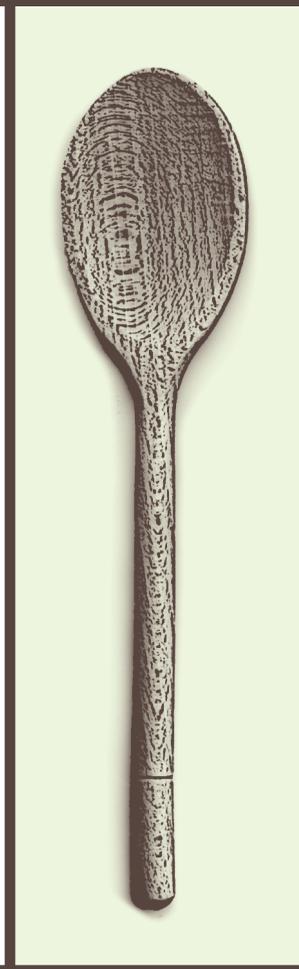


# Rainbow Green Live-Food Cuisine

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and the Tree of Life Café Chefs



# 3

*Chapter*

## HOW TO DEVELOP THE BEST DIET FOR YOURSELF

**T**he key to creating the optimal diet for yourself is to understand that there is no single best diet for everyone. This is contrary to the fallacy of allopathic thinking which, as a rule, does not address the person's underlying biochemical individuality. Recently the human genome research by the federal government's National Institutes of Health (NIH) found as many as 1.4 million variations in the human DNA. With this data, it is not surprising that those of us living in the human condition should have at least several different basic diets to choose among, according to our genetic physiology. The point is, there is no single diet nor a specific supplement regimen that works for everyone and every disease.

At present, the shortcomings of allopathic thinking have permeated the health marketplace. Dietary systems have been outlined, many with opposing philosophies, and all sporting thousands of faithful testimonies by their adherents, who shout from the rooftops that their diet is the right way for everyone who would just try it, whether it be cooked foods, macrobiotics, raw

foods, the low-protein vegetarian diet, Fit for Life diet, the Atkins diet, a high-protein and fat flesh-food diet, the McDougal-Pritikin high-complex-carbohydrate diet, or the Sears Zone diet. The question one has to raise is: how could these different systems be right for everybody? Of course, the answer is—they are not.

If we look closely at all of these diets, and the people who follow them, we find a curious phenomenon. All of these diets do seem to work, but only for about one-third to one-half of the people—the ones who give the glowing testimonials. Each diet guru has all kinds of reasons for why their diet is the best, but they do not explain why it doesn't work for the other two-thirds of the population. The answer is very simple. It is found in the concept of biochemical individuality. In chapters 3, 4, and 5 of *Conscious Eating*, I go through in great detail the different types of diets and the process of how to individualize your diet. One aspect of the future of nutrition lies in continuing to discover the principles that determine metabolic bio-individuality. In this book, which is focused on understanding and putting into action the Rainbow Green Live-Food Cuisine, I will briefly mention several main concepts. To fully implement your own specific balancing diet, you will want to read about these topics in greater detail.

The first concept is a high-protein versus a low-protein diet. The second concept is the Ayurvedic approach, which involves the doshas. The third concept is the role of blood type in fine-tuning a diet.

## FAST – AND SLOW – OXIDIZER DIETS

Different physiological types require different “fuel mixtures” in order to create the right conditions for maximum cellular energy and expression of health. When we give our body the correct balance of proteins, fats, carbohydrates, vitamins, and minerals for our own physiologic pattern, we enter our personal “zone.”

In this approach, the key principles of physiologic constitutions are as follows:

1. any nutrient and food can have opposite biochemical effects in different individuals;
2. any symptoms or degenerate conditions can be caused by opposite biochemical imbalances;
3. diseases are the result of underlying metabolic imbalances, and so the treatment of disease is the treatment of the underlying metabolic imbalance;
4. in a particular individual there is one homeostatic regulatory system that dominates these other systems;
5. which system dominates will determine how a particular diet or nutrient behaves in one's system;
6. to accurately select a proper diet and nutrients, one needs to know the dominant system and metabolic type.

Individual variations in the body's different homeostatic systems lead to ways of classifying physiologic types. The principle of metabolic dominance states that for each person, one constitutionally driven physiologic system is the ruling or most influential system in determining how the body will function on a particular nutritional regimen. Determining your dominant physiologic constitution is one of the keys to conscious eating.

Two of the most significant systems that control how food and supplements affect one's homeostatic mechanism are the oxidative system (fast, slow, and mixed oxidizer) and the autonomic system (sympathetic, parasympathetic, and balanced). By knowing one's dominant system, the choice and combination of foods is most effectively determined.

One basic diet is for those people who need to consume a higher percentage of protein. I want to make it clear that this does not require a flesh-based diet. People of this type have a variety of options. The basic way that we increase the ratio of protein intake in the Rainbow Green Live-Food Cuisine is with a variety of seed or nut pâtés, which are made from soaked nuts and seeds, sometimes with vegetables mixed in. This has been very successful for many people.

