

FREE COMIC

ON RAW FOOD-RELATED TOPICS,
NOT SO SERIOUSLY



**CURIOUS
FRUITARIANNA**
ANSWERS SIMPLY
comic

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FOR LITTLE MOO



WELCOME TO

CURIOUS FRUITARIANNA ANSWERS SIMPLY

VOL. 1

VITAMIN B-12

CURIOUS FRUITARIANNA

ON A QUEST FOR SIMPLE ANSWERS

VOL.1
VITAMIN B-12



TODAY'S TOPIC:
VITAMIN B-12!



1. WHY IS B-12 IMPORTANT?
2. SYMPTOMS OF DEFICIENCY?
3. HOW DO WE GET DEFICIENT?

4. HOW TO TREAT DEFICIENCY?



B-12 - WHY IS IT IMPORTANT?

YOUR BODY DEPENDS ON VITAMIN B12 FOR A HOST OF FUNCTIONS, INCLUDING...

1. HELPING TO MAINTAIN NORMAL ENERGY LEVELS
2. PROMOTING HEALTHY NEUROLOGICAL ACTIVITY, INCLUDING MENTAL ALERTNESS
3. SUPPORTING NORMAL HOMOCYSTEINE LEVELS FOR HEALTHY CARDIAC FUNCTION



5. HELPING TO EASE OCCASIONAL STRESS AND SLEEPLESSNESS

6. MAINTAINING HEALTHY CELL GROWTH AND REPAIR

7. PROMOTING NORMAL IMMUNE FUNCTION

8. SUPPORTING NORMAL METABOLISM OF CARBOHYDRATES AND FATS

SO WHY IS IT IMPORTANT?

VITAMIN B12 IS A NUTRIENT YOUR BODY CANNOT DO WITHOUT FOR EFFICIENT, HEALTHY METABOLISM OF FATS AND CARBOHYDRATES.



SYMPTOMS OF B-12 DEFICIENCY?

A DEFICIENCY OF VITAMIN B12 CAN LEAD TO **VITAMIN B12 DEFICIENCY ANEMIA**. A MILD DEFICIENCY MAY CAUSE ONLY MILD, IF ANY, SYMPTOMS. BUT AS THE ANEMIA WORSENS IT MAY CAUSE SYMPTOMS:

1. WEAKNESS, TIREDNESS OR LIGHT-HEADINESS
2. RAPID HEARTBEAT AND BREATHING
3. PALE SKIN, SORE TONGUE
4. EASY BRUISING OR BLEEDING, INCLUDING BLEEDING GUMS
5. STOMACH UPSET, WEIGHT LOSS
6. DIARRHEA OR CONSTIPATION

IF THE DEFICIENCY IS **NOT CORRECTED**, IT CAN **DAMAGE THE NERVE CELLS**. IF THIS HAPPENS, VITAMIN B12 DEFICIENCY EFFECTS MAY INCLUDE:

1. TINGLING OR NUMBNESS IN FINGERS AND TOES
2. DIFFICULTY WALKING
3. MOOD CHANGES OR DEPRESSION
4. MEMORY LOSS, DISORIENTATION, AND DEMENTIA

HOW DO WE GET DEFICIENT?

YOU CAN EAT PLENTY OF MEAT, POULTRY, LAMB'S LIVER, BREWER'S YEAST, CLAMS, EGGS, HERRING, MACKEREL, KIDNEYS, MILK, DAIRY PRODUCTS, OR SEAFOOD - AND STILL HAVE LOW LEVELS OF B12.



HOW CAN THAT BE?



IT COULD BE BECAUSE YOUR BODY IS **UNABLE TO ABSORB** IT FROM YOUR GUT.

YOU SEE, B12 NEEDS THE HELP OF A PROTEIN CALLED **INTRINSIC FACTOR**.

AND BECAUSE THE **LINING OF OUR STOMACH** MAKES INTRINSIC FACTOR, PEOPLE WITH **COMPROMISED GASTROINTESTINAL HEALTH*** OFTEN NEED TO SUPPLEMENT WITH B12.

*HOW DO I KNOW IF MY GASTROINTESTINAL HEALTH HAS BEEN COMPROMISED?



1. **PERNICIOUS ANEMIA**, A CONDITION IN WHICH THERE IS A LACK OF A PROTEIN CALLED **INTRINSIC FACTOR**.
2. **ATROPHIC GASTRITIS**, A THINNING OF THE STOMACH LINING THAT AFFECTS UP TO 30% OF PEOPLE AGED 50 AND OLDER.
3. SURGERY IN WHICH PART OF THE STOMACH AND/OR SMALL INTESTINE IS REMOVED.
4. CONDITIONS AFFECTING THE SMALL INTESTINE, SUCH AS **CROHN'S DISEASE**, **CELIAC DISEASE**, **BACTERIAL GROWTH**, OR A **PARASITE**.
5. AUTOIMMUNE DISORDERS, SUCH AS GRAVES' DISEASE OR SYSTEMIC LUPUS ERYTHEMATOSUS
6. EXCESSIVE ALCOHOL CONSUMPTION.
7. LONG-TERM USE OF ACID-REDUCING DRUGS.
8. BULIMIA

ANYTHING SOUNDS LIKE YOU?



SO IF YOU EXPERIENCE SYMPTOMS OF B12 DEFICIENCY, SPEAK TO YOUR DOCTOR ABOUT A **BLOOD TEST TO CHECK B12 LEVELS**



SO WHAT'S THE TREATMENT?

FOR SOME PEOPLE, B12 SUPPLEMENTATION MAY BE NECESSARY FOR LIFE.

IF A DIET LACKING IN ANIMAL PRODUCTS SUPPLEMENTATION OF VITAMIN B12 BY **INJECTION, TABLET OR SPRAY** WOULD BE THE SOLUTION.

WITH PERIODIC TESTS YOU CAN FIND OUT IF YOU STILL NEED TO SUPPLEMENT.

AND REMEMBER - **YOUR BODY HEAL ITSELF**

JUST GIVE IT A TIME AND REMOVE ALL TOXINS FROM YOUR DIET.

STAY HEALTHY AND ALIVE!



I'M OFF TO ANOTHER CURIOUS ADVENTURE I HOPE YOU ENJOYED THIS ONE!



LET ME KNOW WHAT **YOU ARE CURIOUS ABOUT** SO WE CAN EXPLORE IT TOGETHER!

