

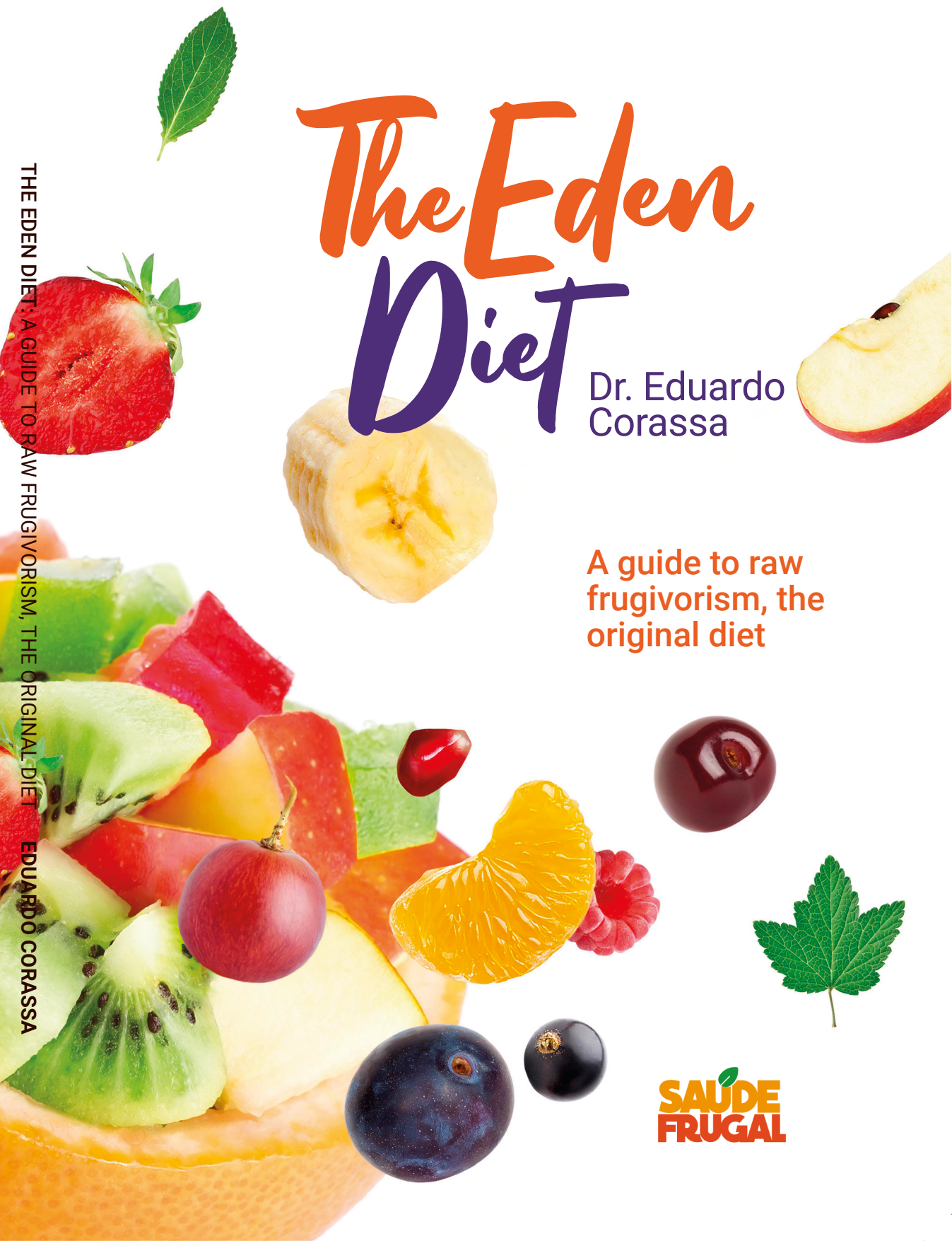


The Eden Diet

Dr. Eduardo
Corassa

A guide to raw
frugivorism, the
original diet

THE EDEN DIET: A GUIDE TO RAW FRUGIVORISM, THE ORIGINAL DIET
EDUARDO CORASSA



**SAUDE
FRUGAL**

EDUARDO CORASSA

FRUGAL HEALTH
THE GUIDE TO THE ORIGINAL RAW FRUGIVOROUS DIET

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Finally, I extend my thanks to everyone who has been a part of my journey towards frugal health.

"Ever since we adopted omnivorous habits, we homo sapiens have been plagued by degenerative diseases and are doomed to engage in or suffer from destructive, cruel behaviors. After adopting a raw diet of fruits and vegetables, countless present-day individuals have reversed physical degeneration and overcome diseases, experiencing complete physical and mental rejuvenation.

"Around the world, the consumption of some fruits for breakfast and at lunch, along with a vegetable salad for dinner with a petite side of avocado, nuts, or seeds, has brought about a new condition known to medical science as health." –Excerpt from the Living Nutrition website

Dedication

This book is dedicated to the cessation of human and animal suffering, which has been unnecessarily prolonged for millennia due to humanity's naivete and ignorance, resulting in a drastic reduction in quality of life.

To the one known as Gaia, to the end of pollution and destruction of our natural resources.

And lastly, to all those who fall ill with acute and chronic illnesses, increasingly each passing day, who have struggled to find healing and have not yet succeeded. I believe this book contains the knowledge required to bring about a better world, one where health is the rule and consequently where humans can enjoy a more peaceful and egalitarian existence.

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Introduction

This book aims to simplify the journey for all health enthusiasts who, like me, want to improve and reverse adverse health conditions and enjoy the best that life has to offer, from vibrant health to optimal well-being.

After decades in my pursuit of health, I have learned that achieving and maintaining a state of health is easy. Despite having suffered for twenty-two years, it was in reach all along. I learned that I didn't have to buy any products, undergo complicated, expensive procedures, or employ any cutting-edge technology. As simple as it sounds, health can only be obtained or regained through education and responsibility. Our actions and choices in life, or the lifestyle we adopt, is the determining factor that will bring about health, which offers better physical and mental performance, greater well-being, happiness, and longevity, and a prosperous, productive life. As a bonus, your appearance becomes more beautiful and youthful and your body becomes toned and slender, effortlessly.

Discerning accurate health and nutritional information from misinformation is challenging these days. Watching others fail to achieve health due to the lack of information on crudivorism and Natural Hygiene in everyday, accessible language, and watching countless others give up on a raw food diet because they were unable to sustainably maintain it were my reasons for writing this book.

For a long period in my life, I sought out and tested every health remedy imaginable. It would have been much simpler to have had a manual that I could read and apply right away, to have had scientifically backed information, and to know the basis for the various concepts I came across, to have been aware of the countless key figures in the field who defend the practices I began following. For these reasons, I offer this book as a shortcut.

My mission with my Frugal Health website and my books is to spare my reader from the years of mistakes, studies, and failed attempts that I went through. In some cases, I'd even considered giving up on my quest for health because of the challenges along the way.

My dream is to share the knowledge I obtained on my incessant journey towards health with as many people as possible, and thus share the thousands of benefits I enjoyed by learning about the science of health. I offer this the most precious information I've had access to, which saved my life and sparked a lifelong passion and vocation.

Through the knowledge discussed in this book, I was able to achieve well-being, vitality, health, a sense of calm and ease, and countless other benefits I never even imagined, for which I will be forever grateful. I never dreamed life could be so sweet. I believe that readers, by the end of this book and after even just a few days of practicing this lifestyle, will come to understand my enthusiasm, once they experience the incredible feeling of being in love with life every day.

If you want to achieve your goals for health and prosperity and are ready to make the necessary changes, you can relax now because you have found the way. Since we evolved in nature to subsist on a raw diet, crudivorism is the easiest practice of all once we've received proper guidance on how to apply it. These days, I believe that living healthfully is the easiest thing in the world. It's only hard when your health is suboptimal. What's actually hard is suffering from

bizarre symptoms every day and not being able to live your life and enjoy frugal health, which is our birthright.

The phrase often used by the raw food movement in the US is spot on: “Live foods, live bodies.” If you kill your food by cooking or processing it, you will be killing your own body on a daily basis, accelerating your organism’s deterioration. By killing your food, all joy and grace is drained from life, which becomes a tiresome chore. This book aims to help you get back to a natural way of life, the one designed by Mother Nature. You can then resume a life of harmony, instead of destroying yourself and the world around you with harmful practices engaged in due to a lack of awareness. Getting back on track is not simply about helping yourself and enjoying health and wellness, but also about helping everyone, all the lifeforms and the planet itself that we inhabit.

By compiling data from all the modern sciences—such as archeology, geology, anthropology, anatomy, physiology, biochemistry, biology, genetics, clinical nutrition, and others—, I believe I have managed to fit the pieces of the puzzle together that explain the reason for our existence and the solution to every modern human problem. Many health professionals, since they tend to focus exclusively on their specific field instead of branching out, end up missing out on the bigger picture.

