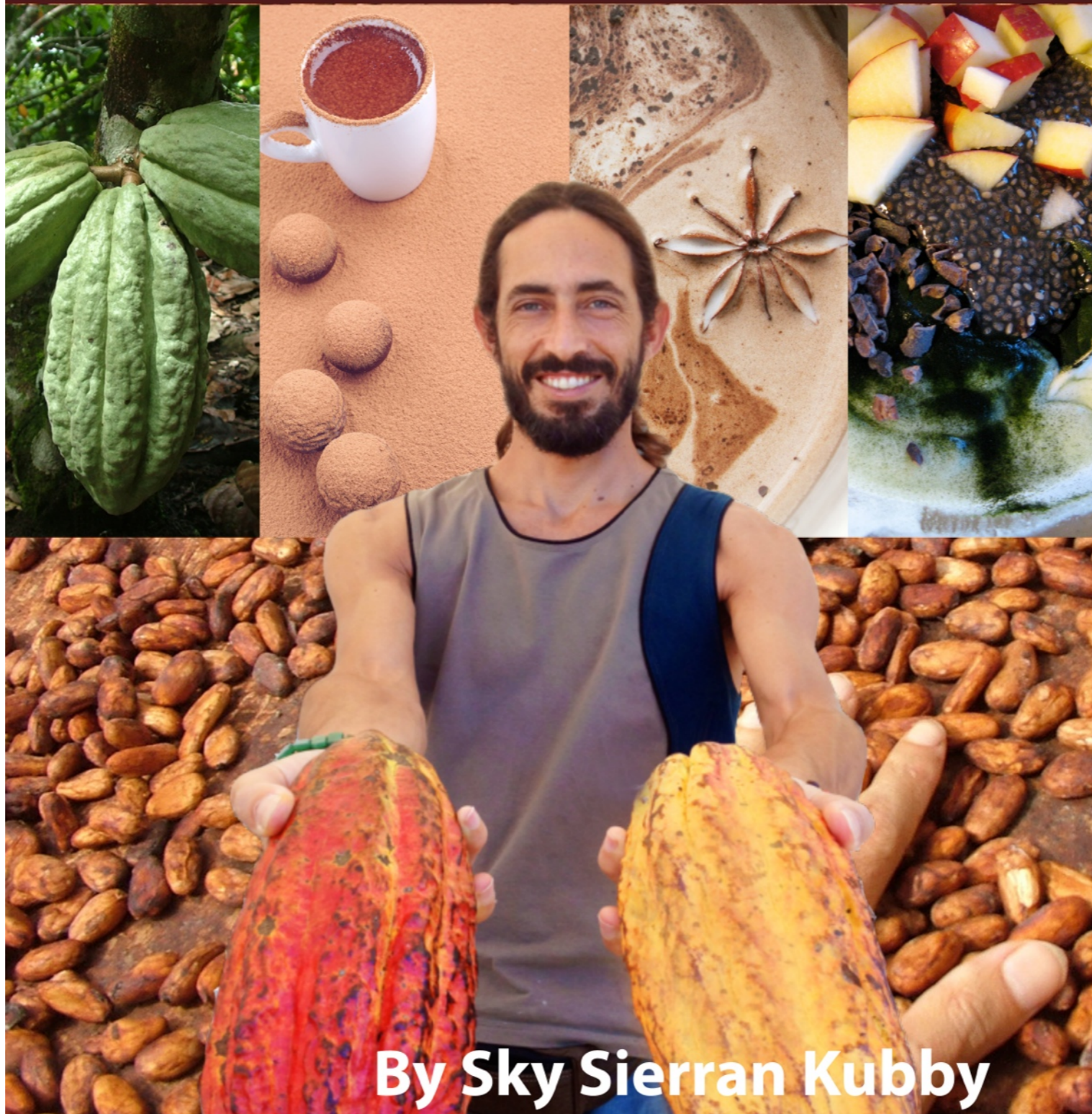


# The Raw Chocolate Diet

Cleanse, Tonify and Live the Raw Chocolate Lifestyle



By Sky Sierran Kubby

# Cleanse

There is an Art of Raw Chocolate consumption. Here we explore how to eat chocolate in a sustainable and balanced way. We incorporate proper food combining and cleansing to eat and drink raw chocolate for longevity and in healthy respect to our organs.



It's a no-brainer for most people that they need to change the oil in their car. So why are we not taught in school that we must cleanse our organs? It's crazy, really, that this stuff isn't common knowledge. I guess it's true what they say, "Common knowledge ain't so common."

This chapter is focused on cleansing all your major organs so that you may live a long and healthy life, filled with plenty of Raw Chocolate.

## Is Chocolate Cleansing?

The thought of a chocolate cleanse may seem counterintuitive to some. Is chocolate cleansing? Not if you're eating poor quality toxic chocolate made with artificial, rancid hydrogenated oils, bad sugars and additives.

While excessive chocolate consumption can make digestion difficult, the high magnesium content can relax the muscles and be quite cleansing for the bowels. Really, it depends on what *kind* of chocolate you are consuming and in what *form*.

The Raw Chocolate Cleanse incorporates a more balanced approach to eating raw chocolate, while nurturing our organs and overall health. It also could be considered a *transition diet*.

Most importantly, while helping people (including myself) transition to a more *whole-live, raw-foods* diet, I've found we are way more likely to embrace practices like *cleansing*, if it's *tasty* and fun!

Chocolate Chia Pudding (Below and Previous Page)



Creamy, chocolatey, colon-cleansing cacao creation!

Health experts today who have moved beyond the limitations of dogmatic diets will agree; practices that you *will actually do* are far more beneficial to your body than the perfect health regimen that you *would never do* ... at least for now.

Later, if you are open to it, these simple, and sometimes indulgent cleansing practices can lead the way to even deeper work.

In this chapter I'll share with you how I managed to clear Candida and transition into an effective cleanse with Raw Chocolate. We achieve this through one part *Alchemy* (Protocol and Recipes) and one part Exercising Temperance (Discernment and Moderation)

\*Consult your physician before starting any cleanse as you may have a serious health condition that these procedure may seem to worsen as your body dumps toxins.

## Food Combining and Cacao

*Learn the rules so you know how to break them properly.*  
-The Dalai Lama

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One of the hardest thing our body does is digest food. Just imagine putting food anywhere else. It begins to compost, rot and smell terrible. We cram food down our human garbage disposal

### Honor Your Organs



Digesting Foods is the hardest thing your body has to do.

without thinking, expecting a miracle. Our goal to get clear about proper food combining that will work best for your body type and your goals. Once you've got the ground rules, you'll see what you can successfully get away with. It's important to not get too caught up in food combining. However, it can be extremely effective in helping

people with chronic illness, digestive problems or who just want to lose weight.

