

HOW TO GO RAW

BY MATT MONARCH

The following information is for education only and is not meant to diagnose, prescribe, or treat illness. It is valuable to seek the advice of an alternative health care professional before making any changes.

Healing is possible! Vibrant health is our God-given right, and our responsibility. I have learned there are **3 keys to health** and I spend much of my time offering what I've learned in hopes that it will inspire people to a happier, pain-free life.

My name is Matt Monarch, Raw Food Educator and Author of the book *Raw Spirit*. For the last 6 years I have been on a 100% Raw Food diet. I have appeared as a key speaker at events including The Raw Spirit Festival and The Oneness Expo, and I was featured in a Raw Food TV Spot that aired over 5 times on Al Gores new TV Network, Current TV. Over the past year I spent much of my time touring the country, presenting well over 200 Raw Food Lectures. As 5-year owner of The Raw Food World and Living Nutritionals, I am well versed in people's needs and concerns about health.

Many people ask me, "How do I become Raw?" First off, **you don't need to be 100% Raw to be healthy**. You can be very healthy on an intermediate transition diet without taking it to such an extreme as I have with the 100% Raw Food Diet. I know how difficult it is. I am doing it!

So...**How does one begin the journey to better health?** There are a lot of diets out on the market today. I am sure you have heard about a few such as the Zone Diet, Macrobiotics Diet, South Beach Diet, Maker's Diet and others. Now I don't like to discount any of these programs because they all produce positive results. I have personally witnessed people lose weight and heal from degenerative diseases after adopting these diet plans. There is one *common denominator* that explains why these programs succeed: they all require people to **leave out certain foods from their diets without cheating!** Foods like refined sugar and processed starches are completely omitted. Because of this, a person's health improves considerably. The reason the 100% Raw Food Diet is the greatest diet in the world is because **you leave out everything that could make you ill and only keep in the best of foods**.

It is critically important to understand that what you leave out of your diet completely without cheating is the way to ultimate health. What you *don't* eat is actually more important than what you *do* eat. **I don't care if you eat Raw Foods until you are blue in the face**. You are not going to fully heal unless you eliminate the cause, which means omitting certain foods from your diet. I like to break foods down into the following five groups:

- ❖ Animal Protein
- ❖ Dairy
- ❖ Refined Sugar – Cake, Cookies, Candy, Bakery items
- ❖ Processed Starches – Bread, Pasta, Cereal
- ❖ Raw Vegan Foods – Vegetables, Fruits, Nuts, Seeds, and Sprouts

If what we leave out of our diet completely without cheating is the way to ultimate health, then it makes sense to first eliminate the food groups that are most damaging to the body. **The two most damaging food groups are the refined sugars and processed starches. THAT IS THE SECRET!** That is what all those other diets do. Their plans require that you leave out the refined sugars and processed starches without cheating! If you can do that alone, you are on your way to ultimate health. You can do that and live a very healthy life. I also recommend staying away from red meat and cow's dairy products. Those are not good at all.

I work with Dr. Fred Bisci who has been on a 100% Raw Food Diet for over 40 years. He has a full-time Nutritional Practice and has helped thousands heal from deadly degenerative diseases. He uses an **Intermediate Healing Diet for those that don't want to go 100% Raw**. Many of the foods people enjoy are on this diet plan, including some tasty substitutes that offer a healthier option. He suggests Tinkyada Pasta, which is wheat and gluten free pasta, now available at most health food stores. Other foods to enjoy are brown rice, beans, baked potato, soy milk, whole grains, and sprouted grain bread.

There are certain rules in this diet, such as not mixing animal protein with starches and only eating 4-6 ounces of animal protein every other day. **As long as you only eat the foods that are on this diet and nothing else, you can live to a very old, healthy age.** I knew a woman that tried this diet and healed herself from a degenerative disease. She said that her arthritis went away after only two weeks. Fred gave permission for his Intermediate Healing Diet to be printed in my book *Raw Spirit*, available at www.RawSpirit.org. If you want to take this Intermediate Healing Diet to the next level, you can eliminate starches, such as Tinkyada Pasta and Brown Rice. If you are already 100% Raw, you do not need to follow this transitional diet. It would be going backwards.