Those needing a diet with a high percentage of protein (“fast oxidizers” and “parasympathetics”) can also add concentrates like spirulina or chlorella, which are extremely high (60–70%) in protein, or the various green drinks that are mixtures of high-protein algae. These algae are higher in protein than any other food in bulk in the market. In leafy greens, you also have a high concentration of protein, but you need to eat a whole lot of leafy greens to get the effect that a high-protein-diet person needs. The blue-green algae from Klamath Lake, called *Aphanizomenon flos-aquae*, is 60–70% protein, but it is a very expensive source for bulk protein.

The high-protein-diet person requires about 50% protein. They need about 30% carbohydrate, which is very easy to get from the leafy greens and all of the other Rainbow Green Live-Food Cuisine vegetables. The high-protein diet also requires about 20% oil; again, this is very easy to get with avocados, nuts, and seeds. For these people, I usually recommend two to three tablespoons twice a day of ground flax seed. Flax seed is about 24% omega-3 fatty acid, which is extremely good. People can also use hemp seed, which has a similar percentage of omega-3. Unfortunately, most hemp seeds are irradiated, but the Tree of Life is able to supply hemp seeds and hemp protein that are raw and not irradiated.

By grinding the flax seeds fresh each day, we get a high percentage of fresh oils, which cannot be matched by getting it out of a package or bottled oil, and we get the protein from the seed. Flax seeds are also high in lignins. They have a hundred times more lignin production than any other oil seeds. The bacteria in the bowel convert these lignins into two phytoestrogens: enterodiol and enterolactone. Studies have shown that high levels of lignins can inhibit both the synthesis of estrogen and estrogen-stimulated breast cancer cell growth. These are just some of the advantages of flax seed. Other things to keep in mind include the fact that the lignins boost the immune system, and flax seed supplies healthy fiber. Flax supplies the short- and medium-chain omega-3 fatty acids. DHA (docosahexaenoic acid) can also be obtained commercially from concentrated forms of golden algae. DHA is the essential long-chain omega-3 fatty acid needed for brain development and the

fatty acid found in highest concentration in the brain. A deficiency of DHA is associated with post-partum depression in women and lower IQ in DHA-deficient babies.

The one long-chain omega-3 fatty acid that is not available in a concentrated form is EPA (eicosapentanoic acid). For healthy vegans it is available in herbs such as purslane. For extreme metabolic situations such as manic depression, it is not available in commercial concentrated vegan form and must be obtained through fish oil.

Those people who require a relatively low percentage of protein and a higher complex-carbohydrate diet with a moderate or low amount of fat may be either a “slow oxidizer” or “sympathetic.” The low-protein, high-carbohydrate diet is approximately 50% carbohydrate, 30–35% protein, and 10–15% oils. For these people, the traditional vegan diet that we think about—which is high in vegetables, with a little bit of fruit, a few nuts and seeds, and half an avocado a day—provides a fine balancing diet. The slow oxidizers/sympathetics really do not need to eat very big meals. Two moderate meals a day and a light snack may be sufficient. In contrast, fast-oxidizers/parasympathetics usually need to have a snack in between meals, totaling five to six meals and snacks per day. Slow-oxidizers/sympathetics also benefit from approximately one to two tablespoons of ground flax seeds, twice a day. The sympathetics/slow-oxidizers do not necessarily need to supplement with any other protein source, such as spirulina or chlorella. However, one of the easiest protein sources for them are the pâtés, as well as eating leafy greens that are moderately high in protein as compared to other vegetables. I discuss these concepts in detail in *Conscious Eating*.

A key concept in this dietary system is that the ratio needs to be the same for each meal. For example, if you are a person who requires a higher ratio of protein, it should be in the same ratio with carbohydrates and oils at each meal. At breakfast, lunch, and dinner, no matter how much you eat, it is best to keep it around 50% protein, 30–35% carbohydrate, and 20–25% oils. As mentioned above, fast oxidizers require the highest ratio of protein. The parasympathetic requires less protein and a little more carbohydrate. Some

people classify vegetables as high-protein foods. The ratio of carbohydrates to protein in most vegetables is about 4 to 1, with the exception of carrots and beets, in which the ratio is about 8–1 to 9–1. Slow oxidizers and sympathetics need the lowest ratio of protein, ideally about 50–55% carbohydrate, 30–35% protein, and 10–15% oil.

There is a third type, which we call the “mixed oxidizer.” This is essentially a mix between the fast and slow oxidizer. Their diet will be in the middle, a 40–40–20 ratio. When you have 1.4 million genetic variations, even these ratios should be considered guidelines or starting points for you to find the best mix for yourself. My clinical experience is that, aside from the extreme of high or low protein and mixed, there exists a variety of shades. These poles and middle realms are starting points from which one can fine-tune a diet through intuition and trial and error to reach an optimal dietary potential.

## AYURVEDIC DIETARY CONSIDERATIONS

The next major way to organize the personalization of your diet is the Ayurvedic system of *doshas*. Doshas are defined as “things that go out of balance.” The three major doshas and combinations thereof comprise the equivalent of psychophysiological constitutional types, revealing that the ancients had insight and appreciation of the inherent differences and respective dietary prescriptions for the various constitutional or “mind-body” types. Ayurvedic medicine has been successfully used for thousands of years. It recognizes the importance of the specific energies of foods and herbs in balancing and healing the body. This system also acknowledges seasonal and other environmental influences. The Ayurvedic tridosha system offers another way to understand how the foods we eat directly affect our health and well-being. The three doshas are called **vata**, **kapha**, and **pitta**.