I was 16 when I learned about the *Rules of Engagement* with food combining. I was sick with Asthma, Lung Infections and Candida overgrowth, living at Lake Tahoe, California when I visited an Iridologist named Dr. Carl Pomey. I was on the upswing, really, if you could call it that after a lifetime of struggling with my health. I was an athlete, a ski racer, appearing

normal from the outside. Inside

I was suffering. I had a deep chronic wheeze that would get set off by the slightest irritation, induced by *Cold Weather, Foods, Exercise* and a host of other *Allergens*.

By the time I was 16, I had learned a lot about Chinese and Ayyurvedic Herbs, mostly by reading books and experimenting on myself. Thanks to my Dad for turning me onto my first book

of herbs, *The Yoga of Herbs*. He always promoted magical healing natural remedies with herbs like ginger and garlic. And thanks to my Mom, for the resources to dive deep into my healing journey. By the time I was 16 years old I had experimented with Nutraceuticals, Ozone Therapy, Colonics, Zapper Technology, B-12 Injections, Meditation and more.

At my appointment with Dr. Pomey, he took a look at my Iridology. After snapping a picture of my eye with his special macro camera, he showed me my organs and which ones needed help.

There was a ring around my iris, in some areas dipping into towards the iris itself. As he told me this he pointed to a distended bowel and possible pockets in my colon where old stuff was trapped. He could also tell by the lateral splits on my tongue that I had some major digestive problems.

I was instructed to chronicle the foods I was eating so he could take a look at our next appointment. Before I left he taught me about proper food combining and provided a few simple rules:

## 5 Food Combining Rules

1. Eat Starches and Proteins separately.
2. Eat Starches with Vegetables
3. Eat Proteins with Non-Starchy Vegetables
4. Avoid combining anything Sweet with Starches or Proteins
5. Fruit and Melon should be eaten alone



Sky Kubby, 13 years old

## Other Healthy Digestion Tips:

1. Wait 3 hours between meals. Wait an hour after eating fruit, preferably your first meal, to eat a meal. Don't eat fruit on top of a meal.
2. Avoid drinking water with meals, especially cold water as it slows digestion and dilutes the enzymes.
3. Sit upright, eat slowly and chew one mouthful thoroughly, before the next is taken.
4. Eat more Whole, Live Raw Foods. They contain the enzymes needed to digest the food.
5. Eat Raw Chocolate Bars away from meals. The sweetener, cacao butter and even the chocolate itself could be binding and inhibit digestion. Raw beans may be consumed and cacao powder, however beware: Raw chocolate may cause sudden lack of appetite!

The rules are different for everyone. It really depends on the person, *what* and *how much* they are eating. For example following these rules perfectly could be amazing for someone who is eating a majority of cooked foods, has an imbalance of healthy flora (Dysbiosis), has poor nutrient absorption or is overweight.

Other folks eating more of a raw foods diet may be able to handle some of these food combinations, because of the enzymes present in the raw food, and their systems are clean enough to absorb the food. This enzyme availability is another benefit of raw cacao. You see, it really depend on the what and the how of the combination.

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***The key to prevention is healthy digestion***

*-Chinese Proverb*

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Some overweight people could have great success with just practicing not combining proteins and starches and could even free up a few pounds as this practice could really get things moving along in their bowels. It is reasonable to say that 3-5 extra lbs of undigested colon matter alone could be shed, especially in combination with Colon Cleansing.

I did what I could to follow the plan, writing down everything along the way. I thought I was doing pretty good, after all I was shopping at a *Health Food Store*...

When I showed up back at his small office I handed him my list and took a seat. Before even looking at my list he said, matter-of-factly, "Well you haven't been following the food combining rules, now have you?" I pleaded with Carl that I had and to just take a look at the list. "Well, I can smell your breath from across the room so I know you've been combining protein with either sugar or starch."

Now there could have been other reasons for my Halitosis, as pockets of decay would form on the back of my tonsils from lesions and bouts of Strep Throat, lack of oral hygiene or my Dysbiosis (Imbalance of Healthy versus Bad Bacteria) caused by Candida overgrowth. Regardless, his words struck a chord and were

a wake up call to become more aware of what and when and how I was ingesting food into my body.

There's a bit of controversy on the topic of food combining. It appears some people do better than others. This of course has to do with the fact that everyone is different. *Kapha* body types who can have long, slow digestion with the ability to put on extra weight, may have more difficulty with certain food combinations. *Pittas*, on the other hand, who have more digestive fire may burn up everything they eat, possibly getting away with looser combining rules.

### Starches and Proteins

It is more difficult for the human body to digest starch and proteins, if eaten together. It is especially true if your constitution is weakened and if you are dealing with a health issue.

Take the classic Steak and Potatoes, just to be clear. Although there's some protein in potatoes, its only about 8% most of the rest is all starch. If eaten together the starch will ferment most likely, and the protein will putrefy (rot). Digestion of starch begins in the mouth as your Amalase enzymes from your saliva begins breaking down starch while you chew. That's why it is SO important to chew your food thoroughly, before swallowing.

*Chew your drink and drink your food*      *-Mahatma Ghandi*

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The enzyme Ptyalin, a type of Amalase, breaks down starches into Maltose and Dextrose- sugars! Once the steak 'n' taters hits the acidic environment of your stomach the Amalase stops

### Large Intestine



This is a healthy colon... Pockets may form that traps food. You'll be surprised how old and dark some of the stuff that comes out from the colon cleanse!

working and the Hydrochloric Acid (HCL) kicks in, activating pepsin and then breaks down proteins. The starches move on into your small intestines, while the protein will sit in your stomach for a few hours, or longer, if it's meat.

Starches require an alkaline environment so getting mixed up with the protein (steak) isn't going to do it much good in the acidic environment of the stomach. Once the starch enters your small intestine then it begins its real digestion. However if there is some protein mixed in, which is likely with the steak 'n 'taters example, then the protein is bound to remain undigested and rot.

