

Renegade Health Inner Circle Interview with Dr. Aris LaTham

Kevin: Welcome everyone. This is Kevin Gianni from RenegadeHealth.com. I want to welcome you to a very special Wednesday night interview series. Tonight's guest has been elusive. We've been trying to get in touch with him for maybe the last year. We've finally been able to get him on the show. I know that you guys are really going to enjoy this. My guest is Dr. Aris LaTham. He's the Sunfried-- Sunfired Gourmet. Geez, that was a big mistake, right? [Laughter] And creator of the Sunfired Cuisine. He's been a vegetarian for 40 years and a living raw foodist for the past 35 years. He was voted one of the top vegetarian chefs in the USA by Vegetarian Times Magazine. He's been featured in Essence, Vegetarian Gourmet, HealthQuest, Upscale, a whole bunch of magazines and newspapers, including the Washington Post. Today we're going to be talking about what exactly Sunfired Cuisine is and we're going to be talking about health and lifestyle and the lifestyle that Dr. LaTham has chosen to live. So Dr. LaTham, welcome.

Dr. Latham: Thank you, so much. It's really a pleasure to be here with you.

Kevin: It's great. I imagine you can't sun-fry anything, huh? [Laughter]

Dr. Latham: No, actually we don't have to. That's already been taken care. The point and principle of Sunfired Foods is that our food is really cooked by the sun. So it really just comes down to the fact that the growing period is the cooking process. It's ready. It's done.

Kevin: Tell me how you got into this. You're a linguist, from what I've seen. How did you get into this type of lifestyle, this kind of living?

Dr. Latham: Really it started from my birth. I was born in the Lake, in Lake Gatoon, right in the Panama Canal. My parents were born there but my grandparents actually had actually came from Jamaica to Panama to build the canal 100 years ago. Being born in that environment, 63 years ago, everything was fresh. All the food that I knew in my life was fresh from that morning. If we were eating fruits, vegetables, it was just picked. If we were eating fish it was just caught in the sea or the lake. If we were eating red meat it was just slaughtered that morning. So I come from a really fresh legacy. So that's how it really started.

I left Panama at the age of 17 and migrated to New York, right to the inner city. Went to Bushford High School there in Brooklyn. There I got introduced to sloppy joes and hotdogs and all the S.A.D. food selections from the Standard American Diet. It's been a journey. It's been a serious food journey all of these years. Traveling and studying linguistics. I have a master's in linguistics from Cal State Fullerton. There I studied Italian and Sanskrit. I was a master in bilingual education. I've done curriculum consulting for the San Bernardino school district, San Francisco unified school district. So traveling around the world doing linguistic research, I also had the pleasure to eat with the people I researched with. So I was exposed to a tremendous array of multi-ethnic foods, multicultural foods, throughout my life.

So back in 1970 I was on the college campus in New York. I got caught up with the wave, the back to the land movement, avoiding food as a weapon movement, black power movement. So I became a vegetarian in 1970 and then going to health food stores buying my trail mix and my little things, getting into the culture, I started gravitating to books.

I've been a serious natural-lifestyle bookworm for the past 40 years. I've studied all of the wonderful masters, Hilton Hotema, [indecipherable name], all of the different natural lifestyles whether it's veganism, vegetarianism, from Hindu, from all of the different cultures. So I took a real passion for this entire lifestyle.

Then in 1976 that's when I became all raw, fully 100 percent raw. I was living in the San Bernardino forest. It was just so exciting, having all this fresh, exciting, organic foods available to me in California.

Kevin: Yeah, California is the place to be.

Dr. Latham: Yeah, that's the cradle.

Kevin: What were some of your favorite books?

Dr. Latham: My favorite books, really I would say Hilton Hotema is my favorite author. This guy, his book, like "Long Life in Florida." That's a serious gem, you know. It shows that humankind, our natural home, is in the tropical belt of the world. The food available to us in these places. Between him and Arnold Ehret, even today in the introduction to Arnold Ehret's "Mucusless Diet and Healing System," I'm mentioned in there as one who has really maintained a lot of his principles throughout the years. So those are really my favorite. And then people like Hereward Carrington, "The Natural Food of Man." It's scientific validation that

the natural, original and best food for human consumption is fruits, that we are fruitarian by nature. So it's really interesting, that old-school background. Then to be a bridge to what's going on today and seeing the different approaches to say the living-food lifestyle, where some people say you shouldn't eat fruit, some say you should be a fruitarian. It's really a quite interesting part of this whole bridge into what's going on today.

Kevin: You've been doing it for 34 years. What would you say are two, three or four of the staples that have allowed you to continue to do it for that period of time? What are the three keys to success?

Dr. Latham: The three keys to success, wow. One thing that I did notice is that most of the people that have been successful on this path throughout the years have been people who have educated others. So that's been one of my greatest keys to this success. Having been an educator, I was a language teacher and I've taught at many different levels. So I having been an educator in linguistics and language and transferring that background into educating people about food, it's been quite a blessing to be able to bring knowledge and information to individuals on a level that they can actually relate to. So that reinforces me. Teaching, serving, helping, caring and sharing with others has really helped to reinforce me.