To give us a feeling for the different psychophysiological types, we can think of the vata dosha as the air-ether type. These are people with a tremendous amount of kinetic energy and movement in the mind, intestines, muscles,

and nerve impulses. They tend to have more difficulties with the nervous system, more aches and pains in muscles and joints, and more large intestine problems than other types. The second type is called kapha, which represents the water-earth elements. They are like potential energy. They have an excess of body fluids and mucus. Their digestion is usually slow. They tend to have problems with their lungs, upper respiratory congestion, colds and flus. The next type is called pitta, which is represented by fire and metabolism. They are hot-blooded individuals with strong, fast digestive systems.

People with a vata constitution are generally thin, flat-chested, have protruding veins and muscle tendons, and have difficulty gaining weight. They have a quality of dryness in their system with dry cracked skin and thinness of body. The vata people tend to have very irregular bowel function—sometimes constipation, sometimes diarrhea. They have a tendency to be irregular and dry and to have irregular menstrual periods.

The vata people in the culture-bound traditional Ayurvedic medicine are told that they should not eat a raw-food diet. But once you break out of the cultural biases in Ayurveda, in my clinical experience, pure vatas can do extremely well on a raw-food diet if they understand that it is composed of more than just salads, which are indeed vata-aggravating. If they follow the dietary balancing principles that are good for vatas, they can be quite successful on a live-food diet using the Rainbow Green Live-Food Cuisine approach. The key balancing concept for vatas who eat a raw-food diet is to eat heavier, oily foods such as avocados, soaked nuts and seeds, and seed pâtés. Nuts and seeds that have been soaked have the water to balance their dryness and the oil to balance their lightness. Heating herbs, such as ginger or cayenne, help vatas by giving their raw food needed warmth.

Since vatas have the tendency to run cold, there is a variety of ways to warm the food to approximately 110°F, which does not destroy the enzymes. You can do this in the sun, or put the food on top of a stove with a pilot light, or literally take a blended food and heat it lightly on the stove until it is warm to the finger-touch, which is approximately 110°F. Vatas are unbalanced by dehydrated, cold, dry, pungent, bitter, and astringent foods. Vatas should eat at

regular intervals. It is good if they blend the raw vegetables into liquid soup. The soups have the water element that helps to keep the vatas from drying out. Soaking and blending nuts and seeds helps to minimize the gas that vata people tend to have with dry nuts and seeds. In general, vata people do very well on a live-food diet if they create soupy, oily, sea-salty, and warm foods. Particularly good for vatas are sea vegetables in quantity, and the addition of Celtic salt to their foods as well as warming herbs and spices. Vata people benefit from warm, oily, sweet, salty, watery soupy cuisine, with the use of moderate pungent spices. Any taste in excess may eventually imbalance vata, and any food in excess may aggravate vata. Foods that particularly aggravate vata are cold foods and ice water. A little warm water with ginger at the beginning or end of a meal is very soothing. It is generally thought that ginger is the best spice for vatas. Sweet spices such as cinnamon, fennel, and cardamom are also good, as are coriander, safflower, parsley, cayenne, cumin, and fenugreek. Hot spices should not be used in excess. *Asafoetida* (*hing*) is particularly good for excess gas. Also important for vatas is that they eat in a warm, comfortable, calm setting and perhaps meditate before eating. It is particularly important for them not to rush or talk through their meals.

Contrary to traditional Ayurvedic thinking, vatas can enjoy a full range of vegetables and salads if they combine it with high-oil-content foods such as avocado and soaked nuts and seeds, or use a blended nut or seed salad dressing. It is useful for vatas to combine watery vegetables such as cucumber or squash with the drier, bitter, and astringent ones such as the leafy greens to balance the effects of these bitter herbs. Making soups with the combination of avocado and leafy greens is a very good thing for vatas. Also such dishes as our *Avocado Kale Salad* are particularly good for the vata constitution. Specific vegetables that balance vata are asparagus, beets, carrots, celery, cucumber, green beans, okra, parsnips, radishes, turnips, sweet potatoes, and zucchini. The cabbage family tends to produce gas, and nightshades can also be difficult for vatas. Vegetables with a lot of roughage should be minimized or blended into the raw soups for vata raw-food people. The blending creates more water in the food and releases cellulose enzymes stored in the vegetables to aid in

digestion. Raw fermented cabbage is an excellent way to take in the healing power of cabbage, and an option for getting these useful brassicas into the system. In its fermented form, there is better nutrient assimilation of cabbage. Although no fermented foods are used in the Phase I Rainbow Green Live-Food Cuisine, sauerkraut is one of the few that we allow in Phase I.5. The fermented cabbage has high amounts of lactobacillus, which have pre-digested the cabbage for us. These microorganisms aid in the general digestive process and strengthen colon function. The lactobacilli create an intestinal environment that is unfriendly to candida. Raw cultured vegetables have been found to be effective in the treatment of a number of disease processes including candida, peptic ulcers, ulcerative colitis, colic, food allergies, cystitis, and constipation. Cultured vegetables also seem to have an anti-radiation effect. At the Tree of Life Café, we serve cultured vegetables on a regular basis, because of their important healing benefits. In summary, although traditionally prepared raw vegetables could be unbalancing to vatas, blending them in soups, juicing them and warming them, culturing them, adding spices that are warming or adding digestive stimulants, and using oily or creamy dressings make it possible to eat most raw vegetables without aggravating the vata dosha.

