about your health.

Everyone wins who has done this.

Okay, okay, enough with the mushy stuff, right?

Tough guys and gals like 21-dayers don't need POB's (pats on the backs) or compliments, right?

After all, we eat our celery raw and drink our vegetable juice straight.

Seriously, for many, **the hardest part has passed** and the next two weeks should offer gradually increasing energy and sense of well-being. And, for most, some of the extra pounds will continue to melt right off.

Okay, let's get down to today's topic.

During the first week, we spent a lot of time dealing with diet and exercise. **I consider today's topic almost as important as diet and exercise in terms of building lasting health.**

The topic involves what I call **energy sinks**.

When I use the term "energy sinks," I'm referring to those **moments or relationships or incidents that occur all the time in life that consume your energy** like an elephant sinking into an Olympic-sized pool of quicksand.

I can write with some authority here because I've had a problem dealing with energy sinks most of my life. I still have the problem, though I'm getting better about energy sinks with time and constant conscious effort to improve.



Energy sinks occur most often in people **who try to please everyone all the time**. Statistically, if, like me, you are the first child in a family, you have a better chance of being pulled in and drawn down by energy sinks than your siblings do. Why?

Because the **eldest child in a family** usually tries to please everyone else in the family more than the younger brothers and sisters.

And this desire to please carries over into adulthood.

If you're trying to please everyone all the time, you've put yourself in a no-win situation. Because no matter how hard you try and how hard you work and how good a person you try to be, you're just plain not going to please everyone all the time.

If you persist in trying to please everyone all the time, you've opened yourself to constant energy sinks.

An energy sink, then, represents a position where you are going to squander some of the energy you have for the day on a situation that doesn't deserve the energy you're giving it.

Example of one of my typical energy sinks: I get an e-mail from a vegan guru criticizing the **Health & Beyond** program, telling me people aren't intelligent enough to develop their own health routines and that they have to be led by the hand. This person proclaims my approach as being potentially harmful to other people. He gives no recognition to my experience or to my years of study in the alternative health field or to my desire to help people reclaim their health.

In no uncertain terms, he flat out informs me that folks must be led by a guru like him— that they aren't smart enough to understand health or nutrition on their own. He knows this to be a fact, and he knows I am wrong in what I'm teaching.

If I don't **publicly retract** what I'm saying immediately, he threatens to tell everyone he knows that my writing is dangerous and that they shouldn't read it.

Now, my friends, this little piece of confrontational and aggressive e-mail represents a classic energy sink.

(And **one of the keys to dealing with energy sinks is to recognize them when they arrive** and not after they've drained you and left you tense and half exhausted!)

A few years ago, I would have dropped everything I was doing and would have spent hours trying to explain my point of view to someone who confronted me as above. You see, in those days, I not only still wanted to please everyone, but I also **still thought it was possible to please everyone** if I just wrote hard enough and made myself clear enough.



I hadn't yet learned that some individuals aren't as open-minded as others, and that some people are so entrenched in their points of view that no matter what you say to them you can't move them off the hard rock on which they stand.

Of course, the letter I spent hours writing might or might not be read with any degree of attention, but you can be sure a response would be forthcoming that **would require more thought and more writing**, and this might continue for days.

A classic energy sink.

Was anything gained by a dialogue like this?

No, not really, since both parties had points of view they considered the correct one.

Was anything **lost** by a dialogue like this?

Yes, hours and hours of time and energy that would have done more good had both of us involved in the energy sink used that time and energy for something other than to argue our particular point of view.

So these days, when I get an energy sink letter in my e-mail box, if it's nasty and confrontational, I **either ignore it altogether or politely thank** the person for sharing his or her thoughts.

I then move on about my business, taking care of the hundreds of e-mails that I receive every day of the week here at **Health & Beyond**.

But do I reject what all energy sink letters say?

Not at all, and this is an important point for learning to deal with energy sinks.

By not engaging in the energy sink, you save valuable time and nerve power; but by ignoring what the person had to say, you may miss a possible opportunity for growth.

So I always read and think carefully about what everyone says to me since one of my goals in life is to improve as much as I can each day. At the same time, I don't let aggressive and critical comments, situations, or relationships take away too much of that day's storehouse of energy that I prefer to put into my work.

In other words, **I learn what I can from each situation, but I don't get bogged down in conflict.**

Am I making any sense? Are you following what I'm trying to say?

Another potential energy sink.



If you've been married for thirty years or more, as I have, then you know there are absolutely no energy sinks in married or family life.

Right?

Ha!

Of course there are energy sinks in a marriage and family life, and if a husband and wife and the children don't learn to recognize them and deal with them, then that marriage and family are doomed from the start, in my opinion.

What if two very stubborn people happen to end up together at the hitching post?

Then they must learn to **compromise** or else learn to let go of the potential energy sinks.

For example, my wife and I are both stubborn as oak posts in steel-reinforced concrete.

When one of us knows we're right, there's not much give to speak of.

Our **stubborn natures** could have wiped us out many years ago, but we quickly realized that when we run into one of these no-win situations, the best thing to do is **to agree to disagree** and to then move on to something else.

This way we avoid energy sinks that exhaust so many couples and marriages.

Hey, I'm not a trained psychologist or marriage counselor and what I just wrote may violate all kinds of rules for the marriage road. I dunno. What I do know is that the techniques we've developed over the years for our marriage have kept us together longer than any of our friends in college. Indeed, almost all our friends from those days have gotten divorced long ago. So we must be doing something right.

Okay, enough on energy sinks. Do give the topic some thought and add the knowledge to your spiral binder of health weapons because you only have **so much energy available each day**.

I believe we need to learn to use that energy as constructively and lovingly as possible.

Too many people make too many negative choices each day, choices that sap them of their energy, happiness, and vitality.

Don't let negative people making poor choices pull you down to their level.

Stay positive and loving through each day, toward everyone, and happy life and superior health will result.



Today's Featured Recipe

Sue Molenda's Date Bars

For filling: Combine in a saucepan:

3 chopped Medjool dates (good to remove the pits, too)

1-1/2 cups water

1/4 cup pure maple syrup

Heat on low, stirring constantly, until thickened. Set aside.

Combine:

2-1/2 cups rolled oats

1-3/4 cups whole wheat flour

1 tsp salt (optional)

1/2 tsp baking soda

Heat 3/4 cup brown rice syrup until pourable, and stir into mixture, along with 3/4 cup pure maple syrup. Spray bottom and sides of a glass baking pan 13 x 9 x2, with cooking oil spray. Press half the oat mixture into the bottom of the pan. It might be necessary to oil your hands with the cooking spray to prevent the mixture from sticking to them like cement. Once you get it in there, all nice and flat, spread the date filling over it all. Then, try sprinkling the remaining mixture over the top, evenly. If it's dry enough, you'll be able to do it. The recipe is a conversion from a bad fat, refined sugar version, so I had to experiment a bit with proportions, and I think this version works okay. Sprinkle ground cinnamon over all. Bake 25 to 30 minutes. Cut into squares while still warm.

Today's Chuckle

(Courtesy of Peter Michas)

As a man who didn't exercise or eat living foods drove down the freeway, his car phone rang.

Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on 280. Please be careful!"

"Heck," said Herman, "It's not just one car. It's hundreds of them!"



Chet's Closing Words

As we begin our second week together, I'd like to close with a few words that have come in from friends doing this with us. The letter you're about to read comes from Mercy...

Dear Chet:

Days 2 and 3 were the worst. Not only did I have nasty headaches from coffee-detox, but I ached all over. It hurt to lift my arms, it hurt to stand up... it just HURT. But I've done minor cleansing routines before, so I kinda knew the drill, and just kept moving.

I've found a great way to have lunch! I work for a staffing agency and get sent all over the Washington, DC, area, but most places I work at give me an hour for lunch. I have a big ol' purple trenchcoat with big pockets. Bag of raw carrot in right pocket. Bag of raw broccoli, celery, cauliflower in left pocket. I put on my Nikes and walk and eat for an hour. Only trouble is, by the time I'm done eating, I've burned it all off!

Tomorrow is our second Saturday. Remember that weekends can be killers for your health program so start thinking ahead now and don't get yourself in situations where you don't have healthy options. Like Mercy, fill those pockets with good choices so you don't find yourself caving in to a poor choice.

When I'm working a 21-day program, I limit my social life to the bare minimum.

See you Saturday morning. And stay away from Friday night temptations, you pizza lovers. **Friday and Saturday nights are always the hardest for me, and they may be for you too.**

So stay vigilant.



Lesson No. 9

Today's Message

Happy Saturday, my friend. I hope you had a rewarding, restful, and healthy Friday night. I experienced the ole Friday night urge for a pizza for a few minutes, but I overcame it pretty quickly when I put some reggae on the stereo and rebounded for a half hour.

After exercising, I had my **Dr. Ben Kim's Greens** and a bit later made and wolfed down a big tub of salad/slau and then had a handful of nuts to finish off Friday's eats.

It's been eight full days now, and I'm still detoxing, feeling slow and a bit dull, and I had a slight headache off and on yesterday for several hours. If I had any sense, I'd put some cooked food back in my diet to slow down the detox process, but it's been a while since I've eaten only raw for more than a few days, so this is an interesting experiment for me. I'm adding the finishing touches to today's letter at a few minutes after six in the morning, and I do feel like today may be my "over the hump" day with detox.

Well, I'm not surprised by the fact that I'm still showing some detox symptoms. I knew I'd have to pay my dues during this 21-day program because of my **lack of exercise and the many poor diet choices** I'd indulged in during the past six months.

The principle of cause and effect never works anywhere more obviously and more efficiently than in our marvelous bodies.

Today I'd like to share with you some more of the many letters I've received from fellow 21-dayers. The first letter follows up on yesterday's topic of **energy sinks**. Let's get into it, shall we?

Dear Chet,

Thanks for the great e-mail today about energy sinks. Over the past two years, especially, I've been learning about this very thing. Some the things I've learned have been so freeing – especially since "Worrying-About-What-Others-Think" has been my middle name for far too long.

Something that was really powerful to me was the following saying: Whenever someone says something about me, it says more about THEM than it does about me.

How freeing that I don't have to internalize everybody else's opinions about me.

Also, I remember hearing a statistic once that...

Out of every 100 people who meet me, 20 will like me, 20 won't like me, and 60 will never think another thing about me.



Another very freeing thought is that my world doesn't have to cave in if someone doesn't like me or disagrees with me.

Another thing I learned is that it's helpful to picture oneself in a closed room with a door and a peep hole. When someone comes to us and gives us feedback, we don't have to let them or their comments into our safe little room. Instead, we can look out the peep hole and hear what they have to say. Then, we have three options:

If what they said is true, we can let the truth come in and deal with it accordingly (although we do not necessarily have to let the person in – especially if their feedback was not from a heart of love or was inappropriate.)

If what they said is false, we can figuratively tell them to get off our porch. This basically means that we do not internalize whatever they've said about us.

If we are not sure whether what they said is true or false (and this will probably be the case in many situations since it's difficult sometimes to look objectively at ourselves) then we do this. We make a mental note of what they said and file it on a shelf outside of our figurative front door. That information can just sit out there indefinitely until we receive enough feedback and information, as time goes by, to know whether it is true or false.

Scott C.

Dear Chet:

I was reading your information about colon cleansing. There are three things which I have found which have really worked for me:

- 1. I follow the diet you recommend.**
- 2. I eat sprouted flax seeds. You take flax seeds and place a single layer of them on a damp cloth. Cover the seeds with the cloth so that the tops and bottoms of the seeds have moisture. If you keep the cloth damp, they will sprout in about 1.5 days with this method. The flax seeds are great for cleaning the colon, and, with continued use they also make your skin feel wonderful.**
- 3. Colonics aren't as effective in the long term as increasing beneficial bacteria with probiotics. The beneficial bacteria will reach places a colonic can't touch and will increase your immune system at the same time.**

BJ M.



*Note from Chet: A cheaper and more natural way to build up beneficial bacteria in the colon is to eat homemade sauerkraut on a regular basis. Although I don't make kraut as often as I should because I'm usually shredding e-mail instead of shredding cabbage, when I do make it and eat it, I always note an improved bowel functioning in a matter of days, which is generally an indication of health bowel flora. **Dr. Ben Kim's Greens**, by the way, also contains probiotics.*

Hi Chet...

As I am beginning to see it more and more through this week – it is a lot about being relaxed, but still forming good choices – and BEING PREPARED! I think the many times I tried (and failed) before to do a strict healthy diet that I was actually too rigid about it all... and, consequently, found it all so very difficult to maintain in today's busy and often hectic world. As a result, I gave up even trying. But, now, I see it as being a lot of every day choices... sometimes good... sometimes not the best... but still not the end-of-the-world if I don't manage to do the "ideal" in diet, exercise, etc.

For instance, I asked you about using a powdered carrot product when I don't feel I can make the time for "fresh" carrot juice making and cleaning up. Well, I know, too, what the ideal is, but if I just can't seem to swing it every day (probably more like every other day in my busy little world here) then, that's O.K. There's always second best when necessary.

Another big one for me is learning to "Be Prepared"! I often find myself on the road with taking the kids to lessons, activities, appointments, etc. So, I am finding now that instead of "getting caught hungry with nothing to eat" that it is very much to my advantage to take "the baggies filled with good stuff" along when out and about. Yes...it can really work!

So, all in all, I am beginning to feel much more positive about this whole thing, and not so defeated. Especially since I am the only one in my family that's really into the "live" foods versus the "tasty, but cooked" foods most of the time.

Thanks again, Chet. Your advice is sound, and realistic...it gets to the bottom line where "the rubber meets the road."

Marty C.

Dear Chet:

Oh, I decided that I am going to do another 21 days since I messed up the other day. But I am going to finish this one out. My husband has been really impressed at my



determination to do this diet. Even though I have messed up a few times (hence, the reason that I am going to start over at the end of this 21 days), I have been off of meat and dairy for eight days.

Last night I had a Thursday night pizza craving. I took the pepperonis off and thought I could get away with the cheese. I was wrong. My stomach went wild. It was great!

Because I know that my body is getting adjusted to this new diet and rejecting the old bad habits. Thank you for this great 21-day idea. I am looking forward to another round.

**Feeling great in Alabama
Katrina N.**

Some great letters, don't you think? Let's now move to today's featured recipe by Karen Railey. Karen is a regular contributor to *H&B Online*.

Today's Featured Recipe

Karen Railey's Kale Salad

Salad Ingredients

Kale – 1 bunch or more (mixing different kinds makes it more interesting)
Red onion – 1/2 thinly sliced
Sprouts – (any kind you like)
1 cup thinly sliced mushrooms (Portabella is one suggestion)
Jicama – one small, thinly sliced (I didn't have jicama so used Jerusalem Artichoke instead)
Avocado – one, cubed
Red bell pepper – one, thinly sliced
Sunflower and sesame seeds – handful of each, lightly dry pan roasted

Dressing

Flax oil – 1/2 cup
Ohsawa Namu Shoya – 1/4 cup or to taste of this organic, unpasteurized (so it maintains its beneficial enzymes) soy sauce.
1 lemon

Mix together dressing ingredients and add onion and mushroom. Set aside while you make the rest of the salad. Wash and dry kale and tear leaves off stem into bite size pieces. Add all the rest of the ingredients including dressing and then seeds. Enjoy!

These amounts are approximate. Add other veggies if desired. For dressing it is easy to pour flax oil in a bowl and put the soy sauce into it a little at a time and taste. Do the same with the lemon juice. If necessary, continue to adjust to taste. The flavor can be varied with the oil used for the dressing. Try sesame oil, olive oil, or grapeseed oil.



Today's Chuckle

The housewife answered the phone and listened with relief to the voice in her ear. "How are you, dear? What kind of day are you having?"

"Oh, Mom, the baby won't eat, the washing machine is broke, I've not been able to get out of the house to shop, I twisted my ankle and have been hobbling around. On top of that, the house is a mess and we're supposed to have two couples over for dinner tonight."

"Now, dear, just stay calm. Sit down, relax, close your eyes, and I'll be over in 1/2 hour. I'll do the shopping, clean up the house, and cook your dinner for you. I'll take care of the baby when I get there and call a repairman I know who'll get the washing machine fixed. In fact, I'll call George at the office and tell him he ought to come home and help out for once."

"George? Who's George?"

"Why, that's your husband, dear."

"Mom, I don't have a husband."

"Is this 234-5678?"

"Uh, no, it's not. I think you have a wrong number." The housewife paused. "Uh, does this mean you're not coming over?"

Success Stories

Dear Chet,

You asked for "success stories," so I wanted to share mine. Although this is officially the end of the first week of the 21-day challenge, I've actually been eating only raw, living foods for three weeks. I've been a vegan for 1 1/2 years, but wanted to switch to a raw diet to see if some minor physical problems would clear up.

Guess what? They HAVE cleared up! I've struggled with acne for years, but in only three weeks' time, my skin looks better than it has since I was a child – it's smooth and glowing, which is something that no medicinal treatment has ever accomplished.

I'm also a runner who has suffered from asthma, and I've found that since I've been eating living foods, I'm breathing so much easier and my running has been more energized. I'm really heartened, and want to encourage others to keep at it, stay on the program, and enjoy the wonderful health benefits that will come to them as well!



Thank you so much for your diligent work in spreading the beautiful message of true health. We appreciate you very much!

Jenifer Z.

Dear Chet,

Just wanted to thank you for your 21-day challenge. It is a new concept to me. Though I've tried the raw-foods lifestyle off and on for the past eight months I always found it so hard to stick to because I felt that if I ate something not 100% raw, though my body seemed to just crave it, that I was a failure. I appreciate your whole approach to eating healthy and listening to your body, and it has made all the difference in my compulsive tendencies to such things.

I just wanted to let you know that as of today, Friday, I have lost seven pounds, have energy to get through the day and then some, sleep very soundly (especially with I take my "green stuff" at night), and have this incredible calm that I am really enjoying! I don't seem to get as anxious around the late afternoon hours like I used to.