Then also coming up with my traditional family background. My grandmother and my mother, they were great accomplished chefs. So growing up in their kitchens I was really close to what you can do with what you have. So my brand of live food... When I started Sunfired Cuisine in the 70s, raw food was known as really the diet for sick people, that help people who are ill. The thrust in the lifestyle in that time was more towards the healing aspects with Dr. Ann Wigmore and Viktoras Kulvinskis and Dick Gregory and many of the other people that were shining bright during that time. What I did, basically, I spiced it. I had the gourmet touch to it. So that's why I've been acknowledged by the Oxford Encyclopedia as the father of gourmet raw food cuisine in America.

Just having that culinary background, natural instinct, growing up with it in my home, today I can be in any place in the world and I can prepare an exciting, gourmet, raw food menu for you with just the local ingredients that are available. I don't have to be reliant on whether I can find this processed product in this health food store or that super this or this extra that. I just work with what's available within the environment. So creativity, the ability to create, has really been a blessing for me.

Besides those two things, then just really developing the taste buds and the art form of touching food. When I touch food and taste food and feel food and see

food I see more than just the pleasure. I see the art. And then the healing, not just of the individual but of the environment. Looking at that relationship that I have with my banana tree that's right out there in my yard. It's really acknowledging that relationship with my food and knowing that we can really synergistically work to better our existence, the plant existence and the human existence on this planet.

Kevin: So a lot of people living up north in the wintertime say they're struggling with a raw food diet. Do you think that we should be moving south? Should we be migrating like the birds and hibernating like the bears?

Dr. Latham: I'm in Panama, in my birthplace. I'm in an area that's the largest bird sanctuary in the world. We've had sightings of 450 different species of birds in a 24-hour period. Yeah, but I see them. I see them coming in the winter. I see them going out. They go by night. There's this movement, this migratory movement, and I think we, as human beings, we really stagnated ourselves in being in these mass-developed mega-cultural urban environments. Yes, we can live and enjoy life throughout this entire planet, but there's a really big key to our existence and that is food. So to live in places where food don't grow at a certain time of the year then we're going to really create a major impact, our carbon footprint, on this planet with the movement of food. It's easier to move people than to move food. It's really more cost-effective in the long-run because when you're moving people then you save on other energy factors, whether it's heating a home and all of these other things of living in that collision course with Mother Nature and environments that cannot realistically sustain our lifestyle.

So for me, I have to live where coconut trees grow. For me, I have to drink living waters every day. I don't drink stale, stagnant, bottles.

Kevin: How many coconuts a day? We were just in Key West and we were having plenty a day. How many coconuts a day are you eating?

Dr. LaTham: I go through about 75 coconuts a week. I can solidly eat about nine coconuts a day, easy, no sweat. Well you know, the human body is 75 moisture. We really thrive on liquid electricity. Coconut water offers that better than any thing else. It has more electrolytes than any other food on the planet. It's very cleansing, rejuvenating, energizing. Well, not necessarily energizing. You really don't get energy from food, but it doesn't rob you of energy. This is the challenge with a lot of the foods that we're consuming today and foods that I see being developed within the whole raw food circle. There's too much density coming into play now. There's too much dehydrated, concentrated, rich foods. We need to really not forget the moisture.

That's why doctors, with their little degree of education about their food knowledge, they just say drink eight glasses of water a day idiot. Look at what you eat.

Kevin: It's just amazing how that translates. We just forget the whole living-food aspect.

Dr. LaTham: Oh, yes. Your food should be alive. To actually remove that moisture element, you're moving a lot of electricity, the life-force from that food. So we really need to be careful on the path that we're evolving this raw food delivery system. We've got to come back home and home is where fresh is. Our food should be optimally fresh, as fresh as possible.

Realistically, if you look at say the legality of manufacturing and processed food, you can no longer label a food fresh any time you've cooked it. You can call your orange juice "made from fresh-frozen concentrate" but you cannot legally label it as fresh orange juice once you have cooked it.

So really, we need to de-mystify this whole raw food so-called movement. It's really about fresh food. It's sort of like doing what a lot of the other channels, the legal channels and the medical channels, rather than calling animal fat "pus" they call it cholesterol. Rather than calling fresh food by what it is, we call it "raw food" and then we kind of put a little mystique energy around it. The average individual, they end up getting lost. It's more accessible to the mass world if we let them keep the drift of what we're really talking about. Fresh food. We'll be amazed to see how many people in the world agree and the volume of raw food that the world actually consumes, still. So we have strayed too far as human beings. But we're coming back home.