Fruits are generally easy for vatas to handle. The most balancing fruits for vatas include avocados, berries, cherries, coconuts, citrus, and plums. The Rainbow Green Live-Food Cuisine eliminates or reduces a significant number of fruits that have higher sugar content and therefore a higher glycemic index. These include bananas, dates, figs, melons, papayas, and mangos. Some fruits are balancers of all the doshas and therefore recommended, including cherries and berries.

Kapha people tend to be those who gain weight easily. Females tend to gain weight in the lower part of their bodies such as the hips and buttocks, and to have more water retention particularly with their menstrual period, but their periods are usually regular without excessive flow. Kaphas tend to have a heavy bone structure with wide shoulders and hips. The skin of kaphas is more oily and smooth. Their sleep is usually deep and long.

The digestion in a kapha is slow and regular. Their digestion is especially slow

if they eat a lot of oil or fatty foods. Kaphas have the tendency to move their bowels one time per day, whereas vatas and pittas move more often. On live foods, kaphas are helped and may find themselves moving twice a day. Kaphas have a moderate appetite and are the least thirsty of the three doshas. Excess water may throw them into imbalance. The best diets for kaphas include foods that are light, warm, and dry. Oily, fatty, fried, salty, sweet, cold, and heavy foods create a kapha imbalance, straining their already-slow digestion and increasing the tendency to gain weight. Therefore the all-American diet high in fat and sugar plus excess salt is the worst diet for kaphas. Fast foods are an absolute disaster for them, as are dairy products. The best foods are raw foods with an emphasis on bitter and astringent greens, with some heating and pungent herbs. The lighter the kaphas eat at each meal, the easier their digestion and the better their health. Kaphas generally do very well on live foods. The kapha-pitta types (people are often a combination of two or even three doshas) also have an easier time with raw foods because the pitta energy gives additional gastric fire for the winter. Raw foods can build the digestive power for the kapha and kapha-vata people, so they can do quite well all year long. Kaphas tend to have excess mucus, and raw foods are less mucus-producing than the same foods in cooked form. Because of their slow digestion, kaphas do well on two main meals a day that are separated by at least six hours. They do best avoiding snacking between meals.

Sweet, sour, and salty foods imbalance kaphas. Pungent, astringent, and bitter foods tend to balance them. Oily foods need to be eaten with care. For kaphas, vegetables are particularly balancing, especially leafy greens, because of their dry astringent qualities. Vegetables with a little bit of warm food (not cooked, but warmed) in combination with some pungent spices do very well for kaphas. By eating some astringent and bitter foods in the beginning of a meal, kaphas create a stimulant to digestion that helps the whole process. Having a salad first or some fresh raw ginger in warm water or in the salad dressing is really good for kaphas. Raw vegetables also supply fiber to stimulate the bowel function.

Sweet, sour, and watery vegetables may be neutral or aggravating, and must

be eaten during an optimal season or time of day so that kaphas will be less likely to be aggravated. Cucumbers are neutral because they are watery, bitter, and astringent. Tomatoes are the least aggravating for kapha. Black and green olives, which are oily and salty, tend to aggravate kapha. Warmed, raw, leafy greens and vegetables are excellent for kaphas in general. Root vegetables are acceptable, but because they have more earthy qualities they may reinforce the inertia of a kapha person who is already too earthy and fixed. Good vegetables for kaphas are ones that are pungent and bitter, such as asparagus, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, eggplant, leafy greens, lettuce, parsley, peas, peppers, spinach, and all types of sprouts. Please remember that I am giving you Ayurvedic principles according to the Rainbow Green Live-Food Cuisine rather than classical Ayurveda. The best fruits for kapha are those that tend to be a little bit dry and astringent, such as pears, apples, and pomegranates. Nuts and seeds, because they are heavy and oily, are best eaten in minimal amounts. If they are soaked or sprouted they are better for kaphas. Pâtés in small amounts are acceptable. Generally, however, kaphas do not do well with large amounts of oil. The best seeds for kapha are sunflower, pumpkin, and flax. Stored grains, which are not a great food for anyone, are particularly not good for kapha because they are heavy and mucus-producing. Spices that are most beneficial for kaphas are ginger and garlic. Kaphas can be significantly aggravated by salt in the traditional sodium chloride form. There seems to be less aggravation if kaphas use Celtic salt, a sun-dried sea salt that contains approximately eighty-two minerals. In summary, kaphas do well with spicy, bitter, pungent, and astringent vegetables and a minimal amount of nuts and seeds, and use of astringent types of fruits.

The archetypal animal of the pitta person is the tiger, whereas for the kapha person it is the elephant, and for the vata person it is the dry, parched goat. Pitta people usually have a medium frame. They have a well-balanced physical body. They are very muscular. They are physically graceful and strong. The skin of a pitta person is lighter, coppery, and sensitive to the sun. They tend to have freckles. Pitta people tend to be very warm-bodied people and warm to the touch. They are the people you see running around in shorts in

the middle of winter. Pitta people have a very strong digestive fire and good appetites and are least affected by poor food combining because they digest so well. They do become irritable if they don't eat when they are hungry, and eating tends to calm them down. They like cold drinks; their bowel function is regular and frequent. Because of their inner heat, pitta women bleed more heavily and for a longer time during their menstrual periods. Until they overheat, pitta people enjoy vigorous exercise.