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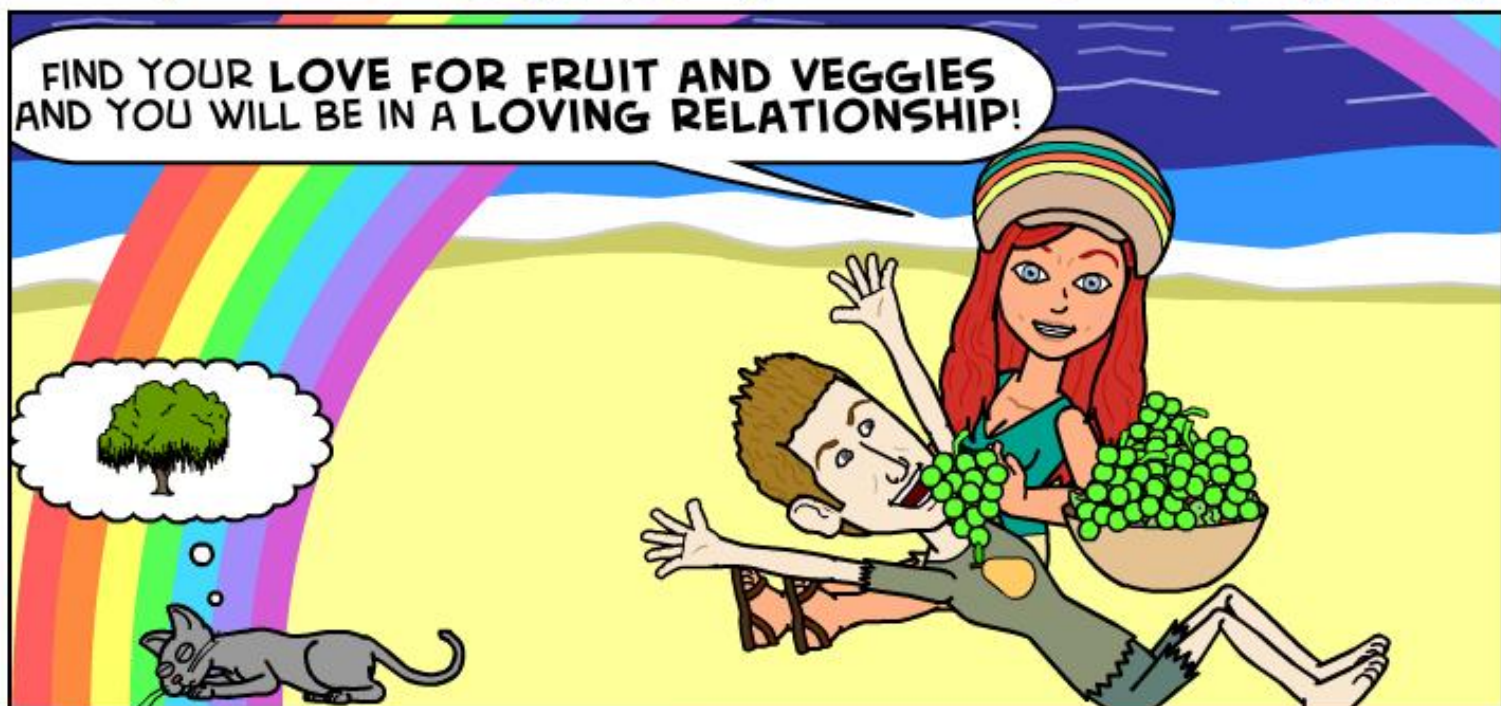
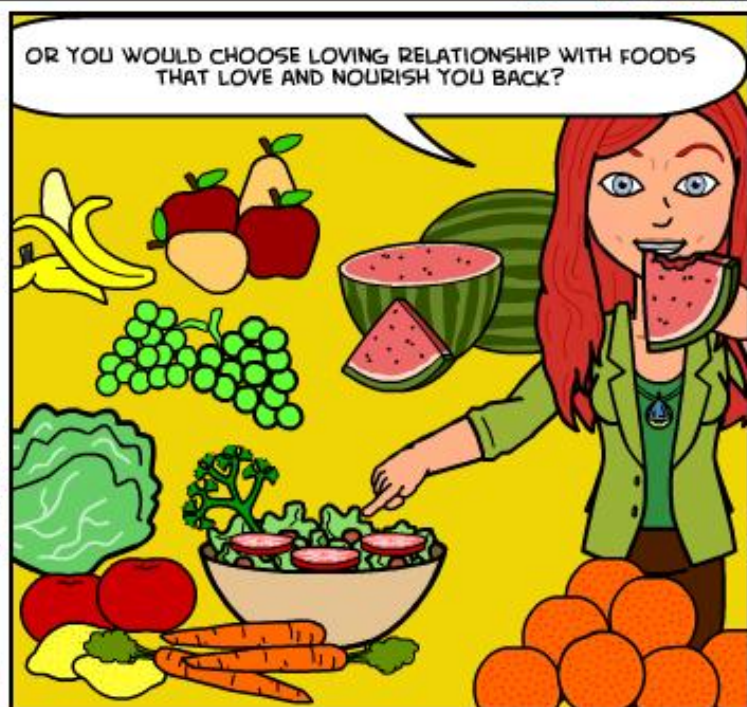
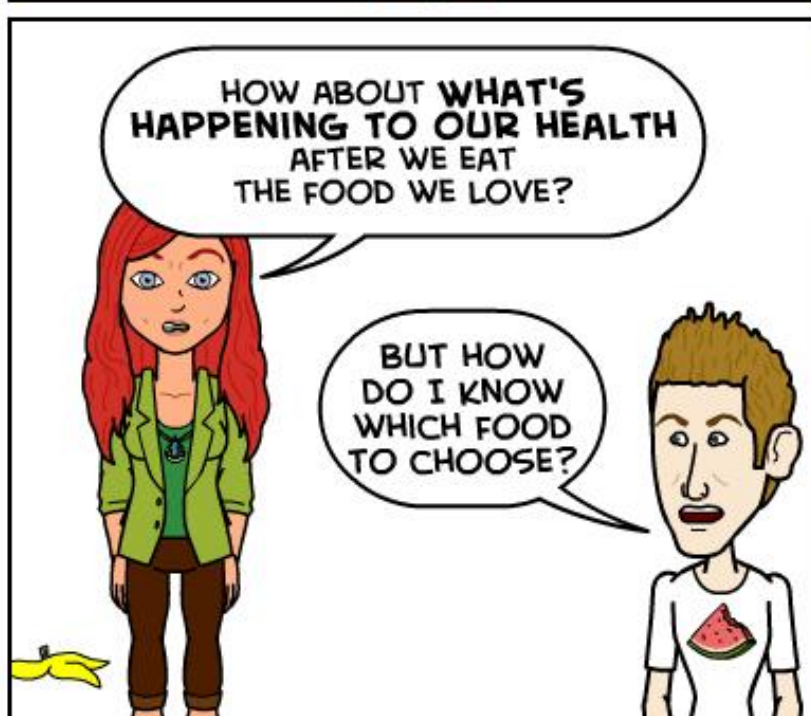
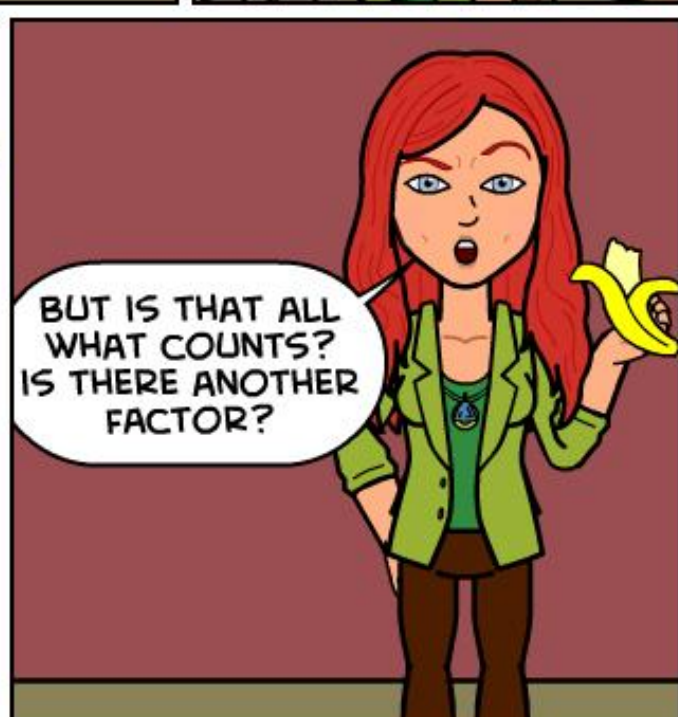