Thirty-four years ago when I got into eating this way, I knew very few people that I could physically touch, probably not more than 10 people, that were 100 percent raw. Now today as I travel the world, my God, there are hundreds of thousands of us here. So we're moving forward. Really, humanity doesn't have a choice. It's either live food, life, or death. Period. So here we are, in the present.

Kevin: We're about 20 minutes into the call. I just want tell anyone who's out there who wants to get some more information about Dr. LaTham, you can go to www.sunfired.com.

Dr. LaTham, I want to talk about Sunfired. Sunfired isn't putting food out in the sun, necessarily, it's the growing process, correct?

Dr. LaTham: Right. The growing process. The point is, we don't cook the sun out of the food. Ultimately what we're eating, what we're looking for when we consume food, we're looking for that condensation of solar energy. Practically all human beings on this planet today can agree that the most valuable force that affects all of us is the sun. Without it there's no life. There's no life in our food without sun. We see what happens to food that is grown in areas where there is no sun - things like funguses and those other types of things. They mold and create issues for us. The sun is really an energy that we need to have more access to. So that's why I tell people even in the northern climates that if you live where the sun don't shine enough then you should eat more roughage. You need more sunshine food. That's really what it's all about.

At Sunfired Food we don't just cook the sun out of the food. We don't necessarily chop up some stuff and put it out in the sun to cook. It's already cooked. When we get a banana, an apple, lettuce, when these foods come to us, when they're harvested they are well-done. They are perfect. That's why the whole terminology of raw food really creates something that's not too cool. It sort of implies that it's not well-done, it's not cooked, to a certain extent.

But I do eat cooked foods. I eat foods that are cooked by the sun. As I said, that growing period is the cooking process. For example, something like a banana, when the banana is ripe, it is perfectly done. In some places people would take a banana... A better example is the plantain. If you're familiar with the plantain it's a cousin to the banana. Most people in traditional cultures around the world where plantains grow, they always fry it, boil it, bake it, steam it, beat it, do all kinds of stuff with it. To me what you're actually trying to say to nature, to our God essence out there, is that, "You made a mistake. This food is not done so I'm going to improve on it by cooking it." But what you're actually doing is cooking it. So foods that have to be cooked or processed in any way, then we need to question whether they were intended for us to consume.

As human beings we've been on this planet for at least a million years, based on recorded history. We can really check back and see how long it's been since the advent of fire. Possibly 100,000 or 200,000, who knows when. But for quite a number of years humankind existed on this planet without the consumption of any cooked food whatsoever. We don't need any scientific or religious arguments or anything like that to validate whether the natural, original and best food for human consumption is food that doesn't have to be cooked. We say sunfired foods because we didn't have the access to this artificial fire to cook anything in ancient times.

But today we see what some of the devastation that has been caused by living

this unnatural lifestyle, by being on this tremendous experiment for these hundreds of thousands of years of trying to adapt to cooked food. Human beings cannot adapt to cooked food and live an optimum lifestyle. We see the diseases, the medical institutions, the pharmaceuticals and all of the other things that humans have a really difficult time coming to grips with today because of them just naturally just trying, or unnaturally colliding with the forces of nature, the force of life, with all of these artificial ways of doing things, especially if they're processing food.

Kevin: You've been raw for 34 years. Does someone have to be 100 percent in order to get all the benefits?

Dr. LaTham: I would say yes. It's much easier to be 100 percent than to be say 80/20. It's very difficult to uphold cooked food to a certain percentage. Cooked food is addicting, very addicting food. To actually calculate every day, "I'm going to just hold it to 20 percent," you try it, buddy. Our biggest issue with cooked food are those starches, those cooked starches, all of those root vegetables, all of those grains. The rice and the potatoes and the flour products and all of these things, the legumes that are high in starches. When you cook these foods and destroy those digestive enzymes, your body does not recognize these things as food. These are toxic elements, especially starches, those cooked carbohydrates. They have to be converted into sugar. To actually take our body, to try to turn it into a refinery, to make sugar from potato starch when we already have grapes, mangoes, papayas, apples that are direct sugar that we can enjoy with pleasure and we don't have to dress them up like we always do with these starches... We normally grease them and put all other kinds of dressing on them in order to really enjoy them.

So we really need to be careful with this cooked food mentality and think that we can make it on just a certain percent. Of course, it only takes about 20 percent raw food to help digest a big plate of cooked food. The Germans proved that scientifically with developing a hamburger and a hotdog and putting lettuce, tomatoes, onions, pickles. These are digestive enzymes that they put in that burger to help digest that meat and that dough. That sauerkraut they put in that hotdog, that's digestive enzymes to help get that dog down and out through your system. So yeah, it doesn't take that much raw food to digest cooked food, but we can go all the way and live a more glorious life.

My energy level, my stamina, I'm bounding with it, compared to other individuals in my age group. I have no form of disease. There are no glasses, no pot belly, no bad skin or anything like that. Just a nice glow and a soft, good, spiritual essence. And total mental clarity here. So really, 100 percent is the way

to go.