From the bottom of my heart, I hope you are able to put this information into practice, to reach a state of bliss, and for all the wildest hopes you had about your time on Earth to be exceeded.

Chapter 1: The Nature and Consequences of Chaos and How to Overcome It

A massive shift has clearly taken place, which has led humanity down a dangerous path and caused sharp imbalances affecting both humanity and the planet. This turbulent state of affairs is evident through global warming, natural disasters, depleted natural resources, intense consumerism, greed, materialism, epidemics of obesity while others starve to death, polluted beaches, lakes, and oceans, wars, psychopaths, murderers, the daily extinction of dozens of species, social inequality, and countless other social and economic problems that make us stop and wonder: why isn't the world like the fabled Garden of Eden, a paradise, since we live on such a magnificent, rich, and gorgeous planet?

We must urgently pursue sustainability if we, the human race, want to continue inhabiting the planet. Unbridled overconsumption must be stopped, otherwise we'll need to find other planets to rely on for resources. Annie Leonard, in her documentary *The History of Stuff*, reported that 2,000 trees in the Amazon are felled every minute, and 80% of the world's forests have already been destroyed. In just the last three decades, one-third of the planet's natural resources have been consumed.

Few realize that our everyday actions are destroying the world, our food choices in particular, since industrialized foods generate significant waste in the manufacturing process and much of it is not biodegradable like natural foods.

The consumption of meat and dairy has already been identified as one of the primary causes of global warming and the depletion of natural resources, and has been thoroughly demonstrated by scientists as a practice that is not sustainable in the long term. The consumption of factory-farmed animal products has been shown to be detrimental to the environment, and this is not to mention the cruelty they are treated with.

To take the first steps towards solving our main civilizational problems for a more sustainable society, I strongly believe we must understand the connection between human health and the planet's health. We must understand that the planet's health is affected by human health, since we are the dominant species growing at breakneck speeds. Our actions and habits directly influence the planet's health, since we are no longer millions but billions generating pollution. Our habits are so extreme and unnatural that the health consequences for ourselves and the planet are significant, disrupting the perfect homeostatic equilibrium that nature once offered for human organisms and the world as a whole.

By polluting our body through habits that compromise our health, we are unconsciously also polluting the planet. Those who engage in unnatural habits, such as smoking or eating processed food, harm not only themselves but also those around them, the planet, and every other life form.

A modern, industrialized lifestyle contributes to the destruction of the planet and the physical and mental degeneration of the human race. The connection between human health and the planet's is undeniable. Never in our recorded history has the world faced such drastic changes and dire threats arising from the actions of a single species, nor have humans ever been so

unwell. The planet is ill as a direct result of the destruction, modification, and pollution of the environment due to human action.

They say that humans are a plague that is devastating the planet, but I'd add that we've only become a plague to the extent that we've moved away from healthy living and adopted artificial habits. Fortunately, nature—like the human body—is resilient and able to withstand significant abuse. Not all is lost and there are ways to mitigate the situation. There is a way to return to our pristine existence if we work with the correct information and adopt it in time.

There are two indispensable dwelling places in the universe: our body and the planet. It's naive to believe that our body or the planet will withstand the abuse we unleash on it with the habits we engage in. And it's even more naive to believe that most of life's pleasures are found in unnatural and unhealthy practices.

To consolidate the evidence that our current practices are senseless and unsustainable, James Lovelock, the most renowned and respected scientist on climate change, confirmed it is irreversible. According to his predictions, six billion people will die this century.²

This change in human behavior from peaceful to destructive, the agent behind all the chaos, was not intentional. It was accidental, pure and unfortunate chance, due to human ignorance and lack of awareness of the natural laws and our breaking away from an essential symbiosis with nature.

With scientific advances and the new knowledge we've accumulated, however, we know what must be done and enjoy free will to change the course of our society, towards a path that is infinitely better and more sustainable. The main point is: if we decide to change, may it be fast enough to reverse the damage, before our own habits lead us to our extinction (assuming there is still time for such a reversal, because according to Lovelock it's already too late).

We need planet Earth in order to survive. If we persist with our unhinged, indiscriminate consumption, we will continue polluting the planet and inducing its destruction and, consequently, our own. Unfortunately, like it or not, common sense and the consensus of most environmental and climate change specialists is that there's little time left for the human race if we continue at this pace. We have to educate ourselves and find solutions so that we can coexist with the planet instead of leaching off it.

My understanding is that restoring human health to its peak level, to what our ancestors enjoyed, is key to correcting and reversing society's mistakes and transforming life on Earth into the paradise we only dream of now. Join me through this book to learn more about the nuances of human health, our true instincts, and the plan that nature has for humans, while also learning about key events throughout history that led us to this chaotic existence.

Connecting the dots

"The more one acts in harmony with the Universe, the more one achieves with less effort." —Lao Tzu, Chinese philosopher

Countless events, reactions, thoughts, and sensations occur inside and around us every second of the day. However, we never pause to understand them or reflect on them. Why do they occur? For example, for a long time, humans believed that happiness, sadness, health, or illness

came about haphazardly, unrelated to any specific parameters, and failed to link happiness and health to lifestyle habits.

Due to the lack of scientific knowledge and erroneous concepts we assimilate throughout our lives, based on the imagination and perceptions of previous generations, we established our frameworks, our beliefs, without understanding the mechanics or the logistics behind each occurrence in our lives and organisms. We go about our lives, making decisions and choosing our lifestyles, without having any idea of what they entail. The beliefs of our ancestors arose through a lack of understanding of how nature works, and mythology was a way to justify and clarify phenomena that were difficult to understand at the time. The concept of science did not yet exist and they lacked the wealth of information we now have accumulated. Fortunately, over 2,000 years ago, the Greeks invented philosophy, which is the critical and rational investigation of the fundamental principles related to the world and humankind. Based on philosophy, science was later established, aiming at a greater understanding of our world, in order to explain the reasons for the way things are.

We are lucky that we can take advantage of everything that's been already been investigated, learning within minutes what many took decades to discover. For example, with scientific advances and the many studies carried out, it's become clear that physical exercise produces hormones that promote happiness and well-being, and is even one of the ways to prevent diseases. Physical exercise is recognized not simply as an activity for aesthetic purposes, but a physiological necessity. We have learned that a sedentary lifestyle results in diseases, including sadness and depression, while physical activity helps to establish and maintain health, preventing these and other diseases.

More recently, a crucially important field began being investigated more closely: nutrition. Advances by specialists in this field have shown that lifestyle choices, along with nutrition, are fundamental in determining the human psyche, influencing behavior and mental equilibrium. Nutritional science has shown that an inadequate diet and a lack of certain nutrients can cause mental and behavioral problems. We are beginning to understand that our overall health influences human psychology. One example is the term "full of sh*t", which literally means "with feces inside". A person whose digestive system isn't functioning properly, due to a sedentary lifestyle, poor dietary habits, and other factors, becomes literally full of sh*t, such that the person exhibits cloudy judgment and says nonsensical things.

If we look at the old saying "you are what you eat", we see that our ancestors, without any scientific basis, were able to comprehend that human dietary habits were decisive for physical and mental health. It's important to remember the quote by Socrates, "Mens sana in corpore sano". This translates to, "A healthy mind in a healthy body", showing that even back then they had understood that body and mind are interconnected and we cannot treat them as separate entities. What's beneficial to one is beneficial to the other and what affects one affects the other, as the two are, in fact, a single entity.

No matter how much we want to believe otherwise, science has already proven that the body is a singular unit, and that body and mind work together. It's impossible to have a truly healthy body and psychological disorders, or a completely healthy mind and only coronary

disease. In other words, it's impossible for only one organ to be defective, while the rest of the body operates in health and harmony.

Part of the creed of the health model known as Natural Hygiene is that humans by nature, under ideal conditions, are kind, benevolent, ethical, moral, and gentle. However, they can be corrupted and behave in ways that are the complete opposite of this. Similarly, the human palate will lose its taste for the natural flavors of raw fruits and vegetables when subjected to numerous chemical substances used to "improve and preserve" the flavor of processed foods. It's easy to distinguish the violent and bizarre reactions of someone intoxicated with alcohol or drugs and realize that such a person is under the influence of substances that have altered their perception. However, we fail to connect the dots with the food we eat, and people don't realize that many abnormal habits that we engage in are closely connected to the ingestion of foods that our bodies haven't adapted to.

Certain habits that we believe are normal and harmless lead us to act in ways that we never would under natural conditions. After spending hours in traffic in a big city, how many of us haven't experienced road rage and lashed out at a stranger who did us no harm? How many of us have never lost our minds after drinking too much? We have no idea the extent to which the environment we live in, our habits, and the substances we ingest, which we call "food", can alter our natural behavior.

