Renegade Health Inner Circle Interview with Paul Nison

Kevin: Welcome everyone. This is Kevin Gianni from RenegadeHealth.com this is one of our very special Wednesday night interview series. We have these every first and third Wednesday of every month. What we do is we provide the information for you so you can come in, ask your questions and get them answered by different health experts. Tonight’s expert is an expert that I’ve been wanting to interview for a long time. It hasn’t worked out but now we are ready to go. I’m sure that our expert is going to give us a lot of great information, answer your questions.

Paul Nison is a raw food chef and educator. He’s been eating a raw food diet since he was diagnosed with colitis, many years ago. With no other choice but surgery according to the medical profession Paul decided to stop eating all cooked foods. Today he is 100 percent cured of his so-called incurable disease. He’s also been featured on the Food Network and in several magazines and newspapers around the world. He travels - I believe he has a tour coming up in June, I was looking at his website - giving lectures on raw food nutrition and raw food prep classes to show people how easy and fun the raw life can be. He’s the author of six book - “The Raw Life,” “Raw Knowledge 1 & 2,” “Healing Inflammatory Bowel Disease,” “Health According to the Scriptures,” and “Paul Nison’s Raw Food Formula.” Paul, welcome to the call.

Paul: Thank you. It’s great to finally get in touch with you. As you said, I have a new book coming out and I’m going on a book tour. I’m really excited about it. That’s book number seven. I’ve been doing this a long time and it’s great to be able to get this information out to the people. I think it’s a wonderful job you’re doing creating a platform for that. So thank you.

Kevin: No problem. Let’s start with your own personal story because I think a lot of people can learn from it.

Paul: Sure. A lot of people out there have heard me and they know it but basically, to make it short and sweet I’ll tell you I got diagnosed with inflammatory bowel disease, which is inflammation of the colon. It’s also known as ulcerative colitis and Crohn’s Disease, when I was 19 years old. The doctors told me that I had to be on drugs for the rest of my life and the only inevitable was I was at a high risk for colon cancer at 20 years old. They said by the time I was 30 I would probably have it and the only complete cure was to get rid of my colon. They said, “If you don’t have a colon you can’t get colon cancer.” The doctors told me what to do and I listened to them and did exactly everything they told me to do short of surgery. Every time I did what they told me to do I wasn’t getting better, I was getting worse. So then I got wise and I started doing the opposite and got better.

One day when I moved to West Palm Beach, Florida, without knowing it I moved right next to a place called Hippocrates Health Institute. I was in the health food store one day and I saw a fellow there, his name was Brian Clement. He was giving a lecture to some people there and I was listening. He was talking about raw food. My doctor had always told me raw foods would be bad for me. When I told that to Brian he said, “Of
course they would. If you were healthy they wouldn’t get paid.” He told me a lot more things about the food.

I asked my doctor if the raw foods are really bad for me and she said, “They’re definitely the worse thing for your condition.” When she told me that I knew I was on the right track and I went on a raw food diet.

Since that day I’ve been completely better and helping people get better. I have to pinch myself. I enjoy every day so much.

Kevin: Now the process of healing probably didn’t happen overnight. Why don’t you explain how you dove into it and what are some of the things that worked for you and some of the things that you found didn’t work for you.

Paul: Well actually, it did happen overnight. What I found out is health doesn’t begin when we add to our diet, it begins with what we eliminate. So when I found Hippocrates Health Institute and spoke to Brian Clements, the director there, he told me to eliminate everything that was contributing to my problem. He knew what it was. It was not really the cooked food as much as the dairy, the wheat, the processed food, the overeating, eating late at night, mis-combining my meals, not chewing my meals. When I stopped doing all those things... People ask me how long it took to get well, I give them two answers. One answer is “Immediately.” As soon as I stopped that I actually started feeling better, even though I wasn’t completely cured. The other answer is, after almost 17 years of doing this I’m still healing because each day I feel better than the last. That is not an exaggeration. It’s amazing. I feel better now than I did last year and I feel better than two years ago. I continuously feel better and I’m learning new things.

Some people criticize me and say I’m always changing my mind. But I think somebody who has been doing this long enough, who keeps doing the same thing they did 20 years ago, either they’re not learning or there’s something wrong in the process because you should be learning new things and applying them and seeing what works. I made some mistakes at first and I see a lot of people making those mistakes today. It’s one of the things that motivates me to get out there. If I didn’t change I wouldn’t have been too healthy today. I see a lot of people coming to the raw food movement that are making a lot of these errors.

I was blessed to meet a man who is one of my best friends, Dr. Fred Bisci, when I was interviewing people for my first book. He really woke me up and told me that it’s not just about eating raw food. You can’t just eat tons of fruit and you can’t eat raw junk food and expect things to continue to get well. Eventually you’re going to hit a road block. He really helped me understand why and how that happens.

You have to continue to change as the body changes. There’s a lot of people out there in the raw food movement making mistakes. We really have to understand that raw food is great but it’s not a panacea. If it’s raw junk food it’s just a matter of time before that’s going to take its effect on your body.

It’s very simple - raw, ripe, fresh and organic. We can’t overeat and have got to eat at
the right times. All this is what my new book is really about, but so are my other books. My last book, “The Formula for Health,” was a book by Arnold Ehret. It was called “The Mucusless Diet Healing System” and he had something in there called the formula for life. If anyone understands that formula, they’ll understand what the mistakes are and how to avoid them. The formula basically is power minus obstruction equals vitality. In other words, health minus disease equals wellness. So we have to put things in our body that can contribute to our health and eliminate things that contribute to disease. Then that will determine the state of our health.