I'm sold on this, and because of your approach, as opposed to another approach I've tried, this is something I know I can do for a loooooong time. Thanks.

Cheryl C.

Chet's Closing Words

Tomorrow is Sunday, and I'm determined to take at least half a day off. If tomorrow's letter arrives late, that means I slept in. If it arrives on time, that means I'm going to shut down the computer in the afternoon and take a long nap.

If you haven't developed the habit of napping when you can, give it a try. I'm told it's great. Hahaha. Actually, I almost always get a nap on Sunday afternoons.

Have a great Saturday and **be sure you have healthy goodies with you if you're headed out on the town this evening.** Be vigilant and make good choices, and if you make some bad choices, hey, it's Saturday, and tomorrow's always another day.



Lesson No. 10

Today's Message

I've had several letters the past few days from individuals who are experiencing frustration because they're not seeing the same wonderful results that many of you are seeing – the results we see in the “good news” letters you read in many of these daily lessons.

Please remember that each person's body carries a different level of toxicity and each person's immune system functions at a different level of efficiency, and **each person heals** at a different speed.

The important and primary principal is that our bodies have a built-in self-healing mechanism.

Our bodies, when given the proper fuels and conditions, will always work toward ideal health.

The hard part is that most of us have lived and eaten poorly for most of our lives and consequently our immune systems are sluggish and inefficient.

Some immune systems reactivate like lightning slamming into a solitary oak tree, and in these lucky folks, they quickly regain their energy, they quickly have their minds clear up, and they quickly start feeling great again.

Other folks who may have **chronic diseases** that have battered their immune systems for months or even years won't have the immediate and dramatic results. Instead, their improvements will come in increments.

This, of course, leads to frustration and thoughts of *“Well, this program doesn't work for me.”*

Although I don't claim that our program works for everyone, I'm confident that just about everyone can reap at least some benefit from sticking with the **Health & Beyond** program for at least three months. **It takes at least three months for most people to be well on their way to a thorough detox and reactivation of the immune system.**

But not everyone is going to heal 100% in three months or in six months or nine months or even a year. **Some will heal in weeks; others will literally take years.**

Superior health doesn't happen overnight.

So, if you're not progressing as rapidly as others on the program, PLEASE do not despair or give up.



And please remember also that best results come by working the entire program: diet, exercise, sunshine, peace of mind, good family relationships and so on.

Instead, remember we've only been doing this for ten days, and if you feel even the slightest bit better after ten days, isn't this progress? Don't you have the patience to continue for another eleven days to see how you'll feel then?

If you haven't yet seen the results you're hoping for, just hang in there, stick with the program for at least the duration of your program.

Okay, time for a wonderful letter.

Dear Chet,

My story isn't as dramatic as some. In fact, I really hadn't realized how much the diet was doing for me until I had two different people comment to me about how I had gone all winter and had not been sick. That got me started thinking and I realized I had not had one sick day all winter and I usually had plenty. From flu a couple of times, and allergy attacks to throwing up and/or vomiting for a few hours without even knowing what caused it.

I also decided to start my oldest Grandson, Justin, on carrot juice and Dr. Ben Kim's Greens. I give him one glass in the morning. First I stir a tablespoon of Dr. Ben Kim's Greens up in distilled water, then I fill the glass to the top with fresh carrot juice. My Grandson is almost 16, and a few months ago he developed severe acne. I have purchased a lot of costly creams and things that were supposed to stop the breaking out, but nothing seemed to help. After only about two weeks on carrot juice and Dr. Ben Kim's Greens all the breaking out is almost gone. His face is looking so much better it is like a miracle.

Another benefit I have had also since using juice and Dr. Ben Kim's Greens is I have not had poison oak once. I usually have it a couple of times in the winter and all summer. I always got it when my husband had it. He doesn't get it very badly, but every time he would get it I would catch it and have it pretty bad for about three weeks. He has had it twice since I've been on juice and Dr. Ben Kim's Greens and I haven't gotten it. It's wonderful!

I have been sort of doing a natural diet, but just sort of, and that's why I was so glad to get involved in the 21 Day Challenge. It is really helping me go 100% on the program. Thank you so much for all your words of encouragement and wisdom. It just makes all the difference in the world.

Patricia



Today's Featured Recipe

Chet's Homemade Sauerkraut

This is really a toughie.

3 heads of cabbage
1 Tbs Celtic sea salt

Grate cabbage very fine and place in large stainless steel pot. Take your kid's baseball bat and pound the cabbage with the thick end of the bat as if it were a pile driver until your arms hurt. Toss the salt on the cabbage and then pound some more. Stir up with your hands to make sure the salt is evenly distributed. Wash your hands prior to making this recipe.

Once the cabbage is well pounded, transfer it to a ceramic crock and cover cabbage with three or four outside cabbage leaves. Cover crock and leave it at room temperature in a place where people won't be offended by possible strong odors.

Wait for three to seven days. Open crock, discard outside leaves, taste kraut to make sure it's ready, spoon into big jars, and refrigerate if it is or else let it "cook" some another day or two if it's not. The longer you let it ferment, the tarter the kraut.

This stuff is great, but it takes a time or two to get the hang of the process so experiment and have fun. Cabbage is cheap. Cocks aren't.

Today's Chuckle

(Courtesy of Edward Raines from the Good, Clean, Funnies List)

Philosophy of Love... If you love something, set it free. If it comes back, it will always be yours. If it doesn't come back, it was never yours to begin with.

But...

If it just sits in your living room, watches your TV, messes up your stuff, eats your food, uses your telephone, takes your money, and doesn't appear to realize that you actually set it free in the first place, you either married it or gave birth to it!

Success Story

Hi Chet:



I have diabetes. And my doctor was disappointed because during the holiday my blood sugar shot sky high and stayed there. But since I went on this diet with you, I stopped eating around four p.m. and when I'm ready for bed I sleep solid and my blood sugar is normal.

That guy who wrote you that negative letter is nuts – if you hadn't taken us on this diet and encouraged us I wouldn't have come this far. You were just what I needed. You helped bring health back to my body.

For the first few days I didn't want to go through with it. I went through rough times. But it took your letters of encouragement to see me through. Thank you. We may be weak at first but we end up strong. Love ya,

Dee K.

Chet's Closing Words

Guess what? I managed to get this letter finished on Saturday night at a few minutes after eight p.m. Since I started working at five a.m., I feel like I've put in a good day.

So I'm going to mail this to you in a few minutes and then I'm going to sleep in Sunday morning for the first time in quite a while.

I'll be on and offline to check on how the list is going on Sunday, but I plan to take it pretty easy since I'm ready for a break. And a nice nap too.

I hope you take it easy as well.



Lesson No. 11

Today's Message

As you're having lunch today, enjoy the fact that you're now **halfway through** the 21-day program.

It didn't really dawn on me until yesterday afternoon when I woke up from a nap that we were about to hit the second important milestone of our health adventure.

Well, here at midway I like to remind people that superior health involves more than just diet and exercise.

Most of us get so wrapped up in the food aspect – to our detriment. I've known too many people on the program who made a bad choice several days in a row and who then ended up feeling guilty and hammering on themselves something fierce.

Do not do this.

If I could remove from the world one human emotional trait, **guilt** would get thrown so hard and so far that it would slam into Pluto at the speed of light and explode on impact.

If you slip up, you slip up.

No big deal.

Accept the fact that you're human, pat yourself on the back for recognizing you made less than a perfect choice, and then move forward with poise and confidence.

Don't get obsessive about food.

Yes, the fuel we put in our mouths contributes to our health or our dis-ease, but we must also realize that superior well-being doesn't come about until we fully meet many different needs of our bodies.

And it takes time to heal and rebuild.

Let me list again what I consider the most important components of the *Health & Beyond Program*:

- Eat moderately of a **predominantly living foods and plant-based diet** and avoid packaged and junk food;
- **Exercise** for at least twenty minutes every day, alternating between gentle aerobics and weight-training;



- Enjoy at least 10 minutes of direct **sunshine** every day on as much of your body as possible;
- Drink **purified water** and freshly extracted **vegetable juices** every day;
- Have at least **one tablespoon** every day of a good, organic fish oil like **Carlson's Cod Liver Oil** to get essential fatty acids;
- Snack on living foods instead of junk foods;
- If you feel your body needs animal products, then eat minimally processed and "clean" **animal foods** like raw cheese, fresh yogurt, eggs from range-fed chickens, and/or deep water fish;
- Breathe the purest **air** possible;
- **Meditate** for at least 20 minutes every day;
- **Laugh** and spend time with friends, family, or strangers whose company you enjoy;
- Remove as much **stress** from your life as you can;
- Have a tablespoon of Dr. Ben Kim's **Dr. Ben Kim's Greens** every day.

Please pause for a moment and **review this list carefully** and check off in your mind how you've done during the first half of the program with each of the twelve points.

If you're typical of those new or fairly new to natural health, you've focused on **only a few** of the above suggestions and have not given a lot of thought or attention to the rest.

That's okay.

But now as we begin the second half of the program, now that initial detox is over for most of us, we need to devote some attention to the other health builders.

I want to write a few words about **sunshine** today, and I'll say more about some of the other aspects of healthy living in future daily letters.

If you live where you can get sunshine every day, do it.

Why?

Well, I've come to believe since 1993 when I started my serious study of alternative health that the human body can be compared to a battery and that **we need regular sun to keep ourselves fully charged.**



This means direct rays of the sun on the uncovered skin. Not tanning beds or tanning lights or products from some sunscreen company.

I don't know enough about the details of electricity and chemistry on the cellular level to explain how it operates, but anyone who has ever had a sunbath knows what I'm talking about.

Close your eyes and visualize the last time **you stretched out on a towel** on a beach on a clear day. See your head turned to one side, resting on your forearm? Do you feel the rays of the sun striking your bare skin and warming you all over?

Think deeply and recall the sense of well being during those first ten or fifteen minutes when the **sun's rays penetrated your skin**. Can you recall the vibrant energy that you felt inside? Think deeply... it's like just before, or just as, you're getting goosebumps... suddenly there's a cellular wave of goodness that feels wonderful.

This is a good memory of healthy time in the sun, the ideal that each of us needs to shoot for on as many days as we can.

The problem with the sun lies with the fact that most people either get too little or too much. Most who go to the beach experience the idyllic recharging I described above but forget about it the next day because they didn't get out of the direct rays after fifteen or twenty minutes. Instead they romped around for hours and ended up with a nasty burn.

Such a shame that we modern, so-called civilized people learn by the hectic pace of our lives to do so much in excess and so little in moderation.

Well, the **Health & Beyond** program predicates itself on an idea about life, a code for living if you will, that you can trace back three thousand years to the Greeks:

Moderation is the chief good.

This principle of life holds so true in terms of our body's sunlight requirements, especially in these days of atmospheric ozone depletion when ultraviolet rays can burn in minutes in some areas of the world if one gets too much exposure.

So venture outside each day, if you can, and expose to the sun as much of your skin as circumstances and your personality will allow.

If you're modest, set up a private sunbathing area in your backyard and head out there every day for a quick sunbath. **Ten minutes on each side and you're done.** For those who work outside the home, if nothing else, get a sunbath on weekends or your days off and go outside and eat your lunch, if at all possible.

Any sun is better than none.



Always trying to save time so I can get more things done during the day, I combine my **sunshine with my daily exercise**. I mean, my kids get embarrassed because I jog around the neighborhood in a beat-up old pair of cotton running shorts. No shirt, half the time no socks, just the navy blue cotton shorts.

“Dad, you don’t know how stupid you look,” they tell me.

Actually, I do know how stupid I look because I occasionally glance in a mirror. Hey, I’m not **Brad Pitt**, no question about that. And I’m glad too because if I were I’d have a zillion photographers out there chasing me around the block trying to snap my picture.

Sure some of the neighbors probably figure I’m a nut case or something, but, hey, that’s their problem – not mine. I’m always friendly when I see somebody staring or perhaps glancing at my hairy legs with envy, and I always smile and yell, “Hey, how ya doing today?” as I flash past like a sportscar running on high grade gasoline. Well, maybe like an old Volkswagon creeping along on cheap regular.

Guess what? After the first few times, everybody in the neighborhood gets used to your presence and it becomes no big deal.

Indeed, to get philosophical for a second, after fifty-eight years on this marvelous earth, I’ve come to realize **most things in life are usually only a big deal if I make them a big deal in my mind**. And jogging or brisk walking around your neighborhood in a skimpy outfit just isn’t that big a deal in the grand scheme of things.

So, please, do your best to get some sun each day on as much of your skin as you can.

As an aside, I don’t use sunscreen. Never have and never will. The last thing I want on my skin is some chemical concoction brewed up in some manufacturing plant somewhere by folks in white coats who wouldn’t know the sun if it rose up to the west of their lab table.

If you’re only outside for moderate periods of time, you don’t need sunscreen.

Listen to your body. You’ll know immediately when you’ve had enough sun. And if you’re not in tune with your skin, keep an eye on your watch. Ten to twenty minutes a day is great for most people.

And don’t wear sunglasses, either, because your eyes also benefit from the full spectrum of the sun’s rays. In fact, half the time I don’t even wear my **regular glasses** jogging because I don’t want the lenses interfering with absorption of the full spectrum. Although I’m terribly nearsighted from a misspent life of being a bookworm and though I occasionally bump into parked cars and crush tiny dogs and slow cats, it’s a price I’m willing to pay to get the rays absorbed through my eyes.

Enjoy the sun. It’s your friend. But enjoy it in moderation.



Today's Featured Recipe

Cabbage Soup

6 carrots
6 green onions
1 16-oz. can whole or crushed tomatoes (use fresh if in season)
1 large head cabbage
2 handfuls fresh green beans
2 green peppers
1 bunch celery
2 vegetable bouillon cubes from health food store
Optional: salt, pepper, parsley, salsa

Cut vegetables into small pieces. Place with bouillon cubes in a large pot filled quarter of the way with water. Vegetables give off liquid as they cook, but you may need to add more water. Bring to a boil over high heat and cook for 10 minutes. Reduce heat and simmer until vegetables are tender. Eat soup as desired as a “free food.” You can eat as much of this as you want without gaining any weight.

(I recommend and use Celtic sea salt when I do use salt. I do not recommend salt substitutes.)

Today's Chuckle

When the store manager returned from lunch, he noticed his clerk's hand was bandaged, but before he could ask about the bandage, the clerk said he had some very good news for him.

“Guess what, sir?” the clerk said. “I finally sold that terrible, ugly suit we've had so long.”

“Do you mean that repulsive pink-and-blue double-breasted thing?” the manager asked.

“That's the one.”

That's great,” the manager cried. “I thought we'd never get rid of that monstrosity. That had to be the ugliest suit we've ever had. But tell me. Why is your hand bandaged?”

“Oh,” the clerk replied, “after I sold the guy that suit, his guide dog bit me.”



Success Story

Chet... first, I must comment on the H&B 21 Day Program, although I did vow not to write you during this busy time. The timing was perfect for me and I am doing **GREAT!** For the first time in many months I have not had gas, bloating or acid reflux. My problems with digestion have been so severe that I had a uterine biopsy six months ago (this is one of the symptoms of uterine cancer). The test was negative, but it was a good thing to have had done.

After a radical mastectomy in September of 1997 I refused the extreme chemotherapy and radiation that was recommended by two oncologists, but agreed to take the drug, Tamoxifen (I'll never again ignore my "gut" feelings). In less than a year the uterine wall increased in size over 3 times, a side effect of the drug that the doctor failed to mention. I have since learned that Tamoxifen can kill women over 50 (I'm 62).

The digestive problems, however, did continue until I started the Challenge. I have never eliminated white flour products for more than a couple of weeks. I had been successful in eliminating meat, dairy, refined sugar and salt, so my personal challenge involved getting rid of the white flour products once and for all, and I have done that. I am not losing as much weight as many other participants because I am addicted to that 1/2 avocado and at least 10 almonds daily, but I feel wonderful and am experiencing renewed energy.

Exercise has always been a part of my life and I am enjoying it more than ever. Your hard work in getting the Health Letters to us is very much appreciated. I especially appreciate the wide range of information and references you supply to help us make individual choices. Thank you... Thank you... Thank you!

Patti C.

Chet's Closing Words

And so we begin the second half of the program. This week will be better than last week and you should continue to see gradual improvements. If not, be patient. **Remember that it took a lifetime to get to your present condition, and you can't expect to turn around a lifetime of abuse in ten days.**

Natural health doesn't work that way. It works one day at a time as you remove the causes of your problems and, at the same time, provide proper fuel and conditions, which in turn allows your body to activate its self-healing mechanisms to take care of a multitude of long-needed repairs.

See you tomorrow!



Lesson No. 12

Today's Message

Yesterday we spent time thinking about the sun and its healthful rays.

Today let's consider **the importance of being quiet and finding the peace within.**

I rank daily quiet time up there with diet and exercise as being key to attaining ultimate health.

May I share with you some meditating techniques?

With readers as close as my own city and as far away as South Africa, Norway, Israel, the United Kingdom, Australia, France, and a host of other countries on this 21-day program, I'll approach this topic from a couple of different angles, sharing different methods from several faiths.

I encourage you to read and think about the techniques and ideas discussed below and then to pick the one that seems most appropriate to you.

Again, trial and error works with meditation, just as it does with food and exercise. Vary your approaches until you find the methods that contribute best to your health program.

If you're like me, you feel terrible for the millions of people in our rush-rush society who are plagued by non-physical health problems, many of which are brought on by stress.

How many friends and relatives do you know who have to take pills every day to deal with depression, insomnia, mood swings, and other mental health challenges?

Did you know that **Prozac** and **Valium** and other psychoactive mood drugs are dispensed literally hundreds of thousands of times a day by physicians across our nation to people who can no longer deal with the stresses of modern life on their own?

Well, the **Health & Beyond** program often dramatically improves or heals non-physical problems as beautifully as it heals physical ones.

And one of the techniques I recommend to help reduce the stress of modern life involves a **period of deep relaxation every day**, what I call a meditation period.