The best diet for a pitta is a bland raw diet. They are the most sensitive of the three doshas to toxins in the air, food, and water, although vatas can be very sensitive as well. It is very important, as it is for everyone, but most important for pittas to eat only organic food and drink only filtered water. Sweet, bitter, and astringent-tasting foods, which are cool and heavy, are the most balancing. Spicy, oily, salty, and sour foods tend to imbalance pittas. Overeating is another big hazard to pittas, as one of their major tendencies is acid indigestion. A bland, organic, vegan, raw diet is best for the pittas. Flesh foods, eggs, alcohol, salt, caffeine, coffee, tobacco, mustard, garlic, onions, ginger, and other stimulants aggravate the emotional and physical heat and natural aggression of pittas. Foods that are sour, including citrus and dill pickles, also tend to aggravate pitta. Pittas in general are aggravated by sweet, salty, and sour foods. Lemon, however, which is sour, can be tolerated in small amounts because of its overall alkalizing and liver-purifying effects. It is generally better that pittas avoid or minimize pungent foods and herbs such as cayenne, mustard, and excess ginger. Cold tastes, which are bitter and astringent, such as leafy greens, are balancing. Foods that are sweet-tasting are also balancing, except honey and molasses, which are very heating to pittas. Of course, in the Rainbow Green Live-Food Cuisine, honey and molasses are not recommended for anyone. High-protein foods, which increase the metabolic heat, should be kept to a moderate level. Foods such as carrots and beets, which purify and cleanse the liver, are balancing or at least neutral to pitta, even though they may be considered slightly heating. The balancing herbs for pitta are coriander, cinnamon, cardamom, fennel, cumin, and turmeric. Black pepper can be used occasionally.

Fruits and vegetables are the most balancing for pittas. Pittas also do best when they avoid salty, pungent, and sour tastes as well as hot, light, and dry foods. Because pittas have speedy metabolism they generally need to eat three main meals a day separated by at least four hours, but they may find themselves snacking. Vegetables, which are good for everybody, are particularly good for pitta. The exceptions to this are tomatoes, which are heating and pungent, and vegetables like radishes, onions, and hot peppers and garlic. Although beets, carrot, and daikon are slightly heating, they can be eaten, unless pitta is already aggravated. All of the vegetables in the brassica family are good for pittas, including cabbage and Brussels sprouts. Also good are asparagus, cilantro, cucumber, celery, fresh leafy greens, green beans, lettuce, okra, peas, parsley, and sprouts, as well as the squash family. Well-ripened sweet citrus fruits are acceptable for pitta because of the sweet taste. Avocados and persimmons (which are on the borderline) can be all right for pittas. Nuts and seeds, because they are hot and oily, should be used sparingly, but if they are soaked and sprouted they can be used in moderation. Coconut is very balancing for pitta. Sunflower and pumpkin seeds are also quite good.

Because this book cannot fully detail considerations for each dosha, I can only say that it is one of the overlapping systems of biochemical individuality that can be utilized to address your own diet. A few general Ayurvedic concepts will help convey the essence of the approach. Like the doshas, the seasons also play a role in balancing our diet. One of the key concepts in Ayurveda is that there is a constant interplay between the energy of the person, the energy of the food, and the energy of the environment. In the summer, it is better to eat more sweet, cool, bitter, astringent, raw, and high-water-content foods, such as vegetables, greens, and sprouts. In the spring, the diet is similar to that of summer, but we want to increase the raw foods, greens, sprouts, and vegetables and include a little bit more low-fat food. In the winter, we want to eat more pungent, bitter, astringent, warm, dry, and light foods including ginger and cayenne. In the fall, we want to eat more sweet, naturally salty, warm, heavy, and high-fiber foods, which include ginger, soaked nuts and seeds, and vegetables.

The stage of life that we are in also plays a role in selecting a diet. Everyone, no matter what their basic constitutional dosha, from birth to age twelve needs to eat a more kapha-balancing diet because children tend to have more of a kapha imbalance. This is a non-dairy diet (except for their mother's breastmilk) which is slightly spicy, warm, and dry. Dehydrated foods are the most balancing for kapha. Good spices for warmth and digestion are ginger, cumin, hing, cinnamon, and cardamom. For babies, which are in the kapha phase of life, the food should be blended and warmed to 105–110°F, and the diet should be slanted to a kapha-balancing diet. (See the section titled "Raising Rainbow Babies.") From age sixteen to midlife we need a pitta-balancing diet. Once the aging process begins to dominate, we need to have a more vata-balancing diet with an emphasis on increased hydration and a little bit more ginger and warming, oily, soupy foods. In some people the aging process begins at forty; in others at seventy or eighty; in some people not at all, depending on how well they take care of themselves.