CURIOUS FRUITARIANNA ANSWERS SIMPLY

VOL. 2

**YOUR RELATIONSHIP
WITH FOOD**





WELCOME TO

CURIOUS FRUITARIANNA ANSWERS SIMPLY

VOL. 3

**HOW MUCH GREENS
IN YOUR DIET IS ENOUGH?**

CURIOUS FRUITARIANNA
ANSWERS SIMPLY
VOL. 3

HOW MUCH GREENS IN YOUR DIET IS ENOUGH?



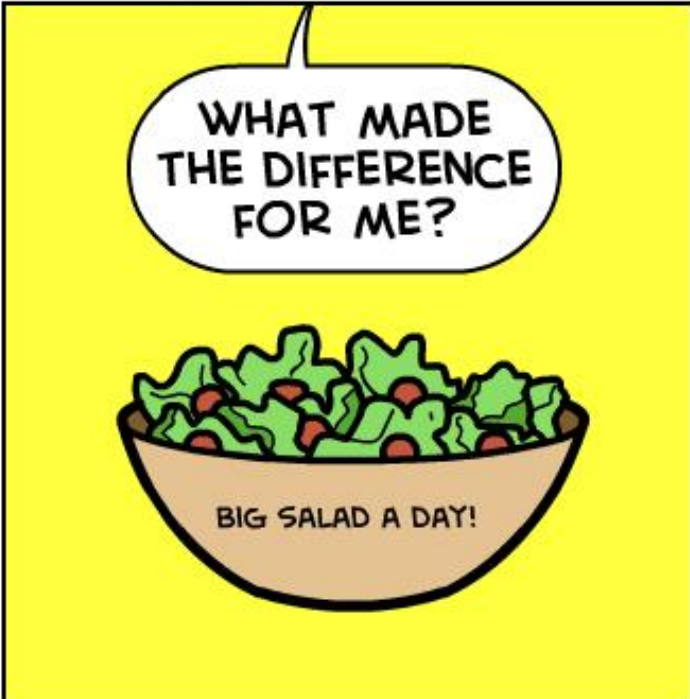
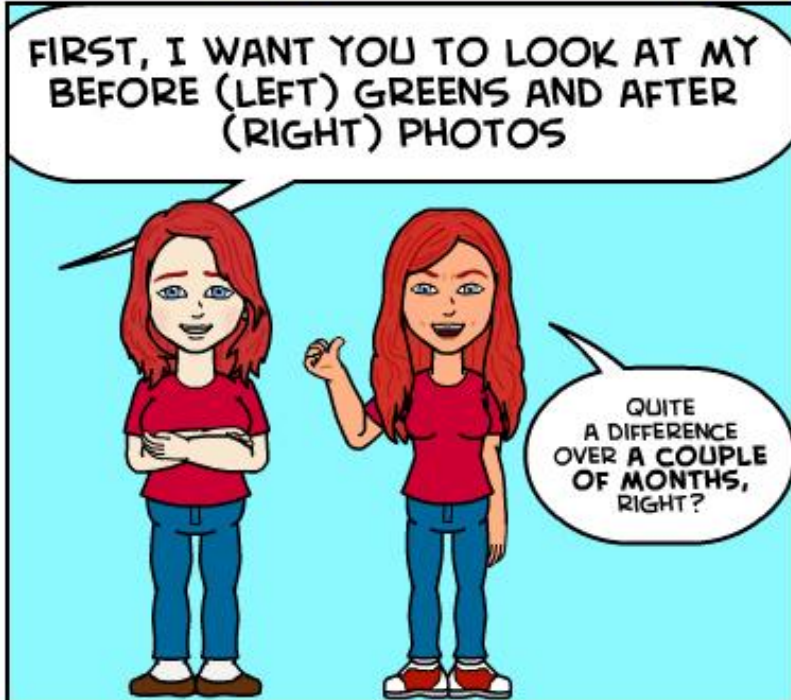
I WILL TRY TO EXPLAIN THE FOLLOWING:

WHAT ARE THOSE GREENS?

WHY EATING GREENS IS IMPORTANT?

HOW MUCH GREENS WE SHOULD EAT A DAY?

HOW TO EAT YOUR GREENS?