Many people I meet at my lectures tell me they are 70%, 80%, 90% Raw; this doesn't mean much to me. **They can eat 70% Raw, while the other 30% of the time they are eating pizza, soda, candy and cake.** Now don't get me wrong. If you eat more Raw Foods, chances are your health will improve. But you are not going to do as nearly good as you could if you left certain foods out of your diet completely without cheating. When you leave these certain foods out completely without cheating, this is when your body transforms, this is when your chemistry evolves, this is when your body becomes a more **RECEPTIVE, IN-TUNE MACHINE TO SPIRITUAL ENERGY!** This is not religion. This is physical! Spiritual energy is something you can actually feel. My book *Raw Spirit* details the spiritual experiences I had when I became 100% Raw. Ever since then my journey has just become richer.

Now let's talk about that second half of the phrase, **WITHOUT CHEATING. If you cheat, even if it is only every once in awhile, you don't give your body the freedom to take its healing to the next level.** Let's use an example of someone addicted to crack, who uses it every day. Let's say they quit completely, except once every two weeks. They will never detox the drugs at a cellular level. Why?

The following explanation applies to detoxing anything from drugs, caffeine and nicotine, to processed sugars, wheat and dairy. Our cells are filled with waste from all the years of poor eating and they have expanded and grown to accommodate this waste. A certain amount of detoxification always takes place immediately as soon as the quantity of drug or food is reduced. **However, the body holds onto the toxins stored at a deep cellular level until the source of that particular toxin is stopped completely.** To experience the next level of health, these buried poisons must be released. When you actually eliminate the drugs or foods completely, the toxins will leave your cells and now your body will have the freedom and the strength to take its healing to the next level.

Once given this permission, the body will move toward even more perfection, and start to eliminate other toxins stored in various places throughout the body, making you cleaner and more sensitive. **If you try to go backward, your now healthier, more refined system will not tolerate what it used to with the same silence.** As you become cleaner your body will say, okay, you can't eat that food now without getting a runny nose, fatigue, headache, belly ache, and so on. If you stay consistent, the body will continue to detoxify and you will continue to feel better and better. Once the cells take their healing to the next level, you may find foods that never gave you a problem in the past are now unworthy to enter your cleaner system.

Perhaps you are one of those rare individuals who will go to the next level of health by leaving certain foods out of your diet completely without cheating. **More than likely you will experience the Famous Detox.** Our bodies are comprised of millions of cells. These cells have been forced to inflate and expand in size to accommodate all the waste stored in our bodies from years of poor eating. The waste is stored as gaseous carbonic acid. Once the harmful foods have been eliminated completely from your diet, the body doesn't have to work on those processed ingredients anymore and immediately starts improving your cellular chemistry. **Your oversized cells contract, shrink, and they begin to pour out that gaseous waste.** This "outpour" detox can be very uncomfortable. People get sick, feel ill or moody, and go through intense cravings for foods they used to eat. Usually we blame the diet, become convinced it's not working and start suspecting it could even be dangerous, and then we either quit or cheat.

I have found the best way to keep up with all this waste being eliminated is something called Colon Hydrotherapy or Colonics. **The colon is the central waste station of the human organism.** All the waste comes here, including residue from the foods we eat, environmental toxins, chemicals and drugs. **Even if you have bowel movements three times a day, on a cellular level most of us are clogged up like a stopped sink.** A filthy colon is where all disease begins. I recommend everyone do a series of colonics when they start to detox after an improved diet.

There have been many cases of big-bellied people eating a Standard American Diet for many decades. Some tried the 100% Raw Food diet. At first, the results are fantastic. They lose 50 pounds and have incredible energy. As time goes by and the detox goes deeper, these same individuals lose energy, don't feel well, get a runny nose, and their face starts to look older. They are bathing in their waste, even if the bowels are emptying three times a day. **They need colon hydrotherapy to keep up with all that is being**

excreted by the cells. If they are not able to do colon hydrotherapy, I would highly suggest they get off the CLEANSING 100% Raw Food diet.