When balancing the forces of food and one's own dynamic forces, the Ayurveda system can be useful. I recommend the in-depth exploration of this topic and the questionnaires presented in *Conscious Eating* as a way to first determine your dosha and then to begin incorporating Ayurvedic principles in your personalized diet. Remember that all suggestions about food and doshas are only tendencies, and you must find what works best for you.

## BLOOD TYPE AND DIET

Yet another piece in individualizing one's diet is the effect of blood type on our dietary choice. Unfortunately, certain people with very little research and with meat-eating biases have slanted and created, in a sense, a story of wild extrapolation as to what one should eat according to blood type. My experience has been that blood type plays a minimal role in dietary choices. For example, in the popular blood-type approach, if you are a type O, it is strongly recommended by blood-type proponents that you eat a high-protein flesh-food diet. In several conferences that were either vegan or live-food conferences,

when I have asked people for a show of hands how many were type O (which includes myself, my friend David Wolfe, a leading live-food teacher, and Brian Clements, director of Hippocrates) over half the people were type O, yet they are successfully and healthfully eating a vegan diet and feeling really good. This points to a significant inconsistency and lack of understanding regarding the role that the blood type does play.

In *Conscious Eating*, I have printed a table of the world literature that scientifically discusses the actual research on one of the most important aspects of the blood type input, which is the lectins. Lectins are biological protein qualities of certain foods that react against your blood type. For example, excess sunflower seeds react with the blood cells and system of type O. Excess sesame seeds and soy react negatively with the blood and immune system of type B. (Please see *Conscious Eating* for an extensive list.)

There is very interesting book, *The Answer is in Your Blood Type*, written by medical doctor Steven Weissberg with Joseph Christiano, who is a fitness trainer and educator. In their research on blood type they studied five thousand people retrospectively. What they found was that if you are blood type A, and you do not eat a primarily vegetarian diet, you have a very high risk of dying at an early age (approximately sixty-one years) of heart disease or cancer. If you are blood type O, no matter what you eat, no matter how foolish you are in your dietary choices, how much beef you eat, alcohol you drink, or cigarettes you smoke, the average lifespan is eighty-six—according to this study. The point is that certain blood types tend to be healthier than others. The implication, from my perspective, is that all of the blood types would do better with a live-food, vegan diet; but it is highly recommended for a type A who wants to extend their life and minimize the chances of cancer and heart disease. All of the blood types benefit by eating organic and with some degree of wisdom. Type O's can get away with more dietary abuses such as fatty, fried foods and lots of flesh foods. The authors did theorize, without any hard scientific evidence, that type O's need more protein, but they did not insist it be flesh foods. Again, my experience with hundreds of vegans and live-foodists who are not necessarily on a high-protein diet, including myself, is that high protein

is not essential. If you are a person who needs higher protein in your diet, we have very good vegan alternatives that can do the job. From the live-food vegan organic perspective, the choice of diet according to blood type is, to me, a minimum part of it. As long as you do not eat junk food, flesh, and dairy, and don't eat a lot of things that are generally unhealthy, as we talk about in the Rainbow Green Live-Food Cuisine, no matter what blood type you have, you are going to feel better. However, I do recommend that people pay attention to the lectins in the foods that may react negatively to your particular blood type.

Along with the lack of current science in the *Eat Right for Your Type* fad, there are some other major problems with the general hypothesis. Dr. Stephen Bailey, a nutritional anthropologist at Tufts University, points out that blood types existed before humans in animals and that there is NO anthropological evidence that all prehistoric people were type O. The clinical results from the Dean Ornish, M.D., vegetarian program, which has been shown to reverse heart disease in all blood types on a low-fat, essentially vegan diet, makes a strong statement against the *Eat Right for Your Type* hypothesis that type B and O "need" animal protein to be healthy. There is also no evidence in the medical literature that type O's have more hydrochloric acid or pepsin. These rationalizations have no scientific basis to support the speculative hypothesis that type O's do better with meat.

The theoretical foundation of the *Eat Right for Your Type* diet hypothesis is that the Cro-Magnons who lived 40,000 to 20,000 years ago were all type O and ate primarily meat. Along with the rest of the wild hypotheses in *Eat Right for Your Type*, this foundational position seems to be highly inaccurate. Paleontologist Robert Leakey, who is acknowledged worldwide as an authority on the evolution of the human diet, states that Cro-Magnons did not have canine teeth, and therefore would not have been able to use food sources that required canine teeth, such as large amounts of wild game. He thinks that the Cro-Magnon diet was probably similar to that of the chimpanzee, our closest genetic relative. Although chimpanzees did have canine teeth, they ate primarily a vegetarian diet. To sum it up, *The Food Revolution* by John Robbins quotes Fredrick

Stare, M.D., founder and former chairman of the Nutrition Department of the Harvard School of Public Health, as saying, "*Eat Right for Your Type* is not only one of the most preposterous books on the market, but also one of the most frightening."

## SUMMARY

At the Tree of Life Café, we have incorporated these exciting principles of how to personalize your diet into our everyday cuisine. This has taken much training and thoughtfulness on the part of our staff. We are now able to share this information through this book, through our Master of Arts in Vegan and Live-Food Nutrition program, our four-month Culinary Arts Chef Training program, our four-day Conscious Eating Live-Food Certification Program for the home chef, and our four-day Arizona Live! program.

