



THE BASIC RAW DIET

Breakfast – pick one from below

1. Fresh fruit, as much as one pound.
 - a. Within ½ hour after strenuous exercise you can have more.
 - b. Wait ½ hour and you can have 2-3 oz of raw, soaked nuts.
2. 16 oz. of fresh vegetable juice.
 - a. 2-3 oz. of raw, soaked nuts.
3. Blended almond drink or raw nut milk – recipe:
 - 16 oz. of bottled water
 - 1 handful of raw blanched almonds or raw nuts or seeds
 - 1 Medjool date or Agave to tasteBlend all in blender
4. Coconut Kefir or nut milk Kefir.
5. Fermented vegetables or Kim Chi available in good health food stores.
 - a. Add avocado and hemp oil.
5. Blended green smoothies.
 - a. Blended coconut water or regular water with fruit and greens, lettuce and celery.

Noon Meal – pick one

1. Fresh vegetable juice made with greens. Large salad with celery, red or green pepper, cucumbers with fresh sprouts or 2-3 oz. soaked nuts or 1 avocado.
2. Blended salad – 16 oz. You can add a small amount of fruit.
3. Raw soups with flax crackers.
4. Coconut Kefir over fresh fruit.
5. Fermented vegetable (Kim Chi & sauerkraut) with avocado or flax crackers. – add hemp oil to fermented vegetables.
6. Blended salad with avocado – can be followed by flax or raw crackers.
7. You can also pick one item from the breakfast menu.

Evening Meal

You can pick a fruit meal or a vegetable meal from breakfast or noon meal.

Do not eat 3 hours before going to bed. Try not to overeat. Bingeing and over eating is a problem with the raw lifestyle.

Notes for Success:

The human condition is spiritually, vibrationally induced, chemically, electrically empowered and biological carried out. The spiritual aspect of the raw life is the most important part and this part is the most poorly understood or never mentioned. This is the most important part of my existence (not food).

It will truly free a person from bondage to food, slow down our aging process. Adequate rest, fresh air, especially ocean air, exercise of any type including rebounding is essential.

Remember this is a very small part of what can really be done. Be happy, be kind and loving. If people don't agree with you about raw foods, it's understandable, be kind.

Fermented foods on a raw diet can be beneficial in some cases. In other cases it can cause distress. Listen to what your body is telling you in this matter.

Colon and Liver cleansing is ESSENTIAL.

For liver flush read, "The Amazing Liver and Gallbladder Flush" by Andres Moritz.

Colon hydrotherapy can also be used on a raw food diet to help cleanse the system. In all my years as a consultant I have never seen anyone have a problem with colon hydrotherapy where done correctly. The people that undermine colon hydrotherapy have never had a colonic or have an underlying agenda. Be careful of the so called purists or elitists who have no experience. Try to educate yourself and create your own experiences and make your decisions based on results.

E3Live, wheat grass juice, enzymes, probiotics and super foods can be a powerful addition to a raw diet. Remember the basic raw diet is organic fresh fruits and vegetables, nuts, seeds, avocados and sprouts and fresh squeezed juices. Don't get carried away with all of the 'new' packaged 'raw foods'. They may technically be 'raw', but they are often still processed, which is not natural!

Dr. Fred Bisci, Ph.D. :

With a Ph.D. in Nutritional Science, Dr. Fred Bisci has been living the Raw Foods lifestyle and has had a pioneering and active practice in New York City for over forty years. He has worked with over 35,000 people all over the world with numerous health issues by helping them change their eating and drinking lifestyles through his Real, Fresh Food approach. His unique outlook looks at biochemical interrelationships, rather than a simple dietary or nutritional standpoint. This biochemical appreciation of how the multiple variables work in the human body are directly related to a lifestyle of what is left out and what is put in. Fred has developed the BASIC RAW DIET MENU, and the INTERMEDIATE LEVEL MENU (for transitioning) which are the core features for creating a Healthy Lifestyle Program. His program helps you name your current program and meets you "where you're at". Fred empowers you to set healthier personal parameters through eating and drinking various combinations of food as you commit to a Healthy Lifestyle Program.

(Fred also pioneered the "Blood Gas Theory" made popular recently by author Matt Monarch in his book, "Raw Success." I HIGHLY RECOMMEND this book because understanding the Blood Gas Theory and how the body holds and releases toxins through the blood stream is incredibly important information for anyone trying to live as health promoting a lifestyle as possible. ~ Shea)

Fred still takes clients, and is available for private consultation by phone, or in person.

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because the road to health is paved with good intestines!!!!