Research studies have found that twenty minutes of meditation can relax a person better than pills and as well as exercise, in some cases.

Dr. Dean Ornish, one of the great medical doctors of our time who has done so much to bring nutritional and lifestyle healing to America, has daily meditation as one of the



keystones of his health program for heart patients. So does **Dr. John McDougall**, another medical doctor who uses nutrition to heal chronic illness.

And I recommend the same thing at **Health & Beyond**.

Okay, enough background. You probably want to know how to achieve this state of relaxation that benefits the body almost as much as a long, deep sleep.

Well, it's easy and difficult at the same time.

Easy because you can learn the technique in a matter of seconds and difficult because most of us are so wired that it takes days or sometimes even weeks of practicing before we slow down enough to enjoy it.

I'd advise anyone starting this to approach it from the same practical angle as you're approaching the 21-day program. **Make a commitment to yourself to have quiet time for at least five minutes every single day for 21 straight days.** And if you miss a day, then you start over again.

What's the simplest way to meditate?

Breath counting or phrase repetition.

You do it like this.

First, find a comfortable spot in a quiet place in your home and a quiet time.

I meditate just before I go to bed, when things finally start to quiet down around our place. I like to sit tailor-fashion on a big fat cushion, with my knees on the floor and my bottom on the cushion, but you can also meditate in a straight-backed chair, if that's more comfortable for you.

If you choose the chair option, be sure to have your **spine lined up straight** with the back of the chair, and feet flat on the floor.

Lying down to meditate is a no-no since most people will enter the sleep state instead of the relaxation state.

Once you're sitting comfortably, either on a cushion, folded blanket, or straight-backed chair, check to see that your spine is straight. If you tuck your chin in and push your chest out a bit, you'll achieve the proper position.

Oh yes, be sure to have a watch or clock within sight so you can keep track of time. I have a cheap jogging watch that I use. When I sit down to meditate, I push the alarm button, which I have set for **30 minutes**. When the watch starts beeping, I know it's time to stop.



You will do best to start with a five-minute period and work up to longer stretches as you feel comfortable. I started with two-minute periods back in 1980 and gradually worked up to 30 minutes at a time.

Most folks just plain can't sit without moving for much more than five minutes when they first start.

That's how programmed we are to move, move, move and rush, rush, rush.

Whoa, slow down. Haul in the reins. **Relax and be still for at least ten minutes a day. Doing so makes a tremendous difference in overall health and peace of mind.**

So be patient with yourself and work up to 15-30 minutes per day.

And don't despair if you have a tough time of it at first. **Like diet and exercise, quiet time gets easier as you practice and as you see the good it can do for your body.** I had a difficult time doing it at first because I had such an active mind and such a wired metabolism (and remember I started when I was still living on Domino's pizza and Big Macs and cherry Danish).

But I'm a stubborn guy and I was convinced meditating would help me deal with stress, and it did. Eventually. But I had to really force myself to do it the first couple of weeks, believe me. After I started realizing the benefits, however, **it got easier and easier**, and that'll be true for you too. I hope.

Okay, here we go.

Once you're in a comfortable, straight-backed position, with your hands folded in your lap or resting lightly on your knees, take a long deep breath and slowly let it out. Do this a second time. Do it a third time.

Be very conscious of your body.

You will feel yourself relaxing as you take these deep breaths.

Sadly, most of us are so busy during our lives that **we never become aware of our bodies** and the constant signals they send to us.

But it's true. Our bodies are communicating with us every second. It's only when we're silent and still enough to listen that we actually begin to learn what our bodies need and want.

Now that you're settled in, to begin meditating, close your eyes and breathe normally through your nose.

Your breathing will naturally slow down as your quiet time progresses.



Silently, but with your **fullest attention**, count your breaths or repeat a simple or religious phrase you're comfortable with. Do it like this:

As you inhale, think, "One" (or your simple phrase).

As you exhale, think, "Two."

As you inhale, think, "Three."

As you exhale, think, "Four."

Continue breathing and counting until you get to ten and then start over again with one.

If you lose track of the count, you don't have to stop and visit a psychiatrist.

It's normal to lose track, especially when you begin. I've been meditating like this since 1980, and I still lose track of the count sometimes.

If you lose your place or have another thought come in, just go back to the number you remember, or **attentively** return to your phrase, and begin again.

Especially when you're a beginner, other thoughts will race through your mind. When this happens, just return your attention to your breathing and number count or phrase.

We all get distracted when relaxing like this. When the distractions come, shoo them away courteously, without guilt or irritation.

One frustrating but interesting thing about distractions is that if you try to control them, this in itself becomes another distraction. So just count your breaths or repeat your phrase. Nothing else.

Although you want to remain as still as possible, you won't get demerits if you yawn or burp or shift positions or scratch or something. **But do try to be as still as you can.** From the way I jabber on all the time in these letters, you may find it hard to believe, but I can sit for 30 minutes without moving a single muscle or even a hair. I mean, seriously, after all these years of practice, I can be still as stone.

Keep your back, neck, and head straight. Stay awake but also stay relaxed. Enjoy what you're doing.

If you haven't set an alarm clock or timer, when you think of time, glance at your watch or clock.

When you've had enough or when the time you've set aside is over, slowly return to your normal thoughts and activities. Because you'll be more relaxed than you've been in a long



time (at least after you get the hang of this), please wait a few moments before you get up and go back to your regular life. This is one reason I like to meditate just before bed.

I get up from my cushion and crawl under the covers, and I'm literally asleep in minutes... if it takes that long.

And that's all there is to breath counting and phrase repetition meditation.

There are a zillion different meditation methods. I've experimented with a lot of them, but I always come back to breath-counting because it allows me to focus on being still better than any of the other techniques I've tried.

Today's Featured Recipe

Jodi Spencer's Mock Brownies

I thought you might like this... I found a similar recipe in a cookbook a month or so ago, and "tweaked" it to our liking. It LOOKS like brownies, tastes incredible, is uncooked and all fruit. Even my two-year old loves them! Thought I'd share.

3 cups banana chips
1/4 cup dried apricots
1/4 cup prunes
2 dried papaya spears (about 1/2 cup, if chopped)
1 1/2 cup raisins
1/3 cup carob powder

Pulverize banana chips in food processor until well pulverized (you can process until they are powdery for a smoother textured finished product, or until like coarse crumbs for a more textured brownie... kinda like "with nuts or without" for real brownies).

Then, add fruits and process until all fruit is a big, smooth, sticky blob. Place mixture in a big bowl, and knead in carob powder. Knead in a little shredded coconut, too, if you'd like. Press into a 12" x 18" inch pan. If you want a glazed brownie, you can mix 3 T honey with 1/4 cup carob powder, plus a little hot water (a tablespoon or so, just enough to make it spreadable and to melt any carob lumps). Sprinkle coconut on top, if you'd like. Cover with plastic, and let it sit at room temperature for at least an hour. If they're a little too soft for your preference, refrigerate them.



Today's Chuckle

Wild Trivia

Dr. Seuss coined the word “nerd” in his 1950 book *If I Ran the Zoo*.

It takes **3000 cows** to supply the NFL with enough leather for a year's supply of footballs.

The world's termites outweigh the world's humans 10 to 1.

Pound for pound, **hamburgers** cost more than new cars.

Elephants can't jump. Every other mammal can.

Five Jell-O flavors that flopped: celery, coffee, cola, apple, and chocolate. (Celery – What where they thinking?)

Success Story

Dear Chet:

Since it was my daughter's birthday, I decided to have a piece of cake. I was REALLY looking forward to that cake. It tasted like WAX. It was a bittersweet victory. I was happy that it didn't taste as good as I had envisioned, but I was a little sad at the same time. Thanks (I think!),

Georgia

Chet's Closing Words

Even if you're leery of meditation, I urge you to try it for at least a week. I promise that you'll feel better and more relaxed for doing so.

And if you want more help with meditation, I recommend my free newsletter, *EarthRain Meditations*. You can sign up for it at <http://meditation101.com>

See you tomorrow.



Lesson No. 13

Today's Message

Oh, mercy, I'm sitting here at a few minutes before six p.m. on Monday evening, getting started with letter No. 13, and I'm almost crying.

You see, my exercise program has shaped itself back up so nicely the past two weeks, I figured this afternoon, hey, why not go out to the garage and lift weights for twenty or thirty minutes?

Pride, of course, goeth before the fall, and I entered the garage thinking I was back in pretty decent shape because I'd been able to jog thirty minutes without stopping on Monday.

Well, I guess I forgot I don't jog with my hands and arms because I went out back and lifted weights for about twenty minutes and then jogged and brisk walked for another twenty minutes and then came inside and showered and felt great.

Until I got out of the shower and sat down at the computer and found every muscle in my hands and arms screaming, "**What did you do to me?**"

I mean, seriously, I am some sore.

And stiffening up like concrete mixed with crazy glue.

So I'm sitting here typing like a maniac, trying to get a halfway decent letter out while I can still type.

Lest you think there's no point to all this, let me drive it home.

When you start feeling better and stronger, remember that you still have limits and that you need to start slowly and work up to levels that you have never done before or haven't done in a while.

Don't go out and lift the same weight you used to lift easily six months ago when you were working out every day. Yes, in your mind, you can still do it. But your muscles have lost tone and strength and if you push them too hard, then, kaboom, you end up a half hour later the way I am right now... stiff and sore.

So, please, make a note to yourself that **moderation is the chief good** in matters of exercise, as well as in matters of everything else in life.

Here's a great letter I received the other day:



Hi Chet,

I am a Special Ed driver and start my day at 6:30 in the morning. I pick up the kids at their homes and take them to school and then take them home in the afternoon. I also have a noon route of kindergarteners and kids that work in the afternoon from the high school. So I don't have a lot of time at home which I feel helps me stay on track during the day – it's the evenings that I have trouble with.

When I leave for work I take an apple with me to eat on the road and some banana chips that my husband makes for me. When I get home from my morning route I make a glass of fruit juice, consisting of 2 apples, 2 oranges, and 1 stalk of celery. I also make a glass of carrot, celery juice (mostly carrot) for my lunch.

I have a slant board that I take short naps on when I'm home to perk me up for my next route.

I drive between 120 and 150 miles a day, so sticking with the juices all day except the one apple and banana chips helps keep me more alert. One of my favorites for supper is orange slices with nut butter on them, usually two oranges. I make my own nut butter with either my Champion juicer with the blank or my VitaMix, which I found makes a much creamer nut butter. Another favorite one is celery sticks filled with nut butter and dotted with raisins. Yum.

Another good evening meal is a cup and a half of seedless grapes blended with an avocado poured over either apples, peaches, or kiwis – it depends on what is in season. Oh yes, strawberries too when they are in season. It tastes like whipped cream on them, it's so good.

Another good meal is a banana shake: blend a cup of distilled water with 1/3 cup of almonds for about three minutes and it will look like milk, (if you have a VitaMix it takes only seconds). When you have whipped up the almonds, slice three frozen bananas and add, along with a tsp. of vanilla, and whip. It will be like a thick milk shake, very filling. My husband likes some malt added to his shake.

I will admit I didn't do so well today, cause it was our 35th wedding anniversary and a good friend took us out for lunch. We had a big salad but we also had some minestrone soup and garlic bread, oops. Then we had some other friends over that we are trying to influence them to be vegetarian and we had spaghetti with sauce and oat burgers and a large salad it wasn't so bad except the spaghetti was of white flour. So I hope Chet leaves this line of communication open for more than 21 days cause I need to start over.

My husband says I need to give you my recipe for oat burgers cause he really loves them, so here goes...



Lois Anderson's Oat Burgers

3 1/2 cups water
4 1/2 cups oats
1/2 cup sunflower seeds, blended
2 large green peppers, chopped
1 large onion, chopped
1 Tbs Italian seasoning
1 tsp herb seasoning (like spike)
2 Tbs powdered beef broth (vegetarian)
1 tsp garlic powder
1 tsp salt, optional

Place all of the above ingredients in a large kettle and bring to a boil, then add 4 1/2 cups oats to the kettle and press down in and let it set for a couple of minutes. Then scoop into 1/2 cup measure (heaping) and put on a cookie sheet (six to a sheet) and press into a burger with a fork, bake at 400F degrees for 25 minutes on the first side and 20 minutes on the second side on the bottom shelf. You can freeze the extra ones before or after you bake them. Makes 12 burgers. I hope you enjoy these ideas. I feel like this way of eating is like having dessert all the time, they taste so good. Yours for the health of it...

Today's Recipes

Shari's Apple Almond Pie

1/3 cup soft dates, Medjool, pitted
3 Tbs water
4 apples, cored, peeled, and shredded
1/4 tsp cinnamon
2 Tbs almond butter
1 tsp vanilla extract
1/4 cup slivered almonds, for garnish
1 9" Almond Pecan Pie crust (recipe to follow)

In a food processor, blend dates and water until mixture is a smooth paste. Place in a large mixing bowl. Add apples, cinnamon, almond butter and vanilla and mix thoroughly. Spoon filling into pie shell, spread evenly and top with slivered almonds and dates. Serve immediately or refrigerate and serve chilled.

Almond Pecan Pie Crust

1 cup raw almonds, soaked 8-12 hours
1/2 cup raw pecans, soaked 8-12 hours
1/3 cup soft dates, Medjool, pitted and chopped
3 Tbs water



In separate bowls, cover almonds and pecans with water and let soak for 8 to 12 hours. Drain and rinse.

In a food processor, grind almonds to consistency of moist meal. Place in a medium size bowl and set aside. (Almonds are harder and less oily than pecans, so they should be ground separately.)

In a food processor, grind pecans to consistency of moist meal and stir into almond meal. Set aside.

In a food processor, blend dates and water until smooth. Stir into nut mixture until thoroughly mixed and dough like consistency.

Shape nut mixture into a ball and place on a 12" length of waxed paper. Top with another 12" length of waxed paper. Flatten ball with palm of hand. Using rolling pin, roll out dough into a circle 11" in diameter. (I put the ball in the pie pan and smoosh it with my hands. Works for me!)

Carefully remove top sheet of paper. Invert pie crust into an oiled 9" pie plate, pressing gently. (Patch crust if it tears.) Trim excess crust and press gently to even edges of dough.

Place crust in a food dehydrator set at 125 degrees F for 2 hours. (Or preheat conventional oven to 250 degrees F. Place crust in oven and immediately turn off heat. Let crust sit in oven with door closed until it is dry and set, about 30 minutes. (**I let it sit for a long time, sometimes overnight.**))

We serve it with "Whipped Fluff."

Whipped Fluff

Soak a handful of raw cashews and 5 or 6 six dates in separate jars. Cover dates with water and then some. Next day drain cashews and place in blender. Add some date soak water and whirl away. Then add 4 or 5 dates and a dash of vanilla. Taste and add more soak water or more dates to taste. If done properly it should have a very creamy texture and a great taste. Sometimes that is dessert, but it works great as a topping.

Bon appetite!

Today's Chuckle

Things you would never know without the movies...

All beds have special L-shaped cover sheets which reach up to the armpit level on a woman but only to waist level on the man lying beside her.



All grocery shopping bags contain at least one stick of **French Bread**.

The ventilation system of any building is the perfect hiding place. No one will ever think of looking for you in there, and you can travel to any other part of the building you want without difficulty.

Should you wish to pass yourself off as a **German officer**, it will not be necessary to speak the language. A German accent will do.

It is always possible to park directly outside the building you are visiting.

Success Stories

Dear Chet,

Thanks to your and my wife Silje's encouragement this is the first kind of 'eating plan' I have ever followed. Although I was skeptical in the beginning I am able to see and feel the results, and I lost 3 kg in the first week.

At the weekend I had plans to ski into the mountains with a few friends and try 'Snowholing' (Digging a snow shelter – and spending the night there!). This was something I had been wanting to try for years. But it crossed my mind that as I was on this diet I should either revert back to my old eating habits (with plenty of chocolate for energy) or cancel the trip. I thought that maybe on this diet I wouldn't be 'up to' a weekend in the wilderness.

Anyway, Saturday came and we skied for a couple of hours into the snowy Norwegian mountains my rucksack full of raw veggies, fruit, nuts and dried fruits. The visibility was down to about a 100m and the wind was blowing. After a bit of searching we chose a big snow drift and then spent 5 and a half hours in sub-zero temperatures digging our snowhole.

No mistake this was tiring work, never have I moved so much snow, but I never felt that 'out of energy' exhausted feeling. Dinner in our newly constructed snow home was vegetables, herbs and rice. It was eaten by candlelight inside the snow drift we had dug out, and it tasted especially good.

After a surprisingly good night's sleep on the snow beds we had carved out, we packed up and skied back to base against a head wind, having achieved our goal. The weekend turned out to be an enjoyable experience and my worries about the cold and lack of energy due to my 'new' diet were groundless.

Thanks for your daily letters. They are a real inspiration to keep going.

Mike Stavanger, Norway



Dear Chet:

Sign me up pronto for H&B Weekly... I appreciate you sharing all this info with us. I have stopped buying processed foods (for the most part) and have a fridge and belly stocked with fresh fruits and vegetables.

I can't remember the last time I sat on the couch depressed watching soaps and feeling like I had zero energy. It really does make a difference what you put into your body.

God bless you and keep on typing!

Susan W.

Chet's Closing Words

See you tomorrow, and don't forget that today you want to eat right, exercise for at least twenty minutes, and spend another ten or fifteen minutes devoted to quiet time. **At this point in the program, it's time to make these the big three of each day.** If you're leaving one of them out, please try all three daily for a week. You'll notice a positive difference, I promise!



Lesson No. 14

Today's Message

And so we start the final week of our 21-day journey toward health by looking at an important question:

Hi Chet,

Would you address “exceptions?” They are coming out of my ears. What I mean is: My children are invited to a friend’s birthday party. They have cut veggies, pizza, and store bought cake and frozen yogurt to eat. The party givers are basically good healthy eaters, but on their son’s birthday they are making an “exception.” I love these people and I also made an exception with them. Is it better to tell people that you want to not make exceptions ahead of time or what? What is everyone doing out there with all these times? How about the friends who makes a dessert especially for you? They know you don’t want to eat sugar, but this is “special” and one “exception.” Help!