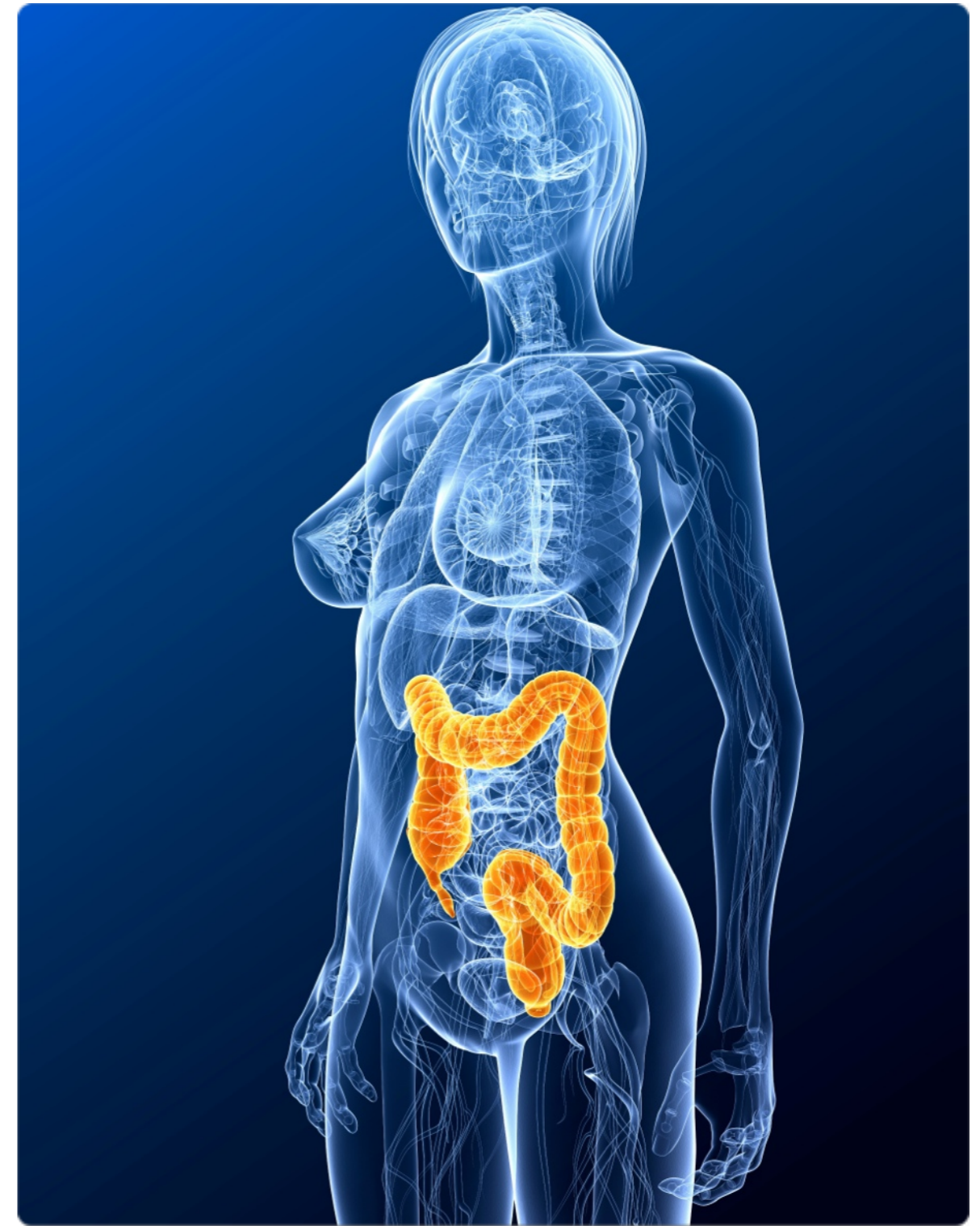
### ***Starches and Sugars***

As Carl and I went over my list I saw how I was breaking some crucial rules, for example, eating healthy cookies that were fruit juice sweetened. While at the time I thought that was a healthy choice, Carl reminded me that the sugar from the fruit juice and the starch in the cookies were combining and creating *fermentation*.

While some schools of thoughts on food combining believe that it's the breakdown of beans that cause gas and *not* the combination of foods, I have to disagree, for me. From that day forward I noticed every time I broke the rule, I had gas.

So, what's wrong with a little gas, you might say? Well, this is the same chemical reaction that makes alcohol. That's why many recovering alcoholics switch to sweets when they get sober. Also, acetaldehyde is created which may cause liver toxicity as well as

Your large intestine



Imprint on this image and regularly massage your Large intestine from the bottom right around, clockwise to the left- especially when cleansing!

an overall bad feeling like a hangover. Ever overindulged in sugars and starches and awaken up in the middle of the night a little wobbly as you make your way to the bathroom? That's because you're a little drunk from the sugar and alcohol fermenting.

"Sweet!" you might say. While acting as a home brewery may be enticing to some, it causes a whole other set of problems. For one, the starch-sugar combo creates a *feast* for opportunistic organisms, such as Candida (a fungus), Yeast and Myco-Bacteria (a fungus/bacteria hybrid). These organisms can spread throughout the body feeding on the starch, sugars and undigested fats in the blood, skin and organs - leading to many of the *mystery ailments* people experience today.

They can grow roots down into the Lymph and infect the blood. One great product know to eliminate Candida in 3 months, without changing the diet and *killing* these roots is the *Vitae Elixir*, a laboratory extracted concentrate of powerful herbs such as Gravel and Bloodroot. The Synergy of the herbs is gentle and very effective in eliminating a lot of these mystery ailments and issues with ailments such as Psoriasis, Lymes and Candida. See the products section at the end of the book.

## Proteins and Sugars

While starches and sugars ferment to make gas, proteins and sugars *putrefy* (rot) to make *stinky* gas! Enough said.

## Second Stomach?

Did you know you had a second stomach.? Before reaching the small intestine there is a *second stomach* that has a greater concentration of acids and bile. Here some major breakdown can occur.

Food absorption doesn't occur in the small intestine. It waits for the lower intestine where it can be assimilated into the body. This second part of the small intestine is where the lymph nodes are, just behind your belly button.

It's crucial to keep your probiotic balance. If the inner ecosystem becomes compromised by antibiotics, GMO foods, artificial foods or gets too acidic, Bacteria, Fungi and Molds can bore down roots here, into your lymph and move to other organs and Systemic Candida overgrowth can occur.



## Bottom Line

Do the best you can to keep proteins and starches away from each other. Eat proteins with greens and starches with greens. Eat fruit by itself in the morning. Eat sweets by themselves not in combination with starches or proteins.

## Chocolate Chia Colon Cleansing

If you want to lose weight, then besides even moderate attention to food combining, cleansing your colon can be easy, tasty, and highly effective. If your desire is simply optimal health and vital-

## Chia Seeds



Experience the power of Chia Seeds!

ity, follow along with this colon cleansing protocol and you'll feel lighter, healthier and more energized.

### **Chia Seeds:**

A member of the Sage family, *Chia* is the Mayan word for strength. Chia has easily digestible protein, vitamins, minerals antioxidants, soluble fiber and is high in Omega 3's.

Referred to as *Indian Running Food* and used by the Inca's and Aztecs, chia is really a superfood of superfoods!.