As I look upon the dietary recommendations, a clear point is made: **the key to the healthy diet is organic and live.** The exact mix of carbohydrates, proteins, and fats depends on one's constitution.

I recommend the following percentages for the three basic dietary constitutional types: (1) Fast oxidizers and parasympathetics—50–55% protein foods, 25–35% carbohydrate foods, and 20% fat foods; (2) slow oxidizers and sympathetics—50–55% carbohydrate foods, 30% protein foods, and approximately 15% fat foods; (3) the mixed diet is about 40% protein foods, 40% carbohydrate foods, and 20% fat foods. In the Rainbow Green Live-Food Cuisine we combine these principles with Phases I, I.5, and II to make a complete healing and maintenance program.

Compared to diets such as the Zone Diet, one sees that for each phase we still include about 30% protein. This is important for stimulating glucagon production in Phase I and the good prostaglandins, which are anti-inflammatory, increase serotonin levels, and ameliorate depression. Contrary to information in the Zone Diet literature, however, a recent controlled study by Gene Spiller, Ph.D., showed that when individuals consumed protein-rich foods their insulin output was greater than when they consumed an equal

amount of carbohydrate-rich foods. This directly challenges our simplistic myth that carbohydrates raise insulin and protein lowers it. My feeling is that both excess protein and carbohydrate in the wrong constitutional types may increase the insulin, but moderate amounts will not. Thirty to fifty percent of two thousand calories a day is 150–250 grams, which is excessive. Twenty to forty grams of protein for a non-pregnant person is appropriate for most constitutions. Protein in foods is not the same as protein in grams. I mention grams, which is exact amount of protein, to make the point more clear. Paavo Airola in his book *Are You Confused?* pointed out ten research papers showing that people did extremely well on just 20 grams of protein a day. The point that I want to make here is that we do not need excess amounts of protein in order to do well with the diet I am talking about. And for sure, we do not need meat or dairy protein. (As I pointed out before, these are also high in pathogenic microorganisms as compared to a vegan diet.) Recent research has shown that vegetarian protein more specifically decreases insulin resistance.

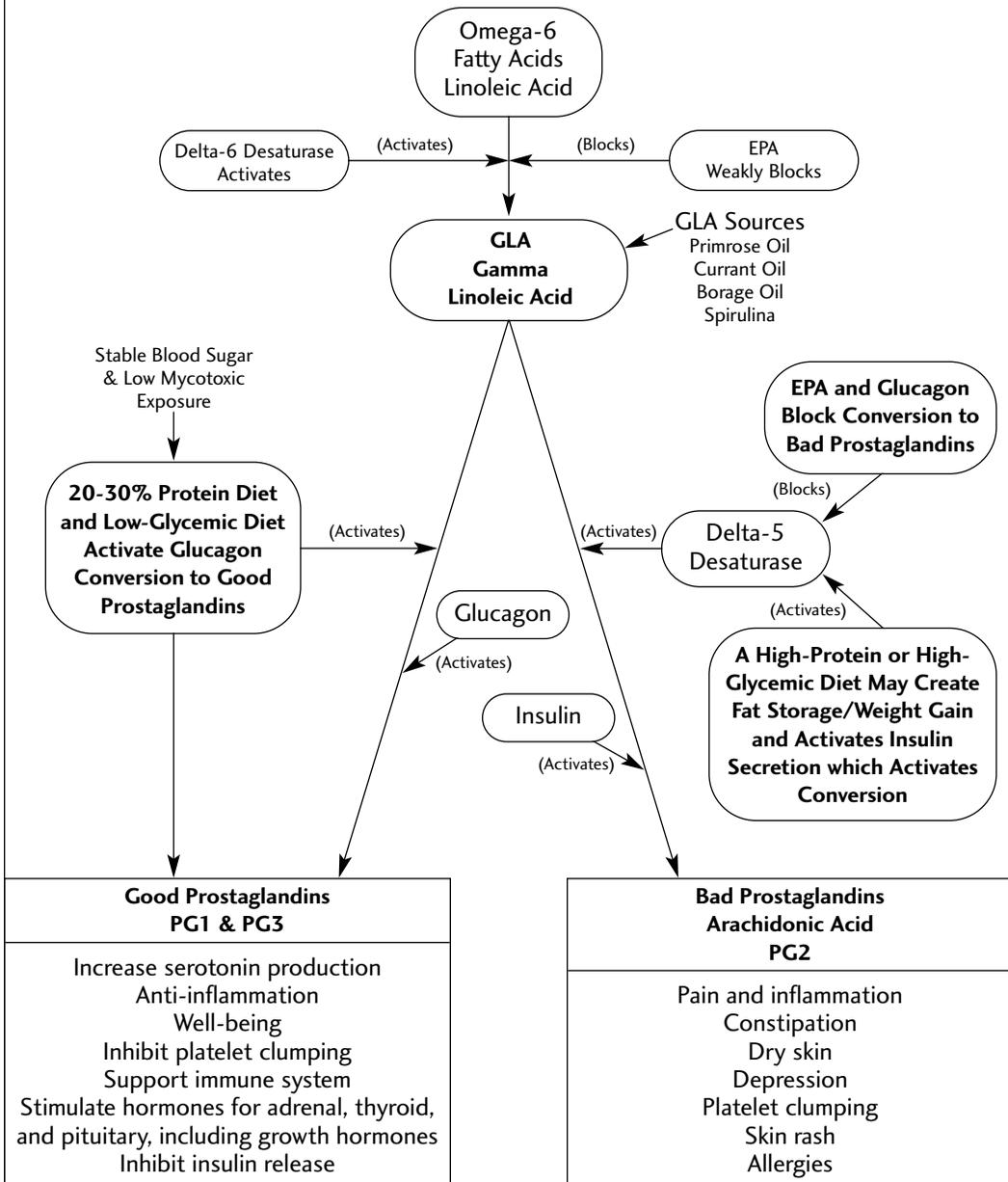
The quality of the raw vegan protein is very high because, eating raw, you get double the amount of protein for the same amount of calories. Research at the Max Planck Institute in Germany, for example, shows that when you cook your protein you lose 50% of it in its actual form. This means that 20 grams of live-food protein is equal to 40 grams of cooked protein. In addition, the point is not the amount of protein in grams but the amount of protein to best fill the metabolic production of cellular energy as ATP. And research has consistently shown that the less you eat, the healthier you are and the longer you live. That is the one proven fact about longevity. The average American diet has about twice as many calories as the diets of long-lived people such as the Vilcabamban Indians, the Maya Indians, and the Hunzas. A live-food, 30% or more protein diet gives half the calories, avoids the dangers of a diet high in animal products, and gives all the benefits of strength and endurance reported for those who are successful with Zone-type diets. The idea is that percentage refers to subjective ratio of concentrations. For example, for fast-oxidizer or parasympathetic types, it may actually only be 20–30 grams of protein per day, which can be as little as three tablespoons of chlorella/spirulina a