I hear you so loud and clear on this, I feel like I have a motivational speaker shouting in my right ear.

You see, ever since 1993 when I started my health changes, I’ve repeatedly fallen into the “exceptions” trap.

I mean, seriously, **I find it hard to live and eat the way I know I should all the time**, and I’m confident most other people do too. In fact, that’s why I developed the **Health & Beyond** program... **for people like me who know the right things to do but who also find it difficult to do them all the time.**

The purists will talk of discipline and will and strength of purpose. Many of them will say things like, “I’ve been 100% raw for eight months” or “I’d shoot myself before I’d eat a Junior Mint.”

Interestingly enough, it’s been my experience that most of the individuals who talk the talk do not live with a spouse and children, and they do not work conventional jobs, and they do not live conventional lives. **They have the time to put most of their focus on their health programs.**

For example, when I was away from my wife and sons for five months back in 1998 due to a new job, I led the purest life imaginable. Living alone, I ate right, exercised every day, meditated every night, never got in fights or hassles with anyone, and I was able to live a strict and healthy diet most people could **never** accomplish.



I felt fabulous. I worked ten-hour days five days a week and five-hour days on Saturdays and Sundays. I lost twenty pounds and got to the point where I could literally jog up and down a mountain.

I made few exceptions to my program other than to go out once a week to a Chinese or Mexican restaurant with a co-worker who was also away from his family and living very much the same way. And even at the restaurants, neither of us ventured too far off the straight and narrow.

I found it easy to live this way when I was on my own.

But when you're living with family who aren't on the same diet trip you're on and when you're surrounded by friends, co-workers, and a society that thinks you're a nut for living like this, then it's hard not to make exceptions.

The key, of course, is to find the hallowed middle ground.

Is it worth a friendship to refuse a piece of home-made fudge?

Is it worth hurting your mom's feelings to not eat her special sardine tamale pie?

Will you feel good about yourself if you force your child to eat celery sticks and carrot swirls at his friend's birthday party?

These are the sort of questions each of us who wants to live a healthy life has to grapple with every day.

I agree that one of the best plans with family and friends is to talk to them up front. Tell them something like, *"I'm doing a new diet program for the next three weeks, and it's important to me that I follow it closely so please don't offer me things that I'll have to refuse. I don't want to hurt any feelings, but during the next 21 days I'm going to do this weird thing and have absolutely no sugar, salt, white flour, meat, or dairy."*

Make it kind of mysterious or game-like or fun. If you do, then people will be less apt to give you a hard time. And they'll also be a lot more understanding when you refuse to make an exception in their case.

Rather than saying something like, *"Hey, Peggy, get that garbage out of my face"* when a good friend offers you something freshly baked from her kitchen, try something like, *"I'm so sorry, Peggy, I'd love to eat three pieces of your famous three cheese pie, but I just can't right now. Remember what I told you last week about going on this crazy diet? Well, I'm on it and I can't eat any dairy or white flour until it's over with."*

It's silly that an entire friendship can boil down to a bite of three cheese pie, but sometimes that's the case, so you want to not let yourself get in a position where you'll have to choose between eating a destructive food or losing a buddy forever.



An even better way to get around all this is to say, *“I’m sorry, Peg. I’ll have to pass. My doctor said I couldn’t have any dairy for two weeks. He’s monitoring my lactose levels, you know.”*

You think I’m kidding? I’m not. People will accept the above excuse so readily it’ll make your head swim.

And what does that say about our society, I wonder?

While you ponder that, the bottom line, as usual, is to prepare in advance so you can keep the surprises to a minimum.

And if you get stuck in one of those situations where, in good grace, you can’t say no, then **do what you have to do and forget about it. No guilt, no recriminations. Just put the brief step backward behind you and move forward.** You have a lifetime ahead of you to make good choices.

Let me add one caveat. If I had a major health challenge, I would make no exceptions. I would be so strict with my 100% health program you wouldn’t believe it. I would tell people, “Hey, I’m doing this to get well, and it’s something I have to do, and I need your support in doing it.” And if they wouldn’t support me, then I would avoid them until I had regained my health.

That may sound selfish, but if it’s a matter of getting well or staying sick, you have to think of yourself first, as far as I’m concerned. Think of it like being onboard a jet plane. When the oxygen masks come down, what do the stewardesses always say? Attach yours first and then assist others.

Today’s Featured Recipe

Heavenly Lush Delight

Carrots
Beets
Italian parsley
Red pepper
Apple (take out pits), used skin

Drink or store in 8 oz. glass canning jars. Next time I will add some sprouts to the drink for the “green” benefits. Enjoy.



Today's Chuckle

(Courtesy of one of Chet's ninth grade students in 1991)

What do you get when you cross an elephant with a mouse?

A dead mouse.

Success Story

Dear Chet,

I feel like a teenager again. I am 46 years old, and it has been years since I have had enough energy after work to go home and do anything except watch TV. For the last two nights, I have gone home and cleaned (so far I have not set up a regular exercise program).

Yesterday, here at work, I walked in the sunshine several times. Then, walked the stairs three times. (Fourth floor to basement and back.)

Yesterday afternoon, I diligently tried to get 20 minutes of sunshine against most of my body. I am from Iowa. It was 32 degrees. I donned my bikini, went out to the hot tub, turned on the jets and got all warm and cozy in the 104 degree water. Then I sat on the edge in the sun until I was chilly. I repeated this process until the timer for the jets turned off 20 minutes later. By the way, hot and cold plunges like this are exactly what you need for your aching muscles. It works the lactic acid out of your muscles and is very refreshing.

Egad! A member of my team just got back from his home in India and brought me... you guessed it. Sweets! I ate one because of my respect and affection for him. My throat is hurting and I know I will be sluggish (and possibly depressed) today from the dairy products and sugar. It was worth it because I would not insult or hurt this guy for the world. Also, there is no worry on the part of my 21-day challenge. I plan to start another 21 days after this one and another after that one and so on, anyway. Life is great!

Kathleen P.



Chet's Closing Words

Did you exercise today?

Do you meditate?

Do you get some sunshine? And eat properly every time you put something in your mouth?

You did?

That's great. Congratulations.

You didn't?

That's great. Tomorrow's another day with another chance to get it all right.

Go for it. :)



Lesson No. 15

Today's Message

Here it is Friday again.

Just think, this time next week we'll all be graduates of the 21-day program. And, yes, that includes those who've had to start over too. Everybody who reads the daily letters and does their best gets to graduate on time.

Everybody wins who gives the **21-Days to Health and Beyond** program a try.

Sure, some will do better than others, but everybody comes away with new knowledge that will let them improve their health and lives at their own pace.

Trust me. Once you have the information and experience of how to improve your own health through diet and lifestyle choices, you just can't go back to the old ways 100% – no matter how hard you try.

And that's a win in my book every day of the week.

Well, we're not ready to don our caps and gowns for the commencement ceremony just yet. So let's get some more work done as we continue to share information and techniques for living naturally and healthfully.

Remember, the weekends can be tough, so plan ahead and don't let yourself get caught in a situation where you don't have healthy options.

And keep your sense of humor about you.

Make your 21-day program fun – don't turn it into a burden that makes you unhappy.

Speaking of unhappy, I have to share a letter I received on Thursday from some guy who wanted off the **H&B Weekly** distribution list. He wrote:

Remove me right now from your newsletter. It's filled with too much nonsense and conversation and not enough helpful hints. Much of the info is repeated, and there is no need for your stupid jokes and lame attempts at being funny.

Don't you love it?

“No need for jokes.”

How would you like to be married to this guy?



Wouldn't he be fun to carpool with?

You won't find him in the Tonight Show audience, I betcha.

No need for jokes?

I mean, seriously, how can a person get through life without fun and jokes?

During the thirty-three years my wife and I have been together, for example, we've had our share of rough patches.

My wife survived major cancer surgery back in 1990 before we knew anything about health.

We've lived through a \$17,000 house fire that destroyed the back bathroom and covered everything we owned in every room in our home, including the attic, with a layer of soot.

Two years later, we had to handle \$20,000 worth of flood damages three weeks before we closed on the sale of our New Orleans' home to move to Florida to take a job that turned out to be a financial disaster.

I could add more to the list, but the above are the biggies.

And compared to a lot of people our lives have been a gentle breeze.

Nonetheless, I don't know if I could have made it through flood, fire, and a loved one's major cancer surgery if I hadn't had a good laugh to fall back on at least three or four times a day during those hard patches.

Well, with memories of those problems and how laughter had helped me get through them, I started a long email to give Mr. Keep-a-Stiff-Upper-Lip Who Wanted to be Removed from the H&B Weekly List a number of helpful hints about how to develop a sense of humor.

Then I came to my senses and remembered some of my own advice about avoiding conflict when possible and decided not to get involved in a potential energy sink.

So I removed this fellow's email address from the subscriber list, politely informed him that I had done so, and that was that.

The point of all this is that I consider laughter and fun to be absolutely essential to human health.

Honestly, if you don't laugh aloud at least a few times each day, you need to make some changes somewhere, I'll tell you that for sure.

Not only is laughter good for oxygenating the bloodstream, but it also floods your system with feel-good hormones.



And it makes others feel happy too, when they hear a hearty laugh.

So stop picking your nose right now and instead let loose with a hearty laugh!

On another note, several excellent follow-up letters came in the mail yesterday that added important details to my comments in No. 14 on “exceptions.” I’d like to share a few of these letters with you.

Let’s hear from **Karen M.** first, who also contributed today’s healthy chuckle:

Dear Chet,

Your message on “exceptions” was so timely. I am a wife and mother of six children. My husband watched a healthy diet video with me last October and while he said “it makes sense” he also said that he would have to have terminal cancer in order to want to give it a try! He was raised in a very food-oriented family and taking away his favorite foods would be like cutting off a limb.

I myself have tried off and on to follow the diet, but have not been 100% faithful for more than 10 days at a time since October. Any change is positive, though! My diet has always been on the healthier side of the “SAD” but still “sad” nonetheless.

Thank you so much for your letters – your writing style is so warm and personable one cannot help but to be inspired! I have shared your Internet letters with my non-computer friend and she has loaned me your book “21 Days to Health”...

Thank you, thank you, thank you, Chet. I feel great and my husband is taking notice of my lively disposition. He’ll come around eventually I know!

Karen M.

Thanks for a GREAT article Chet!

What you said makes so much sense. I try to tell people to do the best they can and when they can’t do that then do the best with the situation without making an “idol” out of eating healthy foods for health’s sake. It is fine and dandy to try for 100%... but most of us “have a life”... which includes family and friends and circumstances that take away from 100% pure diets 100% of the time.

My husband is a minister and is always having to go to some dinner or banquet... where he usually eats a LOT of green beans, mashed potatoes, cole slaw and anemic salads. We went to a “Valentine banquet” just last week where he was the featured speaker.



The menu was salad with grated cheese already sprinkled on it, baked potato, white roll and steak served to us. I was so proud of my husband. He said we would have to pass on the steak (offering to give his away) because we are on a “cholesterol- free” diet, and was there any chance we could get another salad?

One time last year he went to a special dinner where the meal was similar except the host was serving fresh caught Alaskan salmon that he had gotten on a trip he had just come back from. My husband ate and enjoyed the fish in that instance, and didn't worry about it, knowing he would have really hurt this person's feelings. But the rest of the time he works hard to eat right and get daily exercise.

There are plenty of excuses that work well too. One of my favorites, which works very well, is true, and usually leads to an interesting conversation later on is to say, “ I have had to make dietary changes because of a history of cancer and heart disease in my family. I can't change history, so I'm trying to decrease the odds because all of the types of cancer are diet-related.” Then I usually tell them that in the process of doing this that all my current health problems went away... allergies, headaches, etc... which usually leads to a series of questions on their part.

If I find myself in a position where I would really offend someone and there is no way out (really rare!) then I have some of whatever it is, push a lot of it around my plate, and place (or squish if paper) my napkin over it, and say, “I got really filled up quickly!”

Those are some of the things that work for me. Again ... thanks a bunch!

Clare

Today's Featured Recipe

Bean Sprouts Salad

2 cups fresh bean sprouts
2 medium cucumbers
2 Tbs organic apple vinegar
1 Tbs favorite oil (to suit your taste)
1 tsp raw honey
1/8 tsp dry mustard
1 Tbs sesame seeds
Salt to taste

Rinse sprouts, wash cucumbers. Run tines of fork down side of unpeeled cucumbers to score. Thinly slice. Arrange sliced cukes and bean sprouts on a serving platter.



In a small bowl or screw top jar, combine salt, vinegar, oil, honey, and dry mustard, and mix or shake until thoroughly combined. If you shake, make sure there's a lid on the container.

Drizzle sauce over vegetables. Sprinkle on the sesame seeds.

Eat.

Now you have one of the easiest and healthiest recipes for bean sprouts salad that I've run into since I joined the natural health circus back in 1993.

Today's Chuckle

Three older ladies who weren't on the **21-day program** were discussing the trials of getting older.

One said, "One time I caught myself with a jar of mayonnaise in my hand in front of the refrigerator and couldn't remember whether I was putting it away or starting to make a sandwich."

The second lady chimed in, "Yes, sometimes I find myself on the landing of the stairs and can't remember whether I was on my way up or on my way down."

The third lady responded, "Well, I'm glad I don't have that problem, knock on wood."

She raps her knuckles on the table and then she says, "That must be the door. I'll get it."

Success Story

Dear Chet,

Thanks so much for your words of encouragement today. I needed to hear them! I've been on an all-raw foods diet for nearly four weeks now (yes, I am one of those obsessive "counting" people!) and have just recently been presented with the opportunity to go to England for eight days. It's highly unlikely I'll be able to remain 100% raw while there, and the thought of blowing my success thus far has been weighing pretty heavily on my mind.

It's good to be reminded that life isn't all about what we eat -- there is so much more than that! So, while in England, if I choose to eat a scone with afternoon tea, or drink a pint of ale in the village pub, I'm not going to beat myself up over it, but am going to savor the experience... and then get back on the "raw track" once I'm home again.



I was recently discussing a healthy diet with a young friend, who summed up “exceptions” quite nicely. She said, “Sometimes you just need food for your SOUL.” I think I’m beginning to understand what she meant.

Chet’s Closing Words

Tomorrow is Saturday. I’ll be here bright and early.

Well, I’ll see you before noon, anyway.

Have a great weekend and make good choices.

You’re doing great as we enter the home stretch.



Lesson No. 16

Today's Message

During the past several years, I can't tell you how many people have written me with the same question.

“What do I do? My family thinks I'm nuts with this way of eating.”

If you haven't grappled with this question, the odds are mighty good that you live alone or else you've been blessed with something truly rare: 100% supportive friends and family.

Most of us, when we begin our diet and lifestyle changes, often have to clear more hurdles than an Olympic track and field star.

When we say we're changing our diet, most of the time everyone from our parents to our spouses to our kids proclaims in no uncertain terms that we've taken complete leave of our senses.

After all, the authorities in the medical and nutritional professions, as well as the government experts, have stated quite clearly that the standard American diet of meat and potatoes, along with processed food and soft drinks, will keep us happy and fit.

Oh yes, they always remind us to get **five servings a day of fruit and vegetables**, but we know they don't really mean this because they tell us with so much assurance that the processed foods most people live on are healthy and good and that **disease has little or no connection to what we eat.**

We not only have the so-called “health experts” repeating an untruth, but we have the ad experts on Madison Avenue laying it on even thicker.

“Milk does a body good,” we're told, and everywhere we look we see happy celebrities and super athletes with white mustaches from their latest chug of cow juice.

I always wonder if these famous people are so happy because milk really makes them feel good or if they're actually grinning from the incredible amounts of money the milk industry has paid them to pose for such stupid photographs?

Unfortunately, what the food and medical establishments have taught us has helped to make America a sick society with the highest medical expenses in the history of the world.

If what we're eating is so good for us and if we have the best medical care in the world, why are so many people in this country so sick with so many chronic illnesses?



Yet, what happens if we wake up when we're exposed to an alternative way of eating and living? What if we decide to take charge of our own lives? What if we do something as simple as to say, "Family, I'm changing my diet for a few weeks – I'm going to stop eating meat, dairy, white flour, sugar, and salt"?

I'll tell you what happens. Many family members start acting like you're insulting them by wanting to change your diet and lifestyle.

I mean, seriously, don't we each have the right to put into our bodies what we want to put into them? Don't we have an obligation to share with loved ones a better way if we find one?

Yes, of course we do.

But we slam head-on into brick walls if it means giving up Dunkin' Donuts, meat and potatoes, soft drinks and chocolate, Taco Bell and Pizza Hut.

What a horrible, stressful situation we often find ourselves in.

One partner in a marriage finds a better way to eat and live, and yet the other partner won't have a thing to do with it. Indeed, on many occasions he/she treats the new approach with scorn and contempt.

Happily, these conflicts can be resolved, over time, especially if the marriage is strong and if the relationship is indeed an equal partnership.

On many occasions, I've heard something like, "My husband wouldn't have a thing to do with this diet. So I had to make different meals. Meat and potatoes for him and the children and rice and veggies for me. But, you know what, after he and the kids saw me losing all this weight and getting so much more energy, pretty soon they wanted to try it too."

So, the story does have a happy ending in many cases, and everyone in the family upgrades their diet and enjoys newfound health, but in situations like these **the health-conscious spouse has to have endless patience and good humor.**

Others have partners who just plain won't make any switches no matter what. And these spouses not only won't try a new way, they expect to continue to be waited on hand and foot while heaping scorn on a vegetarian lifestyle.

Although several of you have asked me what to do in such a relationship, I don't know what to suggest for men and women who have to deal with this kind of stress because every marriage is different.

I consider the problem of unsupportive family and friends to be the single most difficult thing to overcome when you decide to live and eat non-conventionally, especially after you get through detox and into health for the long-term.



Most families and spouses will humor you for a few weeks, but if it looks like you're into something they consider weird for the rest of your life, then it can get sticky, to say the least.