Kevin: All right. Let’s get into some specifics here. What were some of those specific mistakes? What were some of the foods and things that you were eating that were eventually contributing to you not getting the results you wanted?

Paul: Well, the first one was eating too much fruit. At first it was great. To anyone out there that’s eaten McDonald’s the whole life and then switched to a diet of eating fruit, they could eat all the fruit in the world and they’re probably going to show some improvement. However, after your chemistry starts cleaning up and you continue to eat tons and tons of fruit, it’s too much sugar for the body. At Hippocrates Health Institute people with certain illnesses they completely take off sugar, including the sugar that’s found in fruit. So there’s nothing wrong with fruit but it’s overdoing it that’s a problem. One of those mistakes I made was overdoing the fruit.

People ask me, “How much is too much?” It might vary for each person but you have to understand that the stomach is the size of our fist. So we have to use some common sense and say, “That might be a little bit too much food there. Look how much you’re eating.” We have to look at that. That’s one of the big errors I made.

Another one was the time I ate. I lived in New York City, I had the world’s biggest raw food restaurant, which is important because we have the world’s biggest people in New York City [laughs]. I was working there for a while and after I got off work, late at night, I would go out and eat or I would eat my raw junk food. Most people that are visiting raw restaurants are not doing it at 11 o’clock in the morning, they’re doing it at 9, 10 o’clock at night. So eating late at night, overeating, mis-combining my food, not paying attention, eating too much dehydrated food, not getting enough sleep, thinking sleep’s not important. I asked a raw food leader out there once, somebody who was teaching raw foods, about sleep and he said, “Sleep is poison.” It was no surprise it was many years ago and now that person doesn’t seem to appear to be as healthy as he was back then. So I wasn’t getting enough sleep back then.

People aren’t getting enough exercise. Some people get too much exercise. That was my issue. I was always into fitness when I got into this and I was exercising way too much.

It’s all the extremes. People do too little or too much. I don’t like to use the word moderation because we all have our own idea what moderation is based on how we feel. That can be a very dangerous thing. But I like to use the word “balance.” We have to have a good balance. Many people are doing things too much or too little. That’s where they get themselves into problems.
Kevin: You mentioned fitness and raw food. There were a few questions about that so I think we should probably just jump right into it. You said that you were finding that you were exercising too much. How do you manage now with fitness and raw food and how do you maintain your weight? That’s a big question that we get.

Paul: It’s definitely a big question. I get as well, especially with issues of colitis and Crohn’s Disease. A lot of people lose weight. What I find is that most people when they get into a raw food diet they’re fat so nobody really complains about how they look. But when they lose the fat if there’s no muscle under there then they feel too skinny and they do look skinny. The key is fitness, but not too much.

Another key with putting on weight is getting enough sleep, which most people don’t do. The amount of food we eat determines how much sleep we need. If we’re overeating we need a lot more sleep than we actually get. Building and healing is really taking place during sleep. So we really have to make sure we’re getting the proper amount of rest.

Another thing I’ve found that worked with me was when I went to the Ann Wigmore Hippocrates-style eating and ate more chlorophyll-rich greens and sprouts and cut out the sugar. The sugar might give people fuel or stimulation but it’s the chlorophyll that really helped my body build the muscle. Nothing takes the place of good, muscle-building exercise. I’ve always come from the background of being in the gym and working out but even that I found was unnecessary. Fred Bisci told me some advice that stuck with me for a long time and that was that the healthier you are you still need to exercise every day but you need much less than a person who is unhealthy. Well, I was working out like a person who was unhealthy, way too much.

I started to see signs of one of the most common things out there today, even in the raw food world, adrenal fatigue. I started to notice these things so I cut back on the exercise. I realized it’s more important to take your time and do it right than to try to get as much in as possible. When I did that I just kept getting more and more. Anyone that thinks raw foodists look skinny go to my blog - I’ll give the address out later if I get an opportunity - and you can see me working out on there. Now I just basically do weights with my own body weight, pushups, pull-ups, the flash pike, if anyone knows what that is. I’ve got a video on my blog about that. You don’t have to be skinny if you’re on a raw food diet. You can certainly look fine on a raw food diet.

Kevin: Great. One of the questions that was asked was, “Is it bad to eat six or seven bananas in a day?” A lot of the questions were about high fruit. You mentioned that high fruit might not be the best idea but if you are eating some fruit, what are better fruits to be eating?

Paul: Well, it depends on each person’s situation, each person’s occupation and so on and also what else they’re eating throughout the day. If somebody is not on an all-raw diet and a lot of their diet is processed sugar, well fruit could put them over the top. But if somebody is eating a pretty good diet like a Hippocrates lifestyle, with many greens in their diet, having a meal of fruit is going to be fine. Obviously a desk-job worker is going to need less than somebody who is athletic. There’s not one answer for everyone, that’s the big problem out there. A lot of people are saying there’s one answer for everyone.
I do have to warn people that there’s a lot of people out there today on this 80/10/10 diet. The problem with the 80/10/10 diet... I actually think it’s a great balance but the problem is the amount the people are using in it. They’re using a lot more than we need to. If somebody was eating small amounts of fruit and very small amounts of fat, that’s fine. But people, I believe, are overeating. They’re eating a lot more than they need. They don’t understand that when the body gets cleaner you can get by on even less. I’m not into calorie-counting but if we do this the right way we do not need to eat 8, 9, 10 bananas a day, no matter who we are and no matter what our lifestyle is.