Chia can build strength, endurance, energy, balance blood sugar and be a great colon cleanser! In *The Magic Of Chia*, James Sheer tell a story of Paul Bragg, fitness Guru who died at age 95 in a body-surfing accident. Bragg and a group tested Chia by chewing on chia, like the Tarahumara tribes that run hundreds of miles, sometimes on only a couple mouthfuls of Chia. Bragg and his friend climbed to the top of Mt. Wilson, finished 27 minutes earlier than the rest of the group.

By simply replacing one meal a day with a **Cacao Elixir** or Chocolate-Chia Pudding you could flush out 3-5 pounds of un-

wanted colon matter *your first week!* Substitute your first meal with the Chocolate Chia Pudding (See Recipes). Chia is an incredible source of protein, is a natural colon cleanser and is extremely hydrating to your colon. The seeds are hydrophilic, meaning they can absorb up to 12 times their size in water!

While Psyllium husks are great, they can get bound up in the colon. They also can go rancid easily, unlike Chia which has more built-in Antioxidants to protect the oils. Chia seeds, when blended dry and added to water just before ingestion can be just as effective or more at cleansing your colon. Be sure to drink a full glass of water after eating Chia as a colon cleanser if using this method. Hydration is Key to a healthy colon. Although it's generally good to avoid drinking with meals, a little water after a chocolate chia pudding is also advised.

In the morning, follow the *Awake and Aware* protocol in Chapter Four. You may still eat fruit as the first meal, as long as you are feeling in balance with Candida or any other infection.

Blend your foods for a minimum of 3-4 days, preferably a week. You can eat anything *smooth* like mashed (blended) potatoes or yoghurt. The idea is to decrease the amount of stress on your digestive system while providing the ideal environment to release toxins. \*\*\*Use discretion. This doesn't mean to throw a Big Mac in the Vitamix and call it good. Use the concepts of food combining and be gentle on yourself. See recipes for Banana-Kale Smoothy, Creamy Mashed Cauliflower and Raw Hot Seaweed Soup.



# Love Your Liver

One of the best things you can do for your health and longevity is a *Liver Flush*. After a week or so of Colon Cleansing Protocol you will be ready to flush your liver.

Don't go too heavy with liver cleansing herbs like milk thistle for too long. It's helpful to include Goldenseal along with Shizandra which is more gentle and generally really safe. Shizandra nourishes all 12 meridians, all 5 elements and cleanses and protects all organs. Used during a healthy liver/gallbladder flush it can be really beneficial.

## Colonics or Enemas and Bulb Syringes

After a *minimum* of 3-4 days of eating only blended or soft foods, it's time to prepare for your *Liver Flush*. In order to get things flowing, it would greatly benefit you to book some sessions with your local Colon Hydrotherapist. You will be so glad you did!

At least get an enema bag or a bulb syringe. You can get an enema bag at your local drugstore or order a large sized one at **The Raw Food World**. If you've never used an enema bag before *don't be afraid!* After your first flush you will be feeling so good after having released so much blocked up stuff that any resistance you had will be a thing of the past.

All you do is fill up the bag with pure warm water and screw the cap on. Hang up the enema bag by its hook on a nail, lay a towel down on the floor. Lay on your back or side, put a little coconut or olive oil on the tip and push it a little ways inside your rectum, just past your sphincter and release the flow.

Just breath slowly as the fluid enters you. You'll see the bag get smaller and begin to feel full. Sometime you may hit a gas bubble. Just breath and the feeling should pass as the water makes its way further up inside your colon. I've found by jiggling the lower right side of the ascending colon, between your right hip bone and your belly button, it can allow more water to make it up there more easily. My Colon Hydrotherapist, Susan calls this *The Washing Machine* as you can hear the fluid squish around while you push and down on the sweet spot.

You can use cold water, but it will be a strange sensation for the first time. However the benefit is that the cold *shocks* parasites into dislodging themselves and it is more likely that you will pass a roundworm or tapeworm. Please don't be in denial about the fact that we all have parasites. Be empowered by the idea of regaining sovereignty over them and taking our bodies back! More on parasite Cleansing later.

A bulb syringe is like an oversized tennis ball with a plastic tip. It is quick and effective at removing any blockages. If you are constipated and you squirt a bulb syringe or two worth of water up there, just like an enema, you should experience immediate relief. Most headaches and many other ailments are linked to a stuck or dehydrated colon.

One of these little bulb syringes also comes in handy at the end of the colon cleanse to *Re-Colonize* with healthy gut bacteria. This can be as simple as getting your favorite probiotic and opening the capsule in a bowl of water, stirring around and sucking up the fluid with the bulb syringe to implant and reset your

bio-terrain with healthy intestinal flora. *Primal Defense* is a great product for this purpose.

## Olive Oil & Lemon Liver & Gallbladder Flush

This cleanse, if done correctly should leave you feeling like a million bucks! Upon its completion you will flush 20 to 100 gallstones ranging from pinky nail to the size of a quarter.

Your gallbladder stores and concentrated bile from the liver to secrete into the small intestine to help with digestion of fats. Stored bile in combination with excess cholesterol can lead to the formation of gallstones. The gallstones build up and fill your gallbladder, possibly obstructing the duct as they grow in size. However, if kept cleansed there is no need for surgical removal of a highly functional organ.

By following this simple maintenance procedure, recommended to do at least once a year, you can probably save yourself expensive and invasive surgery and the removal of your gallbladder later on in life.

### Directions For Liver/Gallbladder Flush:

Once you have been consuming liquid or blended only meals for at least a few days, minimum, and have been doing regular enemas or Colon Hydrotherapy, you are ready for a liver/Gallbladder flush.

The Colon cleansing you did earlier in this chapter will have prepared your colon to dump toxins. This is crucial to the success

of a gallbladder flush. Although it is possible to do a flush relying solely on laxatives to keep you from reabsorbing the toxins you are dumping, it is not recommended.

This is really important to the success of your cleanse. You want to get that icky stuff out of you ASAP! Anything you can do to speed along the process your body will thank you for it ... and you will feel better through the process!

- The night before your cleanse fast from ANY fat. For the days leading up to when you are planning a Gallbladder flush, completely fast from eating Chocolate, or any other high-fat food, including nuts, oils and dairy.
- If you are coming directly off your colon cleanse and have been taking Chia Seeds, Bentonite Clay and/or Psyllium stop the day of the cleanse.
- Drink a full Gallon of water before 2-3 PM
- You may choose to fast the day of the flush, to maximize the detox, perhaps on water or coconut water. You may have an Elixir from the Elixir Bar. See chapter 5. Just be careful to not include any oils.
- For Lunch Eat Blended Steamed or Raw Veggies, Sweet or Red Potatoes or just continue with Veggie Juice... You can blend fruit, but at this point in the cleanse you may choose to stop fruit so as not to experience gas during Colonics. It's your choice, but beware of gas if you don't adhere to strict food combining principles outlined earlier in this chapter. You are cleansing, be sensitive to your system.
- After 2-3PM don't eat or drink anything for the rest of the day. If you aren't accustomed to cleansing, then you must prepare



Detoxifying through the skin is one of the most efficient ways to cleanse the body.

yourself psychologically for this moment and deal with it. This is your time to cleanse. embrace it!