It's an ongoing struggle, and unless you live alone, you have to find and live the strength of your convictions the best you can in the circumstances you are in.

It's not easy, but I believe the rewards in terms of health and well-being are ultimately worth the price.

I honor and bow in respect to each and every one of you who is fighting this hard and often lonely battle.

To top this discussion off, you should read the article by Dr. Ben Kim about not letting yourself become a diet or vegan nazi and relating with others who aren't so strict with themselves. The article is at <http://drbenkim.com/articles-bestshot.html>

Now let's move to a recipe that'll make all of us feel better!

Today's Recommended Recipe

Phyllis Avery's Apple Blueberry Pudding from "The Garden of Eden Raw Fruit & Vegetable Recipes"

2 sweet apples, chopped (sprinkle with lemon or lime juice)
1 basket of blueberries (frozen blueberries work well also)
3/4 cup whole barley
1 cup organic fresh apple juice
1/2 cup chopped soaked almonds
Dash of cinnamon

Soak barley in apple juice overnight... or two nights is better. Drain excess juice from barley if desired. Chop apples and almonds by hand or with food processor. It gets the almonds in a more chewable size. Combine ingredients.

Today's Chuckle

(Courtesy of Mary Ann McC)

The monastery out in Essex was having a bit of a hard time with its cash flow because of the dwindling number of monks available to help with all the work of the group.

Brother Andrew and Brother Patrick suggested opening up a Fish & Chips stand down on the motorway, right next to the scenic vista area so popular with tourists.



The venture was going well and one day a tourist asked the monk on duty, “Are you the fish friar?”

“No, sir,” retorted the brother, “I’m the chip monk.”

Success Stories

Dear Chet:

Things happen for a reason. I thought I was going to die due to the pain and suffering of a gall bladder attack Jan 7. I took the pills the doctor gave me, but after two days I took matters into my own hands and started researching this on my own.

Thanks to Sheila’s Intestinal list I was able to get tons of help – they referred me to so much information...

I thank God for the warning bell – it straightened me out and before the New Year I was 133 lbs. and managed to go down to 127. The gall bladder attack brought me down to 117, and I gained some of it back. Thanks to your 21-day program I am now a size 6 and cannot wait to show off my figure. I went shopping today and boy do I look good! (I was a size 10 to 12.) I am only 4’ 11”.

I am amazed at how much excess food we consume when we do not need to. I followed your diet 85% to 98% of the time with great results. The more I adhere to it the greater the benefits. I know I will resume more eating but never like I used to do.

God bless you so very much. I am ready for your next project.

Sincerely,

Vicki P.

The following letter was addressed to someone on the old and now defunct **21-Day Support List** and is full of helpful advice and information:

You will not detox or lose weight sufficiently on two cooked meals a day. You need to give your body plenty of live food (enzymes) to get your metabolism going. Cooked food is harder for your body to digest, therefore taking energy away from your body to detox. Live foods cause your body to clean house more quickly. The more live foods the faster the detox, the more cooked foods, the slower.

If you eat a large fruit or vegetable salad at lunch and a large vegetable salad at dinner, along with exercising at least 20 min. a day, you could lose about 2 lbs. a week. That is if you are eliminating junk foods, meats, and dairy products, also.



I go on a cleansing program about every 4 months (juice only for 2 weeks). This is a good time for enemas. I personally recommend them under certain circumstances. The benefits are worth it. Our colons have taken years of abuse from poor diets.

I changed my diet to largely raw about 1 year ago, because I was diagnosed with a serious disease. It has changed my life dramatically. I thank God for showing me there was a better way. I lost 40 lbs. in 4 months. I'm a size 4 again.

I had been gradually changing my diet prior to that time, but I was still eating chicken and more cooked foods, but was not losing any weight. When I eliminated meat and dairy and began walking daily my weight started dropping about 2 lbs. per week.

I no longer have asthma, sinuses, aches in my legs and hips that I had, allergies, or even headaches. I feel better than I have felt in many, many years.

I did go through some serious detoxing, however. I was horribly sick for 1 full month, and then I went through a few other shorter term detoxing symptoms. But they were worth it. I now have an enormous amount of energy.

I admire those of you who have decided to change your diets to just get healthier or lose weight. I waited until I HAD to. I wish I had known this information sooner. Maybe I wouldn't have gotten sick in the first place.

Just keep pressing on. It does get better. Live foods will taste better to you than dead foods. Your body will crave them more and more. As soon as you start giving the body better nutrition than it has been getting, it immediately begins to eliminate the bad cells to replace them with better cells. It just takes time.

Good luck to all.

Marilyn S.

Chet's Closing Words

I hope you have a wonderful Saturday. Remember that **it's important to slow down on the weekends and to get some extra rest, if possible**. Also, treat yourself to some healthy sweets, if chocolate or other old favorites tempt you. This will sound silly, but if you soak a handful of organic raisins in a glass of water, you'll have a taste treat that's out of this world. Just don't let the raisins get too plump. About 3-4 hours will do the job just right. And you can drink the soak water, for a healthy soft drink. :)

See you tomorrow.



Lesson No. 17

Today's Message

I'd like to write a few words about **cravings** and how to manage them.

Yesterday in mail, a man asked, "How do I stop craving chocolate?"

From reading his letter, guess what popped into my mind?

Yep, a mental image of a big plate of cherry chocolate fudge.

I flashed back to 1996 when I ate several pieces of intense and delicious fudge.

And thinking about how good it tasted, even though I also vividly remember the **stomach ache and fever sweats** I experienced as my system tried to expel all that sugar, I can almost convince myself of the idea that one piece wouldn't be that bad.

Of course, I've never been able to eat one piece of anything in my 58 years on earth, much less a single piece of the best fudge that ever came out of a kitchen.

Those of you reading this who have the same sweet tooth that I do probably know just what I mean.

Although I believe cravings for favorite "comfort food" choices often begin in the head, **these desires can also be physiological** if you're still detoxing and thus undergoing withdrawal from sugar, chocolate, coffee, alcohol, tobacco, and a host of other substances.

What do I mean by other substances? Did you know that the scientists who create what passes for today's processed foods often include additives that manipulate body chemistry? **Excitotoxins and additives like MSG, legally mislabeled as "natural flavorings," initiate cravings in both the body and brain.**

Well, it's a sad state of affairs, but that's exactly what goes on. Why do you think people will sit down and eat an entire bag of Oreo cookies when a banana or two would more than appease normal hunger?

Could it be that the Oreo cookies contain chemicals that excite the appetite, stimulate the senses, and keep the ole hand moving from bag to mouth until your poor stomach is ready to burst like an overripe melon on the firing range?

You see, **those who overeat on junk food** don't stuff their faces just because they're weak and lack discipline, which is what all too many people conclude about themselves. In actuality, most people overindulge with poor choices because **their bodies and senses are being manipulated chemically** by certain industries that lack any conscience.



So the first thing to do to start overcoming cravings of unnatural foods is to recognize that you and your body are being manipulated by artificial substances that influence and control your appetite. Picturing what poor food choices are actually doing to your body and observing the bloating and stomach aches that result will help you build resistance.

Cravings for sugar, chocolate, and junk food represent physical addictions as strong as caffeine, nicotine, or alcohol. And just as one has to go through withdrawal pains to get over a coffee, tobacco, or booze addiction, people also have to pay the piper to rid themselves of the chocolate and sugar monkeys that ride so many modern backs.

That's where the 21-day commitment comes in. If you make a commitment to yourself to do without those old favorites you crave for 21 days, in most people **the body will flush the additives and addictive substances from the cells during this time.** And the physical cravings will be gone. In fact, if you take a tiny bite of an Oreo after detoxing, it will taste terrible, and not only will you not want to eat the whole bag, you won't even want to finish the cookie.

When an old favorite tastes like the bottom of a dogcatcher's shoes, you know you've defeated that food's hold on you. And you won't crave it any longer. **So treat your cravings like addictions because that's what they are, in most cases.** And you can only overcome a physical addiction by going through withdrawal. Set the time aside and make up your mind to suffer the headaches and sweats and physical cravings and reset your body chemistry.

That's the only way I know of to stop cravings.

And recognize too that if you slip up and eat a bag of cookies, you're going to have to redo the whole process because you've readdicted yourself. **Like alcohol for the alcoholic, it only takes one splurge to bring the whole horror show right back onto the main screen of your life.**

Best to just let go of all this junk food and to stick with whole, natural foods and healthy snacks like organic raisins and celery sticks.

As an example of what I mean, here's a neat letter from Virginia that came in the other day:

Hey, Chet,

You have sabotaged my eating habits. Last night I decided (after my husband had gone for the evening) that I would eat some comfort food. Made up a whole bowl full of vanilla "Fat Free" (not sugar free) pudding. Found some chocolate powder and mixed it with some sugar (thought I had gotten rid of all that junk). Made a lovely cooked fudge sauce. Poured all over the pudding.

Sat down in front of the TV and with drool running down my chin anticipating that first bite. Was even in complete denial of any guilt! I took the first bite, hmmm where was that wonderful, delightful taste I was expecting?



Took bite #2. YUCK! Not only didn't I get the taste buds exploding with that sensual, erotic "better than sex" enjoyment, it was SOUR!

Threw the whole thing down the toilet. Ran to the refrig and ate up a storm of veggies. What a trip. After this I'll wait for my husband to come home for my sensual, erotic and – well, you know the rest.

Thanks Chet! I needed that!

Today's Featured Recipes

Sighle's Lunch Ideas

Salad stuffed pita breads, salad rolled in tortillas, hummus sandwiches made using Ezekiel bread, granola, dehydrated sweet potato chips or other dehydrated fruits, almond butter instead of peanut butter, finely chopped salad bound together with your preferred salad dressing and wrapped in large romaine or other lettuce leaves.

Marty's Energy Shake

1 cup of rice milk
1 banana
Some frozen berries
2 oz. of aloe vera juice
1 tsp black cherry juice concentrate
1 tsp cranberry juice concentrate
1 tsp bee pollen
1-2 Tbs of flaxseed oil
1 Tbs of nutritional yeast

Combine all the above in blender. This makes about 16 ounces and I drink half when I feel like having breakfast (around 10:00 am or so), and the other half when I feel like having a snack in the afternoon. This really seems to give me a lot of energy.



Today's Chuckle

Next time you think you're having a bad day recall that...

1. The average cost of rehabilitating a seal after the Exxon *Valdez* oil spill in Alaska was \$80,000. At a special ceremony, two of the most expensively saved animals were released back into the wild amid cheers and applause from onlookers. A minute later they were both eaten by a killer whale.
2. A psychology student in New York rented out her spare room to a carpenter in order to nag him constantly and study his reactions. After weeks of needling, he snapped and beat her repeatedly with an ax, leaving her mentally retarded.
3. In 1992, Frank Perkins of Los Angeles made an attempt on the world flagpole-sitting record. Suffering from the flu he came down eight hours short of the 400 day record, his sponsor had gone bust, his girlfriend had left him and his phone and electricity had been cut off.
4. A woman came home to find her husband in the kitchen, shaking frantically with what looked like a wire running from his waist towards the electric kettle. Intending to jolt him away from the deadly current she whacked him with a handy plank of wood by the back door, breaking his arm in two places. Till that moment he had been happily listening to his Walkman.
5. Two animal rights activists were protesting the cruelty of sending pigs to a slaughterhouse in Bonn. Suddenly the pigs, all two thousand of them, escaped through a broken fence and stampeded, trampling the two hapless protesters to death.

And the capper...

6. Iraqi terrorist Khay Rahnajet didn't pay enough postage on a letter bomb. It came back with "return to sender" stamped on it. Forgetting it was the bomb, he opened it and was blown to bits.

Here's hoping your day is better than any of the above.

Success Story

Chet, after reading your letter for today, I wanted to share with you what my aunt said to me at Thanksgiving. That was the day I took a big salad with all kinds of raw veggies and only a cousin and I ate any of it.

My aunt wanted to know what I was doing for my health, I told her about my change in diet. And her reply was "Well, I don't guess that can hurt you."



I am amazed at the response I get from people. I feel like a freak in a sideshow. She told me I should not avoid conventional medicine any longer.

But she has a team of doctors, one for every part of her body, and she has had innumerable surgeries, including open heart, and yet her circulation is still so bad that you cannot tell she has ankles. She has lost a good deal of her hair, all of her teeth, and I could go on. I wanted to point out where conventional medicine had gotten her, but I bit my tongue. Just wanted to tell that to you.

Brenda

Chet's Closing Words

I'm going to spend some time doing nothing today, like the protagonist in the movie *Office Space*, and I hope you are too. Turn off the computer and take a nap or plop down on the couch and read a good book. Treat yourself like a king or a queen!

See you tomorrow as we start the last four days of the program!



Lesson No. 18

Today's Message

Have you ever heard of TGIM?

In case you don't recognize the acronym, it stands for "**Thank God It's Monday!**"

Say what?

Yep, and I know this may sound a little odd, but whereas I used to love the common phrase "Thank God It's Friday," these days one of the mottos I live by is "Thank God It's Monday."

You see, this phrase summarizes something that I suspected for the first four-plus years of my personal health building but didn't know for sure until January of 1999 when I joined the ranks of the self-employed.

Having work you enjoy may be as important as diet and exercise in building superior health.

I've been thinking about this quite a bit, and I'm pretty convinced of its truth, at least in my own case, because **my physical, mental, and emotional health have all improved significantly since my work has also become my play.**

For the first 25 years of my working life, I taught English in a variety of college prep schools: three in Louisiana and one in central Florida. I enjoyed working with teenagers; I loved literature and writing; and I don't have a lot of complaints about those years. I felt as though I was earning an honest living for my family while even doing some good for a few individuals once in a while.

But even though I enjoyed my teaching jobs most of the time, there were a couple of bad years at schools where things weren't quite right; and even at the good schools, **there were days when I had to force myself out of bed to go to work.**

And during those years I often got what I called "the Sunday blues," a **feeling of depression** that started around noon on Sunday and just got worse as time for work the next day rolled around. Of course these blues weren't helped by my diet of junk food, soft drinks, and more junk food.

These periods of melancholy improved dramatically when I made my diet and lifestyle changes in 1993, but they didn't go away entirely until early in 1999 when I started working for myself.

You see, it was then that my work and my play were no longer separated.



I was finally doing what in my heart I'd wanted to do my entire life, and that was to earn my living by writing and communicating with others through my writing.

You know, even on a healthy diet, I occasionally woke up on Monday mornings with a **headache** or an **unsettled stomach** or some **mysterious feeling of malaise**. I'd usually ignore those feelings and pull myself out of bed and go to school, but on other occasions, I'd call in sick and then spend the day in the sack – and that would sometimes extend over to Tuesday as well.

But these instances are now a thing of the past.

These days I don't get up to go to work – instead I get up to do precisely what I want to do with my life: write about natural health and share how most folks can use it to improve their lives.

The gratification and happiness that comes from this work I can hardly express, but I do know I'm finally living the truth of what my father told me when I was growing up: **Find work you love. You'll be miserable in your heart until you do.**

Now, please don't think I'm telling you to turn in your resignation if you don't love your job.

I'm not.

I recognize the realities of earning a living in this world, and I also fully understand that it's rarely easy or practical to quit one's job and start over again.

At the same time, if you're not happy with your job, I encourage you to at least begin to explore options that may allow you somewhere down the line to do as I've done – to make your work your play.

It took me almost six years to transition from teaching school to going out on my own.

And you can do the same thing. It's tough, but it's doable if you set a goal and then do whatever's necessary to reach that goal.

So, if you're currently in a job you have to drag yourself out of bed to go to, please start thinking about alternatives. Sit down and figure out where you want to be in five years and what you want to be doing and then start planning your escape route.

Will your health deteriorate if you don't do this?

Yes, to an extent it will.

There are studies galore that prove **health is affected by frame of mind**, and if you're depressed or blue several hours out of the day, five days a week, it just makes sense that you're not going to experience the kind of happy, vibrant health that explodes you out of the



sack in the morning so you can dash off to work and put in however many hours it takes to get the project(s) done that you eagerly planned to do that day!

So, please, my friends, **do what you can to make your work your play!**

May I share a good letter with you?

Hi There Chet,

I'm having a great time. I have been juicing and mostly raw for awhile. But, when this 21-day program showed up, I decided to jump on the wagon. I was eating some meat a few times a week. I decided to eliminate it all together during this time. I also decided to try to eat mostly raw fruits and veggies with some nuts and seeds.

I kept hearing about how people have shed a few pounds. I had pretty much been staying the same in my weight. So, I analyzed what I had been eating. NUTS!!! I mean it was nuts. I decided to eliminate nuts and I'm on my "weigh" down again.

Another exciting discovery. The other day I was hungry for cooked stuff. In the afternoon I had a baked potato and some popcorn. In the evening I had a bowl of rice and beans, mashed potatoes and corn — all cooked. I thought, well it's not meat, I've been eating mostly raw with a little cooked veggies at night. NOT!!! The next morning I was rather sluggish. I again analyzed what I had eaten. – A lot more cooked stuff than I had been eating. So, yesterday I went totally raw. I feel tremendously better today.

So, what about being tickled pink? It's my tongue! I read in Dr. Paul Bragg's book "The Miracle of Fasting" how your tongue can be an indication of the toxins in your body. When your insides start to detox there is a thick white coating of toxic material on your tongue. "It is an accurate indication of the amount of putrefying cells of you entire body, which is now being eliminated from the inside surface of the stomach, intestines, and from all parts and organs of the body." (p.84) Sounds rather GROSS to me. But, each morning I check my tongue. Since I have been working on cleaning myself up even more, my tongue is actually clearer. I can almost see the pink.

So, I encourage everyone to "Tickle themselves Pink."

Thanks for all the cyber-support,

Heidi from Florida



Today's Featured Recipe

Beth's Pesto Soup

6 servings dairy free

This chilled, savory blend of fresh, ripe tomatoes, herbs and veggies is a great starter for any meal, and can be on your table in no time.