Somebody could certainly enjoy fruit. I’m not against fruit. I’m against overeating. That’s the problem that people are having today. They consistently overeat. Nobody likes the taste of fruit more than I do but I know overeating on fruit isn’t good. Fred Bisci told me about all the natural hygienists of the past, that he knows, when I first met him. He told me how much fruit they ate and how it wasn’t good. I said, “I’d like to interview them,” because I was interviewing people for my book. He said, “You can’t interview them because they’re all dead now.” I said, “Did they live a long life?” He said, “No.”

Then I met William Esther, who is a great man who practiced temperance and a lot things. I met him and asked him, “Do you ever fast?” He said, “No.” I asked why and he said, “I don’t need to. I don’t overeat.” I said, “What do you eat?” He told me what he eats and it wasn’t a lot. It was a great interview. He was a hygienist that ate fruit, believed in fruit, but he didn’t overindulge in it. That’s the bigger problem and the problem I address in my new book “The Daylight Diet.” People can’t stop and they go all throughout the night eating.

Kevin: Right, got you. What about the complete opposite - high fat?

Paul: The same answer - all individual situations. An Eskimo living in an igloo is going to need a different diet than somebody living in the tropics where I am. Too much is too much no matter where you are in the world. It depends on our situation. I do think working out and exercising more just so you can eat more, I believe that’s another type of eating disorder. We don’t need that much and high fat is another problem in the raw food movement. A lot of raw food meals are made with nuts and seeds and all these other fats now. A raw, plant-based fat will digest much better than a cooked fat of any type, but people are still over-doing the fats. We do have to find what works for us on an individual level. The problem I find is too many people are looking at raw foods and saying, “This guy said this,” and “this guy said that.”

There’s only one true way to tell if something’s working for us or not, from a physical standpoint. That is to monitor our blood work. I think people neglect this too much in the raw food movement. They talk about what they think is best but they don’t look at their own blood work, which really tells us what’s working and what’s not working for us. There’s many different variables out there that come into play other than diet that can affect our chemistry and everything else. But if our blood work is checked and things are working fine, what we’re doing is working for us. Now is that going to work for the next person? It might not. But the best way to keep monitoring it is by looking at our blood work.

Please visit www.RenegadeHealthIC.com to join the discussion of this call!
Kevin: That’s a great point Paul. I never usually interject my opinions in interviews but I recommend anyone listening to listen to what Paul just said in the last minute or so. It’s so important. Now how do you recommend someone would test their blood? What’s the best way do you think?

Paul: Well doctors, believe it or not, they have a great way to take blood tests but the problem is they don’t know how to read the blood tests. Everyone might be too high in something and you might be perfectly fine but a doctor will say you’re low because the average person is too high. So you really have to go to somebody who knows how to read and understand these tests.

I’ve been very blessed to find Dr. Shandel, here in Hollywood, Florida. His website is caprofile.net. He has an extensive longevity blood profile test and a cancer blood profile test. He has his laboratory right on his premises. He has a whole set of tests that I think are important for everyone to monitor. But for everyone to start out with, you take the basic chemical blood profile tests and that’ll tell you the basics. Then if there’s anything suspect in there then you can start getting more of the expensive tests. My best advice to everyone is if you have drug insurance - I don’t call it health insurance, I call it drug insurance because it pays for drugs not for health - go to your doctor and say, “I want to get tested for every possible thing my insurance will cover.” If something is deficient in your body some warning signs will show up on those tests.

Another way is if you’re getting a sign that something might be wrong, like if you’re low in a certain nutrient you might get cracked lips or rashes or something else, poor memory. If you know that that has something to do with a deficiency in something, well get tested for that particular nutrient and see if your levels are okay.

You also have to understand, all vitamins and minerals and nutrients work synergistically. So just because one thing is perfect, we have to look at both sides of the spectrum here. For example, with vitamin B12 some people might be okay but homocystine might be too high and we’d have to address that. If we have low vitamin B12 the homocystine might go up. A good person who knows how to read this, Brian Clement, Gabriel Cousins, Dr. T at Equalpolitan in Minnesota and Dr. Shandel, these are people that know how to read these. Anyone can get their blood work and mail it to these people and do a consultation over the phone. So I recommend you monitor your blood work once or twice a year and then you make the appropriate steps.

Kevin: What do you think about vitamin D?

Paul: I see the biggest problem, from a nutrient or clinical standpoint today - and Hippocrates confirms this. I worked very closely with Hippocrates Health Institute. I’m very blessed to be great friends with Brian Clement and I teach at the Institute now. They have more testing and studies and results and information than anyone else in the world. They’ve been doing this for over 50 years. They have found, and all the other raw food doctors have confirmed, that vitamin B12 and vitamin D, there’s a big problem in the raw food movement, or even in any movement today, when it comes to nutrition. People are suffering from deficiencies. So we need to definitely address these.
I definitely would recommend supplementing in both these areas and monitoring both of these closely.