LISTEN,

2-6% OF MY CALORIES COMES FROM LEAFY GREENS

THIS WOULD BE 40 TO 120 CALORIES FOR A PERSON EATING 2,000 CALORIES*

*WHICH, BY THE WAY, IS VERY UNLIKELY TO BE ENOUGH FOOD FOR A PERSON DOING ENOUGH PHYSICAL ACTIVITY TO BE HEALTHY





WELCOME TO

CURIOUS FRUITARIANNA ANSWERS SIMPLY

VOL. 4

ABOUT COOKED FOOD

CURIOUS FRUITARIANNA

ANSWERS SIMPLY

VOL. 4

ABOUT COOKED FOOD

TODAY'S TOPIC: COOKED FOOD




LET'S TALK ABOUT:

1. HOW IT ALL STARTS?
2. HOW COOKING ROBS FOOD?
3. WHY IT IS BAD FOR US?



WHEN WE WERE JUST BABIES WE LOVED OUR MOTHER'S MILK

AND WHEN WE GOT A BIT OLDER ...




...WE ARE OFTEN WILLING TO EAT A LITTLE MASHED BANANA



BUT WHEN COOKED FOOD SUCH AS 'BABY RICE' WAS INTRODUCED, MOST OF US SHOWED RESISTANCE



AFTER BEING TRAINED TO EAT COOK FOODS OUR TASTE BUDS HAVE BEEN DECEIVED ...



INTO PREFERRED THE ALTERED AND DAMAGED TO THE NATURAL AND PURE

WE WHO QUESTION THE COOKING OF FOOD ARE SOMETIMES LOOKED AT AS IF WE ARE QUITE MAD



'HEALTH FREAKS'

'YOU ARE BORING!'

YOU ARE 'OBSESSING ABOUT FOOD!'



ARE WE REALLY THE ONES WHO COMPLICATE AND OBSESS?




OR RATHER PREP, COOKING AND CLEANING AFTER IS A WASTE OF TIME AND NUTRITION?




SO ISN'T THAT THE COOKED-FOOD EATERS ARE OFTEN THOSE WHO LIVE TO EAT, AND RAW FOODERS ARE WHO EAT TO LIVE?

EVERY STUDY CONDUCTED ON EDIBLE PLANTS SHOWS THAT THEY ALL ARE SUPER FOODS FULL OF PRECIOUS SUBSTANCES DESIGNED TO NOURISH US AND PROTECT FROM DISEASE.



MEANWHILE, THROUGH COOKING WE'RE HAPPILY DESTROYING NOT ONLY THE SUBSTANCES SCIENTISTS HAVE IDENTIFIED, BUT PROBABLY CRUCIAL SUBSTANCES IT COULD TAKE US THOUSANDS OF YEARS TO DISCOVER.



1. COOKING DAMAGES AND DESTROYS THE AMINO-ACIDS THAT OUR BODIES NEED TO BUILD PROTEIN.

2. IT DAMAGES AND DESTROYS ANTIOXIDANTS THAT HELP PROTECT US FROM CANCER.

3. IT DAMAGES, DESTROYS (OR MAKES LESS ASSIMILABLE) VITAMINS AND MINERALS.

SCIENTIFIC STUDIES HAVE SHOWN THAT THE TEMP AT WHICH CERTAIN SUBSTANCES IN OUR FOODS START TO BECOME DAMAGED OR DESTROYED IS AT AROUND 115F/46C.

THAT'S THE TEMP IN DIRECT SUN ON A VERY HOT DAY

WELL, DEPENDS WHERE YOU LIVE!



UNFORTUNATELY THE LOSS OF 90-99% OF VITAMINS AND MINERALS IS NOT ALL!

$E=mc^2$



COOKING CREATES TOXINS!

TOXINS ARE SUBSTANCES THAT OUR BODIES WEREN'T DESIGNED TO USE AND THEY CREATE HEALTH PROBLEMS INSIDE OUR BODIES!



E.G. AFTER JUST 3 MIN IN TEMP ABOVE 117F/47C FATS CHANGE TO TRANSFATTY ACIDS AND WHEN TRANSPORTED INSIDE OUR BODIES THEY START INTERFERING WITH THE RESPIRATION OF THE CELL (WHICH CAN LEAD TO CANCER AND HEART DISEASE).

AND THAT'S JUST A BEGINNING!



WE NOW KNOW THAT FOR EXAMPLE DEEP FRY IS MORE DEADLY THAN SMOKING CIGARETTES!




LASTLY, COOKED FOOD DEHYDRATES US!

EXACTLY! SO EAT YOUR FOOD WHOLESOME AND DO NOT WASTE A BIT ANYMORE!

SO THAT'S WHY WHEN I EAT COOKED FOOD I NEED TO DRINK 8 GLASSES OF WATER A DAY?



NOW, IF YOU HAVE FRUIT IN THE HOUSE, GO EAT IT! CAN YOU FEEL HOW HYDRATING IT IS?



AND HOW ABOUT STEAMING VEGGIES?

LOOK, I KNOW YOU WILL CRAVE THEM IN THE BEGINNING, AND IT'S ALL RIGHT!



IT MAY TAKE YOU YEARS OF TRANSITION BACK TO NATURE'S FOOD BEFORE CRAVINGS GO AWAY, AND IT'S ALL RIGHT!



START FOLLOWING THESE 5 RULES AND YOUR BODY WILL THANK YOU FOR IT VERY SOON!



5 RULES TO FOLLOW:

1. START A DAY WITH A GREEN SMOOTHIE (INSTEAD OF COFFEE!).
2. ADD A LARGE SALAD TO YOUR LUNCH AND DINNER (TRY USING AVOCADO OR WALNUTS INSTEAD OF OLIVE OIL).
3. STEAM YOUR VEGGIES INSTEAD OF COOKING IF YOU CRAVE THEM.
4. KEEP YOUR MEALS SIMPLE AND NO MORE PROCESS FOODS ON YOUR PLATE.
5. EDUCATE YOURSELF ABOUT RAW FOODS!
6. FIND SUPPORT AND RAW FOOD COMMUNITIES! IT'LL BE SO MUCH EASIER AND SO MUCH FUN!

AND REMEMBER! IT TAKES TIME TO CHANGE AND ESTABLISH NEW HABITS!

BE PATIENT, EASY ON YOURSELF AND HAVE TRUST YOU ARE DOING THE BEST YOU CAN!

I BELIEVE IN YOU!



TAKE JUST ONE DAY AT THE TIME AND DO THE BEST YOU CAN.

AND IF SOMETIMES YOU SLIP AWAY JUST GET BACK ON TRACK THE NEXT DAY!

BUT MOST IMPORTANTLY

LOVE YOURSELF AND YOUR BODY WILL LOVE YOU BACK!

EVERY MOMENT IS A MOMENT OF LOVE!



AND REMEMBER - YOUR BODY HEAL ITSELF

JUST GIVE IT A TIME AND REMOVE ALL TOXINS FROM YOUR DIET.

STAY HEALTHY AND ALIVE!