Kevin: What is your 100 percent raw paradigm look like? What types of food are you including on a regular basis?

Dr. LaTham: Myself, I have an honorable doctorate degree in sunfired food science. I've been acknowledged for having developed the cuisine and the eating system that I've developed. I have what I call a sun-feasting, fasting and healing system. Within that my philosophy is expressed through what I call the [indecipherable] electro magnetic of food. You would look at the different groups of plant foods - the starches, protein, vegetables and fruits - and put them into these different categories. The electrical ones are generally the cleansers on a mixed diet. The magnetic ones are the builders. Those are usually your starch and protein. The electrical ones are the fruits, the high-moisture food. The electro-magnetic or the stabilizers, the balancers, those are the vegetables.

But as a food scientist I have to be clear, being an educator, separating myself as an educator of science and my personal way of living and eating, to what I actually educate people, also, because I try to meet people where they are.

Myself, I am a fruitarian. What I consume are food that comes with seeds. When I say fruitarian, I don't want people to ring that sugar alarm bell because there are so many fruits that don't have sugar. The natural, original and best food for human consumption comes with seeds and is capable of reproducing itself. One avocado pit is another avocado tree. An avocado tree can get you a good number of avocados yearly. We should have more food than less, if we really follow this logic of the food factory that nature built for us.

I do a lot of high-moisture fruits in the mornings. Definitely coconut water to do my internal shower every morning, first thing. Then the melons, which are about 95-99 percent moisture. As I descend through the morning, as the sun rises and I'm rising with the sun, the moisture level in my food decreases. So then I will go to the acid-tasting fruits, the acidic fruits and things of that nature. Then by mid-morning I'm into the sub-acid. Those are your pulp fruits like papayas, mangoes, grapes, apples and so forth. Then by the latter part of the morning then I would be more with the dense fruits like bananas and persimmons, the really sweet fruits. Then by mid-afternoon then I'm more into the vegetable fruits and the protein fruits. So we're talking nuts and seeds, sunflower seeds. We're talking pumpkin seeds, almonds, tomatoes, cucumber, okra, eggplant, bell peppers, these vegetable fruits that don't have any sugar, coupled with the protein fruits that have fat like your coconuts and olives and your nuts and your avocado. In Jamaica we also have the ackee. Then in the latter part of the evening, like

around dinnertime, then I would come down a little closer to earth. So I would do like maybe more squashes and things on that level. I consume a high volume of moisture every day, a good 12 glasses of coconut water, fruit juices and nut and seed milks. On occasion I will have some vegetable juice, some greens to ground me down. The greens and the vegetables, once you extract the juice then they become electrical foods. That is my basic breakdown for myself.

When I educate others then I meet them where they are and develop menu plans, eating systems, recipes with dehydrated stuff and all the exciting things, seaweeds and all of those other things. It's been quite an interesting journey on this level.

Kevin: It must be interesting to eat a certain way and then have to maybe even compromise a little bit of your belief system to meet people. Do you find that a challenge or do you think of that as natural?

Dr. LaTham: It's not a challenge because I came up the mountaintop myself, to the summit. So I know the journey that they have to move forward on. I take care of people from all over the world, different ethnic backgrounds, cultural backgrounds, food systems and so forth. People come to me that are ill, at our resort. So it depends on where they are.

I work with them with what I call the three pillars of optimum health, which is great fresh wholesome food, detoxing and cleansing, and physical activity, exercises and so forth, to bring that equilibrium and that harmony back to the body so that it cleanses and detoxes, rebuilds and oxygenates the cells to really heal itself. Our body is totally self-healing. We just need to stop blocking our healing powers by challenging our digestive constitution with food that was not designed for it to process that end up rotting, decaying, fermenting, souring and creating what medical science calls disease and tries to attack them with these weird scientific developments that are just creating more of a perpetuation of the sick culture that the world is experiencing.

Kevin: What type of exercise do you do?

Dr. LaTham: I do a lot of walking. I'm in the mountains and we have waterfalls and springs and rivers and all those things. So I do a lot of swimming. I hit the water every day. Or I may run, go down to the sea and jog on the beach, a good eight miles a day on the sand, barefooted. I climb trees. I do exercises for a cause. I don't squeeze myself in a gym and try to punish myself. It's just a way of living. I swim a lot. And I dance. I party. I have fun. Let's break a sweat while we break a leg.

Renegade Health Inner Circle Interview with Dr. Aris LaTham

Kevin: You mentioned that you blend and you juice. How much of that do you do? From time to time or daily?

Dr. LaTham: I do probably maybe 20 percent of my intake is processed on that level, mechanically. But for the most part I love working with my knives and my little gadgets and creating excitements. I do a lot of just whole eating. I'll just grab a [?], one of those fruits and just eat it and enjoy it just the way it is.