Colonics remove the solid waste from our colon, but that is not the main objective. Many colon machines have a viewing window where you can look at what is coming out of your colon during the session. In addition to solid waste, you can also see many tiny bubbles leaving the body. The bubbles are that carbonic acid gaseous waste! That is what we are most interested in getting rid of. There have been many examples of people's rings falling off their fingers during a colonic. Why does this happen? Our fingers are comprised of thousands of cells. That solid matter, our finger, is a puzzle piece of cells. Remember, our cells have expanded and become bigger to accommodate that carbonic acid gaseous waste. **When these clogged people did a colonic, they "unclogged the sink" and that gaseous waste was free to leave their cells.** This release of carbonic acid allowed the cells to shrink and become smaller, which shrunk their fingers, causing the rings to fall off. They deflated! You can sometimes see when people are kind of inflated and need to get this done. If a series of Colonics is not possible at this time, a good alternative is a Colema Board®, a less expensive at-home colon hydrotherapy system, which you can read about on our website, <http://www.rawveganbooks.com/index.php?cPath=314>.

Dr. Fred Bisci, Dr. Norman Walker, The Ann Wigmore Institute, Hippocrates Health Institute, Creative Health Institute, and many other reputable individuals and organizations for health all strive to help people heal. They use these principles that I have just shared with you. Each makes sure to offer three things: diet plans that eliminate certain foods completely without cheating, they administer colonics to everyone, and they also give everyone Green Vegetable juices.

Juicing is not the same thing as blending. Juicing is when you use a juicer to extract the juice from the fiber and pulp of green veggies such as romaine spinach, lettuce, kale, parsley, and dandelion. All the fiber is discarded and you are left with Vitamin & Mineral Rich liquid. This is the best way to get vitamins and minerals in their most absorbable form. Your body just loves it, especially the Green Juices. **Green Juices are actually a beauty secret.** I can tell when someone juices greens. Their skin is shiny, glowing and beautiful. Doing colonics and drinking Green Juices is the ultimate beauty secret!

In addition to getting vitamins and minerals in their most absorbable form, the juices also act as very powerful alkalizers. **Green juices lower your pH from a more Acidic to a more Alkaline state.** For those eating animal protein, I recommend drinking a veggie juice before the meal. Foods are synergistic, meaning they can balance each other out. Veggie juice will counteract the acidic animal protein and put the body back in balance.

All veggie juice alkalizes your system and gives you nutrients. However, some juicers produce a liquid with higher nutrient quality than others. The best juicer for the most nutritious veggie greens, that promotes health, beauty and longevity is the twin gear juicers (Green Star Juicer). They are a bit more expensive than some of the other juicers

out there. To see all the different types of juicers we offer and the benefits of each, you can go to: http://www.rawveganbooks.com/index.php?cPath=316_320.

If you do three things – eliminate certain foods from your diet completely, colon hydrotherapy/colonics, and juicing – your body will respond immediately and you will notice. It is not an easy process emotionally or socially. I recommend taking it one food group at a time. The goal is to get rid of those refined sugars, processed starches, red meat, and cow's milk products, and don't overdo the animal protein or other processed foods. On a good intermediate diet, you can be very healthy. You can also take it to the next level. **There is no rush. You can eliminate one food group at a time, taking months or years for each group.** Make it as slow of a process as you need. Just don't cheat. I recommend getting *Raw Spirit* so you can view Dr.Bisci's detailed Intermediate Diet. *Raw Spirit* is available at www.RawSpirit.org.