I have to also say I was just blessed, my friend Rick Dina and Karen Dina, they were staying with me because they were in town with me for the Raw Summit. They’re two doctors that I would recommend people go to in a heartbeat. Not only do they know just as much as though other people I mentioned, about the clinical tests and how to read them, but they’re probably easier to get in touch with. They have great information out there and they’re going to come out with a book next year. They teach at the Living Light Culinary School in Fort Bragg. Rick Dina and Karen Dina are excellent sources to find the blood tests. I’ve had great conversations with them. I wouldn’t give somebody a high recommendation unless I know that to be true. These people I’m mentioning are definitely people I recommend people get in touch with.

I wouldn’t listen to people that are very charismatic but really have no idea about this. There are a lot of people out there promoting raw junk food, claiming to be the world’s brightest and smartest raw food leaders but they wouldn’t know how to read a blood test if somebody gave them the information right in front of them. They just don’t know what they’re doing and they get a lot of people in trouble. So we really have to show discern on who we go to and what we do.

Kevin: Excellent. Rick and Karen are highly recommended by myself as well. Let’s tell people where they can go to get information from you. You’re sending people all over the place besides your own site. You can go to PaulNison.com. If you want to check out Paul’s blog you can click on the left-hand side and you can see Paul’s blog. He’s got videos, books. You can be his friend on Facebook, MySpace, all these different places. That’s where you can go and get some more information.

I wanted to talk a little bit more about the Crohn’s Disease. What does someone do when the doctor says to them, “You can’t have fruit.” Or, this happened to me before, someone comes to me - I know what to say - and they say, “I have Crohn’s Disease so I can’t eat fruit or vegetables.” What do you do?

Paul: It’s quite simple. With all disease we’re stressing something out, we’re overdoing something in our body. So we just have to figure out ways to reduce the stress. Only in severe cases do you completely need to stop everything. Crohn’s and colitis are severe cases of intestinal disorders. So for a temporary time we might have to stop doing certain things that are contributing tremendously to the issue. Overeating is more of the problem than the actual thing that you’re eating many times. That’s the first thing we have to cut down. What I tell people, I don’t even tell people to eat raw, whole foods when they have an intestinal disorder because any time a disease ends in “itis” it means there’s inflammation somewhere in the body - colitis, proctitis, all these other illnesses. Inflammation is a later stage of disease but disease doesn’t start with these later stages. It means you’ve missed these beginning stages. Two beginning signs of disease are laziness and constipation, which most people suffer from and all these things start from overeating, usually, or not getting enough rest. So those are the first things I would tell people - you have to look at how much you’re eating and how much you’re sleeping. If
people neglect sleep too much, good quality sleep, that’s a big part of healing.

But when it comes to someone saying they can’t eat fruit I tell people is if you sprain your ankle and you try to jump rope you’re going to make the problem worse. You have to rest your body. You have to rest your body from food, your intestinal tract. I would put them on blended foods and give them probiotics to help their colon and intestine heal. Then after the bleeding stops and the inflammation goes down that’s when you would start introducing -- first I would put them on juices, then I would introduce blended foods and then when they were ready for it I would introduce whole foods. Some people, depending how deep their wound is, it will take weeks and some people it’s months.

Now most people don’t have the patience or support around them to go through that process. That’s why I would recommend a place like Hippocrates Health Institute or one of these other places because they’re filled with great support and information. It’s really not that difficult to get better from colitis, Crohn’s Disease and all these other things, physically. Mentally and emotionally it is a big challenge. Then when you have something like cancer it’s a whole other story. In those cases you really need to get to one of these institutes. It’s not something you want to do on your own at home.

Kevin: What do you think of superfoods? What do you think about the buzz?

Paul: I think the most important place to get our nutrients from is from whole sources of raw, ripe, fresh, organic foods, vegetables, nuts and seeds eaten in the right amount at the right time. That should take precedence over anything else out there. Those are the real superfoods.

There are certain times and cases where people might need to take supplements. I think that’s where superfoods are, as supplements. I don’t believe in synthetic supplements but I believe in whole foods in a supplement form when needed and used appropriately. They should never take the place of the whole food, number one. We just had the Raw Food Summit with the raw food leaders from around the world with 500 years of experience. They all agreed that there’s a place for these certain foods but they’re not to take precedence over the whole foods.

The problem with the superfoods is some of them are truly healing to the body. These green powders are excellent. E3Live, even though it’s a whole food it’s classified as a supplement or a superfood. These are wonderful but the problem today is there’s a lot of things mixed in there that are junk food that people are calling superfoods and they’re really not. This is the dangerous thing in the raw food movement. I’d rather everyone completely avoid every single superfood out there if they don’t know what’s truly good and truly bad. That’s the big problem today. There are a lot of people out there today promoting things as superfoods and they’re actually not even not-healthy, they’re actually harmful.

So we really have to be careful and show discern and realize who is saying what, what claims are being made and why. Some of the claims out there are just ridiculous. Unfortunately it the world today people follow crowds and they go with the most
charismatic person out there. That’s the person that’s going to say things to get people to follow them. It’s a big problem.

So superfoods are excellent if they’re true superfoods but if they’re these fake superfoods they’re not great. Let me tell you, you could stick a “raw” sticker on a piece of candy and call it healthy. That doesn’t make it healthy. There’s a lot of junk out there that people are sticking stickers on and saying it’s a healthy superfood. It certainly isn’t.