I'm really careful with blending, food combinations. I'm not too hip on the whole green smoothies these days, blending fruits and vegetables. I'm really not even hip on this whole thing called the green movement. We knock out some valuable spectrums of the rainbow when we just focus on one color. I'm into the rainbow energy. I'm with Dr. Gabriel Cousens. Spiritual nutrition and rainbow diet kind of energy and vibration. So yeah, I consume the full spectrum of the rainbow. There's no other food group that typifies that more than anything else than the fruits. We're talking beyond the spectrum of the rainbow when you're eating fruits. Being in a place like Panama, we are blessed with so much exotics. Then of course we have all the conventionals and those things. But those are organic, grown in the dust of volcanoes.

Where I was born in Gatoon, on the lake there, that lake was basically the rainforest was submerged like 100 years ago to create this artificial lake for the canals to transit these ships through here. So now they're bringing out these trees that have been petrified for 100 years under the water. It's quite amazing to see a petrified jackfruit, petrified mangoes. Nature is so beautiful. It's so lovely.

Here we have rainforest permaculturist reclamation. We have wonderful people here in Panama that are planting fruit trees, exotic, exciting fruit and nut trees. This is really an area for some serious biodiversity. You know a place where there's a bird sanctuary, that has so many species of birds, has to have a serious biodiversity ecosystem to sustain that kind of bird lifestyle. So this is a blessed place.

We have a retreat here. We invite people to come down and study with us and hang out with us, have a good time and let's eat all this exciting food here.

Kevin: We have about 20 minutes left, maybe 15 minutes left. I want to tell everyone out there, if you do want to hear more information about Dr. LaTham you can go on his website, www.sunfired.com. You can check out the retreat center. You can check out some of his books. There's videos. There's a whole bunch of cool things that you can do to really kind of explore this a little bit more.

Dr. LaTham, you were talking about all the fruits that you eat in the morning. It seems like you eat a lot of fruit in the morning. Is that true? Like a lot.

Dr. LaTham: Yeah. Well no, as far as the pieces, I was just giving you the system. Just the system to give the guidelines. If you're eating a variety then you need to go with the higher-moisture foods earlier in the morning. There's some days where all I do is drink coconut water all day. I'm really a big fan of fasting, as well.

The first book I bought in a health food store floored me. I bought Paul Bragg's "Scientific Fasting" before I became a vegetarian. That was the first book that I got into. Ever since then 40 years ago, I've been religiously practicing this once a week, a 36-hour fast. So I do it on Saturdays. I begin my fast at sunset on Friday and break it at sunrise on Sunday. Within that period of time I consume at least a gallon of liquids, preferably coconut water.

Then there's times when I'm strictly on the breath. I do a breatharian fast with no coconut water, no liquid, no nothing, just completely dry for the day. Those are really, really high-energy moments in my life, when I've accomplished those kinds of fasts.

So I live in the moment. I live in the present so I don't have like a set, fixed plan dietary eating system that I follow every day. I'm evolving every minute of my life. So it's like what's available now, what nature has to offer me at this moment, what's in season, what's exciting, what's juicy, what's flavorful, what I'm vibrating towards and feeling, what I'm going to be doing for the next few hours as to what should actually be going in to my system to support that.

When I work with people I set standard programs, standard plans for them. We've got to understand that human beings, we are a spirit being living in dumb flesh. We live in a beast. It's been programmed. This animal body that we live in has been programmed by society, parents, this and that, to eat and live a certain way. So for us to get back home, get back to nature, we can't freelance it too much because then we end up falling back. It's good to have a set program. We've got to train this animal. We've got to sit it down, just like you domesticate and train your dogs and your cats. You need to train that beast you live in. It's really an endangered species. So rather than running off and going to try to save a bald eagle, you need to save that bald head that you sleep in each night. We've got to really be careful with our body. That dumb flesh can really get tied up with the mind and most of them work against us. They're creatures of habits and they get addicted to pleasure. So putting it on a program with the electro-magnetic energies of food...

First of all, you divide your day into three equal parts of eight hours. Everyone would acknowledge that the most obvious part is naturally when we're sleeping. For that eight-hour period--and by the way, you don't even need eight hours if you're not eating on a certain level. Myself, I'm good for five hours. The more toxins in your body the more waste you have to manage and the more sleep you need. When you're sleeping during that period, that's waste management time. The body is breaking down the dead cells and building the new ones.

When you wake up, for the next eight hours, that is your breakfast mode. We follow these people that developed the English language. They were pretty exact when they said this is your break-fast meal. You're breaking fast every morning. When you break a fast, you've read books on fasting, you know you've got to be scientific about breaking a fast. You don't break a fast with fakin bacon and granola and muffins and bagels and all of this stuff and some dehydrated flaxseed crackers and those things. When you're fasting you shrink. It empties out. It comes down to a rudimentary state. For that eight hours of the break-fast period, you have to pour electrical current into that system and clean it out. That is the elimination phase. That is the detoxification period of our day.

