

# A Gradual Transition

It is not essential that every individual takes the plunge into a 100% raw, high or all-fruit diet at the very beginning of their path toward health and wellness. Herein I propose an option of transition for those that are eligible and wish to do so.

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### *Each Individual is Different*

As may have been illuminated in other written documents, I emphasize understanding where each individual is at in order to better gauge what approach will be most suitable for that person to take. If we're dealing with something serious, and there is very little time to wait, then that becomes the focus and basis for the recommendations given.

In other cases, making a gradual transition from, say, a Standard [INSERT COUNTRY] Diet to a diet including more raw fresh fruits and vegetables (or just more whole foods in general) will be a better option. The same goes for whether or not to include botanical formulas and glandulars immediately.

The gradual transition will accomplish the following:

- Make it easier for the client to make the switch and re-orient their current lifestyle to accommodate.
- Allow the individual time to get educated, learn and develop a feel and understanding of what this is all about, before taking it to the next level. This places the person in a seat of control.
- Lessen the intensity of any potential healing crisis.
- Avoid making large investments into botanical formulas while struggling to make better dietary choices in general.

The goal is to:

- 1) Assess, evaluate and understand the client's situation.
- 2) Educate and have the client understand their current state of health and what it will take for them overcome the obstacles they face, in order to reach their goal.
- 3) If applicable, motivate incremental changes toward the above goal.

If the client chooses to be adamant about taking the most aggressive approach, be certain to have them understand that:

- 1) They may run into very intense and uncomfortable healing crises.
- 2) It'll take rigorous discipline to maintain a strict high or all-fruit diet (especially if up against fungal or parasitically induced cravings).
- 3) They might have a lot of work ahead of them.
- 4) In light of the above, they risk enervating themselves down the road which is not preferred.

## ***Making the Transition***

I will be basing this section off of the premise that the individual is currently on a diet consisting of vast quantities of processed, denatured, dead and dysfunctional foods. In addition, it is assumed that the person is not in a brittle condition with limited time to maneuver with.

First things first. You must figure out what's going to happen with the worst allotment of food products you've got. These include:

- Breakfast cereals
- Candy, Chips (crisps)
- Canned food
- Commercial meat products (essentially all meat from a grocery store)
- Dairy products (and anything containing dairy)
- Frozen TV dinners
- Hydrogenated oils and oils with low smoke points
- Pastries
- Roasted and salted nuts and seeds
- White rice and products containing white rice
- Refined flour and sugar products
- Refined table salt

Preferably, you should dispose of the above.

Below is a list of alternatives (to some of the products) that can be used as you gradually move toward a diet comprised of fresh fruits and vegetables. The oil, rice, salt and white potato alternatives will be phased out first. Some of these items may then only be needed as part of a warming meal during colder seasons or in cases of slowing down eliminations.

<b>BETTER ALTERNATIVES</b>				
To Harmful Oil	To White Sugar	To White Rice	To White Potato	To Refined Salt
Almond oil	Fresh fruit	Amaranth	Butternut squash	Celtic sea salt
Avocado oil	Dried fruit	Cauliflower	Celeriac (celery root)	Dulse flakes
Coconut oil	Green leaf stevia	Quinoa	Jicama	Hawaiian 'alaea sea salt
Red palm oil	Raw honey	Wild rice	Sweet potatoes	Himalayan crystal salt
N/A	N/A	N/A	N/A	Kelp powder

Next up, if possible, invest in a quality juicer (check the PDF entitled, 'Simple Juice Ideas') and a steamer basket for steaming vegetables (plus a suitable sized pot if you don't have one already). The pot can be used to prepare vegetable broths and soups.

Embark on a culinary exploration of learning how to prepare tasty meals by using the above items along with some of your favorite vegetables, herbs and spices.

You can make:

- Steamed vegetables
- Roasted vegetables
- Vegetable broths
- Vegetable stir fry

Your microwave (if you have one) will no longer be needed and should be discarded permanently. Give it to someone you don't like (just kidding!).

### Breakfast

It is highly recommended that you always start your day with exclusively **fresh fruit** as the first meal. Prior to this meal, some people like slowly drinking 8-16 oz. of lukewarm water with freshly squeezed lemon or lime juice.