As for the super berries and all these other things, I think the best berries we can get for our bodies are locally grown produce that are fresh. Berries that have to be flown from halfway around the world and dried, that just became popular within the last ten years or so, they’re not needed for health. I know somebody that’s 107 years old. He never had one of these berries from halfway around the world. For example, goji berries. They taste great and they do have a lot of healing properties but I’ll tell you what, a fresh blueberry or mulberry, right off the tree, is healthier than any berry that’s dried and flown around the world. If anyone out there is going to do things like goji berries, soak them overnight and re-hydrate them. Most people don’t like it like that because it takes a lot of the sugar out of it. It doesn’t actually take the sugar out it just re-hydrates it to where it should be. But it’s going to be better off for you.

There are other superfoods out there that. It would be a waste of my breath even talking about some of these things because it’s a joke what people are saying with these things. We really have to wake up and show discern with these things. I plead with everyone out there, look at what’s happening and who’s saying what and what claims are being made. Not only at the Raw Food Summit that we have our leaders at with over 500 years combined, but we have people with scientific information that backs up what we’re saying. We didn’t just have, “I’m going to wake up one day and want to make a lot of money so I’m going to slap this on some dried fruit or powder and call it an amazing superfood.” So we really have to show discern and be careful.

Kevin: One of the superfoods that I had personal experience with is cacao. I know that you’re not very favorable for it. Can you just tell us what your experience with it is?

Paul: First of all, I call it crack-cao because it’s one of the most addicting things out there. Fred Bisci and everyone else confirms this but what happened to me was I used to be a big fan of it because I loved the way it tasted. I started noticing I didn’t feel that great when I took it. But even more concerning was I contacted Jeremy Saffron who is a good friend of mine and he told me that he too thought it was once good and he did more research and found out it really wasn’t. It’s high in caffeine, theobromine and has some other issues with it. The bad weighs out the good. People started coming to my lectures literally shaking. I do a lot of lectures. They were often shaking and saying, “I can’t get off this. Help me. It’s really bad.” It’s basically a drug. I’m not one to say nobody can ever take it and you can’t use it, but I believe it should be used in the same way a person would use like vanilla extract. You use it as a flavoring in very small amount and that’s fine. But when you’re told you need it to be healthy and you have to take pounds and pounds of it every day, that’s a whole other story. That’s where the problem lies.

So we really have to be careful. Nobody is going to buy a month’s worth of vanilla
extract, tons and tons of it, so they can pour it down their throat the way they do this crack-cao. It’s just really a marketing scheme here. It’s really dangerous. It is a drug and a lot of people out there feel great taking it because they don’t know the difference between stimulation and true energy. We really have to be careful out there. Yes, it tastes great but there are other things that taste great as well that don’t have the same problems. We need to realize what those are. Give it up. Realize, “I don’t need this. Why am I taking this? Is it as good as it claims to be?”

I got a book from the publisher that publishes Arnold Ehret’s books. If nobody out there has read Arnold Ehret’s books you have to read “Mucusless Diet Healing,” which is a classic. Anyway, the publisher had another book “Live Food Recipe Book.” It was probably one of the first ones that were out. They actually spoke about it and they said it was a bad food. It’s becoming more common sense and more knowledge and people need to wake up. I know half of you probably hung up the phone because you didn’t want hear it was bad, but I’m not here to become your friend. I’m here to tell you the truth. If you can deal with it great. If you can’t, you’ll come to me later when you’re sick. So that’s that.

Kevin: I don’t think anyone hung up the phone. [Laughs] Let’s talk about food combining.

Paul: Some people today are saying it’s not important because you can combine just about anything and the body will take care of it. But not only is it proven that it is a big issue but anyone can just feel it if you eat things that don’t combine well. You get gas, your stomach gets bloated. It takes its toll on the body energy-wise. It takes a lot more energy to digest food if it’s not combined right.

The key to health really is to create an environment where you can get the proper amount of sleep you need. When we don’t eat the best diet in the best way at the best time our bodies require more sleep and there’s not enough time to get that sleep. That’s where we run into problems. The only way to get the proper amount of sleep that we need is to eat the right diet. That way we don’t need a lot of sleep.

When you mis-combine your foods, when you don’t chew your food well - which is one of the biggest problems people have out there - you’re going to run into problems. I’ve found the biggest issue we see out there is in my new book, “The Daylight Diet.” People eating at nighttime. They don’t understand that when the sun goes down the digestion slows down. Eating right before going to sleep or even a couple of hours before going to sleep is one of the worst things you can do for your health. Not only are these people eating these things like crack-cao and these other supplements, these raw junk foods and desserts, they’re eating them late at night right before they go to sleep. They make it even worse. They’re not getting the proper amount of sleep they need. Then they’re just being like the average person that has to stimulate themselves to get up in the morning with an alarm clock. They have to stimulate themselves to stay awake with caffeine. And then they actually have the nerve to complain they can’t get to sleep at night. You can call yourself a raw foodist but if you’re doing the same thing that the average person is doing you’re going to get the same problems.

Kevin: Do you have to be 100 percent raw to improve your health?
Paul: That’s a joke. If anyone believes that they really don’t understand about health. You do not need to be 100 percent raw. That’s one of the mistakes I made in the past. I thought we needed to be 100 percent raw to be healthy. If anyone knows anything about the body it’s what we do on a consistent basis that’s going to help us.