And if we are all in an altered state, under the influence of mind-altering substances, who would be able to distinguish reality from illusion, right from wrong? These days, practically everyone consumes an industrialized diet that is rich in fat and completely cooked, and they ingest countless other harmful chemical substances while living lifestyles that are completely inconsistent with our body's needs, far away from our natural habitats. This has an impact on our minds, perceptions, actions, and attitudes. Although we can recognize when an individual is affected by substances such as alcohol, few see the extent of the damage that the modern diet and lifestyle cause to our minds.

We dream of world peace, but it must be understood that there will never be external or internal peace as long as we sow death through our food. Peace comes from within. As long as our organism is at war, we will not live peacefully and will never manifest peace. Peace arises in our organism through a condition scientifically known as homeostasis (homeo = equal; stasis = to remain still), the physiological equilibrium every living organism seeks to maintain. We can only achieve this equilibrium through the integrity of our organism. With our current way of life, we disturb and disrupt our internal homeostasis. No living organism experiences peace when a chemical war is being waged internally day in and day out.

Inadequate nutrition generates disease, which causes micro and macro imbalances in our bodies, at the level of a single cell to the largest and most important organs. Although we oppose war, internally we trigger, instigate, and endure battles on a daily basis, all of which begin with the first bites off our plates, which are filled with food that interfere with the natural functioning of the human body. Since the last century, humans have been consuming foods that are canned, bagged, refined, and processed. These are chunks of dead animals that are packaged and frozen for months, then burned at high temperatures using countless seasonings and chemical additives. And this is what we call "nourishing ourselves", without realizing that what we see as

food is a far cry from our natural food. We fail to understand the adverse effects that ingesting such foods cause. The chaos we're witnessing at a global scale is a consequence of this change in human habits over the past century.

We don't realize that by partaking in these dietary abominations, by remaining cloistered inside offices for most of the day, stuck in our cars in long traffic jams, or parked in front of electronic devices for hours on end, and, furthermore, by exposing ourselves to the environmental, noise, and visual pollution characteristic of big cities, among other factors that distance us from contact with nature, and by losing contact with our natural habitat, which is a calm, tree-filled environment with pure air that naturally leads to good health, peace, and quiet, we are compromising our health, causing our organism to remain in a state of chemical war, which is fought within us at the cellular level.

Our complex and unnatural way of life has led to the deterioration of the most vital and noble of our human traits. Our values have shifted. Those who reach high-ranking positions and achieve notoriety and wealth are revered, not for their ethics or morals, nor their sense of justice and kindness. Our society values accumulation and possession over simply living in harmony, when it's indisputable which of these is more important. The human species has given in to greed, power, and ruthless materialism, to the detriment of solidarity, kindness, love, egalitarianism, and our shared humanity.

We need to understand that optimized nutrition is essential for true health. When our body achieves homeostasis, our emotional and mental states are adjusted in ways we never imagined possible. Only then can we connect the dots and understand the reasons for the chaos we see in the world and the absence of internal and, consequently, global peace. When our body is healthy, our mind is healthy and we attract positivity. We feel at peace with the world. All negative emotions such as anger, envy, and hatred, generated by the mental confusion of a troubled internal environment, simply vanish. When we experience true health, our functioning is optimized, revealing the true mental, physical, and moral beauty of the human race.

Fortunately, the human body is incredibly resilient. Owing to this magnificent resilience and our ability to adapt, the effects of what we consume and our habits take a long time to accumulate and manifest. This is why we fail to realize the effects of our daily ingestion of devitalized and denatured food. Since we aren't killed overnight from consuming toxins, smoking a few cigarettes, or using a dangerous drug, we ignore their effects, as if we were going to live forever and never face the consequences of our bad habits in the near future.

We must, dear reader, use our logic and common sense to realize that abnormal habits produce abnormal responses, effects, and behaviors. Psychological disorders and physical illnesses are evident in people who engage in the standard modern lifestyle. Imagine what would happen if we took a wild animal and chained it in front of a TV, in a closed environment, without sunlight or fresh air, and gave it soda, alcoholic beverages, and fast food. Our poor animal would soon exhibit unhealthy behaviors and symptoms. If we scaled this up over months or years, what do you think would happen to it? How do you think the animal's behavior would change in relation to itself and others?

We see sad news stories of American children who enter their schools armed with automatic rifles and hatred to exterminate their classmates, without for a second imagining that

these attacks are not random. Researchers have already shown that numerous American psychopaths followed the SAD (Standard American Diet, which is rich in fat, refined foods, and animal products), and had low levels of serotonin, high levels of highly toxic heavy metals, among other similarities that indicate poor health. A study published in the American Journal of Psychiatry showed that nutritional deficiencies in children led to a massive increase in the likelihood of aggressive behavior in adulthood, exhibiting antisocial and criminal behaviors as well as drug dependency, and more.³

Does anyone still believe that the current state of society came about by chance? Or that greed and crime are inherent to human nature? Unfortunately, many still wonder what the root of the problem is, without fully understanding what is happening right under our noses.

When we discovered that fire allowed us to eat various foods that would be impossible to consume raw, we began to cook and alter our food. We slowly began consuming dietary abominations that would never appeal to our palate if they were in their natural state, since we didn't evolve to consume them. In doing so, we opened Pandora's box, causing a host of problems that have led to the current sorry state of affairs that will, potentially, result in our own extinction along with many other living creatures.

Inconsistencies in our lives

Recently I read an article where Brazilian biologists expressed deep concerns about the health of primates in a region of Rio de Janeiro that had been deforested and burned. As a result, the primates were entering the city looking for food and the locals were feeding them cookies and other processed foods. Commendable, but I also wondered: don't these biologists eat cookies and processed foods? Shouldn't they be concerned, first and foremost, about their own health? Their bodies are extremely similar to those of primates, so aren't they susceptible to the same effects?

The world and our lives are filled with such inconsistencies, and we don't even realize it. How can we talk about peace when we systematically kill animals for no reason? Vegan diets, according to current scientific studies, are sustainable at any stage of life and more nutritious than omnivorous diets. Unfortunately, many still believe they need to stuff their bodies with cooked carcasses to stay healthy and well-nourished.

For economic reasons, the food industry trains us to accept mass-produced products, inducing us to believe that we need huge amounts of protein. Health professionals suggest that chunks of dead animals are essential for human health. If meat were indispensable, vegetarians, vegans, and raw foodists would not survive. But they do, and they are growing in number every day. Eating animals is incongruent with human nature. We feel sorry for and rise up in defense of an animal being mistreated. However, most of us become aloof and feign ignorance when their mistreatment and cruel butchering takes place in a slaughterhouse miles away from us.

Another inconsistency is that no one wants to get sick or die. Everyone wants to be healthy. Despite this, we pick up harmful habits, such as smoking, drinking alcohol, taking drugs, and eating junk food. Similarly, we want to be happy, but instead we choose stressful jobs and lifestyles, we neglect our health, and we slack off on exercise. Exercise helps produce serotonin, a neurotransmitter known as the happiness hormone. How can we be truly happy and healthy if

we don't offer our bodies the conditions to produce the natural chemical reactions that result in health? We don't do this out of spite, but rather because we live in unnatural environments and don't understand what our biological programming requires.

The Greek philosophers, despite not having any scientific evidence, had already understood that poor nutrition influenced our psyche and consequently our actions. Some argued that if we continued eating meat, we would destroy ourselves in the struggle for land, as we would need physical space to produce this food.

In *The Republic*, Plato mentions a dialogue with Glaucon where Socrates uses Socratic dialectics, proposing to reason through an idea through logical deductions. In this example, cities where their citizens consumed meat and engaged in other practices considered "noble", such as consuming wine, salt, and cheese, would suffer from a lack of space because they would have used most of their land to raise animals for slaughter. As a consequence, wars over land would arise, tearing society apart and causing widespread diseases. He argued that in these cities there would be an abundance of doctors and lawyers. Doctors would be essential due to poor health caused by bad habits, while lawyers would be needed due to struggles for power and land ownership.

It's mind-blowing that 2,500 years ago these wise individuals were able to foresee the issues that would arise from a lifestyle based on the consumption of "luxury" foods that were not aligned with natural laws. They were able to accurately describe and predict problems like the ones we see today, such as diseases and an obsession with power and money. They also correctly predicted two of the most in-demand professions today: doctors and lawyers.

Greek philosophers understood that consuming meat, a lack of moderation, and ultimately any lifestyle inconsistent with our natural state would harm our minds. In their time, food was not cooked as frequently as it is today, where all meals include heavily cooked foods. There was much less processing, refining, and other food modifications.

Consider the following passage discussing one of the most widely consumed beverages today: "The drink was named Coca-Cola because the stimulant mixed into it was initially cocaine, which comes from coca leaves, originally from Colombia. The drink also got its flavor from the kola nut. Today, the stimulant has been changed to caffeine, but the flavor is still made from kola nuts and coca leaves. The cocaine has been removed from the leaves and the drink contains no traces of the drug. It was originally sold as a medicine for five cents a glass, and was later relaunched as a light drink. The first sales were made at Jacob's Pharmacy in Atlanta. There are rumors that this soft drink can dissolve a tooth in twenty-four to forty-eight hours and also unclog drains, remove stains from marble, and more." Now imagine how drinking Coca-Cola affects your delicate internal environment, your cells, organs and the functioning of your brain.