1/2 cup chopped tomato
1/3 cup finely chopped onion
1 small clove garlic, chopped
1/2 cup shredded carrot
1/2 cup shredded beet
1/4 cup pine nuts
3/4 cup fresh basil, loosely packed
1 Tbs raw apple cider vinegar (optional)
2 to 3 cups water or as necessary
Fresh basil leaves for garnish (optional)

Combine all ingredients in blender or food processor, and process until finely chopped but not smooth. Divide among serving bowls. Garnish with basil leaves if desired.

Today's Chuckle

(Courtesy of Mrs. Skelly)

A businessman taking a seminar on efficiency completed a case study of his wife's routine for fixing breakfast, and presented the results to the class.

"After a few days of observation, I quickly determined the practices that were robbing her of precious time and energy," the man reported. "Taking note of how many trips she made from the kitchen to the dining room carrying just one item, I suggested that in the future she carry several items at a time."

"Did it work?" the teacher asked.

"It sure did," replied the businessman. "Instead of taking her 20 minutes to fix my breakfast, it now takes ME just seven."



Success Story

We had a big Bohemian family gathering yesterday, which is always centered around food. I brought a large green salad and fruit and successfully stayed away from ten varieties of homemade soup, baked beans with bacon, potato salad, bbq ribs, meatballs, sloppy joes, lasagna, casseroles, and about seven different desserts including double chocolate brownies. I feel great today (and yesterday) because I did not poison my system with dead foods. The odor of putrefaction from my husband's colon is permeating the household and I am glad that I am free of that! My husband says he feels like he is hung over and I, in the past, noticed that same feeling after the family gatherings.

Sighle

Chet's Closing Words

Three days to go.

At this point, you should be feeling about **the best you've felt in quite a while.**

If not, don't despair.

As I've said so often, health doesn't go away in a day or a week or a month, and it's not rebuilt in a day, or a week, or a month.

It's rebuilt as you provide your body with the proper food and conditions.

No matter how you feel right now, your body has cleaned house more the past 18 days than you'll ever realize. **Remain patient and continue to upgrade your diet and lifestyle and you will one day have the power and energy that is our birthright.**

See you tomorrow when I'll have some thoughts on sleep and rest.



Lesson No. 19

Today's Message

Did you get **at least eight hours sound sleep** last night?

If you're like most modern day people you consider it a good night when you can snooze for five or six uninterrupted hours.

Well, somehow you need to get more sleep and rest every evening because, like most Americans, **you are probably sleep deprived. Sleep and rest, like diet and exercise, are absolute requirements for attaining superior health.**

Yes, yes, I know how hard it is to find hours to sleep these days, believe me.

You can always find time to exercise for twenty minutes if you're seriously committed to do it but finding eight hours out of every twenty-four to sleep is another ball game altogether, and I understand this is a problem for many people, especially those who work long hours and then have a family to attend to as well.

Not only does **time itself** seem to conspire against our need for sleep, but so does the **macho idea that tough guys and gals don't need much sleep**. That Superman and Superwoman can work ten-hour days, parent eight-hour afternoons and evenings, and snooze from one to five in the morning before getting up and doing it all over again.

Sooner or later, something gives because the human body wasn't designed to withstand this kind of pace.

Oh, I had to learn this one the hard way too, believe me.

For close to ten years I bought into the Superman idea, and I worked a second job and rarely climbed into bed before one or two in the morning. And I was up and at it again by six a.m. most days of the week. Blessed with energy and stamina and health in my 20's and 30's, I started to believe I could work like this for the rest of my life.

But then I hit age 44 and started to fall apart like you wouldn't believe. My body finally upped and told me, "Chet, I can't live on your junk food and minimal sleep. Since you don't have the sense to slow down and take care of yourself, I'm gonna give you some symptoms that'll take the wind right out of your sails."

That's when my fingers started freezing up with **arthritis** and my **right shoulder started losing its range of motion**. Bad symptoms for someone who made a good piece of his living as a writer who used a computer keyboard as much as I did.



I won't go into the gory details, but **I also started to run out of steam.** My incredible "get up and go" just "got up and went." For the first time in my life, **I was tired when I got home** from teaching school all day, and my part time work as a writer and telecommunications sysop suddenly became a huge burden.

Desperate, I went to a doctor. Informing me with a smile on his face that **I had entered middle age and had better get used to problems like this**, he offered to put me on pills for my arthritis and cortisone shots for my shoulder.

Unwilling to go this route, I started reading about natural ways to health. A week or so later, **I applied the simple principles of proper diet and living conditions** we've been working with in the 21-day program and within three weeks my finger and shoulder problems were gone. Four months later I weighed 145 instead of 198 pounds.

My energy came back, and I felt like the ball of fire I'd been for most of my life.

But I was a wiser ball of fire, and even though I had my energy back, I knew from my reading that it would only stay with me as long as I took care of myself. And taking care of myself included knowing when to quit working and when to get good, solid sleep or rest.

I may still work ten-hour days quite often, but I'm also in bed by nine o'clock on many nights. When I wake up at four or five in the morning, I've been sacked out for eight hours and even if I'm not sleepy, I pretty much make myself at least stay quietly in bed for eight hours on most nights.

My experience in corresponding with many health-seekers since 1993 has been that **most adults are terribly sleep-deprived, both in terms of mental and physical health.** I would argue that most people need to make a commitment to spending more time in bed and less time awake and doing, doing, doing things!

"But I can't," people tell me. "I'm just too busy."

Well, sleep, like diet, requires changes in one's routine as well as commitment to change. Buy a little spiral notebook and write down what you do every day for a week. Then sit down with the notes and identify the things you have to do and the things you just do, either out of habit or because you've always done them.

You'll be amazed, if you're being honest with yourself, at how much time you spend doing things during the day that don't really have to be done.

And if it turns out that you're already as efficient as you can be and that you aren't wasting any time during the days and that you just plain can't spend eight hours in bed, then shoot for seven and a half or seven. Get up a little later and move a little faster when you do. Take a shorter lunch. Let the kids do some of the chores you do. **Find an extra half hour and use it for yourself and your health.** Every little bit of extra sleep will help.



Instead of watching the evening news or the late show or something else on TV, turn the stupid thing off and take a book to bed. Chances are you'll nod off in a matter of minutes. I know that's what happens to me a lot these days, which I don't like because I love to read.

I put up with this nodding off stuff, however, because I want to be going strong at age 80 and 90 instead of being either dead or living a life of quiet, sick desperation and hopping from one doctor to another endlessly seeking the cure that doesn't exist.

If you're eating right, exercising each day, and maintaining a reasonable stress level, you won't have trouble sleeping. And if you do have trouble sleeping, treat the **insomnia** the way you treat your approach to natural health.

Recognize that there's a cause for why you aren't sleeping right.

Track down the cause and remove it, and then you'll enjoy your zzz's.

You'll know you're getting sufficient sleep when you wake up naturally without the help of an alarm clock. You'll feel refreshed and eager to start the day.

Many adults have never experienced waking up without an alarm, I might add, and if you're one of these harried people, you have a problem that will eventually contribute to dis-ease if you don't do something about it.

Well, I'll write more about sleep in an upcoming issue or two of **Health & Beyond Weekly**. It's an important subject and I've not done it justice in the space and time I have here in No. 19. But I did want to mention it and reinforce the idea that for superior health, you need real rest and real sleep each day.

Let's close this section with a good letter from Cheryl:

Chet, You're SO right about the food cravings. (I know – I worked for a Nutrition department for a large university recently and saw [and tasted] some of the manipulated foods sent to us by major food companies.) Our job was basically to put the “a large research university approves of this stuff” stamp of approval on their products.

As a child, I was raised on Kool-Aid by a mother who didn't know any better. I drank about two pitchers a day (and wonder why my teeth are all ruined today). When it made my own boys hyper, I took them off of it (and yes, they did go through withdrawal – they were about two at the time). My boys (now 8 and 10) are used to pure fruit juices.

Last year I got some Kool-Aid for one of their birthday parties, believing in the advertising slogan “You loved it as a kid; you trust it as a mother” and figuring that the other kids would like it. None of the kids would even drink it. When Mom and I tasted it, it was the most vile tasting stuff I ever put in my mouth. It tasted like pure chemicals.



I don't know if the stuff from my childhood tasted that bad – I certainly have better memories of Kool-Aid than that. We wound up throwing the stuff out.

Just thought I'd share that tidbit with you.

Some other things I can't stand anymore are margarine and prepackaged convenience foods (like potatoes au gratin). I've often wondered if Kraft etc. put something in their macaroni and cheese because every kid I've ever known CRAVES the stuff. Once you eat the real stuff, the counterfeit shows itself for the false product it is. Keep up the good work.

Cheryl

Today's Recipe

Nancy Coats' Golden Macaroons (modified by Jan Sands)

1 cup grated raw carrots, packed
1/2 cup water
1/3 cup sweetener (I use honey)
1 1/2 cup coconut
1 cup oat flour (I substituted 1/2 cup of whole wheat flour and 1/2 cup of oats)
1/2 tsp. salt (optional)
1 tsp. vanilla

Blend dry, quick or rolled oats to make flour. Mix well all ingredients. Let sit 10 minutes and then firmly pack dough into a tablespoon. Drop on an oiled cookie sheet. Bake at 325 for 30 min.

[I don't have time to try this, but when I do I'll use the above recipe with 1 cup of oat groats I'll roll myself and then blend down to flour in a blender. I'll also add some organic raisins and will dry the cookies in my dehydrator instead of baking them. – Chet]

Today's Chuckle

Famous people respond to the question, "Why did the chicken cross the road?"

Moses: And God came down from the Heavens, and he said unto the chicken, "Thou shalt cross the road." And the chicken crossed the road, and there was much rejoicing.

Sigmund Freud: The fact that you are at all concerned that the chicken crossed the road reveals your underlying sexual insecurity.



Bill Gates: I have just released the Chicken Office 2000, which will not only cross roads, but will lay eggs, file your important documents and balance your checkbook.

Charles Darwin: Chickens, over a great period of time, have been naturally selected in such a way that they are now genetically predisposed to cross roads.

Grandpa: In my day, we didn't ask why the chicken crossed the road. Someone told us that the chicken had crossed the road and that was good enough for us.

Albert Einstein: Whether the chicken crossed the road or the road moved beneath the chicken depends on your frame of reference.

Buddha: Asking this question denies your own chicken nature.

Ernest Hemingway: To die. In the rain.

Colonel Sanders: You mean I missed one?

Helpful Hints

(From Trina Leary)

I'd love to hear everyone's hints on how you deal with buying and preparing your foods. I have some of my own hints I use daily, too.

Here goes some:

I have two containers in my refrigerator – one I call my “juicing vegetable container” and the other my “vegetable salad container.” I'm blessed now with two refrigerators, which is a big help for storing all those carrots. But it also makes it possible for me to have these two large containers in the refrigerator in my kitchen.

When I come in from the grocery store or soon after, I prepare my vegetables for the containers. Basically, I just cut the stems off the broccoli and put them in my juicing container and the florets in the salad container. I put juicing stuff together and salad stuff together. I don't wash the stuff!

It makes it so nice to reach into the refrigerator in the morning and get my carrot bags out of the crisper and the juicing container out to get my vegetables ready to juice. And then when it's time for a salad I just pull out a bunch of lettuce and my container for salads. It keeps everything so nice and neat, and I don't lose the vegetables inside the refrigerator just to throw them away later. It is also real easy to check the vegetables before shopping to see what I need to buy. You will have items like celery, lettuce and carrots that don't fit well in these containers, but they will be easy to keep track of.



Another big time saver is going to bed with a clean kitchen. I used to leave pots and pans soaking over night. That few minutes it takes early in the morning to clean up from the night before is a real pain. And adds five or ten minutes to a process that already takes thirty. Not that I never leave a few things till the next morning, but when I do, it reminds me how much better it is to get up to a clean kitchen.

I also clean up after juicing immediately, before I sit down to drink my juice. That way I can enjoy my juice without thinking that I have to get up to clean up the mess. This probably is second nature to everyone anyway since we can't really leave anything dirty as carrot juice stains, but I know the temptation to leave everything soaking is mighty powerful, too.

Hope this helps someone or gives you an idea of how to make juicing work smoother for you. We all have to work through our own individual needs.

Trina L.

Chet's Closing Words

Two days left. Can you believe it? I don't recall a period of nineteen days that has gone quite this quickly for me. I hope the same is true for you.

Tomorrow I'll start wrapping things up.

Okay, see you then!



Lesson No. 20

Today's Message

Today, the next to the last day of our journey to health, I'll write on the topic of "what comes next."

To begin, let's look at a letter from Beth H:

Dear Chet:

Please discuss what "happens" after the 21 days. Here's my short story:

A few days before the Friday that started the 21-day program, I "eased" into it, so that Friday was not a big change. However, from that Friday and on, I have been faithfully following the plan, not wavering at all, (carrot juice every day, Dr. Ben Kim's Greens every day, raw foods for lunch, and raw/cooked for dinner). I have lost eight pounds and feel much healthier, and, of course, I have more energy. I have not gotten the cold my son had, nor the bronchitis my husband had. (I feel like I was fighting it off, though, one day when I came home from work and went straight to bed.)

I plan to stick with this program for the rest of my life yet I hear you as well as others stating "21 days" and "wavering off" and "finding a middle-ground." Is it possible to adhere strictly and still shrug off "no-no" foods for the rest of your life? How much does it "hurt" to eat a peppermint, drink a glass of milk, or have a regular hamburger bun with my veggie burger instead of the whole-wheat, all natural breads?

Again, my intentions are to stick with it for the rest of my life, but I can already see this is not going to be entirely possible. For example, I was locked into taking one of my employees to lunch... their choice of restaurants... the other day. They chose a well-known cafeteria-type restaurant. Of course, I selected all veggies (carrot salad with raisins because it looked like it had very little mayo in it, lettuce salad with no dressing; corn; and black-eye peas... I'm sure they had a little butter or other seasoning in them). Did this set me back? If I were not on the 21-day plan, would this be an acceptable once-in-a-while lunch?

Since you have "been there, done that" for so long, please discuss. Thanks.

Beth, thanks for illustrating so well the big questions that each of us must face as we bring our 21-day adventure together to a close. Let me reply to your questions one at a time.

What happens after tomorrow, after the 21st day?

Well, that's entirely up to each person who sticks this program out for the duration. Some will immediately begin another three-week program, knowing intuitively that they're now on



the right track and that deviating from it after such a good beginning would not be the smart thing to do.

Some, like yourself, feel so good that they'll make plans to stick "for life" with what they've done the past three weeks. They are determined to stay 100% true to a mostly uncooked, vegan diet. Although such a commitment to health is admirable, at the same time **I urge people not to make decisions "for life" because none of us can know in advance what our bodies will need one or ten or twenty or thirty years down the road.** I'll have a few more things to say about this at the end of today's message.

Others will back off on some of the details of a predominantly uncooked, vegetarian approach but will, for the most part, continue to build their present and future well being. Those in this group will choose to continue with **Dr. Ben Kim's Greens**, juicing, big salads, and at least five servings a day of fresh fruits and vegetables. If they reintroduce animal fat and protein into their diets (a smart and healthful thing to do), they will adjust their meat and dairy consumption to the level that's best for their particular needs.

And a few, perhaps, will celebrate their graduation from the 21-day program by **getting off the program** with intentions of returning to the Standard American Diet. My experience has been that not many people do this, however.

Why?

Because anyone who goes through this program comes out of it with a keen understanding of the cause and effect relationship between food and lifestyle and feeling healthy.

You just plain won't be able to go back to your old ways because this short, three-week program has changed your perspective on life and health. More so than you probably realize right now.

But even though you've changed, you also have to be vigilant because it's easy for some to slip back into old habits. That first piece of **Godiva** chocolate, for instance, can bring back old chocoholic ways of eating half a box of the goodies.

But, Beth, I can't say for sure what your experience will be.

You see, we're each so different, and each of us in the next few weeks will have to find the health program that's going to work for our bodies, our tastes, and our life circumstances at that point in time.

With that said, let me turn to your other question, *"How much does it 'hurt' to eat a peppermint, drink a glass of milk, or have a regular hamburger bun with my veggie-burger instead of the whole-wheat, all natural breads?"*



If you have a chronic illness, each step off the path hurts your chance for recovery. Most natural health advocates, including me, say, “No cheating if you want to come all the way back from a chronic illness.”

If you don't have a chronic illness and if you eat and live naturally most of the time, then my answer is a resounding **of course not!** I don't think an occasional peppermint or a glass of ginger ale or a white flour hamburger bun is going to be that big a deal. **If you're healthy, your body can and will expel the substances that aren't good for it.** As long as you keep your bad choices to a minimum, I should add. As I've said before, moderation is the key to living healthfully.

This is important: don't feel guilty if you make bad choices. Just recognize you took a step backward and then move forward again.

You'll know when you made a bad choice because you'll feel your body getting rid of the toxins... you may experience mucus, runny nose, headache, nausea, the usual detox symptoms.

So, to close, I encourage each of you to continue with the program we've been on but to adapt it to real life and to your circumstances. If you make the right choices for health, you'll continue to build health. If you make the wrong choices, you'll begin to deteriorate.

No single approach is best for everyone all the time.

I urge each of you to use both your intellect and your senses as you learn to decipher the signals that come from your body. Once you fully understand your body's language, then you can develop the health program that's right for you at the moment.

Additionally, please continue your health studies. There's a wealth of knowledge and opinions in books and on the Internet, and you need to read as much as you can. You'll find information that's confusing and contradictory, but you'll also find nuggets of gold that'll help you interpret your body's signals.

Finally, please don't ever forget that although diet is an important part of human health, it's not the only part. You must also focus on exercise, sunshine, clean air and water, low stress, sleep and rest, loving relationships, work that you enjoy, and a host of other intangibles.

Be good to yourself and be good to others, make sensible choices as often as you humanly can, and you will lead a long, healthy, productive, and happy life.