day or three handfuls of nuts and seeds. The recommendation for 50% protein food refers to volume and concentration of food on your plate for that meal, not protein in grams.

Another important point in the Rainbow Green Live-Food Cuisine is that the word “carbohydrate” needs to be clarified. A cooked carbohydrate has a higher glycemic index because the starches are broken down into simple sugars. The Phase I diet that I recommend, in retrospect, is very similar to the Zone Diet in the use of carbohydrate. It’s not about whether you have a high amount of carbohydrate or not. The real question is: Are you using low-glycemic carbohydrates? The problem with many vegetarian high-carbohydrate/low-protein diets is that they are either using high-glycemic fruits, vegetables, and starches, or they are cooking the carbohydrates, which turns them into high-glycemic foods. It is the high-glycemic foods that stimulate insulin, bad prostaglandins, and mycosis. Rainbow Green Live-Food Cuisine Phase I is very low-glycemic no matter what constitution. Phase II is moderate-glycemic in that, in terms of its effect, it stays away from the high-glycemic fruits and the complex carbohydrates (particularly if they are cooked) that are going to raise the blood glucose. One research project showed that giving pigs cooked potatoes made their blood glucose rise 50 points; the same amount of raw potatoes sent their blood glucose up 1 point. So we need to look clearly at the distinction between a cooked carbohydrate and a raw carbohydrate in terms of its glycemic effect. The point is that the diet we recommend optimizes the production of glucagon, which optimizes the good prostaglandins and stabilizes and lowers the production of insulin and therefore bad prostaglandins. The Rainbow Green Live-Food Cuisine diet sets up a very positive hormonal adjustment in your body.

The significance of this is straightforward: the production of good prostaglandins, PGI, is enhanced by the release of glucagon; glucagon is enhanced by eating a diet that’s at least 30% protein. In all the diets I recommend, whatever the phase, that is the minimum percentage of protein. Both Phase I and Phase II have the potential to diminish the production of bad prostaglandins because they are low insulin-stimulating. Sweet carbohydrates

## The Effect of Diet on Fatty Acids, Hormones, and Prostaglandin Production



and cooked complex carbohydrates produce higher amounts of bad prostaglandins, because they increase insulin production which accelerates the conversion of GLA to PG2 or "bad prostaglandins." Low-glycemic foods include moderately low-glycemic foods and moderately low-glycemic vegetables. Almost all vegetables are perfect carbohydrates eaten in the raw form because they are low- or moderate-glycemic foods.

Insulin directs the body to store fat and to burn carbohydrates as fuel. Low levels of insulin create a modest and stable blood sugar in the body and shift the metabolism to burn fat fuel. This shift creates more blood glucose going to the brain, which stabilizes the brain function. The typical American high-carbohydrate diet usually has lots of the high-glycemic foods and vegetables as well as complex carbohydrates and grains. I don't recommend this because it stimulates fungal growth production. As pointed out before, a high-protein diet may also increase insulin.

In other words, the Rainbow Green Live-Food Cuisine diet that I am recommending stimulates the body to burn fat. A fat-burning metabolism, according to some research, seems to give people more energy and stamina. It helps people to lose weight. It keeps the blood sugar stable while ensuring that the brain gets a consistent glucose fuel input. When the blood sugar is not going up and down, we do not have these consistent calls for more food, which turn into cravings for sweets. So this diet definitely helps us work toward stabilization of the blood sugar and therefore healing of hypoglycemia, as well as healing of the mycosis syndrome. It also seems to be a diet that, according to the Zone Diet research, enhances athletic performance and energy.