- Between 5-6 PM drink 1 Tablespoon of Epsom Salts dissolved in 3/4 cup warm water. Dip your finger in some raw honey for a little treat and to get rid of the taste. This will act as a laxative to open up your Gallbladder ducts to release the gallstones.
- Between 7-8PM- repeat this 1 Tablespoon Epsom Salts and Honey Lick. Prepare another cup and set next to your bed to prepare for bedtime.
- Blend 1/2 cup Organic First-Cold-Pressed Olive Oil and 1/2 cup of Juice (no seeds) from a Large Grapefruit or citrus blend of

Grapefruit, Lemon and you may even throw in an Orange to make this Elixir even more fun!

- Visit the bathroom as much as possible before bed. Massage your colon from, bottom, closest to your right leg, up around under the ribcage where your liver is, under your left ribcage and down closest to your left leg. also push directly under belly button towards your sacrum.
- 10PM or just before bed: Drink your Olive Oil/Citrus Blend.
- Some people like to take something to help them sleep through the night. Others choose to remain aware through this

powerful cleansing time. If it is your first time you might want to take a melatonin, or L=Ornithine capsule to help you sleep.

- Immediately lie down on your right side, the side of your Liver. Just rest there for at least 30 min. This is a good time to send positive healing thoughts to your liver.

***“I Love you Liver. Thank you for all you do for me!”***

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- At 3:00 AM, or whenever you wake up in the middle of the night past 3:00AM, drink your last dose of Epsom Salts you have by your bed.
- At this point, whenever you arise in the morning you should try and use the bathroom first thing. Then you may drink some tea or other liquid and perhaps eat a light meal to celebrate.
- Don't be concerned if you do not flush your Gallbladder stones at first bowel movement. Over the course of your next few movements you should see, and feel, the stones release. It is a painless process. The duct should be open and lubricated by the olive oil. You will kind of feel them just squish out.
- As the toxins dump you may feel a release of the toxins stored there. For me the first gallbladder flush was extremely psychedelic, probably releasing from my younger years.
- Afterwards you should feel great!

\*Variation: Instead of Epsom Salts you can take a laxative like Senna Leaf Tea, upon rising to make sure you keep the toxins flowing out of you.

**Congratulations!!!** you just did one of the best things you can do for your body! This next cleanse is simpler and more fun: The Watermelon/Cucumber Kidney Flush!

## Watermelon/Cucumber Kidney Flush

### Be Kind To Your Kidneys

You can decide how deeply you want to cleanse your kidneys by how long you drink only liquids before flushing with watermelon or cucumber.

Every so often I decide that the next day I am going to do this simple *Kidney Flush*. The night before, replace the meal with liquids only.

If you want to go a deeper with a Kidney cleans then begin decreasing the amount of food for a couple days. To do a *Deep* cleanse it is helpful to fast on only water for 2-3 days. Coconut water is great to fast on leading up to your kidney flush, because it contains important electrolytes.

### Watermelon Kidney Flush

Directions:

- Purchase 1-2 whole, ripe, organic watermelon, depending on the size. You may want to buy a few smaller ones, depending on availability
- For your first meal of the day cut the meat out of a watermelon being sure to include as much rind as possible, blend in the Vitamix and ... *Enjoy!* Drink as much of this magical kidney flushing Elixir as you like.

If Candida is an issue then skip the watermelon and go directly to the *Cucumber Flush*. *Also, do not combine them, it will make farts!*

## Cucumber Kidney Flush

Preparation:

- 1-2 Dozen Organic Cucumbers, or more, depending on length of cleanse.
- Blend a few cucumbers at a time in Vitamix with as high of quality water or low Total Dissolved Solids (TDS). We are trying to avoid anything that can contribute to build-up of kidney stones, such as oxalates and calcium.
- Wait 3 hours between transitioning from watermelon into cucumber. Although in the same family, some people report excessive gas when violating the rule of eating melon by itself.

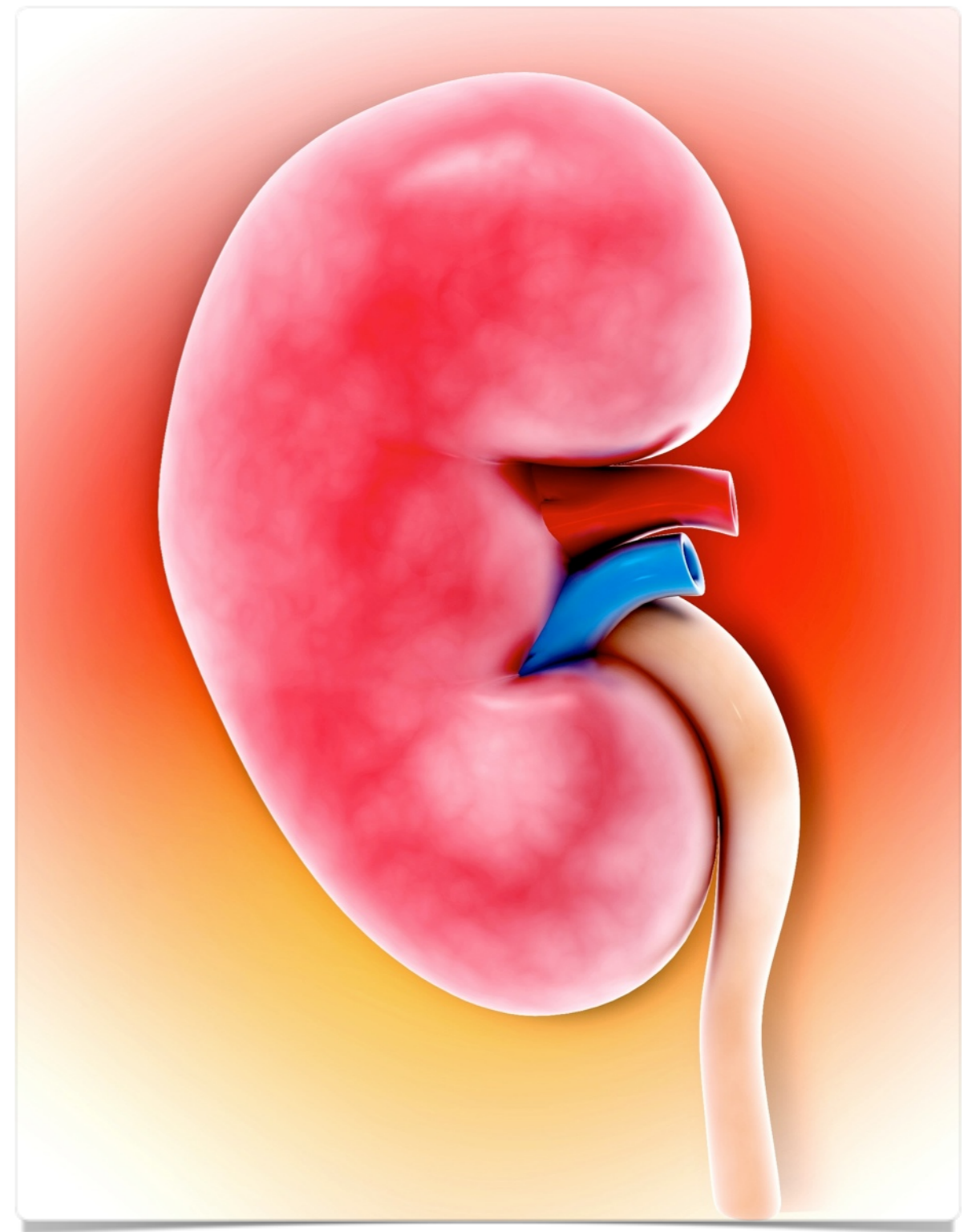
Prolong this alternating between watermelon and cucumber juice as long as you wish. You will find in as little as one cycle things will start moving. You'll notice a major increase in the *volume* of urination. Any previously experienced restriction should become a thing of the past and the water will flow out of you like never before.