Today's Featured Recipe

Mercy's Breakfast Salad

The night before, put a scant 1/4 cup of sunflower seeds in a jar and cover them with purified water to soak.

In the morning, grate

Raw sweet potato to equal approx. 1/2 cup

1 raw peeled carrot

1 small apple (skin on or off, your choice)

Drain sunflower seeds and add them to the "salad," along with about 2 tablespoons full of raisins.

This makes enough for one meal for a very hungry person, or two smaller meals. Although it's best eaten fresh, it will keep in the fridge for a day if you don't mind the apple browning up a little. *You can add a little lemon juice to retard the apple browning, if that bothers you.*

Today's Chuckle

(Courtesy of Fred Thorpe)

Letter To the IRS: Creative Computing

There was a man who computed his taxes for 1998 and found that he owed \$3407. He packaged up his payment and included this letter:

Dear IRS:

Enclosed is my 1998 Tax Return & payment. Please take note of the attached article from the USA Today newspaper. In the article, you will see that the Pentagon is paying \$171.50 for hammers and NASA has paid \$600.00 for a toilet seat.

Please find enclosed four toilet seats (value \$2400) and six hammers (value \$1029). This brings my total payment to \$3429.00. Please note the overpayment of \$22.00 and apply it to the 'Presidential Election Fund', as noted on my return. Might I suggest you send the above mentioned fund a '1.5 inch screw'. (See attached article – HUD paid \$22.00 for a 1.5 inch Phillips Head Screw.)

It has been a pleasure to pay my tax bill this year.



Success Story

Chet, I just had to write.

I am not really believing how easy this 21-day commitment has been, nor how quickly it has gone by.

I expected it to be harder. I guess my will was set.

Yes, I've had a couple of days when I've made less than brilliant food choices, but they were simply eating cooked foods earlier in the day than I'd planned. No serious breaches, and no obsessive eating... I'm always thinking, these days, about what goes into my mouth.

My whole concept of "hunger" has changed, too. I used to eat so much and so often that I rarely even experienced my stomach growling, and rarely even thought, "Well gee, what would take care of this?" Now, I get hungry about 11 a.m. every day. Then I know it's time for a piece of fruit.

Around 1:30 I have my raw veggies lunch, and I'm not generally hungry again until about the time I get home for dinner (5:30 or 6:00).

I admit I'm a little stunned. I've fought overeating all my life, combined with emotional turmoil that drove me to eat. Where did it all go?

I feel healthier than I've felt in a very long time. I could get used to this.

Thanks for your faithfulness in getting these newsletters out to us daily. They really DO mean a lot.

Thanks for everything. It's been a great ride, and I'm planning on continuing until mostly raw becomes a lifestyle.

**Mercy, of purple trenchcoat fame
~* We are all in this together *~**

Chet's Closing Words

We'll wrap everything up tomorrow.

See you then with the last of these daily letters.



Lesson No. 21

Today's Message

Well, I don't know about you, but it's hard for me to believe that our 21 days together are up already.

Reach behind your shoulder and pat yourself on the back because you did it!

Oh sure, some of us stumbled and fell here and there, but that's not a big deal.

The big deal reveals that you continued to read the letters and continued to do the best you could in your particular circumstances.

And if you keep that same attitude and practice that same non-guilt approach, you'll continue to make health improvements for the rest of your life, one step at a time.

We have come a long way in three weeks, haven't we?

And we've covered a lot of health territory.

I hope you've printed these daily letters as well as the Internet articles I've recommended so you can return to the information and techniques that we've discussed. Doing so will help you fine-tune your approach to natural health.

Remember to study something about health as often as you can. Doing so will keep you motivated and interested in finding out just how marvelous your body really is.

Where do you go from here?

Well, if you're looking for a long-term program developed by a qualified professional, I suggest the *Experience Your Best Health* program developed by Dr. Ben Kim at

<http://drbenkim.com/experience-your-best-health.html>

And, yes, of course, I recommend my own *Health & Beyond Living to the Max* program, which you'll find in the next chapter.



Request for Feedback

Finally, I'd like to hear from you because I need as much input as I can get, both positive and negative, to help me continue to refine this whole 21-day approach.

Even if it's just a sentence or two and even if you had results that you don't think are worth reporting, I hope you'll take the time to send in a few words.

To help me make future versions of the 21-day program more successful, copy and paste the following questionnaire into an e-mail, add the information you'd like to share, and then send the completed letter to chet@chetday.com

Name:

Number of pounds lost:

Physical problems that improved:

You can improve the 21-day program by:

Other comments:

I won't have time for a personal answer to each survey that comes in, but I promise to read each one carefully.

Today's Featured Recipe

Living Borscht: a Delicious Raw Soup

1 1/2 cups carrot juice
3/4 cup beet juice
1/2 cup apple juice
Juice of 1/2 lemon

I made the juices with our Champion juicer. Next time I am going to try it in the Vita-Mix for a thicker soup.

Grate

1/3 to 1/2 cup grated beet
1/3 to 1/2 cup grated carrot
1/3 to 1/2 cup grated cabbage
Chop 3 or 4 green onions



Mix all of the ingredients together. I warmed them in a double boiler until everything was not hot but just warm.

Top with an avocado blended with lemon and celery.

Now, does that sound good or what? Thanks to Bobbi for sharing this recipe.

Today's Chuckle

(Courtesy of Josh Day)

Two cadets at Colorado's Air Force academy were bragging in their off time about what good hunters they were. Well, it seems that they decided to have a contest, and whoever won the contest would be accounted the better hunter. To make the things a little more interesting, they each put up a pint of the best whiskey they could find.

There had been rumors that a lion had escaped the local zoo and was roaming around loose in the desert that surrounded the academy. The contest was that whoever bagged the lion and brought it back to base was the winner.

The first cadet borrowed a large hunting rifle and set about hunting down the lion in the conventional manner. The second cadet, who was perhaps a bit more inventive than his counterpart, secured a training jet from the local commander, loaded the wing guns with live ammunition and headed out over the desert in search of the lion. It wasn't long before he spotted it, and, from the safety of the plane, killed it. He took the plane down, loaded the lion's body into the copilot's seat, and headed back to base, where he promptly downed both bottles.

Which just goes to show that a strafed lion is the shortest distance between two pints.

Success Story

Dear Chet:

When I started this adventure, I was a most-of-the-time vegetarian with little energy and constant headaches. I thought I was going to die the first week. My headaches increased, I felt very ill, and became even harder to live with!

After much trial and error, experimentation, and trying new recipes, I am feeling clear-headed, more energetic, and, best of all, headache free. I feel more peaceful.

I know I have a lot more healing to do, but I think I see nothing but improvement in my future!

My back pain has improved, too!



I must add that I couldn't go all day on just fruit. I am hypoglycemic. I eat raw oatmeal for breakfast, veggies, plain brown rice cakes, or a handful of almonds.

Because I needed to slow down the detoxing before I hurt someone (!), I had a cooked food with my lunch salad like beans or vegetarian soup. I found that fruit every day is too much for me. So I have it a couple of times each week.

I have also lost about 6 pounds. My husband thinks I look fabulous and my clothes fit again!

I didn't stick to the diet 100%, but I still feel I have gained much in the way of improvement. (Ok, so I had a bean burrito with everything once at a restaurant for dinner! Made me sick after! I think it was the cheese.) I am at 50-60% raw. Good for me! Sorry I don't have some great cure story, but in the immortal words of James Brown or Little Richard or one of those 50's songs, "I feel good... I knew that I would!"

Thanks to Chet and all who shared their coping techniques, support, and recipes! :)

Alice W.

Chet's Closing Words

Well, my friend, it's been a pleasure to share with you some of what I've learned during my study of natural health. I thank you for joining me on this adventure, and I hope we'll do it again one day.

Finally, if you're not a subscriber to my **Health & Beyond Weekly**, a free e-mail publication, please sign up right now at

<http://dayzines.com/hbweekly.htm>

In **H&B Weekly** I update and share everything new I learn about health. And I learn something new almost every week.

Thank you for accompanying me on this journey toward superior health, and I hope you'll continue to make health improvements by now transitioning to my popular **Living to the Max** program, which begins on the next page...



Health & Beyond Living to the Max Program

by Chet Day

<http://chetday.com>

I revise this long-term diet and lifestyle program as I learn more. You can always find the most recent update at <http://chetday.com/hbprogram.html>

In the fall of 2002, for example, I added grass-fed beef to my diet and to the program. In late 2003 I added wild Alaskan salmon and tuna as regular fare at the CasaDay dining table. In April of 2004, I slashed grain recommendations, and, most recently, in March of 2005 I increased exercise and decreased water drinking recommendations.

Based on the tenets as defined by 19th and 20th century health reformers like Sylvester Graham, Dr. Russell Thrall, Dr. John Tilden, and Dr. Herbert M. Shelton, as well as the work of Weston Price, Norman Walker, Dr. Stanley Bass, Dr. V. V. Vetrano, Dr. Ben Kim, and others, the *Health & Beyond Living to the Max Program* offers you a simple, common sense, and workable method of maintaining superior health.

Keep in mind that the *Health & Beyond Living to the Max Program* is for **long-term use**, a diet and living routine to be followed after you complete an initial detox.

For detox purposes, I recommend any of the routines in my Detox Bible.

Once you've completed an all-important initial cleansing of your body, then you should use the guidelines below to begin to develop a diet and way of living that works for you and your particular body and life situation.

By following the *Living to the Max* guidelines, many people can achieve a gratifying sense of physical, mental, emotional, and spiritual well-being.

You build and then maintain superior health if you consistently...

- Eat moderately of a **healthy whole foods diet** composed of clean, organic (when possible) foods from both plant and animal kingdoms. At least 50% of your fruit and vegetable foods should be eaten whole and uncooked. Avoid packaged and junk food.
- **If you feel weak and don't thrive on a vegetarian diet**, your body needs animal foods. As of March 2005, I personally eat at least 20% of my diet from minimally processed and "clean" **animal foods** like health food store butter, raw milk cheese, eggs from range-fed chickens, grass-fed beef, and wild Alaskan salmon and tuna.



- **Exercise** for at least thirty minutes (sixty minutes is better) every day, alternating between gentle aerobics (like brisk walking and rebounding) and weight-training.
- Enjoy a minimum of 10 minutes of direct **sunshine** every day on as much of your body as possible, but do NOT overdo, especially if you live below the equator.
- Drink **filtered or purified water** according to thirst instead of forcing down the often recommended eight 8-oz. glasses every day.
- If you have time (and most people don't) drink 16 ounces of freshly extracted **vegetable juices** with no more than 20% carrot as the base.
- Supplement with any supplements you deem necessary. I use and recommend **Dr. Ben Kim's Greens** at <http://drbenkim.com>
- Have at least **one tablespoon** every day of a good, organic fish oil to get essential fatty acids or else use quality fish oil capsules. I use and recommend **Carlson's Cod Liver Oil**, and I buy mine from Dr. Ben Kim's site.
- **Snack** on living foods like fruits and veggies instead of junk foods.
- Breathe the purest **air** possible.
- **Meditate** to remove stress as well as to get in touch with your spirituality for at least 30 minutes every day. My **Cat's Purr CD** is an excellent tool for the beginning to intermediate meditator. It's also one of the best stress removers I know of. See <http://chetday.com/catspurrcd.shtml>
- **Laugh** and spend time with friends, family, or strangers whose company you enjoy.
- Replace the toxic cleansers and cleaners in your home with nontoxic products.
- Put to use other natural health products and techniques as described on my health aids page at <http://chetday.com/healthaids.html>

Is it possible to do all the above, you might ask? Well, in our hectic lives, you have to work at it, no question. But even if you only make gradual improvements, you will notice improved health and attitude.

Okay, turn the page for more details...



In General

Don't

- put drugs into your body
- put over-the-counter "cures" into your body
- put a huge variety of supplements into your body

Food

Healthy Things to Do

- Chew thoroughly.
- Eat only when hungry.
- Eat only when relaxed.
- Avoid produce that is wilted.
- Eat foods at room temperature.
- Make your meals look attractive.
- Eat raw food before cooked food.
- Snack on healthy foods like dried fruits.
- Eat mostly **uncooked fruits and vegetables**.
- **Eat fruits, nuts, vegetables, legumes, brown rice, and non-wheat grains.**
- Eat lightly poached or grilled wild Alaskan salmon and tuna, lightly poached eggs, yogurt, health food store butter, grass-fed beef, or raw milk cheese to get nutritional factors unavailable in a wholly plant-based diet.
- Eat foods in their whole form, including skins if the produce was organically grown and the skin generally edible, like apples.

Some Important Don'ts

- Don't overeat.
- Don't eat commercially-produced meat.
- Don't eat commercial dairy products.
- Don't eat white flour products.
- Don't eat processed salt - Celtic sea salt in moderation is okay.
- **Don't eat refined sugar -- extremely important.**
- Don't cook fruits or nuts.
- When you cook, boil, bake, or steam your foods.
- Don't over-season your foods -- learn to enjoy natural tastes.
- Don't eat when in pain, emotionally upset, tired, or immediately after hard work.



Healthy Foods to Eat

Sweet Fruit - Banana - Carob - Date - Fig - Prune - Raisins - Dried fruit - Persimmon - Mango - Papaya - Sapote

Sub-Acid Fruit - Apple - Apricot - Blackberry - Cherimoya - Cherry - Elderberry - Gooseberry - Grape - Huckleberry - Nectarine - Peach - Pear - Plum - Quince - Raspberry - Sapodilla

Acid Fruit - Currant - Grapefruit - Guava - Kumquat - Lemon - Lime - Orange - Loganberry - Pineapple - Pomegranate - Strawberry - Tamarind - Tangerine - Tomato

Melons - Banana melon - Cantaloupe - Casaba - Christmas melon - Persian melon - Crenshaw melon - Watermelon - Honeydew melon - Muskmelon - Nutmeg melon

Proteins - Almonds - Cashew nuts - Hazel nuts - Hickory nuts - Lentils - Peanuts - Gooseberry - Avocados - Pecans - Pine nuts - Pistachio nuts - Soy beans - Walnuts - Sunflower seeds - Coconuts

Starches - Artichoke - Bean (lima)* - Beets - Chestnut - Carrots - Corn - Hubbard squash - Jerusalem artichoke - Peanuts* - Peas - Potatoes - Pumpkin - Yam

* Peanuts, lentils, beans, and all cereals are considered as protein and starch combinations

Non-Starchy Vegetables - Bamboo shoots - Broccoli - Brussel sprouts - Romaine - Cabbage - Cauliflower - Celery - Chard - Cucumber - Eggplant - Endive - Kale - Kohlrabi - Lettuce: Boston, Bibb, Leaf, Romaine, etc. - Okra - Parsnip - Pepper (sweet) - Rutabaga - Sorrel - Sprouts: Mung bean, alfalfa, wheat, barley, etc. - Squash (ex. starchy) - Turnip

Water and other liquids

Do

- Drink filtered or purified **water** -- distilled may not be good long-term.
- Drink so your body is thoroughly hydrated each day but don't drink the recommended eight 8-oz glasses a day unless your sense of thirst tells you to do so.

Don't

- Don't drink **coffee**, **soft drinks**, or other junk food products containing sugar or caffeine.
- Don't drink **alcohol**.



Air

Do

- Get as much fresh air as possible.
- Walk on streets that have less vehicular traffic.
- Allow ventilation to maximum extent, when indoors.
- Insure that indoor air is free from contaminants such as sprays of all kinds and circulated dust that sometimes occurs when vacuuming.

Don't

- Breathe tobacco smoke.
- Breathe through your mouth.
- Breathe excessively cold air if at all possible.
- Permit smoking in your home or in a private office if you have one.

Temperature

Do

- Dress for comfort and not for fashion.
- Maintain a comfortable temperature at all times.
- Avoid constrictive clothing, which impedes blood circulation.

Don't

- Take very hot or very cold baths or showers- body temperature bathing is less enervating.

Light and Sunshine

Do

- Expose as much of your skin to light as possible (before dressing in the morning is a good time).
- Use natural and not artificial light.
- Get the sun directly on your skin for at least ten minutes each day (the rays penetrate only white, porous clothing), but never enough time to burn.
- Use an enclosure to cut off the wind in inclement weather.
- Get your sun in cold climates through an open window while indoors with artificial heat turned on to avoid undue chilling.
- Get sun on the closed eyelids.

**Don't**

- Wear sunglasses all the time -- your eyes need the full spectrum for full health.
- Spend too much time in the sun by relying on suntan lotions for protection since some studies suggest these products may contribute to skin cancer.
- Remain in the sun for long periods (this is wasteful of nerve energy and dries the skin excessively).

Clothing**Do**

- Buy clothes of porous, non-synthetic material.
- Wear light colored clothing.

Don't

- Wear constricting clothing such as tight girdles, brassieres, tight belts, etc.

Physical Activity**Do**

- Involve all parts of the body when exercising.
- Exercise in fresh air or with windows open when indoors.
- Make vigorous use of muscles, preferably against resistance.
- Brisk walking, gentle jogging, and rebounding are excellent exercises and so are swimming, bicycling, The Five Rites, and TaiChi.
- Exercise vigorously enough to cause heavy breathing, unless contraindicated. And, yes, sex is great exercise and good for you, too!

Don't

- Exercise to the point of exhaustion.
- Exercise immediately following a meal.
- Prolong muscular contractions beyond a few seconds.

Posture**Do**

- Sit erect at all times and keep head straight up while standing, sitting, or walking.
- Keep work or reading material toward you instead of moving toward it when engaged in sedentary activity.



Rest

Do

- Close the eyes as often as possible.
- Shut out light in the room as well as sound, if possible.
- Cease activity sometime during the day by sitting or lying down.
- Rest when tired (Ten minutes is better than nothing, but 30 minutes to an hour is best.)

Don't

- Read or watch television while resting.

Sleep

Do

- Go to bed early.
- Maintain a comfortable temperature.
- Secure a dark, quiet, and well-ventilated room.
- Practice a few moments of mental and physical quiet before retiring.

Don't

- Eat an extra meal before retiring.