Then the third phase of the day is the intake mode. That's between your lunch and dinner period. That's when you're putting in the raw building materials. So if you grew up in a place like here, like in Panama, paradise, at the equator, before Columbus and these other guys came and turned on the lights for us, we went to sleep when the sun went down. So the ideal time to be fasting is from 8pm to 4am, that 8-hour period.

This goes back. I was blessed to Harvey and Meriden Diamond when they wrote their book "Fit or Life." They used to come to my--I had a raw food restaurant on [indecipherable] Boulevard in West Hollywood in the 80s, Paradise Pie. I also had a place at the Beverly Hills Juice Club, with Dave Otto, my good buddy out there, the Beverly Hills Juice Club on Beverly Boulevard, out there. This is similar philosophy of how you would eat at certain times of the day, what you eat and so forth. So anyway, from 8pm to 4am, that is our fasting mode. Two hours after sunset you're in bed and you're up two hours before sunrise, at 4am. Here we have wild fowl out there, wild roosters that are crowing in the morning to wake us up like clockwork, every morning at 4am. Even out there in your suburban neighborhood I'm sure you have little birds tweeting in your window in some of these places, to wake us up and let us know the sun is coming, let's get up and rise and greet the sun.

So as the sun rises we rise with the sun. That break-fast period is from 4am to 12

noon. Within that phase we're eliminating. The body wants to eliminate. It doesn't want to put in any building structure, any building materials, no big cereal and these types of things, because those are building foods. The magnetic foods are builders. So you want to come in with the electrical foods. You come in with your coconut water first thing in the morning. Take that internal shower. We are just so external we never consider our internal shower. Take that internal shower every morning with your coconut water, first thing. Within an hour or so go out and do your exercise, break a sweat. As the sun burns the clouds out of the sky burn the mucus out of your system in the morning. You want to sweat.

You're going to have your bowel movement if you follow this lifestyle naturally. When you first get up in the morning, that's usually the most natural act to do on the sunfired, feasting, fasting and healing system. Your bowels just empty out. And one big movement for the day. The three bowel movements a day concept is just based on the concept that if you're eating three big meals a day the one that goes in pushes the next one out at the gate. That way the body does all its eliminations in the morning and drops that big, heavy load. It's a one-drop movement. You don't have to push or strain or do anything like that. Sometimes you've got to get up and make your way quick to that throne to unleash that waste energy. So that waste matter in the morning, we want to get it out of the system. We want to put in these electrical foods, these cleansing foods, the melons and oranges and peaches and papayas. It's fiber and liquid, basically. For those of us whose system has been compromised because we've been eating all these refined sugar, the agave and all of the extra-sweet dates and the maple syrup and the honey and all of those other processed sweeteners and then all the cooked starch, those cooked starches still have to be turned into sugar. We end up with diabetes and all of the other issues that are related to this food culture. The doctor says you can't eat fruits because it's got too much sugar in it. Fruits are massive cleansers. They're great medicine. They're medication that cleans the body. Fruits do not build in a dirty house. It's going to clean it first. So yeah, you're going to have diarrhea. You're going to have the runs. You're going to show yeast conditions. These are elimination crises that are going on. But if you get away from the cooked starch and you get away from the processed, concentrated sugars, then you will be able to enjoy your fruits.

Yeah, there are some people in the raw food circle talking about fruit sugar is not this and fruit sugar is not that and don't eat fruits because of this and so forth. No, I eat a massive amount. I run on fruit sugar that the body doesn't have to process and break down. Why are you going to take some sprouted dehydrated grain crackers and try to take your body to turn that into sugar while you can just eat some grapes and get some whole grape sugar? Ultimately everything that you consume is broken down to that simple grape-like sugar.

If you compromise your system and you can't enjoy the fruits because it's such a powerful medicine and it creates such a radical healing crisis that the doctors say, "No, don't eat that because you've got diabetes." I see doctors get people off the fruits, that are diabetic, and for years the diabetes situation keeps getting worse. And they stopped eating fruits. So obviously the fruit connection is not what they're talking about. It's something else that you're consuming that is creating these issues.

Anyway, if you've compromised your system to such a degree, then just go ahead and have some sugarless watermelon. Have a diet watermelon, which is basically a cucumber. Just have cucumber juice. That's a sugarless melon. You want a diet drink? Hit it. OK? It will really help you normalize and regulate your system. When you juice the watermelon, juice it with the rind. As I said, it's a medicine. The fruits are medicine and they're powerful. If you can't have fresh-made orange juice because it's going to create some sort of what they may term an allergic reaction, because it's cleansing out all those toxins and bringing it out through your skin, then I would say that medicine is too strong for you. It needs to have a weaker potion. So just have one tablespoon of fresh orange juice in your glass of water and detox a little slower. Then you can up the amount gradually as the system gets cleansed. The first line of defense is really to stop putting in the problem. The main culprit of the problem that I have been able to observe is consuming this excessive amount of cooked starches.