## Chanca Piedra, The Stone Crusher Herb

You may also incorporate the *Stone Crusher Herb*, Chanca Piedra, an herb that has been used in the Amazon for 1000's of years. In 1990 Dr. Wiemann treated over 100 patients successfully with Chanca Piedra to break down their Calcium Oxalate stone and prevent them from forming.

There are also antispasmodic properties that allow the passing of stones painlessly. Dr. Weimann's approach eliminated stones in 1-2 weeks with a 94% success rate.

\* Consult your physician if you have experienced pain, have difficulty in urination or expect that you have kidney stones.



Be Kind to your Kidneys. Visualize them pink and vibrant.

## Candida-stasis

I was born July 8 1975. The summers were hot but the fall came on suddenly in the Southern Cascades. Quickly the summer world of frogs and our spring fed pond and waterfall were replaced by cold wet damp air. 6 months after my birthday I was in an oxygen tent with double Pneumonia. Around that age I had flown to the East Coast with my family. Perhaps I caught something on the plane.

Like most children I was probably brought in for my checkup upon developing my first cold, or immune response. The doctor, most likely, found an infection and treated me with antibiotics.

Being a sensitive child in a harsh environment, I most likely became very ill and I will not rule out that the antibiotics could have saved my life. That said there was a lack of awareness that those *anti-biotics* were also wiping out my first line of defense- my healthy gut flora, or “good” bacteria. Maybe I was fed some yogurt, but after a run of antibiotics there is a need to seriously rebuild those colonies. All these scenarios were a perfect storm that allowed for a Candida Overgrowth to occur.

As I got older I had lingering fungal and bacterial problems, coupled with a greatly lowered immune system. I experienced chronic asthma and lung infections throughout my childhood and into adulthood. I was given the drug, *Prednisone* for inflammation, further inhibiting my body’s own ability to produce my own functional anti-inflammatories.

For beautiful skin...



Seat it out.

I was told by the doctors, quite frankly, that I would always have to take their asthma drugs. And I was prescribed and heavily used the asthma drug, *Theophylline*, which, interestingly, is found in abundance in *Yerba Maté* and *Cacao*. This synthetic concentration made my hands shake and I felt terrible. I could feel the inhalers making me dependent on them for open lungs.

A simple cold often landed me in the emergency room, shot so full of adrenaline that I felt amped out of my mind and wanted to pass out all at the same time. I remember feeling like if there was a hell, I was in it. Sometimes I would be sick for months at a time. I usually had some kind of chronic lung or candida problem. On the outside my life looked peachy; I was a ski racer, on the varsity ski team in 9th grade. However, at the end of a ski race, gasping for my breath sometimes I felt like I would die. Inside, I was desperate.

I began turning to alternative medicine and read *The Yoga of Herbs* that called to me from my dad's book shelf. I started boiling up ginger root and taking ginseng. Soon I found myself at the herb isle in the health food store, buying bags of Marshmallow and Licorice Root.

I consulted ancient Indian Ayurveda and Chinese Medicine, ate Raw foods, had Green Grass drinks, experienced one healing crisis after another and gradually reclaimed my health.

I mention all this now because chronic illness such as Asthma has multiple underlying *dis-ease* at the base of the symptoms. Often, Candida overgrowth, is one of the culprits.

Candida Overgrowth has been a theme in *The Raw Chocolate Diet* because it's one of the things to be careful of with the consumption of *too much chocolate*. In Chapter 6 we discuss how to optimize the diet so as to not create an environment for candida.

General guide lines are to increase probiotic consumption and limit or completely avoid processed foods. Starches and sugars feed Candida. As you avoid these foods, you will be drawn to and crave nuts as the candida has the ability to take control of your mind and tell you what to eat! When we stack sugars on top of oil-rich diets, it inhibits the absorption into the cell creating the perfect environment for fungus and bacterial overgrowth. We will get to more on how to rid Candida overgrowth once and for all from the body!

We will discuss “Zapping” technology that can kill the bad bacteria but leave the good ones alone with a frequency generator. Also there's a little secret that's been around since the 70's called Vitae Elixir, that is actually capable of destroying Candida overgrowth, as well as its roots *without changing your diet!* Of course issues will clear up faster if you eliminate sugar and starches from the diet. If you are struggling with Candida issues a holistic approach is necessary. Continue with these cleansing methods in these next chapters and Candida will be a thing of the past for you. Now, on with cleansing...

A healthy lifestyle, including exercise is essential for elimination during cleansing. Again, focusing on what we *will* do, is most important. Exercise needs to be fun and relatively easy on the body. If you have an exercise regime you like, try adding some of

the suggestions in this chapter to your routine. Exercise is so crucial because its the only way to move the *Lymph*., a crucial system that is directly connected with the *Skin*, which is a reflection of the *Lungs*.