Zest for Living

Do

- Pursue some constructive objective.
- Engage in some activity that gives you fulfillment.
- Find a hobby that brings enjoyment if your work is dissatisfying.

Expression of the Emotions

Do

- Keep negative emotions at a minimum.
- Find something about which to be happy every day.
- Couple negative emotions such as fear, grief, or anger with physical activity.
- Feed your emotions daily with good thoughts, pleasant sights and sounds, kind words, kindly touch, and good deeds.



Beth's Eat it Raw Recipes

by **Beth Montgomery**

While I follow a raw-foods diet, I eat approximately 80% raw foods and 20% cooked food. In this cookbook you will find mostly raw recipes and a few recipes that are quick, simple and minimally cooked.

Breakfast

Raw Oatmeal

1/4 to 1/3 cup oats – cover with purified water and let sit overnight (use pure unprocessed oats)

In the morning add

1/2 chopped apple
1-2 Tbs raisins
1/2 tsp cinnamon
1 Tbs raw honey

Stir and enjoy. This is so much better than cooked oatmeal.

Fruit Muesli

3 cups fresh fruit – cut up
1 cup rolled oats
1/2 cup nuts (optional)

Should be very juicy – if not add 1 tsp fruit juice. Allow to soak for 20 minutes before eating.



Salads

Beth's Spinach Salad

Spinach leaves for bed

1/4 cup red onion -soaked in juice from a lemon for a half hour

1 Tbs chopped avocado

1/2 tomato chopped

1/4 cup cauliflower

1 Tbs sunflower seeds

Top with mixed salad sprouts and Tahini dressing.

Beth's Rainbow Salad

Grate carrot, zucchini, daikon radish, chop tomato, broccoli, and cubed spaghetti squash. Top with a bit of sweet rice vinegar or olive oil if desired, but it really doesn't need a dressing.

Carrot Salad

1 cup grated carrot

1 cup chopped tomatoes

Large bunch of parsley, chopped

1 clove garlic, crushed

1/4 cup ground nuts

Mix in 2 Tbs olive oil

Broccoli Primevera

(from "Delights of the Garden" by Imar Hutchins)

3 bunches of broccoli

1/3 cup of tahini (raw, uncooked)

1 garlic clove (we add more)

1/4 cup lemon juice (fresh – NEVER bottled)

1/3 cup spring water

2 teaspoons tamari or sea salt

1/2 cup chopped mushrooms

1/2 cup sunflower seeds

1/4 cup red onion, chopped

Cut broccoli florets from the stalks and place the florets in a large mixing bowl. Next, blend the tahini, garlic, lemon juice, water and tamari or sea salt, if using, until smooth and creamy. Pour the mixture onto the broccoli florets and mushrooms and stir until evenly covered with sauce. Sprinkle in the sunflower seeds and onion. Stir again. Makes 2-3 cups



Apple Salad

(Tasha aka RedRose)

- 3 1/2 cups diced apples
- 1 cup sliced celery
- 1 cup diced banana
- 1/2 cup raisins

Mix the ingredients and serve in lettuce cups.

Coleslaw

- 3 cup grated carrots
- 1 cup grated beets
- 3 cup grated white cabbage
- 1/4 cup chopped parsley

Marinate in:

- 1/2 cup olive oil
- 1/2 cup lemon juice
- 1 tsp honey
- 1-2 garlic cloves

Marinated Veggie Kabobs

- 1 medium eggplant
- 2 small zucchini
- 1 or 2 red or green bell peppers
- 8 medium button mushrooms
- 2-4 small-medium yellow onions
- 1/4 cup cider or balsamic vinegar
- 1 Tbs spicy brown mustard
- 1/2 tsp rosemary
- 2 or more cloves garlic, chopped
- Salt and pepper to taste

Wash and cut the vegetables into chunks about 1 inch thick (I know the peppers will not be this thick, but cut them into large pieces). Place the chunks into a large bowl. In another bowl, combine the vinegar, mustard, rosemary, garlic, and salt and pepper and whisk into a uniform liquid. Pour this liquid over the vegetables and, using your hands, turn the ingredients to ensure each piece is well coated. Cover with plastic wrap and marinate in the refrigerator overnight.



Sprout Salad

1 cup any sprouts you have on hand (alfalfa, lentil, sunflower, or other)
1 cucumber, diced
2-3 scallions, chopped
3 Tbs lemon juice
2 Tbs tahini
1 clove garlic, minced
Pinch cayenne

Put the salad ingredients in a serving bowl. In a small bowl mix the lemon juice, tahini, and garlic with the salt. Add pinch of cayenne. Whisk together well. Pour dressing over salad and toss to blend flavors.

Waldorf Salad

Apples, cubed
Walnuts, chopped
Raisins or grapes
Avocado

Mix with fruit juice to moisten. Top with grated coconut if desired.

Carrot-Sprout Salad

1 cup sprouts, whatever kind you have handy
2 cups grated carrots
1/4 cup parsley, finely chopped
3 Tbs lemon juice
2 Tbs olive oil
pinch cayenne

Put salad ingredients in serving bowl. Blend dressing ingredients in small bowl. Whisk to blend. Toss dressing and salad and let sit 20 minutes before serving. Serves: 4 Time: 25 minutes.

Raw Sweet Corn Salad

1 large ear of raw sweet corn
1/2 red bell pepper, chopped
1 large ripe tomato, diced
3 Tbs parsley, minced
1 celery stalk, diced
1/4 cup sweet red onion, chopped



Wash all vegetables, remove kernels of corn from cob, dice tomato, dice celery, chop red pepper and onion, and mince the parsley. Combine in a bowl, cover and set in refrigerator while preparing avocado dressing.

Hint: Raw corn on or off the cob is delicious. Simply clean, wash and enjoy!

Banana – Date Salad

1 cup chopped dates
2 cups diced banana
1 cup diced celery

Mix the ingredients and serve on fresh green leaves, preferably lettuce.

Celery – Nut Salad

4 stalks celery, sliced
1 green onion, minced
parsley, minced
2 large tomatoes
1/2 cup grated nuts (walnuts or pecans)

Cut the tomatoes in small pieces and mix with the celery, green onion, and parsley. Add a mixture of orange and lemon juice as dressing. Use lettuce leaves as a bed for this salad and sprinkle with grated nuts.

Gazpacho Salad

1/2 cup cooked brown rice OR soak rice for 48 hours
2 tomatoes, seeded and diced
1 cucumber, seeded and diced
1/4 cup onion, chopped
1 Tbs red-wine vinegar
1 Tbs garlic, minced
Romaine or Red leaf lettuce

In blender combine 1c tomatoes, 1/2 cucumber, 2T onion, minced garlic and 1t vinegar. In bowl combine rice and 2t vinegar. Toss well. Add remaining veggies. Toss until combined. Refrigerate up to 4 hours. Serve on top of lettuce leaves.

Cabbage salad – Indian Style

(Namita digital-X)

2 cups thinly shredded cabbage
2 cup shredded carrot
1/2 cup crushed roasted peanuts



1/4 cup peanut oil (salad oil is an OK substitute)
1 hot green chili pepper, chopped
1/2 cup chopped cilantro
1/2 tsp honey
Lemon juice and salt to taste

Mix everything except salt and lemon – add them only when ready to eat.

Bean Salad

1/2 cup dry garbanzos
1/2 cup dry red or kidney beans
1/2 cup dry black beans

Soak and cook in separate pans. Drain.

Cut up:

1 onion
1 green pepper
1/2 Tbs parsley

Stir beans and vegetables together. Add dressing.

Dressing:

1/3 cup apple cider vinegar
1/3 cup salad oil
1/3 cup honey
1 tsp salt
1/2 tsp pepper

Mix and pour over salad ingredients.

Vegetables with Spicy Peanut Sauce

Cook up a pot of rice. While the rice is cooking, heat 1 Tbs of oil in a skillet over medium-high heat. Chop the squash into bite-sized pieces, add it to the skillet, and sprinkle it with some garlic powder and crushed red pepper flakes. Then pour 1/4 cup of water in the skillet, cover, and let it steam until the squash is tender (about five minutes). In the meantime, mix in a small bowl:

1/4 cup natural-style peanut butter
3 Tbs tamari soy sauce
3 Tbs Chinese rice wine or sherry
1 Tbs toasted sesame oil
Enough water to make a creamy sauce



When the squash is ready, scoop it onto a plate of rice and pour the peanut sauce on top. (Can also use spinach, broccoli, squash, and zucchini, and it's always delicious.)

Chinese Salad

(great with Chinese Dressing in following section)

- 1 head lettuce
- 1 bunch green onions
- 1 cucumber
- 1 stalk of celery
- 4 Tbs peanuts
- 3 Tbs sesame seeds
- 1 pkg ramen uncooked noodles crumbled on top.

Just before serving lightly mix noodles, peanuts, dressing and salad ingredients.

Salad Dressings

Curry Sauce

(Light eating for survival)

- 1/2 cup olive oil
- 1/2 cup lemon juice
- 1 Tbs sesame butter
- 1/2 tsp honey
- 1 tsp curry powder

Blend.

Buttermilk/Flax recipe (Jacqui)

- 1/2 cup flaxseeds
- 2 cups water
- 1/4 cup lemon juice
- 1/2 cup (pine) nuts
- 1 garlic clove

Soak flax and nuts overnight with two cups water. Combine with remaining ingredients. Blend until smooth adding water for desired consistency. Leave out garlic for plain buttermilk to enjoy as a drink. Add herbs of your choice and interchange garlic with onions.



Vinegar/honey dressing

Just mix the two in a cup for a delicious light dressing.

Vinegar/honey/avocado dressing

Mash an avocado into the above recipe for a thicker dip or dressing. Stir into salad well.

Chinese Dressing

5 Tbs rice vinegar
2 Tbs water
1 Tbs lemon juice
1 Tbs sesame oil
1 Tbs Olive oil
5 Tbs honey
2 tsp soy sauce
Dash of pepper

Shake and serve.

Tahini dressing

2 Tbs *tahini* (sesame seed paste, available at natural foods stores and some supermarkets)
3 Tbs fresh lemon juice
1 large garlic clove, minced and mashed to a paste
1/8 tsp cayenne, or to taste
1/3 cup olive oil or water

Herbal Vinaigrette

Juice of one lime
Juice of one lemon
1/8 to 1/4 cup water
1/8 to 1/4 cup apple cider vinegar
1 clove finely chopped garlic
1 Tbs finely chopped thyme, parsley, cilantro, and basil

Mix in a jar and keep in frig

Avocado Dressing

1 ripe avocado
1 lemon, juiced

Mash the avocado until smooth, add the lemon juice until a creamy consistency is obtained.



Tomato Avocado

Juice two lemons
One avocado

Put lemon juice and pulp from one avocado in the blender and add enough water to allow it to mix. Blend until smooth. Add the juice of two tomatoes and the pulp of one (eat the other tomato pulp while you're waiting for the blender). Refrigerate.

Soups/Sauces

Pesto Soup

6 Servings Dairy Free

This chilled, savory blend of fresh, ripe tomatoes, herbs and veggies is a great starter for any meal, and can be on your table in no time.

1/2 cup chopped tomato
1/3 cup finely chopped onion
1 small clove garlic, chopped
1/2 cup shredded carrot
1/2 cup shredded beet
1/4 cup pine nuts
3/4 cup fresh basil, loosely packed
1 Tbs raw apple cider vinegar (optional)
2 to 3 cups water or as necessary
Fresh basil leaves for garnish (optional)

Combine all ingredients in blender or food processor, and process until finely chopped but not smooth. Divide among serving bowls. Garnish with basil leaves if desired.

Gazpacho Orange Soup

1/2 large tomato, chopped
1/2 lemon juiced
3/4 cup carrot juice
1 Tbs olive oil
1/4 tsp oregano
1/4 tsp basil
2 cloves garlic
1/3 cup pecans

Blend. Then add grated beet, grated zucchini and chopped parsley or red pepper



Asparagus Soup

Blend 1 cup hot water and 1/2 cup walnuts

Add and blend:

2 cups raw asparagus

1 stick of celery

2 Tbs minced parsley

2 tsp onion

1 tsp oil

1 cup more hot water

Beth's Spinach Soup

Very cooling in the summertime

1/4 apple juiced

Large bunch of spinach

1/2 tomato chopped

1 small cucumber, peeled and sliced

1/4 cup walnuts

Put in blender on chop mode. Should be fairly thick. If it's too runny, add more spinach.

Dips/Sides

Hummus

1/2 cup ground sesame seeds

1 cup mashed garbonzo beans

2-3 cloves garlic, crushed

3/4 cup olive oil

2 Tbs lemon juice

2 Tbs chopped Parsley

Blend and serve.

Guacamole

1 ripe avocado

2 diced tomatoes

1 lemon

1 diced red pepper

Onion and garlic to taste

Blend avocado to creamy lumpy consistency with fork. Add other ingredients.



Juices

Beth's Favorite

(I love this one first thing in the morning!)

2 large carrots

1 clove of garlic

1/2" ginger root

large bunch of parsley

3 slices of apple

A few spinach leaves or bok choy leaves, optional.

Apple/Carrot/Beet is another good one

Green Juice

Take any green veggies you can find and juice them. Feel your body awaken!

Apple-Orange

(Reminds me of those orange-Juliuses. Great as an afternoon pick-me-up!)

1 1/4 apple

1 medium size orange

Beth's Lemonade

1 1/2 apples

1 lemon with rind

Mint Juice

8 oz carrot juice + 1/2 cup mint leaves or 1/2 cup mint tea (mint leaves work the best)

Milks

Almond Milk

(Courtesy of RAW Restaurant, San Francisco)

1 part almonds

4 parts water and blend

To activate almonds, soak overnight, pour off water and follow recipe above. For a delicious smoothie add frozen fruit and pure maple syrup/



Nut Milk

1 cup nuts
2 cups water
1 banana
1 tablespoon honey

Liquefy in blender.

Rice Milk

(from veggies unite)
4 cups hot/warm water
1 cup cooked rice (I use brown)
1 tsp vanilla

Place all ingredients in a blender until smooth. Let the milk set for about 30 minutes, then without shaking pour the milk into another container (I use an old honey jar), leaving most of the sediment in the first container. This makes about 4 to 4 1/2 cups.

Notes: When I have used cold water and the rice was taken out of the refrigerator, it just doesn't come out that well. I don't know why but it's best to use warm water and warm rice (you can nuke it if it's leftovers but freshly made is best). I have even let it set longer than 30 minutes (overnight) without it making a difference. For really creamy rice milk with little to strain out, re-cook the rice with part of the water until it's very soft.

Sweet Almond Milk

1 cup almonds, soaked
6 cups purified water
3-4 dates, pitted

Soak almonds overnight and rinse. Blend half the almonds, half the dates and 3 cups of the purified water. Repeat with remaining ingredients. Pour through a fine strainer to remove the pulp. Serve at room temperature. Refrigerate any remaining portion. (For plain almond milk, just leave out the dates.)

Ajonjoli – Sesame Milk

1 cup raw sesame seeds
1/2 cup honey
3 cups water

Blend together, strain, and enjoy.



Hot Indian “Milk” Drink

1/2 liter of your favorite unflavored rice milk (thicker is better)
1/2 tsp ground ginger
1/2 tsp ground cloves
1/2 tsp ground cinnamon
1/2 tsp ground allspice (optional)
1 tsp sweetener (your choice, I use raw sugar – you can also use more or less)

Nut Recipes

Nut Loaf

This is so tasty, meatloaf will pale in comparison! Filling too.

Two cups nuts (Any combination of one or more or all of these: Brazil Nuts, Almonds, Cashews, Pecans, Pine Nuts, Sunflower Seeds, Pumpkin Seeds, Walnuts, Hazelnuts)

Red pepper

Tomato

Garlic

Onions

Mushrooms

Whole Pine Nuts

Grind nuts in meat grinder.

Chop vegetables finely and steam for two minutes on low. (This is breaking the rule of raw a little but steaming on low for a minute or two you won't lose many nutrients).

Mix vegetables and ground nuts. Put in baking pan and bake in low oven for two minutes to warm.

Spread Tahini Sauce on top (Raw tahini, lemon juice, honey, and garlic)

Great cold on Manna Bread or Essene Bread, which are brands of unleavened (no yeast) bread. They are basically just cooked a minute or two on low so they are still full of life, as you can tell by how rich and filling they are compared to normal bread. There are all kinds of Manna Bread, made from different combinations of nuts, seeds, sprouted grains, and fruit. A real delicacy with none of the dangers inherent in bread such as wheat, flour, eggs, butter and sugar, which all clog the body.

Nut Pizza

Same as nut loaf above, but shaped like a pizza and baked in a pie dish instead of a baking pan.



Desserts

Nut “Milk Shake”

4 Servings Dairy-Free

A frosty nondairy drink made with frozen bananas, soaked nuts and dates.

3/4 cup almonds, soaked 2 to 8 hours or

3/4 cup cashews, soaked 1 to 2 hours

4 dates, soaked 1 to 2 hours (save soak water)

3 to 4 peeled frozen bananas

3 cups cold filtered water or apple juice

Optional flavorings:

1 tsp nonalcoholic vanilla extract

2 Tbs raw carob powder

A few fresh berries

1 tsp ground cinnamon

In blender, combine nuts, dates and water or juice until smooth. Break frozen banana into pieces, add to mixture and blend until smooth. Add one or more optional flavors if desired. Pour into glasses.

“No Bake” Oatmeal Cookies

1/3 cup honey

1/4 cup rice or almond milk

1 Tbs carob powder

1 cup quick oats

1/4 tsp vanilla

1/4 cup walnuts

Handful of dried dates

Combine honey, rice or almond milk and carob in pan. Heat till boiling and boil for 1 minute, stirring. Remove from heat. Blend all ingredients together. Drop by spoonfuls onto wax paper or baking sheet sprayed with Pam. Will set up as they cool. Refrigerate. Makes 12-14.

Candy

Grind favorite nuts

Add honey

Add dates

Can mix carob and honey for a syrup and mix in dates and nuts.