So, at the very least, try to make this switch as soon as you can.

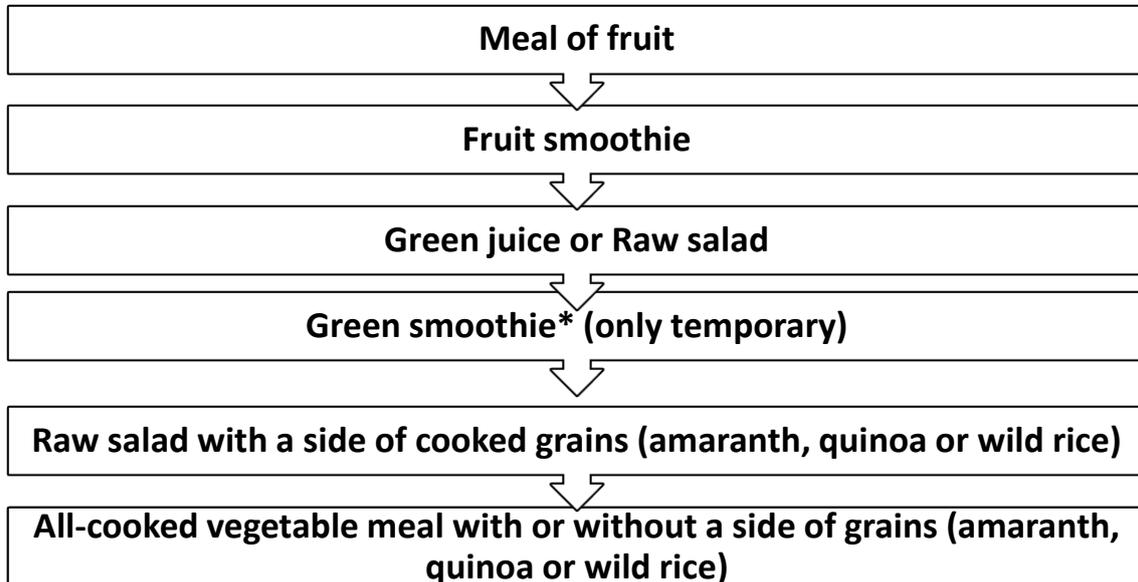
### Snacks

The following is a selection of snack items one can choose from. These should be consumed in limited quantities and are generally for transitional purposes. If you have any degree of kidney or lower back pain, it is recommended that you abstain from the nuts and seeds.

SNACK OPTIONS			
Nuts	Seeds	Dried Fruit	Miscellaneous
Almonds	Chia seeds	Apricots	Air popped popcorn
Beech-nut	Flax seeds	Banana chips	Kale chips
Brazil nuts	Hemp Seeds	Dates	Corn chips
Cashew nuts	Poppy Seeds	Figs	Etc.
Chestnuts	Sesame seeds	Mangoes	
Coconuts	Sunflower seeds	Raisins	
Hazel nuts	Etc.	Etc.	
Macadamia nuts			
Pine nuts			
Pistachio nuts			
Pecan nuts			
Walnuts			
Etc.			

## Lunch and Dinner

For lunch and dinner you may select one of the options from the table below. In the initial stages I suggest easing your way into this by starting at the bottom.



\* I personally only recommend green smoothies for TRANSITIONAL purposes or any health conditions that may require very slow gravitation toward a diet predominated by fruit. If you don't feel that you need them, don't hesitate to discard them from your dietary regimen.

Give yourself the time you need, but every 3-4 weeks consider taking off one block from the bottom of the table until you've reached the point of being perfectly comfortable having fruit meals for breakfast and lunch while having raw salads for dinner. Once you've maintained this level for a while it is time to consider implementing a thorough detoxification plan. That is however beyond the scope of this document.

## *Cravings*

One of the first challenges you may encounter is that of cravings.

The cravings can be for one or more of the following substances or foods:

- Salt
- Starches
- Fatty and sugary foods
- Fermented foods
- Animal flesh

**Salt**

The craving for salt is very common once you begin gravitating toward a raw food diet with minimal use of added salt. This usually always occurs due to adrenal gland weakness (decreased output of mineralocorticoid steroids thus compromised mineral utilization) which affects the homeostasis of your internal sodium and potassium.