As a Raw Foodist, I eat very well. The few supplemental products I take have proven themselves to be tremendously beneficial. I recommend them to everyone:

- ❖ Freddie's Blend Probiotics – The best probiotics I have ever seen. They need to be refrigerated.
- ❖ Dr. Fred Bisci's Enzymes
- ❖ Dr. Fred Bisci's Green food
- ❖ B12 by Hallelujah Acres

These products are all available at this link:

<http://www.rawveganbooks.com/index.php?cPath=100127>

Your situation is not hopeless and you are not helpless. No one food supplement or medication can solve anyone's medical problem, ever. The body has God given remedial capabilities to heal itself, once you leave out the cause of disease. **Diet is the key. What you leave out of your diet completely is what heals you.** Supplements are a great addition to a better diet.

May your journey be rich with life!

Sincerely,
Matt Monarch

1. How would you define Detoxification?

Detoxification can be defined as endogenous material (waste matter inside a cell) leaving the cell and entering our blood stream, eventually exiting the body via the lungs, skin, kidneys, or large intestine. This release of stored toxins from the cell is triggered when the intake of that harmful substance is stopped. For example, if a drug addict eliminated cocaine, they would go through withdrawal, a definite symptom of detoxification. The same holds true with our diets. **If a cooked food eater completely eliminates processed starches from their diet, they too will experience withdrawal/detoxification.**

2. What in your opinion happens to the human body if a person switches back-and-forth, between cooked and raw foods? Could confusing the body like this be harmful?

It is critically important to understand the adaptation abilities of the body. **The body adapts to what we do.** If you were to ingest an entire tablespoon of arsenic, chances are high that you would die. However, if you were to take a drop of arsenic once every three days and very gradually over many months increase the dosage, after three years you could likely survive that same tablespoon of arsenic. Building up your arsenic tolerance is not the healthiest thing to do for long-term health, but the example illustrates the amazing adaptive response of our bodies.

Not far removed from the arsenic example, is what most of us have been doing all our lives. **Imagine feeding a newborn baby a Quarter Pounder with cheese.** Your insides may shout in protest to the idea – “No, don’t you dare!” The results could be devastating, similar perhaps to us consuming that tablespoon of arsenic. We see clearly the mistake it would be to feed fast food to an infant. What we may not be so quick to realize is that **many children start their own version of fast food, being fed processed baby food three times a day.** The constant runny nose warning is eventually silenced by repetition. Years pass, more variety of cooked processed foods are added little by little, until eventually they can tackle that juicy “arsenic” hamburger. Building up your tolerance to “plastic food” is not the healthiest thing to do for long-term health, but you can do it – *you did it.*

As a 100% Raw Food eater, you become pure and clean again, like a newborn. The longer you are Raw, the more sensitive you become. Processed foods you ate before, are no longer tolerated. I have been on a Raw diet for almost 7 years. I am convinced that **half a hamburger would put me in the hospital.** If you were to give Dr. Fred Bisci, 40-year Raw Foodist, the same half hamburger, it could be fatal. **Yet most people on the planet could eat two hamburgers, slap their knee and say “Mmmmm”.**

The first point to understand is: **the longer you are Raw, the more committed and careful you must be.** If a person has been 100% Raw for decades and is overtaken by a Wild Kingdom urge to eat a greasy hamburger, the results could be tragic. Like tight rope walking, the margin for error is significantly reduced the longer you are Raw.

Consistency is important. My intention is not to scare anyone away from choosing a Raw Diet. **If done responsibly, the benefits are in a word: *miraculous*.**

3. When a person has become pure from the detoxification process, are they more *vulnerable* or more *resilient* to toxins in our “man made” environment?

One does not become completely pure. I would have to say someone becomes more pure from the detoxification process. **The cleaner we become, the more vulnerable we are to toxins in our man made environment.** It is ironic that a body less vital and in a more weakened condition can endure and live longer under adverse environmental conditions. Please consider the following example:

In a clinical experiment, a group of scientists put Bird-A in a glass cage with no air outlets. Breath by breath, the bird exhaled CO₂, and the air in the cage became increasingly more toxic. Because the process happened gradually, the bird was able to adapt to the CO₂ rich environment. Bird-A was removed from the glass cage. Bird-B was placed in that same CO₂ rich environment. Bird-B died in moments from shock. Bird-B had no time to adapt like Bird-A, and the sudden extreme toxicity made it impossible to sustain life.