Personally, I appreciate what hygienist Dr. Douglas Graham had to say on this: "Remove the inconsistencies between what you believe and what you do." We cannot engage in habits that we know are harmful and expect health to be the result of them.

Erroneous beliefs

Modern medicine generally lends little importance to nutrition, and professionals in the field graduate with limited studies on nutrition. Hippocrates, a Greek philosopher and physician

considered the father of medicine, advocated diet and fasting as the main means of preventing and treating diseases. However, two millennia later, medicine and science persist in the search for components synthesized from animals and plants, creating the most unimaginable and absurd concoctions to produce miraculous cures through vaccines, serums, pills, and injections, neglecting the simple and basic functioning of nature and its natural elements, which were and continue to be the only requirements for the health of plants and animals for billions of years, since the emergence of life on earth.

While this “crusade” in search for remedies goes on, thousands languish in hospitals and humanity finds neither the peace nor the health it so longs for. Although the subject matter addressed here is considered radical by some, let’s remember that countless shifts throughout human history were first perceived as lunacy. One example is the heliocentric theory by Copernicus, according to which the sun was the true center of the solar system.

At the time, there was widespread disagreement with Galileo about his theory, and some scientists were outraged by the fact that it was so different from what they had learned, believed, and been taught. Instead of society changing its erroneous concepts, they preferred to have Galileo arrested and nearly hanged. Today, we laugh at those who believed that the Earth was flat and who mocked Galileo. If today someone were to suggest that the Sun and other planets revolve around the Earth, they will obviously be considered insane or uneducated. In Galileo’s time, since they believed that the Earth was flat, they assumed that sailors reaching the end of the horizon would fall off the Earth, just like when we reach the end of a waterfall.

Unfortunately, humans are not always right, and it’s possible that we are basing our health-related ideas on erroneous concepts. Our ancestors lacked the necessary scientific knowledge and did not understand how natural laws work, and therefore we can’t base our lives on the conclusions they reached, relying on old myths and superstitions. History shows that inquisitive minds who disrupted the status quo also upset many people in the process, and they were ostracized by their contemporaries. Take the case of Socrates, who was sentenced to death by the court of Athens for his revolutionary ideas and arguments, as well as for exposing the youth to new ideas that contradicted the prevailing ones of the time. Seen today as one of the greatest thinkers in history, he was nonetheless executed because his concepts were too advanced for his time.

Other great figures considered radical include Darwin, who published the Theory of Evolution, and Ignaz Semmelweis, a physician who was harshly criticized by his peers for advocating simple hygiene practices, without which we now would be horrified. Semmelweis showed that doctors could stop spreading diseases in hospitals if they washed their hands before treating each patient. This idea, among many others, was only accepted decades after its publication, and when these thinkers proposed them, they were severely ostracized, considered charlatans, and some were punished with death.

Dr. Herbert Shelton was an icon in the natural health movement, having helped thousands of people recover from terminal illnesses and even live healthy, prosperous, productive, and disease-free lives. Yet he was arrested numerous times for practicing medicine without a license, even though he never practiced “medicine” as he himself claimed. Despite having saved the lives

of thousands of people and perhaps changed the course of human history by reviving the Natural Hygiene movement, he was severely criticized in his time and suffered great pushback.

Shelton didn't receive the recognition he deserves, despite all his incredible work. These days, his idea that health is produced through a healthy lifestyle is increasingly gaining traction, even in the medical community that initially rejected him so strongly. More and more people are concerned about and giving due attention to nutrition, physical exercise, sun exposure, and other healthy habits, recognizing that they are essential to good health, a massive advance from seventy years ago in his time.

Despite all the preconceived ideas, customs, and beliefs that are broadly accepted in society, we must pause to question them. We may choose not to believe in the law of gravity, but we will still never be able to fly. Likewise, the food on our plate may be carcinogenic, even if you don't believe it.

It is incoherent for us to engage in habits that fail to produce the results we want them to. Unfortunately, nature won't adapt to our erroneous beliefs or forgive our lack of knowledge. We cause degenerative diseases and undermine our health because we are unaware that diet and lifestyle are the main factors in the development of cancer, heart disease, diabetes, osteoporosis, arthritis, psychological illnesses, and many other disorders.

Just as it is now obvious and accepted by everyone that our planet revolves around the Sun, the concepts of raw food and Natural Hygiene discussed in this book will likely become the norm instead of the exception within a century, as occurred with other revolutionary ideas. Only then will cooked food and the nutritional theories currently in vogue be seen as absurd.

Although the raw food diet is considered radical, we will see through this book that scientific studies, research, and logic prove that this is the natural way. Eating raw food is thus not radical, just natural.

"Radical" is a relative term, considering that people in today's society live under stressful conditions in polluted cities, deprived of contact with the sun and nature, and rely on stimulants, medicines, and processed foods containing neurotoxins, hormones, pesticides, and other harmful substances. And yet, they still confidently expect to be healthy and happy. In nature, raw foodism and a healthy lifestyle are normal, common, and conservative, while someone gorging on cheeseburgers and soft drinks indoors all day would be perceived as strange and "radical", as opposed to the normal humans who exercise, get sunlight, and eat fresh, whole fruits and vegetables.

Common sense and logic to achieve true health

"Doctors put drugs of which they know little into bodies of which they know less for diseases of which they know nothing at all." —Voltaire, French philosopher

Most people believe that taking care of their health and their daily habits don't have much of an impact on their quality of life and longevity. Sadly, they adopt such positions without an understanding of how their body works. Eating fruits and vegetables, exercising, daily sun exposure, among other practices, are the true factors determining the difference between health and illness.

If science is wrong, why do some people live long, healthy lives while others live short, disease-ridden lives? Let's take a look at the lifestyle and longevity of the Eskimos. They live in a climate that is inhospitable to humans, without the necessary exposure to sunlight, and their diets are based on raw meat and several other factors that are harmful to their health. These people begin to suffer from cancer and other degenerative diseases common in today's society at a very young age, and have one of the lowest life expectancies in the world, in the range of thirty to forty years.⁴

On the other hand, there are many rural areas near the tropics that are known for their high rates of centenarians. One example from Brazil is a woman named Maria Olivia da Silva, a resident of northern Paraná, who died at the age of 130, as reported by the Brazilian press. Whenever these people are asked for their secrets, the answers are always the same: a calm, simple life with no stress, daily exercise, a natural environment, daily exposure to the sun, and plenty of fruits, vegetables, and other low-fat plant-based foods. According to Maria Olivia, her secret was eating lots of bananas.⁵

By observing people from different cultures and individuals with unique habits and by comparing healthy individuals with those suffering from illnesses, the scientific consensus is that what you do or don't do on a daily basis can shorten or increase your lifespan and quality of life. But what leads some people to follow habits that result in longevity and good health, while others choose not to?

Reward circuit

"Consider this: if you were designing a species and you wanted it to do things that are crucial to its survival, such as eating and reproducing, you'd create a system that is focused on pleasure, such that it engages in these actions repeatedly. So you supply it with dopamine as a reward so that these behaviors become automatic. It's truly brilliant." —Nora Volkow, Director of the National Institute on Drug Abuse, discussing nature's ingenuity in creating the reward circuitry that every mammalian brain is equipped with

Nature has wired all mammals for healthy living through a complex system called the reward circuit, comprised of many neurocircuits that are determined by the animal's specific genetic code. Scientists call them neurocircuits, but we know them as instincts. This is the mental programming that guides each type of animal to behave in specific ways. Lions are programmed to hunt and enjoy bloody meat, while primates collect fruit and are delighted by their sweetness.

However, nature did not anticipate or prepare our brains and their neurocircuits to respond to our modern habitats, which is heavily concentrated with unnatural stimuli. That's why it's so challenging to live healthily in these modern times.⁶

Our natural programming is geared towards seeking pleasure. Except in nature, what is pleasurable is also beneficial to the body, which is why all healthy lifestyle activities—such as exercising, eating sweets, sunbathing, resting, relaxing, making love, hugging, socializing with loved ones, and other natural acts—give us pleasure. Nature designed us so that we get a rewarding stimulus when we do things that are beneficial for our bodies, thus reinforcing and encouraging you to keep doing them. Each time we do one of these things, our body releases

substances that make us feel pleasure. Since pleasure is the most pleasant sensation that the animal organism can experience, it becomes a physical guide, nature's way of inducing us to repeat such acts continuously, throughout our lives, since we're programmed to seek them out. This is why we enjoy physical exercise, sex, eating sweets, etc. and why we do them again and again.