I'M OFF TO ANOTHER CURIOUS ADVENTURE I HOPE YOU ENJOYED THIS ONE!



LET ME KNOW WHAT YOU ARE CURIOUS ABOUT SO WE CAN EXPLORE IT TOGETHER!

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WELCOME TO

CURIOUS FRUITARIANNA ANSWERS SIMPLY

VOL. 5

SOAKING NUTS AND SEEDS

CURIOUS FRUITARIANNA ANSWERS SIMPLY

VOL. 5

SOAKING NUTS & SEEDS



TODAY WE LEARN ABOUT:

1. NATURE OF NUTS AND SEEDS.
2. WHAT ARE ENZYME INHIBITORS?
3. WHY SOAK NUTS AND SEEDS?
4. HOW LONG DOES IT TAKE?

BY NATURE DESIGN NUTS AND SEEDS ARE IN A DORMANT STATE SO THEY MAY SURVIVE UNTIL PROPER GROWING CONDITIONS ARE PRESENT TO SUSTAIN A NEW PLANT AFTER THE NUT OR SEED GERMINATES.

ZZZ



NATURE'S DEFENSE MECHANISM INCLUDES NUTRITIONAL INHIBITORS AND TOXIC SUBSTANCES THAT CAN BE REMOVED WHEN IT RAINS.

AAAA!!

BUT WHAT ARE ENZYME INHIBITORS?

THEY ARE MOLECULES, WHICH BIND TO ENZYMES AND DECREASES THEIR ACTIVITY.

NUTS CONTAIN NUMEROUS ENZYME INHIBITORS THAT PUT A REAL STRAIN ON THE DIGESTIVE SYSTEM IF CONSUMED IN EXCESS!

BUT WE CAN MIMIC NATURE BY SOAKING NUTS AND SEEDS BEFORE EATING!

SOAKING IN WARM WATER NEUTRALIZES ENZYME INHIBITORS AND ENCOURAGES THE PRODUCTION OF NUMEROUS BENEFICIAL ENZYMES.

SO WHY SOAK NUTS AND SEEDS?

1. TO NEUTRALIZE THE ENZYME INHIBITORS.
2. TO ENCOURAGE THE PRODUCTION OF BENEFICIAL ENZYMES.
3. TO INCREASE THE AMOUNTS OF VITAMINS, ESPECIALLY B VITAMINS.
4. TO BREAK DOWN GLUTEN AND MAKE DIGESTION EASIER.
5. TO MAKE THE PROTEINS MORE READILY AVAILABLE FOR ABSORPTION.
6. TO PREVENT MINERAL DEFICIENCIES AND BONE LOSS.
7. TO HELP NEUTRALIZE TOXINS IN THE COLON AND KEEP THE COLON CLEAN.
8. TO PREVENT MANY HEALTH DISEASES AND CONDITIONS.*

*FROM FOODMATTERS

HOW LONG DOES IT TAKE?

EACH SEED AND NUT HAVE DIFFERENT SOAKING PREFERENCES. SOME NUTS DON'T HAVE ENZYME INHIBITORS, BUT EACH SEED DO. SOME SHOULD BE SPROUTED TOO.

THE NEXT TABLE SHOWS THE AVERAGE TIME FOR NUTS AND SEEDS TO SOAK AND/OR SPROUT BEFORE USING.

SOAKING & SPROUTING CHART

NUTS	SOAKING	SPROUTING*
ALMONDS	8-12 HRS	1 DAY
BRAZILNUT	-	-
CASHEW	2-3 HRS	-
HAZELNUT	2-4 HRS	-
MACADEMIA	-	-
PECAN	2-4 HRS	-
PISTACHIO	-	-
PINENUT	-	-
WALNUT	4 HRS	-
SEEDS		
BUCKWHEAT	8-10 HRS	1-2 DAYS
HEMP	-	-
FLAX	8 HRS	-
PUMPKIN	8 HRS	1-2 DAYS
SUNFLOWER	4 HRS	2-3 DAYS
SESAME	8 HRS	1-2 DAYS

*FIND MORE INFO AND READY TO PRINT INDEX AT:
WWW.SWEETVEGANNATURE.COM/NUTS-AND-SEEDS/

SWEETVEGANNATURE.COM

IF YOU'D LIKE TO KNOW MORE, SEND YOUR QUESTIONS USING CONTACT FORM ON MY WEBSITE

END

OH BOY, AM I GLAD TO LEARN THAT! C'MON INKY, LET'S SOAK SOME WALNUTS. IN 4 HRS WE'LL HAVE IT READY FOR OUR DINNER!

I'M OFF TO ANOTHER CURIOUS ADVENTURE I HOPE YOU ENJOYED THIS ONE!

LET ME KNOW WHAT YOU ARE CURIOUS ABOUT SO WE CAN EXPLORE IT TOGETHER!

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CURIOUS FRUITARIANNA ANSWERS SIMPLY

VOL. 6

WHY WE EAT FOOD?