Get cooked starches out of your lifestyle and you're going to see a major difference. If you're on a raw food level and you're still finding it challenging, then you need to get those grains, those sprouted dehydrated grains, out of your system. You need to get those dehydrated starches that you've been consuming out of your system so you can really get into fruits on a much more humane level and get your relationship with food back in the proper order.

Kevin: That's great. I want to ask you about the difference between say fruits in Panama as opposed to what I might find in like a local Whole Foods.

Dr. LaTham: Oh, wow. Life and death.

Kevin: I know. [Laughter]

Dr. LaTham: Life and death. We're talking just big. The pineapples here in Panama, oh my God! The best pineapples in the world. They are so sweet, delicious, high-moisture. They ripen in the field. They don't have that high acidic content. They pick these things green here and ship it to you guys over there. They do all these

different manipulations with them to ripen them on time. And then the cost of them. They're so ridiculous. I'm paying a dollar for an extra-large pineapple here, extra-large, golden and bright. You would be paying six, seven dollars for it there. Who knows? You might even pay ten bucks for one of those things over there. The flavor, it just bursts in your mouth when you eat these foods here. It's quite a big difference, being in paradise. So between Panama, Costa Rica, Belize, Ecuador, up in the valley of the Senarians there in Umbamba [?], Brazil, we've got a whole mecca of serious food out here.

When you look at all of the delicious, exciting foods that are produced yearly... There's one website called Press...something.com, just about fruit, and you see the amount of fruit. It's not just for someone to tell you not to eat fruit. A lot of this anti-fruit just started with the macrobiotic diet. When that thing rolled into the US back in the 70s, promoting all this eating of all this cooked starch, if you eat so much brown rice that thing is in your system over the next day, two days. You eat a piece of fruit, yeah, you're going to create fermentation. Japan don't grow fruits like that. So they're not going to go on a diet that they can't sell. So a lot of the legacy that we're experiencing today with this anti-fruit movement has been seeded by that whole macrobiotic movement. We see what's happened to that movement. Many of the great proponents of that movement have come down with cancer. God bless them. They brought us seaweed. We love them. They've really added a great feature by harvesting the sea.

I really advocate that people should strike a balance when they make their move into this lifestyle, between the fruits, vegetables, protein, starches. You can't shock your system because then you're going to go back deeper into the valley. So we want to come up and come up to the top and eat the foods that generate the least amount of toxins. Those are really the fresh-grown food, the fruits and vegetables. They leave the least amount of toxic residue behind in the system.

So you have fruits in the morning, based on their electro-magnetic energy. Liquids and fiber. Those fruits doesn't necessarily need to be sweet. You can have tomatoes. You can have bell peppers, cucumbers, all these high-moisture fruits that you can enjoy without the sugar, if you have a sugar issue. Then for lunch we want to focus on our protein meal. Rich, solid protein. Ideally the best are from seeds and nuts that obviously need to be pre-soaked. I recommend 12 hours, straight across the board. All seeds and nuts can be soaked for a maximum of 12 hours with no problem. Then your other protein fruits like your avocados, olives, coconuts and so forth. So that's 25 percent of your meal. Your other 75 percent of your lunch meal you could do the electro-magnetic foods, those vegetables. The vegetables include all of your green leaves, your vegetable fruits like the tomatoes and okras and so forth, your non-starchy vegetables like

cauliflower, asparagus and broccoli and those other things. And then your sprouts, also. Then for dinner you want to gravitate more towards the other level of magnetic foods, which are your starches. So if you're doing your sprouted grain, dehydrated crackers and things like that or like winter squash or butternut squash. You can treat these things the same way you do like a carrot. Just shred them. Or you can grind them fine and you can put other things with it and create exciting dishes out of them. You complement that with your electro-magnetic food, more vegetables, 75 percent, for you dinner. Coconut water in the morning, fruit juice in the late morning, seed milk or nut milk, protein milk for your lunch meal and then vegetable juices for your dinner meal.

Just a quick skeleton blueprint for anybody. Do a couple of glasses of coconut water, 16 ounces, in the morning right upon arising. Go out and do your workout. At least an hour later you do a glass of fruit juice and get busy. Then a couple of hours after that then you can have like a bowl of fruit. Everything from here really depends on volume. Or you can have one fruit. It depends on volume. The volume really is based on you as an individual, the density or the mass that you have to support, the bone structure that you have to support. That's it in the morning - coconut water, fruit juice and fruits. Then for lunch your lunch period you begin with a glass of coconut water. Wait an hour and then you have your nut milk or seed milk. Wait an hour and have your protein meal. Twenty-five percent protein, seventy-five percent vegetables. Then when you go into your dinner cycle you do a glass of coconut water, a glass of vegetable juice. Wait an hour after the coconut water. Your vegetable juice. An hour after that then you have your dinner meal, your carbohydrate or starch, 25 percent and 75 of your vegetables.

Then you take that a little further and look at your weekly plan. In your weekly plan you're going to fast once a week, a 36-hour fast. You're going to start at sunset the day before and you end it at sunrise the day after the fast.