Through this reward circuit, nature has devised a way to control all species continuously throughout their lives by having them engaging in a fixed set of habits. Since animals experience lots of pleasure when eating, they will never stop eating. They're always motivated to seek more food. Since animals also feel great pleasure during sex, they will always engage in acts that will increase their chances of having sex. Because this circuit is linked to the release of pleasure hormones in our brain, scientists called it the reward circuit, since we are rewarded every time we engage in a healthy habit that we enjoy.

However, outside of our natural habitat, in the industrialized world, we are easily fooled, since not everything that we derive pleasure from actually benefits us. Sadly, when we started processing natural substances it became easy to trick our neurocircuits with negative health impacts as a result. Since many of the substances we created or altered induce the same physiological responses as the natural ones, they actually end up harming our health instead of supporting it because they aren't whole or natural. It's been proven that the use of narcotics, stimulants such as coffee, chocolate, salt, refined sugar, fats, and calorie-dense foods stimulate the release of large amounts of dopamine, serotonin, and other neurotransmitters responsible for feelings of pleasure and happiness. These neurotransmitters are also released naturally through food intake, sex, physical exercise, and other healthy habits, but generally at normal (lower) levels.⁷

Since the pleasure derived from these harmful substances is generally greater than that experienced through natural substances or activities, many individuals end up becoming addicted to the reward. They give them a "false" sense of pleasure that should only arise with natural, healthy substances or activities, since this feeling of pleasure produced by neurotransmitters was only intended to generate natural dependencies. It should only arise with healthy pleasures that motivate us to pursue tasty food, comfortable shelter, loving relationships, physical activity, and so on.

Dopamine and serotonin in our natural habitat only reinforce healthy behaviors. Unhealthy behaviors cause pain and discomfort, which trains our circuits to avoid them. However, when we ingest concentrated substances manufactured using technology, we trick our neural mechanisms and wind up addicted to substances that destroy our health. Instead of experiencing pain, they make us experience pleasure even though our body is being harmed. A good example is cocaine.

Thus we can understand that the further away from our natural habitat we go, the harder it becomes to make the right lifestyle choices, the ones that produce health, based exclusively on our instincts. Practically all healthy people who reach an old age are living healthily, even if unconsciously. They do so because they've been surrounded by the ideal conditions for health since childhood.

We can see the world as a game in which nature sets the rules that animals have to follow. Generation after generation, they engage in similar behaviors and actions, causing identical results to be obtained. In this game spanning thousands of generations, health is always the natural result.

But, when we manage to bypass these rules by engaging in unnatural acts like cooking, health is no longer the normal result of life, because it stopped being produced naturally. At present, since we are not in our real habitat, we need to understand these mechanisms, these rules of the game, in order to achieve health. Since we are not being educated by our neurocircuits (instincts), we need scientific education and to put some effort into practicing healthy habits every day.

Health

If we do what everyone else does, we will have what everyone else has. Few people truly pay attention to healthy living these days, and as a result, they suffer from illnesses, are not very productive, and don't live all that long compared to the real human lifespan.

First world nations are "living" (or should I say "dead"?) examples of poor dietary habits with all the processed food in the supermarkets, the ubiquitous fast food restaurants, and the high consumption of animal protein. With the health of their populations in decline, their children are born with diseases like diabetes and their rates of obesity, cancer, and coronary disease show a staggering increase year after year. We see the results of their habits, which will also affect us if we follow in their footsteps. We can choose to repeat the same mistakes or learn from them.

Following a raw diet and healthy habits is not hard. If it weren't enjoyable, no one would even be able to. Remember that what you can visualize, you can achieve. We all know that if you don't have your health you don't have anything. It is your greatest asset, so please take care of yours!

Chapter 2: Raw Foodism

“Kill neither men, nor beasts, nor yet the food which goes into your mouth. For if you eat living food, the same will quicken you, but if you kill your food, the dead food will kill you also. For life comes only from life, and from death comes always death. For everything which kills your food, kills your body also. And everything which kills your body kills your soul also. And your body becomes what your food is, even as your spirit, likewise, become what your thoughts are.” –The Essene Gospel of Peace¹

Raw foodism is the practice of eating raw foods. A raw foodist is a person who eats an exclusively raw diet. Humans are the only living organism that chemically alter their food through cooking. There are nearly 700,000 animal species on the planet, yet humans are the only ones who do not live on organic, uncooked foods.

Modern society seems to be under the impression that raw foodism is radical. If a raw food diet is radical, then ALL animals on the planet and human beings themselves have been “radical” for almost their entire existence, since raw foodism is the model adopted by all creatures throughout history.

Cooking, on the other hand, is a very recent process. During the four and a half billion years of this planet’s existence, cooking was not a thing until approximately 10 thousand years ago.² Our ancestors did just fine for millennia without cooking.

None of us truly believe that setting fire to our food and burning it, thereby altering its chemical structure, is normal behavior. Cooking, like any process in which we use fire, is a destructive process. If we set fire to a house or a shoe, the higher the temperature and the longer the exposure time, the greater the destruction and the more damaged the object will be. The same thing happens with cooked food. When exposed to heat, the longer and higher the temperature, the more destroyed, more toxic, and less nutritious it will be.

There is irrefutable evidence that raw food is healthier than cooked food, and it’s common knowledge that there is nutrient loss after food is cooked. Can you truly imagine that burning raw food, a finished product made by nature, will improve or produce something more nutritious? Can we, should we, attempt to improve on nature’s creations? It is truly absurd to believe such a fallacy.

The result of our acceptance of this idea is increased and widespread rates of diseases and symptoms, along with the erroneous idea that it is “normal” to have fevers, colds, and chronic degenerative diseases throughout our lives. Since everyone we know around us engages in similar habits, we see these same results everywhere. Luckily, contracting these diseases is not a destiny written in stone, if we have the correct information and make the necessary decisions.

For over a hundred years, the scientific literature has shown that the more a food is cooked, the more its nutrients are lost and the more carcinogenic and mutagenic elements are formed during cooking.^{3, 4, 5, 6}

A quick web search will pull up the work of countless doctors, nutritionists, scientists, dentists, and other professionals who, over the last two hundred years, have been researching and writing about the massive number of adverse effects that cooking and the even more recent

process of refining our food cause to the health of any living organism. The science is clear, but then why do we keep cooking our food?

Despite having inhabited the planet for around six to eight million years,⁷ humans have only been cooking food and using various food groups for the last ten thousand years.⁸ Although we've only been cooking for ten thousand years, there was as yet no globalization and modern technology, so the practice was not widespread as it is today with the speed of our modern times, nor was it true for every meal for everything they ate, as it is now.

We only started cooking all our meals when the concept of "sterilizing" our food became mainstream, which arose based on germ theory by Louis Pasteur, a French chemist and bacteriologist whose name is behind the term *pasteurization*.⁹ This theory holds that germs and bacteria are the cause of many human illnesses. However, animals in nature do not "sterilize" their food, take no "hygienic precautions", and yet do not suffer from the diseases caused by these microorganisms like "civilized" humans do. Germ theory, published in 1878, led the medical community to recommend cooking all food, encouraging people to "fear" raw food. Until then, cooking was not all that widespread or frequent. While we've definitely been cooking for several millennia, it was only recently that cooking became increasingly practiced by all civilizations. This is despite the fact that, until very recently, our food was only altered through cooking. Only in the last century, due to technological advances, have humans begun altering their food in countless other ways, beyond simply cooking primarily plant foods.

However, we do not need scientific evidence to understand cooking is not essential to be healthy. Wild animals live their entire lives on raw food. And we have seen that only domesticated animals, with lives similar to those of their owners—sedentary and on a diet of cooked food—, contract the same degenerative diseases as modern humans.

There's no such thing as an obese wild animal, just as disease in the animal kingdom is conspicuous for its absence. Animals in zoos, fed large quantities of cooked food, tend to contract diseases and die faster than their counterparts fed raw food. Humans, as living organisms, are likewise not exempt from the harmful effects of cooked food. Although we're not "animals", our organisms are subject to the same natural laws, therefore we suffer the same consequences for violating the rules set by nature. Attempts to bypass these rules lead to physical and mental degeneration, such as decreased quality and length of life.

Turning things around

"One of our first mistakes was likely emigrating from the tropical countries we originated from. These are countries capable of nourishing us all year round, thanks to all the sunlight and the year-round abundance of fruits and plants. Once we emigrated, we had to invent fire." —Alan Saury, naturalist author

The critical problem that altered the course of humanity, leading to the poor health habits adopted by modern humans that run contrary to nature, occurred close to the Neolithic period (8000 B.C.) when we replaced our fruit-based diets with agriculture-based diets. Once we left behind our natural arboreal habitat, which was abundant in fruits and vegetables, and adopted grain- and animal-based agriculture, we also began increasingly cooking our meals.¹⁰ This caused

a decline in human health and physiological imbalances that altered our natural behavioral patterns and peaceful nature. Driven by the need to survive, we abandoned the forests that once provided us with plenty of food, exchanging our frugivorous, nomadic, arboreal lifestyle for an agronomic, stationary one. Succulent fruits and tender vegetables were replaced with cooked grains, chunks of dead animals, and their mammary secretions. And yet, we paid dearly for this exchange. We paid with our health, equilibrium, and inner peace.