CURIOUS FRUITARIANNA

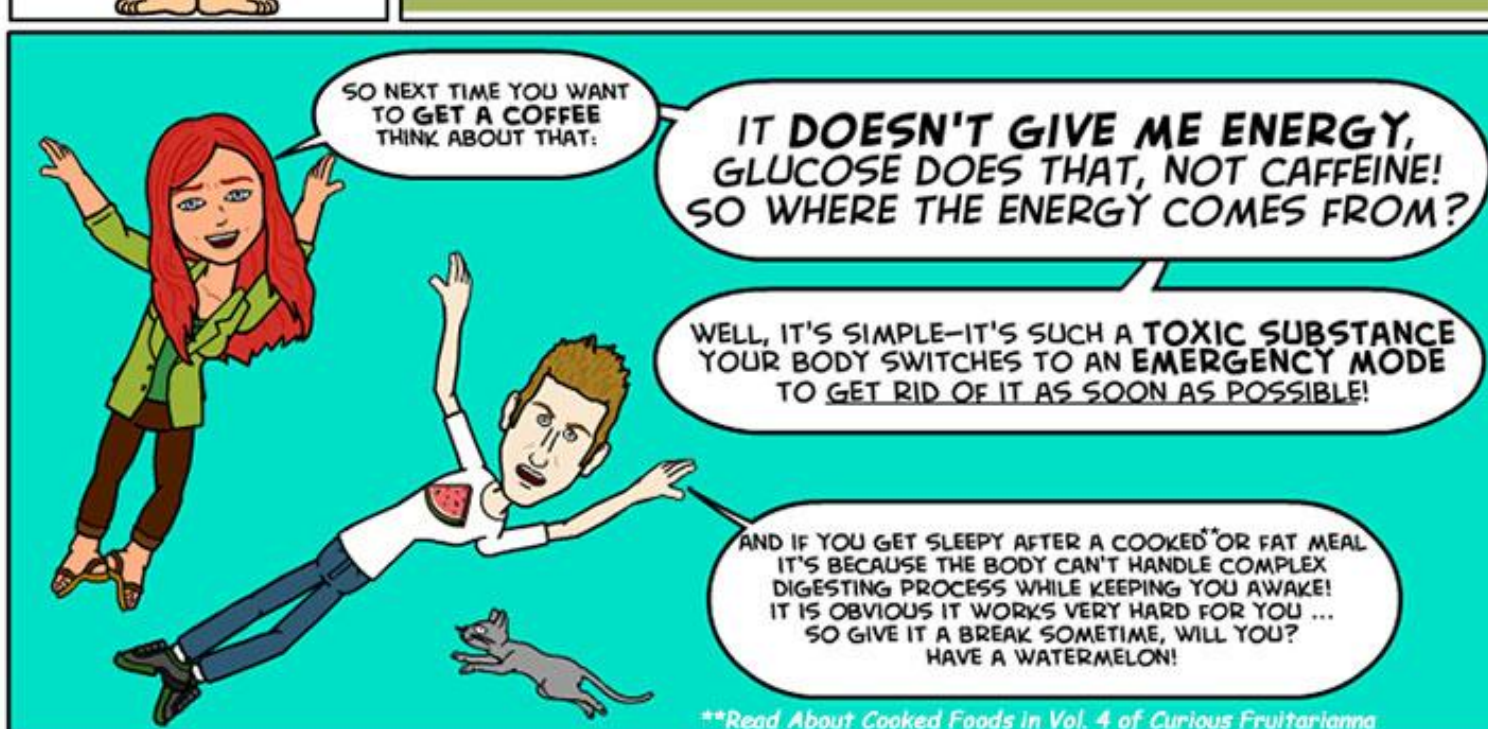
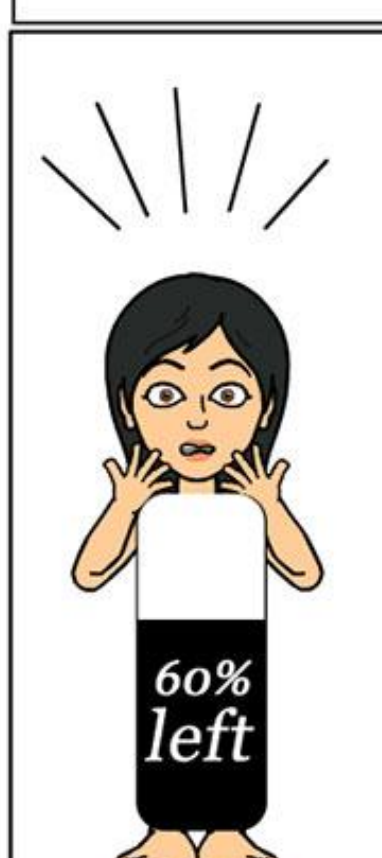
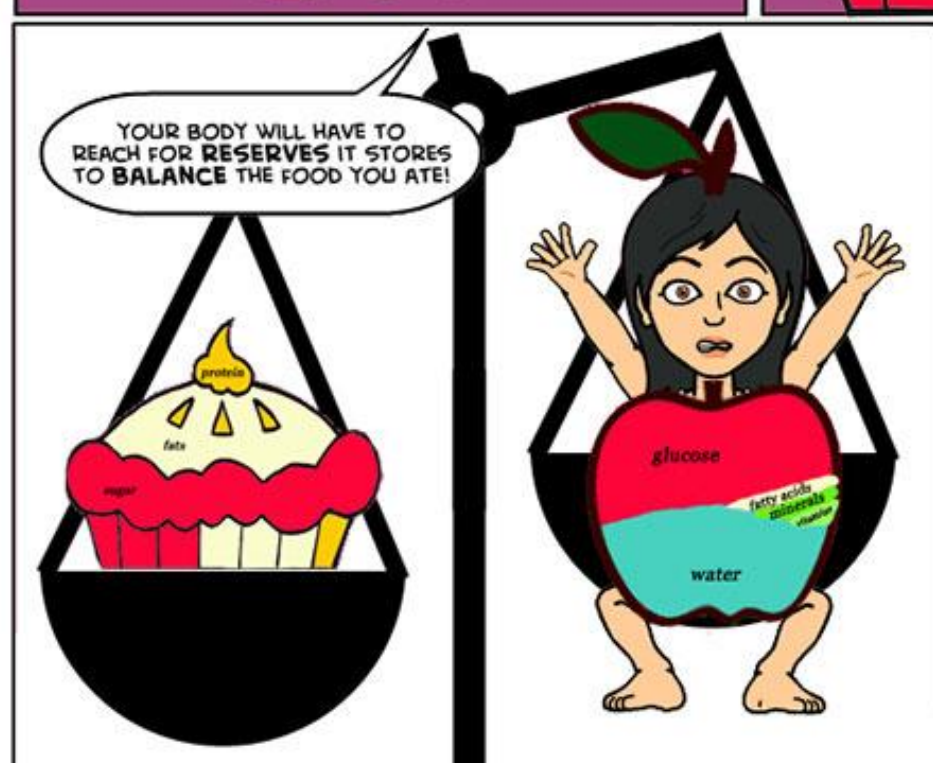