## Skin, Lymph and Lungs

Did you know your skin is your largest organ? It detoxes more than your kidneys and colon combined. Guess what's good for your skin? You got it - Raw Chocolate!

Its a big myth that chocolate gives you acne. It's really the hydrogenated oils, bad fats, cooked milk (pus cells) see [www.](http://www.), artificial flavors, GMO additives and *Highly Processed Sugar* put in chocolate that are the real culprits for a break-out!

But what about skin rashes due to all the people allergic to chocolate? Actually one study showed that out of 500 people tested for chocolate allergy, only one person was, in fact, allergic!

While cleansing your skin I suggest modifying your chocolate consumption to Raw Cacao Beans and Raw Cacao Powder such as is used in **Medicinal-Foods Cacao Elixir** and taking a break from the oil in the cacao butter of chocolate bars for now. No smoking as well.

### Steam and Scrub- Moroccan Style!

Steam, Moroccan Style. Shower first and clean the skin with a gentle soap. Dr. Bronners Lavender or Eucalyptus is perfect. Although I do not use soap as it can strip off vital protective layers from our skin, this is the *Moroccan Style*, so when it Morocco...

Rebound your way to a healthy body!



On every bounce your one-way lymph valves open and close moving the Lymphatic Fluid throughout your System.

Find a Steam Room and do three rounds of as much time as you feel comfortable with, depending on the heat. Be careful to hydrate and not overheat. Drink plenty of water.

Shower between rounds to eliminate toxins coming to the surface as well as to cool down. Recognize the colder the water the more your pores will close up, inhibiting the release of toxins. Cold plunges have their place to boost your *Chi* and build your immunity, however for the sake of what we are accomplishing here, use warm water to rinse.

In Morocco, there is a special room outside of the main steam room where it is still warm, but not so humid. Pick up a Moroccan Mitt to exfoliate- available at [Medicinal-Foods](#). Find a place where you can hang out that's not too cold to drip-dry until your body is not so wet.

Then, with your hand in the mitt, scrub long strokes toward your heart. I learned this technique from a Moroccan Woman and her Daughter while at Harbin Hot Springs in Middletown, CA. She said she gardened a lot and so did this procedure regularly. Nonetheless, she still managed to produce thick rolls of dead skin as she rubbed the Moroccan mitt over her body. I was stunned and excited to try it out on myself. To this day this is one of my favorite ways to cleans.

If you don't have access to a steam room, or along with steaming, hit the Sauna.

## Swim For Health



Swimming is one of the healthiest, most low-impact forms of exercise. Moves Lymph, lubricates joints and uses all your muscles.

## Sauna

Get in the sauna and *sweat!*. You can do the similar rounds as above and even use the mitt. You just may want to do more cold of a rinse in-between rounds to deal with the heat. If you can find or buy an *infrared* sauna- they are the best! An infrared sauna with a ceramic heater will penetrate 5-6 inches into the skin, helping to get blood flow moving and potentially break up calcification. Try taking **MegaH-** before your session to really get the blood moving!

## Hot Springs: Fountains of Youth

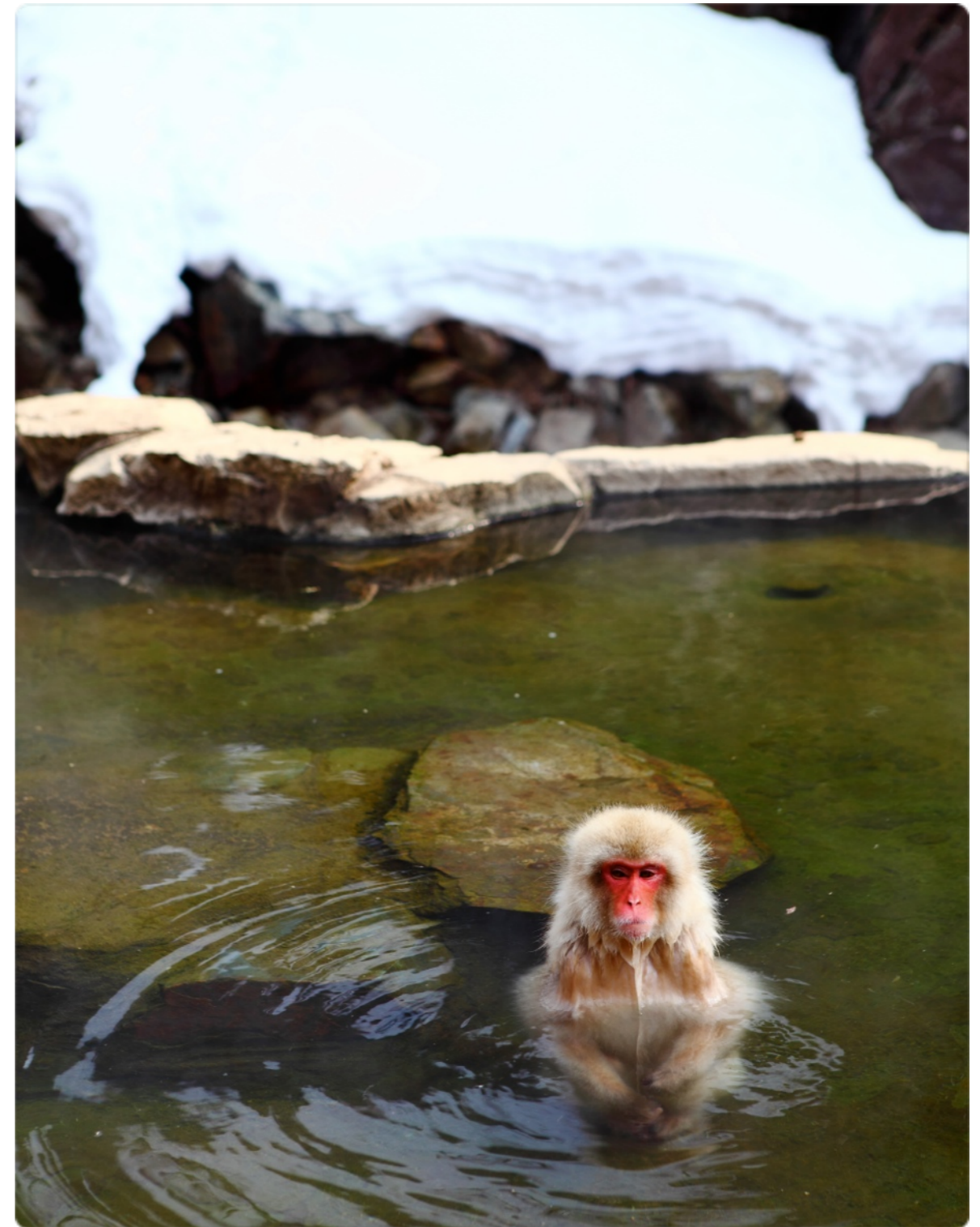
These magical places are highly sought after direct connections to the heart of Mother Earth's magma thermally heating spring-water. Hot Springs like these in Big Bend, CA are incredibly healing. They have a very high Lithium content that people have journeyed to from great distances to receive healing.