Cooked food eaters are like Bird-A, having gradually built up tolerance to harmful substances, and the 100% Raw Food eater is like Bird-B, pure as a newborn. Toxins damage us (Bird-B), more than the cooked food eater (Bird-A). **The way to protect ourselves from toxins, is to Cleanse.** Even for the Raw Foodist, waste accumulates in our cells and tissues from many sources: man made toxins, residue from food, adrenalin from negative energies such as nervous tension, fear, and stress, and dead cells that have served their purpose and been replaced. **All this waste becomes very toxic if allowed to ferment and putrefy in the intestines.** Neglecting internal cleansing can shorten life, and make us suffer from cravings and low energy, the two main reasons many people fail to adhere to the Raw diet. **Colon Hydrotherapy is an invaluable tool for the 100% Raw Food eater’s short-term and long-term success.**

There is more to longevity and health than meets the eye. I wrote an entire book on the subject, which is available for pre-orders at:

http://www.rawveganbooks.com/index.php?cPath=97_141.

4. Can a person become too clean?

It depends on what a person is trying to accomplish. Often I’ve found that the reason people want to refine their health is because **the cleaner we are, the more our body becomes in-tune and receptive to spiritual energy.** The amount of vibrational energy being channeled through my Raw body now, compared to when I was a cooked food eater, is astronomical. Mainstream thinkers believe my stories are crazy and people who knew me before being Raw see me as a completely different person.

If a Raw Foodist eliminates certain concentrated foods such as nuts, or transitions to a Fruitarian, Liquidarian or Breatharian lifestyle, they will become even more sensitive. These **extremes can affect their long-term success**. At first they may be increasingly strong and vital. However, in the long run they would not be able to endure and live as long under the adverse environmental conditions facing our planet today. **Some people may prefer a highly spiritual life more so than a long life**. Even though I fervently aim for both, I'll never risk past the 100% Raw Vegan Stage. My book, *Raw Success*, goes into great detail about why I'm so confident about how to achieve a long and healthy life.

5. What is your favorite raw food? How often do you eat it?

I have many favorite raw foods. TOP Favorites...**avocados and figs**, also nuts and seeds (in moderate quantities). I love drinking all sorts of vegetable juice combinations. **Mixing carrot juice with greens, especially spinach – it's like my coffee, gotta have it!**

When I travel, my Juicer goes with me. I drink a lot of fresh vegetable Juice. Lately I heard rumor that fresh juices are not raw. Some Raw Vegans believe that juicing is processing the "food" and is not an ideal raw food. What are your thoughts on this?

This is absurd. **Many people cling to a philosophy even when it may negatively affect their health**. Juicing is a necessity for long-term success on the 100% Raw Food diet. **I am continually seeing long-term Raw Vegans running into problems with deficiencies**. Recently I met up with an old friend who has been Raw for decades. Over the years of our acquaintance he's gotten an earful from me about the importance of vegetable juice. Settled in a Raw routine, he and even his body resisted juicing. It had been almost a year since we last connected. Something looked different about his appearance, but I couldn't put my finger on it. He confided that his tooth structure had deteriorated to such an extent that he now had an entire set of false teeth!

A 100% Raw Food diet is deficient if not supplemented with vegetable juicing. Most of the nutrients from the "solid" raw meals we eat are being used up as fuel for digestion. After 2-5 hours of energy sucking digestion, very little nourishment remains for regenerating our cells and tissues. When we drink Vegetable Juices, the situation is entirely different. Vegetable Juice takes 10-15 minutes for complete absorption and does not tax our digestive tract whatsoever. The entire amount of nourishment from juices can be used for the regeneration of our tissues and cells. **I recommend a minimum of two 16oz vegetable juices per day for long-term Raw success**.