Scientists believe that the last ice age, which ended 12,000 years ago, was what led us to make this shift.¹¹ Due to the extreme cold, there was a shortage of natural human foods—fruits and vegetables—, leading to the search for alternative food sources so that we could survive. Driven by hunger, humans learned that fire greatly altered food, to the point of allowing them to consume foods that they were not normally capable of or that didn't appeal to their senses. Over time, humans began eating such foods that were incompatible with their physiology on a daily basis, both in their raw form and, even worse, cooked.

Although cooking kept humans alive when food was scarce, it affected their health and the natural functioning of their bodies, producing abnormal psychological behaviors and slowly distancing humans from nature and their own essence. It was our incredible creativity and ability to adapt by setting fire to our food that kept us alive. However, our ancestors were unaware of the harmful effects and failed to associate it with emerging health problems. Our intellect is superior to that of other animals and our anatomy allows us to devise countless tools with our hands, allowing us to control fire and make cooking utensils, allowing us to cook and eat foods that would be impossible otherwise. And so we bypassed the physiological restrictions imposed by nature, allowing us to adopt a new diet.

Thanks to our cleverness, we found workarounds for the laws of nature. Yet we had no idea of the harm this would cause, or what the results would be over time. With all our intellectual capacities and our accumulated knowledge passed down through generations, with the development of culture, language, and writing, we became increasingly versatile in dealing with the forces of nature, also since we now learn in days what our ancestors took years to learn. But this versatility also led to the alienation of human instincts.

Unfortunately, since writing was likely invented after we mastered fire and began cooking our food (the oldest texts found were in Sumer around 6,000 years ago and hundreds of years later in Egypt), we have little information about what led humans to start cooking food, planting grains, and domesticating animals.

A new approach to food

Before fire, only foods that could be eaten raw were consumed. Then, in the early stages of the cooking era, we only roasted or braised meat, since we only invented pots and pans well into the early Neolithic period. We can then assume that our intake of cooked grains, vegetables, and some types of tubers and roots probably only began after we had cooking implements, since it's practically impossible to cook without them. In addition, before we domesticated animals, we didn't eat milk or cheese. We thus certainly did not consume all of today's food groups, and we did not have a "balanced diet" as currently proposed by health professionals.¹² Currently, 72% of

the calories consumed in the Western world are from dairy products, processed cereals, refined sugar, vegetable oils, and alcohol.¹³

Research in the field of paleontology, the science that studies ancient life forms, indicates that cancer, dental problems, and bone diseases didn't exist before the Neolithic period. And that after this period, degenerative diseases began appearing more frequently, although never reaching current levels.¹⁴ Coincidence or not, it was during the same period that we began cooking and eating a more "diversified" diet, altering the entire nutritional composition of our diet—everything from the macronutrient ratio, glycemic load, fatty acid composition, micronutrient density, acid-alkaline balance, sodium-potassium ratio, amount of fiber, and amount of toxins.¹⁵

Because foods rich in starch (grains, legumes, roots) and animal foods are practically impossible to eat raw, we're forced to alter them in some way in order to ingest them.

The stability achieved through this new diet also enabled population growth, since more food was available. This led us to a more stationary lifestyle, instead of a nomadic one like that of animals and our ancestors before the Neolithic period, who migrated in search of food throughout the seasons. As a result, the task of feeding ourselves began requiring less time and effort, which is when we began forming large population clusters, later known as cities.

The nutritional quality of the human diet was greatly reduced. Not only are fruits, vegetables, seeds, and nuts the most nutritious foods available in nature, we once had a diet with hundreds of these foods instead of just a few grains and animal foods that are low in many nutrients essential to human health. On top of this, cooked foods are less nutritious and more toxic. To make matters even worse, with agriculture we became increasingly sedentary and spend most of the day working, instead of just a few hours like the foragers. These factors combined have served to weaken our health.

These practices allowed us to migrate to cooler environments, since we were no longer exclusively dependent on fruits and vegetables, which only grow in abundance in tropical regions. We also began cooking increasingly, since our food choices made the cooking process a necessity. Our migration to colder regions led us to consume more grains, since they can be stored for long periods.

Due to the inhospitable climate and food scarcity throughout the year, we were forced to learn new ways to modify and preserve food. Back then these were infinitely simpler techniques compared to the much more aggressive processes we began subjecting our food to starting in the last century and the Industrial Revolution. The new methods aimed to please the consumer, making the food more practical, tastier, and more durable. Numerous techniques for preserving food emerged due to the lag to reach consumers, since it takes a considerable amount of time between harvesting, transportation, sale, and consumption, especially in large cities where most of the population lives. One example is the use of hydrogenated and trans fats which, although notoriously harmful to health, began being used by the food industry to extend shelf life and improve food texture.

The countless means of altering food are solely for commercial purposes. They run contrary to our natural requirements, with zero regard for the proper nutrition of the consumer. Because of this industrialization, previously costly or non-existent artificial methods have become

feasible and available to all. “Luxury goods” such as sugar and meat became extremely cheap and a common sight on everyone’s tables, as opposed to being reserved for the “nobles”. We started adding chemicals to our food, such as dyes, flavorings, conservatives, antioxidants, stabilizers, acidifiers, as well as trans fats, hydrogenated fats, and sodium nitrate to increase shelf life and maintain the food’s texture and appearance. To enhance flavor, we started adding MSG (monosodium glutamate, a potent neurotoxin), sea salt, refined sugar that we extract from plant foods, among others.

We also refine, pre-cook, and then freeze, pasteurize, fry, microwave, and even irradiate our food. And after all this processing, we box, bottle, can, or wrap it in plastic, all in the name of keeping food fresh for longer without spoiling.

But when we first started cooking, there were much fewer artificial practices in use, and we also didn’t live in vast concrete jungles. We still ate most of our food in its whole form, straight from the trees. We salted, smoked, fermented, and preserved our food in various ways, but compared to what we started doing in the 20th century, these earlier procedures from the last millennia were almost “natural”.

We know today that every modification and preservation technique affect the nutritional value of the food and thus impacts our health. We pay a high price for trying to alter the way nature works. We do not contract diseases, instead we cause them. We do this, most of the time, through what we eat, since food is a potent factor given our unnatural and industrialized context.

Interesting facts: Some of the most notoriously carcinogenic compounds produced through cooking are benzopyrene, AGE (advanced glycation byproducts), acrylamides, acroleins, and nitrosamines. Benzopyrene is a polycyclic aromatic hydrocarbon, a mutagenic and highly carcinogenic substance which induces genetic alterations and cancer. It can be found in the exhaust gases of motor vehicles, especially those powered by diesel, in cigarette, marijuana, and wood smoke, as well as fried or grilled foods.

The emergence of cooking as we now know it

“Why do humans fall ill when wild animals do not? The formula is: the art of cooking + the science of chemistry and medicine = toxicity and the diseases of civilization.” –Ross Home, hygienist author, from his book Health and Survival in the 21st Century

Cooked food, or rather, the miraculous concoction that today is known as “cooked meal”, is a much more recent practice than cooking itself, which also arose simply due to the lack of knowledge of its harmful health impacts. Absurd as it may be, this phenomenon we call a meal became a daily habit. We believe we need to eat numerous types of food, at each of the three daily meals, as if it were normal, natural, and nutritious, despite the fact that, across the entire planet, we are the only species to eat different food groups in a single meal. I hope that, after finishing this book, you, dear reader, will no longer perceive this as normal.

The pleasures of taste, as one of the most incredible sensations we can experience, have always been highly sought after and a subject of great relevance. Health experts suggest that cooked food, as it is done today, emerged in the Middle Ages for kings, queens, and nobles. These were individuals with excess wealth and time to spare who spent their days pursuing

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Making the Switch

To practice a raw food diet properly, with motivation and confidence, we believe the first step is getting professional guidance and educating yourself on the subject. With this in mind, we provide nutritional consultations, extensive educational material online free of charge, and a vast number of educational books.

- The first 20 pages of each of our published books can be read or downloaded directly from the site or blog.
- A YouTube channel is available with hundreds of educational videos.
- Reading material and passages from books, articles, and scientific research are posted on the site and blog.
- Pictures of our gourmet dishes are available to show that we can reproduce any cooked dish with raw, fruit-based cooking.

If you want to achieve success at a hygienist lifestyle and change your habits, we encourage you to connect with us through our online presence and by booking our services. Being in constant touch with what we want to learn and with who we want to emulate is the best way to make this important transition to a healthy, raw food diet.