Then I go on. I have this whole lunar cycle system as well, where you can fast twice a month. You can fast on the full moon and the new moon. You go into your seasonal cycle. In the seasonal cycle you fast three days for each quarter of the year, for every season. So at the solstice and the equinox, June 21st, September 21st, December 21st and March 21st, you want to do basically a cleanse, an extended cleanse, for three days. You do a three-day fast. The 20th, 21st and 22nd of March, June, September and December, in harmony with the solstice and the equinox, when the small intestine and the intestinal tract is eliminating more toxins. This is when generally you find that there's some of these flu trends that are going on. We're just going through a natural detox. So you want to go with the flow. Stop eating, fast for those three days.

Follow this sunfired feasting, fasting and healing system program. Then for a whole year you could come down with a good 60-70 days of fasting. But you're fasting in rhythm, you're cleansing in rhythm. It's a life that I'm sharing with you. I'm not into the lifestyle concept, I'm into the life concept. You want to live and live in harmony with the rest of the universe. You want to put the body on a rhythm. You want to align this heavenly body in which you live with the rest of the heavenly bodies in the universe.

So you have to follow the flow and rhythm of the rest of the planetary movements of the universe and eat what's in season. You emphasize eating what's in season. So foods grow in season for particular reasons. Fruits high in moisture, readily available in the summer. So in the summer you want to eat 50 percent fruits, 25 percent vegetables, 25 percent protein--if you're just eating fruits, protein and vegetables. But if you're eating starches as well, then you do 25 percent of protein and/or starch. So 50 percent fruits in the summer, 50 percent vegetables in the spring and fall. That's when they're more abundant, your greens especially. 25 percent fruit, 25 percent protein in the spring and fall. In your winter months, when there's less fruits around, and especially if you're living up there in the icebox in Minnesota, you don't want to take too much fruit because you're going to freeze your blood quickly. So you do 50 percent protein and/or starch, and 25 percent vegetables, 25 percent fruits.

Some people say it's hard to sustain a raw food lifestyle in a cold place. I lived in New York for 15 years completely all 100 percent raw. Actually, my body thermostat worked. Your circulatory system flows a whole lot better and you can adjust to the environmental temperature. I find that I was warmer than people who were co-existing with me outdoors that are drinking coffee and tea and hot chocolate and soups and all of these things. Basically what you're doing, you're whipping the body. You're whipping it with these hot foods and you're stimulating it to generate a high degree of digestive enzymes trying to break down the heat of these cooked foods, trying to cool them down. In generating that degree of enzymatic activity, then you get this false sensation of being warm. You're really just whipping the body the same way a jockey whips the horse. The horse runs faster because it's trying to run away from the sting of the whip. So your body feels this sensation of when you whip it with that hot cup of something because it's trying to cool it down. Then you've got to keep whipping it for the rest of the day. So you will not be as warm as me 100 percent raw living in Minnesota with three feet of snow on the ground, or New York or Washington, D.C.. Your body thermostat works better in that environment.

I know there's a fruitarian group in Washington, D.C.. I want to give them my

love and respect, as well, for sustaining that type of lifestyle in the icebox. It really, really works well.

We've got to get back home. We've got to figure this body out. We've got to get our relationship back with life. We are in this death culture, vibration, man. Unfortunately there's a lot that can be done with the raw food but a lot has become so bastardized and so commercialized that we've been hit too hard with the superfood culture. It's fine. It has its place. But please, don't forget your superior food. There's no food more superior than the papaya. With the digestive enzymes of papaya, that thing is so superior it can tenderize steak. You know that. You should me a superfood that can tenderize steak the way papaya can do that. You know where the superior foods lie. An apple is a sponge and it absorbs acid quite well. So that whole saying of an apple a day keeps the doctor away is absolutely true. Let's not forget our fresh food legacy, our fresh food culture, by reversing this trend now with too much density in our diet.

Kevin: Great. I think that's a great way to end this call. Tell everyone where they can find out more information about you.

Dr. LaTham: OK. You can find out about me at sunfired.com. You can link me up on Facebook and all those other places. Once you go to sunfired.com you get the link to me. I spend a great deal of time in Brazil. I teach at a university there, teaching raw food science at a federal university in Brazil. There's another world out here. A lot of us in the US don't realize that there's a big raw food culture out here. Just go online and put in "global raw food" and get the link. The Universal Organico, in Brazil, in Rio de Janeiro, a big raw food restaurant that's called the Organic Universe.

I thank you so much for this wonderful opportunity to bring me into your life, to share my time with you, share all of these delights. I really look forward to putting some sunfired food in your mouth, though. But look out for my books and my videos and all those other things. Do the best you can. Until we meet in person.

Kevin: All right. Dr. LaTham, thank you so much. To everyone else out there, thank you for your time. We really appreciate it. We'll talk to you next time. Adios.