Addressing this obstacles is done as follows: you must strengthen your adrenal glands by use of either adrenal gland specific herbs or raw adrenal glandulars. As you work your way through this process, you may take the liberty of lightly sprinkling some quality Himalayan Crystal salt, Hawaiian sea salt or Celtic Sea salt on either your fruit or salads. Please denote that I'm well aware of the endless controversy concerning the general use of any type of salt. There are those of us that spend our entire lives arguing and debating, and there are those of us who take action to either use a given substance as a temporary tool, or leave it alone and leave it at that.

Anyhow, you can also incorporate a good quantity of green juices all of which should include a lot of celery and cucumber.

In time, your salt dependency will decrease to non-existence, and you will no longer crave or feel the necessity to have salt in your diet. At this point, you are fully free to choose whether you wish to still consume salt or not.

**Starches**

People often exclaim to crave carbohydrates. It is, however, not simple sugars (monosaccharides) from fruits and vegetables they are craving. Rather, it is complex and starchy (polysaccharides) foods.

This type of craving is two-fold. Weakened glands (adrenal glands and/or pancreas) and the fact that many cultures enjoy and rely heavily on starches in the form of potatoes, rice, pasta, rye bread, regular white bread, etc.

With weakened adrenal glands you will have a decreased output of glucocorticoid steroids resulting in varying degrees of impeded sugar metabolism. A weak pancreas will produce a lower output of carbohydrate digestive juices and enzymes.

Both of the above weaknesses result in the fermenting of sugars which proliferates fungi. The fungi, in turn, will increase the cravings for starches and fermented food (bread, cheese, yoghurts, sauerkraut, etc.).

The plan of action is then also two-fold. You must strengthen the associated glands and get the microbial activity under control. All of this can be accomplished through gland strengthening as well as anti-parasitic and anti-microbial herbs (also raw glandulars for the glands).

## Sugary & Fatty Foods

Here, you are likely dealing with one or two things: the adrenal glands and fungi (for the sugary portion) and the liver/gallbladder (for the fats). However, cravings for fat does not mean that the liver is certain to be involved.

## Fermented Foods

(See 'Starches' section above).

Strengthen the adrenal glands and get the microbial activity under control by use of herbs (or raw adrenal glandulars for the glands).

## Meat

If you crave meat, it is one or both of two things. Parasites (worms) and/or low iron (a mineral).

As part of any detoxification program, it is recommended for people to always have a blend of anti-parasitic herbs in their arsenal of botanicals to take for at least 14 days. If you see worms in your stools or have strong cravings for meat, you should continue taking the herbs. For iron levels, you must address mineral utilization by strengthening the adrenal glands, but for iron in particular, we also emphasize strengthening the spleen and liver.

**Yellow dock root** is an excellent herb to take through this process (due to its high iron content). But always keep in mind, we are not trying to treat symptoms - we are using these things (yellow dock root, salt, etc.) as tools to help us through the journey toward wellness and to make it easier on ourselves until we get to the point where cravings are no more.

ANTI-PARASITE BOTANICALS	
Single Herbs	Formulas
Black Walnut Hull	Parasite G ( <a href="#">link</a> )
Pau d'Arco	Parasite M ( <a href="#">link</a> )
Wormwood	N/A

CURBING CRAVINGS		
Remedies	Amount	Where to Purchase
Black Seed Oil	1 teaspoon in water	<a href="#">2 oz.</a> / <a href="#">4 oz.</a> / <a href="#">8 oz.</a>
Chia Seeds	2 tablespoons in water	<a href="#">Greens Plus</a>
Moringa oleifera powder	½-1 tablespoon	<a href="#">Moringa Source</a>

For some people, the author included, going for a stroll outside will suffice for curbing cravings. Particularly evening cravings.

Another trick is to learn about proper food combining and the negative impact of improperly combined ingredients (resulting in gas, fermentation, abdominal pain, increase

in fungi, etc.). Then, once the cravings hit, just grab a piece of fruit and eat it (you may as well fill your stomach while you're at it). The psychological effects from knowing what will happen if the craved food is put on top of the fruit can be enough to deter the individual from doing so. Also, having curbed the appetite through eating the fruit will help.