Now if you want to heal from an illness you might need to be 100 percent raw during that time, based on what you have. However, somebody could eat cooked food and if they do it the right way they could certainly be fine. I know many cooked foodists that are healthier than a raw foodist. As a matter of fact, there are very few people that do eat 100 percent raw food. If you gave everyone who eats raw a lie detector test you’d be surprised at the results. However, it doesn’t matter.

This is one of the reasons why I respect Brian Clement. He’s one of the leaders in the raw food movement. He says, “If you’re somewhat healthy you can eat the majority of your foods raw and eat some cooked food and be fine.” So we don’t need it.

Now personally, me, if I desired to eat cooked food I would but I don’t have that desire. I don’t go around saying I’m going to die if I have a cooked food meal or that I’m not going to be as healthy. You can certainly be healthy if you eat cooked food.

Kevin: How do you suggest people manage cravings if they’re having a craving for cooked food?

Paul: Well, it depends what’s causing the cravings. If the craving is caused by a deficiency of something they’re not getting. Maybe they gave up cooked food but they haven’t replaced those nutrients and aren’t getting them. Is it caused by emotional cravings? Is it a habit hunger? You have to find out why you’re having the cravings. I find most people crave food and overeat because they eat food that’s too deficient in the nutrients because it’s low-quality food. Yes, even raw food, if it’s not fresh, can be low quality. As soon as you pick a food out of the ground or off the tree it starts losing the enzymes. People always look at me and say, “If you’re 100 percent raw why do you take enzymes?” I say, “The food isn’t right out of the ground. It’s been sitting in the store for two weeks and I know it’s not as fresh as possible. “ I find many people are not getting the complete amount of nutrients that their body requires so they end up craving more food. The higher the quality food you eat the less cravings you’re going to have.

Kevin: Great. All vegan, or no? Can you still be healthy?

Paul: Well, environmentally and spiritually, absolutely all vegan is the best way to go. Nutritionally it’s just another myth. You can certainly be healthy nutritionally on a non-vegan diet. As a matter of fact, it’s probably easier to get a good variety of nutrients if you’re not on a vegan diet. The emotional and environmental issues are very important. However, from a nutritional standpoint you really have to be on your game and know what you’re doing to get all the needed nutrients. It’s so much easier to get them from a non-vegan standpoint. I’m not saying you need to go out and at a cow but I’m saying if people had eggs or raw goat milk, things like that, they’d be getting a wider range of nutrients from a wider range of sources. When you limit those amounts of sources then
you have to be careful to make sure you’re getting the best quality sources of the non-vegan products. So my answer is, emotionally and spiritually the highest you can be is a vegan but nutritionally, still, if you’re eating a raw, ripe, fresh, organic, raw vegan diet and you’re doing it the right way - not overeating, not eating late at night - that’s the best. However, the majority of people can’t do that or they’re not doing that. I personally believe people would be much better off adding some animal product instead of the synthetic supplements they’re taking. They need to consider that and stop having this black or white issue.

Kevin: Great. What’s your favorite raw meal?

Paul: Durian. I am the durian king. I used to live in New York and all the leaders now used to come to New York - Doug Graham, Jeremy Saffron, all the old timers. The highlight of their trip was to come have durian with the durian king in New York. Now it’s become quite common all over. I don’t eat it near as much as I used to. As a matter of fact, I don’t eat fruit as much as I used to. But definitely durian is my favorite.

We have to learn that our taste buds will change. Now I can sit down and eat a bushel of kale. I just love it. Not a bushel, but kale. I love the taste. Years ago I couldn’t do that. I didn’t like the taste. Our taste buds will change.

I eat very simple. I love nut milks. I love sprouts. I’m a big Hippocrates fan with the sunflower sprouts. The bean sprouts are excellent.

The recipes, I could do without them now. I live in Florida and we get more tropical fruits here than ever before. I even have a jack fruit tree and star fruit. I don’t even eat them all the time. I definitely would say durian tops the list.

I can get 100 coconuts a week right off the trees from the neighbors. I absolutely love coconut. That’s one food I can enjoy pretty much to no limit. They’re great, the water. The meat is fattening. That’s another issue. A lot of people think coconut oil and coconut meat is fine. It’s not high in cholesterol and it’s not going to raise your cholesterol. But that’s another myth. If you’re overdoing the raw fats you’re going to have high cholesterol. A lot of people don’t see how but you will. I ran into that situation on my honeymoon. Me and my wife had a lot of durian. Probably more durian than anyone’s ever seen in one sitting. My cholesterol went through the roof. I couldn’t believe it. From a vegan diet? I called Dr. Bisci and he goes, “Did you do anything different lately?” I said, “Well, on my honeymoon we had a bunch of durian.” When I told him how many he said, “There’s your answer.” You can definitely raise your cholesterol on a vegan diet.

Kevin: We’re about 40 minutes into the call. I just wanted to tell everyone where they could get more information about you. You can go to PaulNison.com. And Paul, why don’t you give about 30 seconds on your new book.

Paul: Sure. It’s called “The Daylight Diet.” It’s coming out this summer. You can see it on my website. I also have a blog and a newsletter. You can sign up for my newsletter through my website. Again, it’s called “The Daylight Diet - Divine Eating for Superior Health and
Digestions.” Tonya Zavasta wrote a book called “Quantum Eating” recently and she actually wrote the forward to my book. I’ve known this for years, through my “Health According to the Scriptures” I studied the Bible to learn about health and I realized they were on a daylight diet there as well. Then when I read Tonya’s book I realized I had the same information, came to the same conclusion, but different studies to back up what we’ve come up with. So I spoke to her and she encouraged me to get this information out there. It’s the same conclusion, that overeating late at night, or eating at night period, is not healthy for the body. Yes, there are those few exceptions but in general it’s not healthy for the body. So it’s another book with different information to back it up, that eating late at night is not good. Tonya was nice enough to write the forward for the book.