6. What is true hunger? How long does it take the average human to experience true hunger after eating?

Hunger is generally defined as a strong desire or need for food. Detoxification begins when there is an absence of food, and feelings of detox are often mistaken for hunger. If

you are consistently eating three times a day, you will experience “hunger” three times a day. If you were to eat only twice, your body would go through withdrawal as it starts to detox. People just assume this means they are hungry, and they eat. There are numerous documented cases, and even more undocumented, of people fasting on only water for 30 days and beyond. Obviously, the feelings of hunger are not necessarily SOS signals for food needed to sustain life. Hunger rarely means, “Eat NOW or Die!” **I define hunger as the regulator of detoxification.**

7. Have you changed any of your eating habits since becoming a Raw Vegan? Like: More of one thing, less of another?

If one truly adheres to a 100% Raw Vegan diet, they will evolve into needing less and less food. When I first started, I would eat three large avocados in one meal and a few pounds of fruit. These days I only eat about one avocado per day, and rarely eat over a pound of fruit ever. In the future, I can see these quantities reducing as well.

8. Tell us of one of the most interesting success stories that you have heard.

A man had AIDS. Through persistence and expert guidance on cleansing and the Raw diet, the AIDS became undetectable in medical testing. **Raw food is not a cure-all but I have seen miracles take place.**

9. What in your opinion is one of the largest, negative side affects of the raw food diet?

The spiritual rewards far surpass any negative bits that one may experience. For me, I was most annoyed with the confusion my body experienced from my overnight transition to Raw foods. It took a while to balance out and settle into the new way of eating. **Patience and consistency are needed for this tremendous feat.**

10. What are some of the problems us long-time Raw Vegans might face in the future?

As I mentioned before, long-term Raw Foodists often suffer from deficiency. Additionally, some Raw Vegans take their diets too far which effects their long term success. Furthermore, the 100% Raw Food Diet is a lot more cleansing then we think. It is like going on a life long fast. The reason fasting is so cleansing is because you are abstaining from all food. When you are on the 100% Raw Vegan Diet, you are abstaining from all foods except Raw Foods. Internal cleansing is fundamental for long term success.

It is crucial to have a deep understanding of the body if one is to be successful. **Everyone is dying at the same age!** Raw food pioneers seem to be dying between the ages of 80 and 95. **If the raw diet is so great, we should be living decades longer than the cooked food eater.** Dr. Norman Walker is the only pioneer I know of who lived

many years past the century mark. He was doing something right. My book, *Raw Success*, coming out later this year, is based on this very concept.

11. Are you currently working on any new projects? Will you be speaking at any retreats this summer?

My latest book is in the process of final editing and design. There is ground breaking information here that could change how we relate to Raw Foods. I look forward to the day I get to share it with others. **Additionally, I am in my beginning weeks of a lecture tour that spans the U.S.** Presently I have about 40 lectures scheduled. You can view them by clicking “Events” at www.RawSpirit.org. Additional lecture are continually being added.

12. Tell us about your family. Wife? Kiddos?

I am currently unmarried, without kids. I live and run my businesses in Ojai, California.

Tell us a few stories about your childhood, the reaction that Mama had when you decided to go raw, and the support that she gives now.

I have never met a human being on this planet that worries more than my mom.

When I was younger I refused to eat animal protein. I lived on peanut butter n’ jelly. Funny foreshadowing. In a worried panic, my mom would beg me to eat meat. She would heap on the peanut butter, hoping to get enough protein in me. My mom has always been supportive and accepting. If I make it past her well-meaning whine, I’m golden.

When I went on this crazy thing called a Raw Diet, of course she was concerned.

Stronger than her doubt is her belief in me – the support is always there, 100%. Over the years she realized the truth about Raw, and dramatically improved her diet. **My mom has eliminated processed starches and refined sugars completely**, and in my family that’s not easy. Every holiday dinner she stays strong and does not indulge in desert or junky foods. It is so easy for her now that she doesn’t even crave that stuff. **I am so proud of my mom!**