## Hot/Cold Healing Reset Button Protocol:

I highly recommend this technique... If you've experienced healing at this level you'll probably agree that it's transformational. Warm up in an average temperature pool, but before entering the hottest pool, take a cold plunge. I like to completely submerge and spend a little time as long as my core doesn't drop too much. At least put your lower half of your body in the coldest water available. Then try up to your neck. Later, you can completely submerge, once you build up your internal core of heat. After your cold plunge, go directly to the hottest pool.

If you enter the hottest before you have cooled your body then it may be too much. You'll be surprised at how hot you can handle

## Soak for Life



These monkeys high in the Himalayas know what's up. The hot water kills opportunistic organisms like candida, as the heat penetrates the skin.

after your super cold plunge.

Do three rounds of this.

I like to prepare a prayer for each round and release my intentions into the water as I submerge. I find this to be a highly effective manifestation tool.

Be sure to stay hydrated. You may want to celebrate with a little food after your session. Go for juicy snacks to get your hydration up like cucumber and celery for the salts. Be careful not to overindulge in sweets like juices, fruits, or starches like breads. It's fine to have some fruit, just be aware of where the feeling is coming from. Candida has the ability to control our thoughts as they secrete chemicals into their environment to tell us what to eat to feed them.

The healing is taking place on many levels, however that kind of heat penetrating deep in the skin is doing the same thing as an infrared sauna or a steam room, killing bad bacteria. The temperature levels reached through these methods are high enough to kill the unfriendly bacteria. You may have a die-off. You may feel tired, or even sick.

## Low-Impact Exercise

Sweating through actual physical exercise is another great option! A very successful person once told me, "I'm going to write the biggest motivational book ever. It's going to be a big fat book, and all the pages are going to be blank - except the middle. Across the middle it will say in big bold letters,

***"GET UP OFF YOUR ASS!"***

Here are some exercises that will get you up and sweating:

### Rebounding

A little exercise can go a long way while you are cleansing.

You can do your body a big favor and buy a rebounder. It's an easy and fun way to move your Lymph and build resistance through the g-forces of bouncing. The only way your Lymph moves is through YOU moving it. Gravitational pull has some effect but there is no pump like your Heart and it must travel thousands of miles throughout your body!

Hodgkins Disease is caused by cancer of the Lymphatic system. Sarcoidosis is a disease of the Lymph due to *unknown causes*. It makes sense to keep the Lymph flowing.

In an article for Total Health, Dr. Tina Wellman, a psychoneuro-endocrinologist and author of wellness, detoxing and nutrition writes,

***"The repetitive rhythmic motion of bouncing on a mini trampoline provides a simple, zero-impact exercise method with long-term mental and physical health benefits,"***

Mucus overproduction that gets stagnant in the Lymph is the culprit of the common cold, a natural cleansing of the lymph

in the changing of the season. More mucus should be a warning to start moving your Lymph, that it wants to come out. The Lymphatic system is like a system of rivers flowing to the ocean. The nodes are like lakes where fluid pools up. If your mucus quality becomes thick from pasteurized milk products, for example, it can lead to ways of excreting that aren't pleasant. Post-nasal drip is one warning sign. Asthma or excessive phlegm in the Lungs is another.

There are certain movements such as deep breathing and activating certain muscle that will move the lymphs through one-way valves throughout your body. Have you Rebounder nearby when you are at home so you can just jump up and start bouncing. Try variations of jumping jacks, counter-rotating twists with the upper and lower body and high step running on the rebounder. Also try running in place on the rebounder as fast as you can. Put on your sweats pants and a jacket and *sweat it out!*

### **Foods to eat while cleansing the Lymph:**

Eat liberally of the King and Queen of Mucus dissolvers, Daikon Radish and anything in the Onion Family.

These plant allies work to directly cleanse another major part of your body, your mucous membranes. Just think of what happens to you eyes and nose when you cut and eat raw onion. Eat more leeks, scallions, garlic, cabbage and miso. Barley is a good mucilaginous grain as well.

### **Steamed or Raw Cauliflower Potatoes:**

See Chapter 7 for Dinner Recipe Ideas. This is a great recipe for that really good for the Lymph.

### **Swimming, Yoga and Dance**

These are some great, fairly low-impact ways to get the lymph moving and sweat. Any time you can move your body, you move your lymph. However you like to exercise, go for it and try to make it regular.

### **Walking/Hiking**

Never underestimate the power of Hiking. I used to take walks with my Dad, Steve Kubby, long-term Cancer Survivor. At one point he was given 6 weeks to live. He attributes walking every day as one of the ways he healed from a rare form of Adrenal Cancer. Cannabis and Skiing were the others. It was probably the walking in the off-season that kept him in good enough shape to drag himself up on the mountain to get a few runs in before coming home and collapsing on the the couch. According to the Mayo Clinic, it was the Cannabis that saved him, as it is very rare to survive this kind of Cancer. His case has since set precedence in the legalization of medical cannabis use.

### **Say *Hasta* To Heavy Metals. Get Rid of Radiation**

Both **Mega H-** and Crystal Energy have the ability to *escort* heavy metals and radiation out of the body. The dual tetrahedron molecule of the **Crystal Energy** product acts as a zeolite to trap heavy metals and radiation to remove safely from the body.

Also, Gabriel Cousens offers a product on his site called “Rad Neutral that is supposed to rid your body of radiation through the consumption of drops from only one bottle. The delivery is a little cloaked in mystic energy as it is essentially spring water that has been charged with, albeit powerful, scalar waves.

Eating a diet rich in Seaweed and Miso have proven themselves to help protect the body against radiation. Boron is another substance that is supposed to rid the body of radiation. You can buy regular boric acid from the store and mix a teaspoon in some water as a daily preventative.

Wikipedia states,

***“In biology, borates have low toxicity in mammals (similar to table salt),... Boric acid is mildly antimicrobial, and a natural boron-containing organic antibiotic is known. Boron is essential to life. Small amounts of boron compounds play a strengthening role in the cell walls of all plants, making boron necessary in soils. Experiments indicate a role for boron as an ultra trace element in animals.”***

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In the next chapter we set up your very personal “Elixir Bar”. You’ll have an amazing choice of tasty Elixirs to imbibe from anytime. After all we are constantly cleansing. So why not support yourselves with some tasty Elixirs?