About the Author

Eduardo Corassa, born 1985, is a nutritionist, YouTuber, public speaker, author of seven books, and raw food/hygienist chef, also having majored in Letters and worked for years as an English teacher. After experiencing severe health problems and attempting all the treatments in vogue, the issues persisted. Through the health framework known as hygienism, the science of health, he cured himself completely, experiencing health beyond levels he ever imagined possible. As a result, he promised himself to spread all the knowledge he obtained, after studying the main schools of thought in the world of health and nutrition.

He interned at a hygienist fasting and raw nutrition institution, and later completed a second degree at UNH (University of Natural Health), one of the only contemporary hygienist schools, as a Certified Practitioner of Natural Health and Holistic Nutrition. He aims to help people adopt a raw food diet and achieve success with it, through a holistic approach based on Natural Hygiene principles.

Having undergone several long water-based hygienist fasts, from 7 to 39 days, and living nearly two decades exclusively on a raw food/fruit-based diet—in other words, a low-fat, vegan diet consisting exclusively of fruits, vegetables, seeds and nuts, a key component in the hygienist model—, he now promotes the benefits of this practice through his work. He began lecturing and offering cooking workshops on the benefits of this lifestyle in early 2009, and offers nutritional consultations to facilitate adoption of hygienism by interested clients.

He's been interviewed on Brazilian TV programs such as Globo Repórter, Sem Censura, Câmera Record, and more. His articles have been published by several respected health and nutrition magazines, and he's a contributing writer at Revista Vegane. An international lecturer with a TEDx on YouTube, he believes wholeheartedly that your health is your most precious asset.

Contact

For further information, such as details on putting into practice a low-fat, vegan, raw food diet, keep an eye on our annual calendar, which offers dozens of retreats, lectures, and cooking classes, as well as recipes, articles, and other information on NH principles. Or, subscribe to our newsletter to receive all these updates directly in your inbox, by entering your email in the right-hand corner of the blog or the site.

To invite the author to give a lecture, organize buffets or dinners for events, teach cooking classes in your city, or for online or in-person consulting or cooking lessons, email saudefrugal@gmail.com.

To join the community of other raw foodies and health enthusiasts for support, news, and answers to your questions, access our Saúde Frugal pages below! Our addresses are:

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Saúde Frugal Documentaries

The following are available on our YouTube channel (www.youtube.com/saudefrugal) or will be released shortly:

- Vivendo de frutas (Living Off Fruits)
- Jejum higienista - A cirurgia da natureza (Hygienist Fasting: Nature's Surgery)
- Vegan Fitness - O atleta do futuro (Vegan Fitness: The Athlete of the Future)
- A cura pela alimentação vegetal (Healing Through a Plant-Based Diet)

Services

Nutritionist

I offer appointments as a nutritionist at the Saúde Frugal lodge in Saquarema, but also in Rio de Janeiro and other Brazilian cities.

Book an appointment by emailing me at saudefrugal@gmail.com or reach me at +55 21 98192-8668.

Nutritional Consulting

Given my practice of nearly two decades with a vegan, low-fat, raw food diet paired with daily studies on the scientific data on vegan, raw nutrition, I've also specialized in raw cuisine and have done several courses in the field, meaning I'm more properly trained to accept vegan, raw food clients. However, I don't limit myself to them and will attend all clients regardless of their diet, since I believe I can help, even if they don't want to make a complete transition. Per Brazilian law, nutritionists are forbidden from offering online consultations, so I only meet with clients in person. I travel around Brazil giving talks, and during my time in each city I'm available to meet with patients. To see where I'm at, check my Calendar tab on my website.

To schedule a consultation, call +55 21 98192-8668 or email saudefrugal@gmail.com. Email can also be used to request information on the consultation, such as fees, what it entails, and any other questions.

Buffets

Have you ever wanted to have a raw vegan party, free from refined sugar, lactose, gluten, and refined, processed, and cooked foods? Would you like to present an irresistible cuisine to all your relatives and friends, filled with cakes, pies, cupcakes, truffles, lasagnas, pastas, fondues, spreads—all 100% natural? Get in touch with us by email or check our blog for our services and pricing for Saúde Frugal to host your party or event.

In-House Consulting

Have Saúde Frugal come to your home and spend a full five days teaching you all the details of the raw vegan lifestyle.

Saúde Frugal Retreats

Are you having trouble practicing and learning about vegan, frugivorous, raw food diets at home? Do you feel it's impossible to adopt the new lifestyle, after countless attempts and next to people who aren't being supportive? Come spend a week with us at our retreat center in the Lakes Region of Rio de Janeiro, in Saquarema. Our retreats are filled with activities, cooking classes, educational talks, group activities, exercise, and plenty of fruits and vegetables. This is the only place where you can truly live with people who share your outlook, the only place in Brazil for this, and one of the only in the world where you can learn the theory, the science, and the practice of modern, raw, vegan, fruit-based, Hygienist cooking. You'll never need to ask if they added salt,

sugar, or other unhealthy condiments to the foods. Our retreats are a unique blend of practical cooking classes with theoretical lectures.

Different retreats are offered with different professors, the two most common, annual ones being Fruit Festival and RAW Gourmet Cuisine.

RAW Gourmet Cuisine Retreat: Cuisine and Lessons

Hosted annually every January and July in the Lakes Region of Rio de Janeiro, just 90 minutes away from the city of Rio de Janeiro. Each module is 5 business days involving 4 hours of culinary classes with Eduardo Corassa, another 1.5–2 hours of practice in the kitchen, and 4 lectures. The day is packed with physical activity, educational documentaries, round tables, debates, and group breaks, along with educational talks, breakfast, tasting the results of the two daily cooking classes, plus dinner prepared by the students themselves.

Module 1

Classes: Raw Fruit-Based Diet; The Fasting Cure; Food Combinations; and The Vegan Revolution. Culinary classes: Desserts, Vegetable *Salpicão*, Soups, Pies I, Ice Creams I, Raw Spaghetti, Salads, Raw Parties I

Module 2

Classes: Improving Sports Performance Through Raw, Vegan Nutrition; Natural Hygiene: The Science of Health; Frugivorism in Practice: Logistics and Fruits. Culinary classes: Plant Milks & Cheeses; Raw, Vegan, and Artisanal Butters; Ice Creams II; Rice & Risottos; Wraps & Sandwiches; Pies II; Pastas, Patês, and Jams; Raw Parties II

Module 3

Classes: Hygienism for Moms, Dads, and Babies; Simplified Nutrition; The Fountain of Youth: Living Past 100; and Vegan Medical Science. Culinary classes: Italian Food I, Oriental Food (Sushi, Sashimi, Temaki, and Frushi), Cupcakes, Ice Creams III, Fondue, *Brigadeiros* & Sweets, Pies III

Module 4

Classes: Raw Food and the Medical Science; The Scientifically Proven Benefits of Fasting; Analyzing Your Lab Results; Adapting a Fruit-Based Diet to Nutritional Science. Culinary classes: Sweet & Salty Crepes; Quiches & Salads; Drying Foods I; Italian Foods II; Raw Pizza; Salad Dressings

Module 5

Classes: The Protein Myth; Raw Food and Its Importance in Vegan Activism; Environmental Toxins; Agrottoxins and Avoiding Them; Selecting and Preparing Foods; B12: Fact or Fiction?. Culinary classes: Brazilian Recipes, Drying Foods II, Mexican Cuisine; Arab Cuisine; Brownies; Savory Meals; Desserts IV; Finger Foods

For more details on the schedule, fees, and other information, please visit our site or send a message to saudefrugal@gmail.com. We have other retreats throughout the year, including the festival.

Buffets for Parties and Events

Let Saúde Frugal prepare any of the gourmet recipes you come across on our YouTube channel, website, or retreats for you and your guests. We can offer anything from dinners to birthday parties or corporate events. You can co-create the menu with us within the framework of RAW Fruit-Based Cuisine (minimalist fruit-based recipes), RAW Fruit-Based Gourmet (gourmet fruit-based recipes), Vegan Fitness 1 (high-protein raw recipes), or Vegan Fitness 2 (steam-cooked recipes).

Raw Food Coach, Detox @ Home, and Personal Chef

Are you interested in diving deep into the world of raw vegan food based on fruits and vegetables? This is the only course on Modern Hygienism in Brazil, with the only Brazilian teacher. Come spend 5 days next to licensed nutritionist Eduardo Corassa, who's been on a raw, fruitarian diet and worked in the field for the last two decades. He's published scientific books on the subject and offers cooking classes and educational talks on raw diets.

You'll enjoy a schedule filled throughout the day with culinary classes, covering everything from simple dishes to gourmet meals, along with educational talks, documentaries, and much more.

We'll come to you, or you come to us. We'll teach you the practice, theory, and culinary application of raw food Hygienism, in a 5-day intensive course. You'll enjoy a fun routine from the start till the end of the day, with activities designed for you to learn all the details so that you can prosper on a raw, fruit-based diet for the rest of your life. Stay with us at our beautiful accommodations in Saquarema, just a few blocks from one of the most beautiful beaches in Brazil, and enjoy classes with a raw food professor who practices and lives what he preaches.