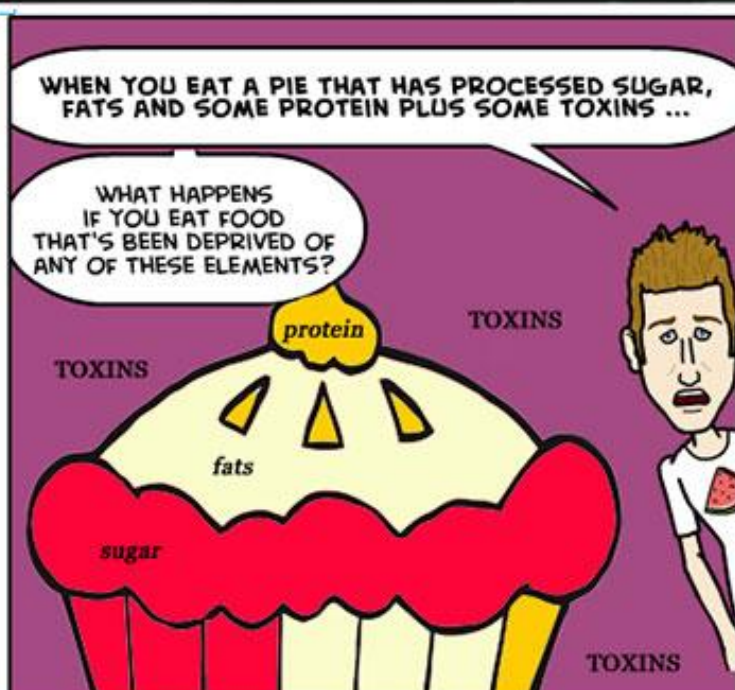
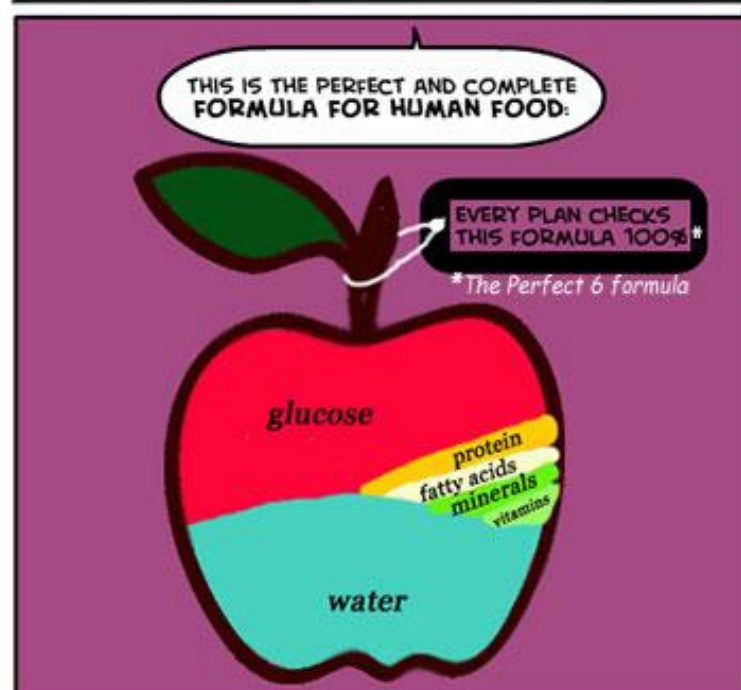
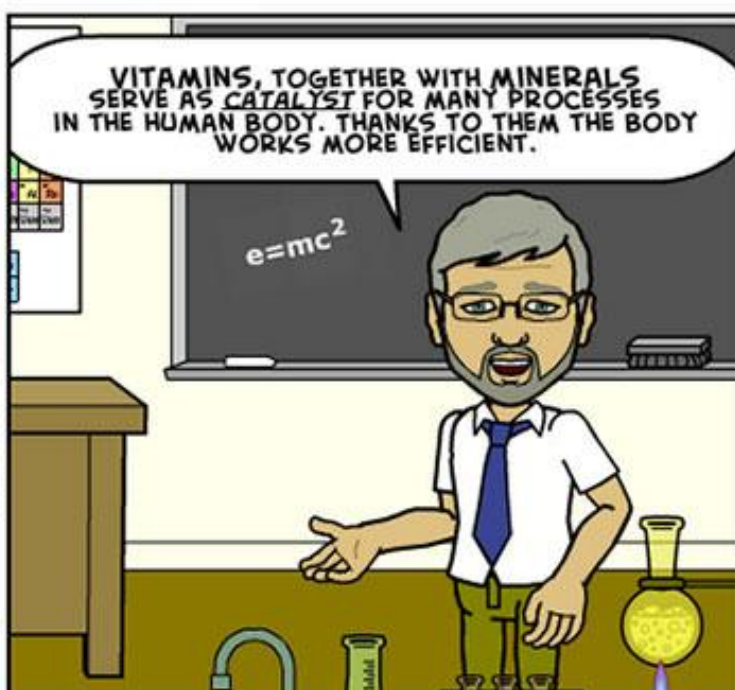
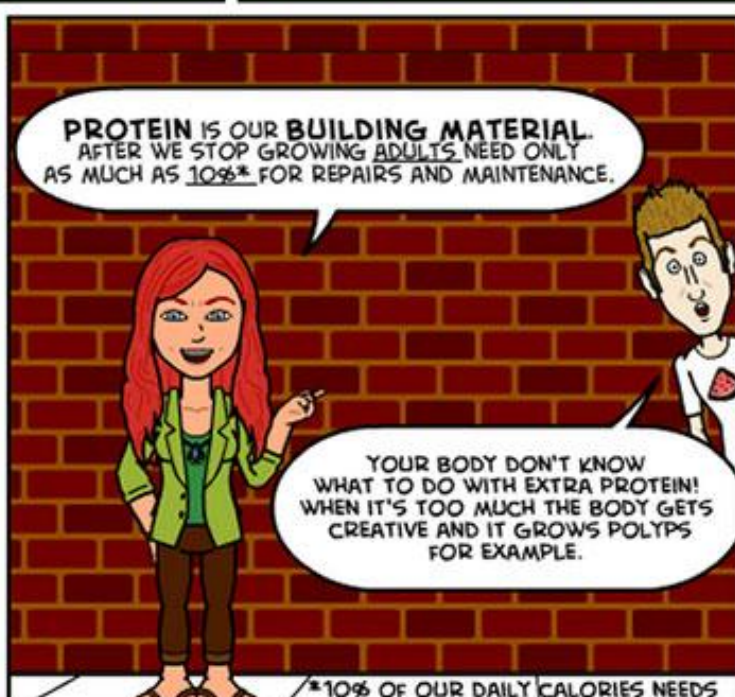
ANSWERS SIMPLY