A lot of the information in the book comes from a fellow, I read his book, from 1870. I had a first edition copy of his book. His information is amazing. A lot of his book is in there. I actually found somebody to reprint that book and they let me write the forward for that. There’s a lot of great information that’s going to come out. On my book tour I’m going to be talking a lot about this.

The only problem I have now when I go on the road is there’s a lot of people that don’t like hearing my talk because it’s usually over dinner. When I tell them they’re eating too late they don’t know what to do. [Laughter]

Kevin: So you don’t eat after the sun goes down?

Paul: I never say never but I never do. I don’t like to, let me put it that way. As a general rule I don’t think it’s a good idea. I can say honestly I haven’t for the last - other than Passover which was recently - for the last six to seven months I haven’t eaten when the sun was down. However, there are times I have eaten later. Understand, the daylight diet is not about just eating during daylight. I was up in Canada not too long ago and it was 10 o’clock at night and it was light outside. It’s never healthy to eat at 10 o’clock at night. The rule is, don’t eat after 5pm or after the sun goes down, whatever comes first.

It’s not something people are going to be able to do overnight real easy. If people think it’s hard enough to eat raw food, add this to it and then they’ll really think I’m crazy. It’s something you work up to and eventually, as you follow the steps I mention in my book how to do it, I can guarantee you’ll feel better. You can trust my guarantee because I’m not a used-car salesman and I’m not a crack-cao promoter. You can trust my guarantee.

Kevin: What about children and raw food?

Paul: I was on an interview last night and they asked me the same question. It’s the same, raw foods are the best foods, the highest quality nutritious foods. But we need a variety. Not little children. There’s only one food that babies need and that’s mother’s breast milk. But as for little, young children, they need to have the highest quality foods that’s raw. It’s not any different than an adult. You just have to get a wider range of certain nutrients that are better for a child. There are certain nutrients that are better for seniors. You just have to meet their needs. It’s not difficult to do at all. A lot of families out there where the children are raised raw and they’re raised healthy. It’s not difficult
at all. But we have to be careful not to give our children too much dried fruit or too much sugar, which is quite common.

And parents have to know, you can’t let your children control you. Some kids say, “I’m not going to eat that. I want my junk food.” Parents cave in and they give it to them. If you’re making the food taste good and it’s healthy, your kid has two choices. They either eat it or they don’t. I’m telling you parents, they might miss a meal but eventually they’ll get hungry and they’ll eat it.

Kevin: Great point. A lot of people mentioned about juicing and taking the fiber out of the whole food. What do you think about that?

Paul: Going back to the children thing, I’m a new father and I can tell you raising children on a raw food diet is another mistake people make. They think they have to make their child 100 percent raw. If you do that you’ve got to be very careful with what you’re doing but even more careful with who you’re telling. You don’t want to get in trouble with your neighbor who is eating McDonald’s, complaining because your kids look healthier than their kids or something. It’s a real serious issue. If you do have raw children and you are raising them 100 percent raw, be careful who you tell. That’s just a warning. I know a lot of families that are running into that issue.

Your question about juicing, were you comparing juicing to blending or were you just asking about juicing in general?

Kevin: Juicing minus the fiber, a lot of people say that that’s bad.

Paul: I believe the key to health and the formula for health that I talk about is getting the most nutrients while conserving the most energy while keeping the environment of the body as clean as possible. The way to do that is juicing. So juicing is excellent. I would recommend it. Everyone should do it often. But I do not recommend fruit juice, at least straight fruit juice. If you’re doing any fruit juice it should be either mixed with vegetable juice or it should be diluted. For example, if you’re going to have orange juice, one third of the cup should be orange juice and the other two thirds should be water. If you’re having other vegetables like apples or something else, it should be mixed with green, leafy vegetables. The vegetable juices are the best juices. Sprout juices, from sunflower sprouts, are excellent. They use it at Hippocrates every day for a long time. Wheatgrass juice is great. Juicing is wonderful and I highly recommend it for anyone.

The best juicer I have found out there is the GreenStar. It’s more efficient to use than the Norwalk, which gets better juice but it’s not as efficient to use. But any juicer, even a crappy juicer, is better than no juicer. People always make excuses and say they don’t have time to juice. It really doesn’t take that long. If you don’t have time to take two minutes to clean a juicer you have other issues than you don’t have time to juice.

Kevin, I have to say that it’s pretty fun when I see you on your video you’re the most energetic, excited person in the world. It’s hilarious how great you are. And now you’re just he most mellow person. It’s so funny.
Kevin: [Laughs] It’s about you though. If I became energetic with you, there’d be no difference because we’d both be high energy.

Paul: Raise it to the next level, yeah.

Kevin: As an interviewer I have to stay out of the way.

Paul: That’s good. I welcome you to come here to Florida with us and you’ll have the best time. It’ll be amazing. Come on down here.

Kevin: We’d love to. You mentioned water. What about water? What do you think is a good filter and what are you doing with your water?