We prepare all the meals and provide guidance on all the smallest details over the 5-day period filled with activities, including:

- A nutritional consultation (anthropometric assessment, analysis of exams, medical history, meal plan, and more).
- Learning to select, purchase, ripen, and store fruits and vegetables.
- Learning to prepare simple daily meals and a gourmet recipe for dinner.
- Learning about the best culinary tools and techniques.
- Learning all the theoretical, scientific, and practical details for applying raw food principles.
- Applying raw food principles throughout your day-to-day lives with the help of an experienced raw fooder, with nearly two decades of practice and one decade teaching the theoretical and culinary aspects.
- Learning your preferences based on RAW Fruit-Based Cuisine (minimalist fruit-based recipes), RAW Fruit-Based Gourmet (gourmet fruit-based recipes), Vegan Fitness 1 (high-protein raw recipes), or Vegan Fitness 2 (steam-cooked recipes).

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Reader Testimonials

Eduardo Corassa's work is essential and an inspiration to all those seeking comprehensive health. His energy and knowledge are infectious as he is the Vegan Revolution and Frugal Health personified.

—Marina Dalila, nutritionist and journalist for the Epoch Times, Australia

Eduardo Corassa is the first serious researcher, practitioner, and instructor of the hygienist frugivorous diet to emerge in Brazil, with several unique and pioneering contributions to the literature. His book *Saúde Frugal* is a landmark work in Portuguese on the supreme importance of nutrition that is relevant to the human species as a whole, an approach that can restore, regulate, and maintain health, our most precious asset for quality of life.

—Clarita Maia, Porto Alegre, Brazil

Congratulations Eduardo. Although you say you're not spiritual, your spirit is so evolved. Your smile, your energy, and your strong body are beautiful. I'm 50 years old and need to lose the same amount of weight as you did (25 kilos). Re-educating myself to change my eating habits is very challenging because I'm hungry every three hours or so. I eat three meals a day and I like to feel full.

I love the example you set with your own life, despite facing heavy criticism. You are showing us how to be more authentic in practice, not just with words, which are often misleading. We can eat excellent food inexpensively. Words are convincing but examples inspire us to action.

—Maria Aparecida de Souza Gonçalves, Goiania, Brazil.

I started fasting a few days ago and was just now reading your book, *Hygienic Fasting*. I was overcome with a feeling of intense gratitude for having found you. Ever since I discovered Natural Hygiene and the practices of eating frugally, my journey of self-discovery has increasingly deepened. I feel like a human being who is more perceptive of what it means to be alive, of what life is. When I came across your work a few years ago, a lot of things made sense right away and within a very short time I was putting the principles into practice. I will never again be able to ignore the reality of such experiences and information. I've gone back and forth between going full frugivorous and a more standard diet, but fruits and vegetables are now an essential part of my life.

At the moment I've deepened my relationship with frugivorism, a practice that has taken on a new meaning, permeated with many other truths that I've been realizing. Thank you, my friend.

Thank you for having been and continuing to be this blessing. For being a blessing to life itself... A blessing for so many lives out there, a blessing for my life.

—Renan Dias, 25, Belo Horizonte.

Hello Eduardo! I recently bought the books *Frugal Health: The Guide to the Original Raw Fruit-Based Diet* and *Hygienic Fasting: Nature's Surgery*. I started reading about fasting but stopped halfway

through, because I thought it would be better to read *Frugal Health* first. When I bought it, I wanted to learn more, but now I'm aware of the problems with cooked foods and want to transition from veganism to a raw diet as soon as possible. I was perplexed by how such logical concepts are not applied or discussed. As for fasting, I confess that I'd never given it much thought from the perspective you propose, and what is explained in the book makes perfect sense. It's a shame that I won't be able to fast any time soon because I'm still breastfeeding. I haven't finished reading the books yet because I'm busy caring for my baby, otherwise I would have devoured them. Reading them has been a wonderful experience and I'm nearly done. These are some of the best books I've ever come across. The knowledge contained in your books is deep, relevant, and transformative. Thank you.

—Simone Lima

The other day I made a remark about my eating habits and this got people curious. I've been a vegetarian for three years. Since deciding to make this change, I've been studying human nutrition to be able to better understand and choose what I eat. Early this year I decided to delve a little deeper down this path and began following a vegan diet. While studying veganism, I came across the diet I've now been following for the last three months: vegan raw food, which basically consists of eating raw fruits, vegetables, nuts, and seeds. My intention today is not to write about the diet itself. There's a lot to cover on this subject, but I'll leave that for another opportunity. A few days ago, two friends were talking to me about my diet and they were worried about two things: they said I'm too radical and that I'm giving up some of life's pleasures. As I've started doing lately, I didn't get into my reasons in detail but kept these two points in mind: being radical and giving up pleasures.

When I decide to do something, I tend to dive headfirst into it. I become obsessed with the subject: I buy books, research on the internet, watch videos, and get in touch with people knowledgeable on the subject. I do this spontaneously. For some reason the subject awakens and focuses my attention. My curiosity and desire to learn are so great that my days end up revolving around the subject for a certain amount of time.

The thing is, not everyone has this same disposition and curiosity. What strikes me as the biggest obstacle to this headfirst dive is the renunciation that the act requires: delving deeper into a certain subject usually presupposes abandoning, at least temporarily, some other subject. And this change of habit often scares and intimidates people.

Then there is a negotiation between the part of the person that wants to start experimenting and the part that wants to leave everything as it is. The result, most of the time, is that the person doesn't gain firsthand experience and truly feel the effects that a certain change would actually bring—a glimpse of what could be a vast, new world, a drop on the surface of an immense ocean, without being radical.

In the specific case of my diet, I spent nearly two months studying vegan raw foodism. Once the theory made sense to me, and I felt prepared and curious to try everything I'd learned, I put my theoretical understanding into practice. I can say it was one of the biggest changes in habits I have ever undergone. And I admit that sometimes I felt tempted to give up the discipline that the new practice required, especially in the first few weeks, for the comfort of an old habit. But I stuck with it, for two essential reasons: I was enjoying the experience and I felt that the practice was doing me good. Little by little, I began noticing changes that left me deeply amazed: changes in my body and its functioning; changes in my tennis performance and in my recovery after training and matches; changes in my energy and engagement levels; emotional and perception changes. These are things that I certainly wouldn't have experienced had I not made a "radical" change.

Use of the word radical is linked to things that come from the root, the base that sustains an organism. The foundation. The origin. To me, radical is something that is truly done, done for real. Many use the word radical to negatively designate a position that admits no exceptions, and I usually disagree when I hear it used.

So, to answer my friends, I say: yes, I am radical. I think everyone should be. Experiencing this transformation opens doors to a new world, and no change needs to be forever. I think that every change should be experienced and we can always change and adapt again, however the case may be. And we will change again. And again. As many times as we want.

To the concern that I'm sacrificing a few pleasures, I can reassure my friends that the pleasures that my new habit offers are much more intense, long-lasting, and healthy than those fleeting, insatiable pleasures they experience, loaded with side effects and various harms, which so undermine and sabotage those who pursue them."

—Thiago Antunes

Frugal Health was one of the best books I have ever read. Without a doubt, it contributed SIGNIFICANTLY to my ability to make the most important change in my life. Thank you, Eduardo Corassa, for bringing these valuable teachings in such an accessible format. One of the biggest challenges I encountered, which certainly is discouraging to many, is having to explore so many different sources, given how varied and scattered the information is. It's much easier when you already have a general understanding, also because we often need to distinguish valid information from erroneous or biased information. *Frugal Health* undoubtedly provides excellent support, sparking an interest to continue pursuing other sources, articles, and literature in the field, starting with the authors referenced throughout the book.

—Carolina Leão, São José do Rio Preto, Brazil

Tomorrow will be 30 days since I started a raw food diet. I can tell you that the changes in my body and mind are real and visible. I lost 6 kilos in 30 days, without feeling hungry and experiencing no discomfort. My cholesterol dropped from 177 to 130. Everything about me has improved. My daily walks that used to take 2 ½ hours now take me 1 ½ hours to cover the same

distance. Not to mention the fact that you feel lighter, your self-esteem improves, everything in your body improves—I mean everything!! And it's only been 30 days. I believe things will get even better. I thank Eduardo Corassa for his book, *Frugal Health*, and everyone who is patient enough to hear me out on this wonderful diet. These days, when I leave the house, I carry bananas in my bag because it's the most practical food I know, besides being a simple carbohydrate and offering a lot of energy without affecting my weight. Well, that's it. Thank you for listening. When we want to achieve something, nothing can stop us. We just have to want it!

—Maria Fouraux Mena, age: 58, Belo Horizonte

IMPORTANT

Any dietary change requires medical and nutritional monitoring. Remember that any vegan diet (free from animal products) requires vitamin B12 supplementation. This will be prescribed by your healthcare professional.

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