Paul: Water is so important. Dehydration is a big cause of disease out there. As a matter of fact, somebody told me something recently, Dr. Leonard Caldwell, if anyone never heard of him he’s excellent. You should check his stuff out. He said, “You will never find a person who’s dehydrated that’s healthy or you will never find a person that’s sick that’s not dehydrated.” Dehydration is very common out there. Everyone is looking at the type of water we should drink but they’re not paying attention to the amount. The amount is so important. No matter what kind you get it’s still better than dehydration.

I personally like ionized water and when I’m home I have ionized water. But if I’m on the road I’m not going to say I’m not going to drink water unless it’s from an ionizer. I’d say the best bet is there’s so much positive and negative information about every single type of water out there and whoever is selling it and doing the best marketing job is going to get the most people believing their thing.

When it comes to water I would say as long as its not straight from the tap without a filter, you could pretty much take it then, you’re doing okay. There’s better and there’s worse but whatever you do don’t have straight water right out of the tap with no filter. If you get a filter get a good filter, not a garbage filter. If it’s spring water be careful with the plastic bottles that they come in. The ionized water is excellent and all the waters are excellent out there. We need water to survive.

Water is different, I know some people disagree, but the water is different than the liquid we get from fruit. I think it’s important to have both. There are some people that say they eat a lot of water-content foods so they don’t need to drink a good amount of water. Well, from my experience a good amount of water is still important. Morris Cruck, one of the people I interviewed in my book a long time ago, told me the morning water cure, which has been confirmed by many other people I’ve met over the years in this movement. Drinking a lot of water upon waking will help throughout the day, help with digestion, help you not be too hungry. We shouldn’t drink with our meals. We should be drinking between our meals. We also shouldn’t drink too late before going to sleep because it will affect our sleep if we have to get up all night to go to the bathroom.

Kevin: We have about five more minutes in the call. I just wanted to turn the questions over to you and kind of ask you this. What are the three most important things that someone can do, right now, to help transform their health?
Paul: The first thing is just look at the quantity of food you’re eating. The second one is look at the quality of food you’re eating, because it’s not good to eat late at night, but I have to say there’s more to health than just diet alone. There’s many other aspects of exercising and sleeping. There’s different stress levels out there, environment. Sleeping with the window open is one of my top tips out there. So there’s many other things more than just diet. We have to look at all those things. You can’t just eat raw food and think it’s a panacea. It’s not. There’s other ways to do other things and we have to keep those things in mind. It’s very possible and capable to do this and be successful. You don’t have to be 100 percent raw. The majority of the people out there teaching the raw food diet, and I’m not perfect either... We don’t have all the answers but we do have the right heart and the right idea. Not all of us but the majority, 99 percent of the people out there teaching raw foods, really want the best for you. The longer somebody is doing it and the more science they have to back it up and the more results they have, listen to those people. But be careful listening to somebody who just started doing this last year who calls themselves a raw, amazing person who knows everything. Nobody knows everything.

The last thing is my book, “Health According to the Scriptures” talks about health according to the Bible. No matter what your belief is spiritually prayer is one of the greatest messages of healing. So we really need to utilize that more. The Bible is the greatest health book I’ve ever read. I took all the health scriptures out of there and put them in my book.

You can see all my videos and my lectures on my blog. It’s a pleasure to finally get to speak to you, Kevin. Keep up the great work. Anyone out there that has any questions, comments or anything, come to my website and ask them. You can see where I’ll be speaking all over the country this summer. Go to my website, the dates are there. Keep up the great work.

Kevin: We’re not done yet. I still have one more question. What can you say to someone right now who is just confused? They just heard this call, this interview, now and the interview that they heard two nights ago was completely different. What do you say?

Paul: Great question. We just had the Raw Summit. It was the third time we’ve met at Hippocrates where leaders from all over the world, every raw food leader got invited to come there. We’re going to have another one in two years. We’ve come up with a standard of what works and why based on our over 500 years of experience. We’re going to have a blog out about that. If you email I’ll get you that blog. We’ve come to a basic agreement of what everyone should do and what works, the standard. I recommend people get their hands on that and use that as a basic guideline. That’s not one person’s opinion, it’s over 500 years of experience and scientific knowledge to back it up. That’s what I would recommend people do. I’ll get that to people for free. It’ll be on my blog very shortly.

Kevin: Great. Well, if you do want to go get more information about Paul I really suggest that you do check out his blog. He’s got a bunch of great videos. I was watching some of them today. You can go to PaulNison.com. You can go check out some before and after
pictures. I’m looking at them right now. I see Paul Nison cooked and Paul Nison raw, got a little hang-loose thing going there. It’s pretty cool. Please do check out some of the information. Paul, do you want people to get on the email list and you can send the information or do you want them to send you an email?

Paul: Sign up for my newsletter. I have a newsletter that goes out every week and another one that goes out every month. You can sign-up through my website, PaulNison.com. You can also email me if you have any questions. Go to the blog. The blog has updated information on a daily basis.

Kevin: Great. I want to thank you so much for this call. It’s been great to finally get in touch with you and bring this information to our fans.

Paul: Keep up the great work. To everyone out there, I look forward to seeing you when I’m around. Have a great raw life.

Kevin: All right, everyone. This is Kevin Gianni and Paul Nison. Together we can change the health of the world. Please stay tuned for not next Wednesday but the Wednesday after. We’ll be doing another great interview. Stay tuned with your email. We’ll send you out a notification when that’s ready. Take care everyone and have an awesome evening.