VOL. 6

WHY WE EAT FOOD?

THERE ARE ONLY 6 REASONS WE SHOULD EAT FOOD FOR:
=The Perfect 6 formula

1. GLUCOSE
2. PROTEIN
3. FATTY ACIDS
4. VITAMINS
5. MINERALS
6. WATER





WELCOME TO

CURIOUS FRUITARIANNA ANSWERS SIMPLY

VOL. 7

FOOD COMBINATIONS

CURIOUS FRUITARIANNA

ANSWERS SIMPLY

VOL. 7

ABOUT FOOD COMBINING

TODAY'S TOPIC: WHAT FOOD COMBINING IS ALL ABOUT.

HOW TO MIX IT RIGHT

WE WILL LEARN SIMPLY:

1. WHY SHOULD WE CARE?
2. HOW TO COMBINE FOODS?



WHEN IT COMES TO MIXING FOOD, THERE ARE TWO RULES:

1. MIX AS FEW AS POSSIBLE
2. DON'T MIX FOODS THAT HAVE DIFFERENT DIGESTION NEEDS

TOO MANY DIFFERENT FOODS IN YOUR STOMACH AT THE SAME TIME IS LIKE HAVING A PARTY WITH LOUD MUSIC ...

WHILE SO MANY PEOPLE ARE TRYING TO TALK TO YOU AT THE SAME TIME!

ESCUCHAR! LISTEN! ASCOLTA! KUUNNELLA! DINLEMEK! ECOUTER! POSLUCHAJ!

AND NOW JUST IMAGINE THEY ALL SPEAK DIFFERENT LANGUAGES ... TOUGH TO UNDERSTAND IT ALL, EY?

CONFUSING, ISN'T IT? WHEN YOU MIX TOO MANY DIFFERENT FOODS TOGETHER, YOUR STOMACH HAS A HARD TIME, TOO. WHY?

DIFFERENT TYPES OF FOODS REQUIRE DIFFERENT TYPES OF DIGESTIVE ENZYMES IN YOUR SYSTEM.

THAT MEANS THEY'LL DIGEST MORE EFFICIENTLY IF YOU AVOID MIXING FOODS THAT DON'T MIX WELL.

MOREOVER, IF FOOD STAYS IN YOUR SYSTEM TOO LONG, IT CAN FERMENT AND PUTREFY, CAUSING INDIGESTION, HEARTBURN, AND WEIGHT GAIN DUE TO IMPROPER ASSIMILATION.

AND SOMETIMES, IF YOU MIX FOODS THAT **DON'T MIX WELL TOGETHER** (LIKE MELONS AND BANANAS FOR EXAMPLE), YOU CAN EXPERIENCE **STRONG STOMACH PAIN** AND A BLOATED "MELON-BELLY"!

I GUESS IT'S BETTER TO KNOW WHICH FOOD IS SAFE TO MIX, RIGHT?

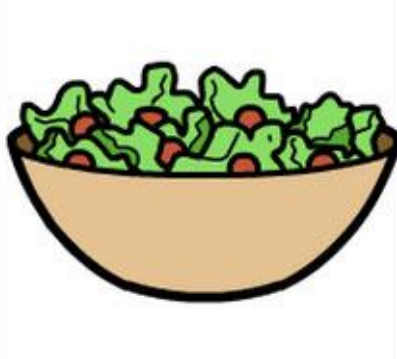
BUT YOU CAN SAVE YOURSELF THE PAIN AND DISCOMFORT WITH A FEW SIMPLE RULES. READY?

RULE NO. 1:

DRINK JUICES ON AN EMPTY STOMACH OR 30 MINUTES BEFORE OTHER FOODS.

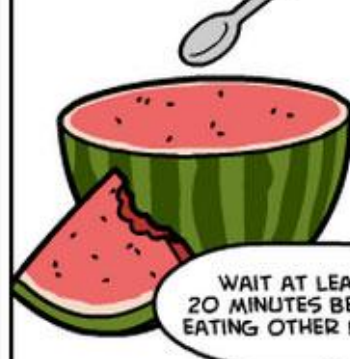
RULE NO. 2:

CELERY AND LEAFY GREENS (ALL KINDS OF LETTUCE) COMBINE WELL WITH ALL FOOD!



RULE NO. 3:

NEVER EAT MELONS WITH ANY OTHER FOODS, JUST WITH OTHER MELONS.



WAIT AT LEAST 20 MINUTES BEFORE EATING OTHER FOOD!

RULE NO. 4:

MIX FRUIT ONLY BETWEEN GROUPS WHICH ARE IN THE OVERLAPPING CIRCLES:

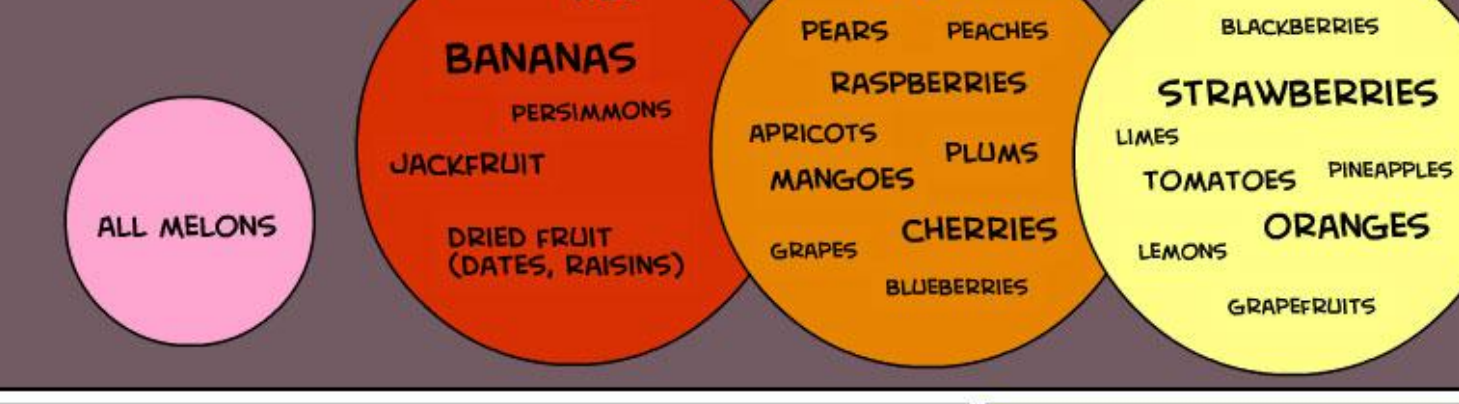
SWEET + SUBACID OR SUBACID + ACID

THERE ARE 4 GROUPS OF FRUIT:

SWEET FRUIT

SUBACID FRUIT

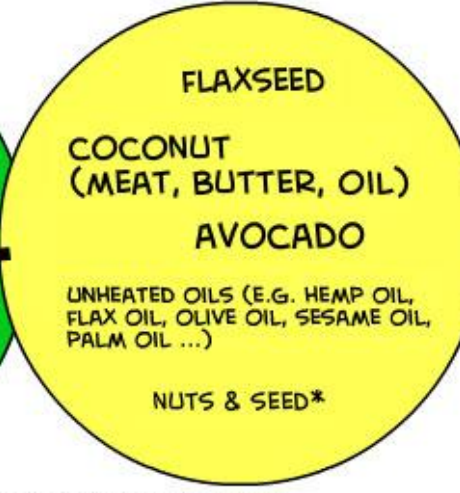
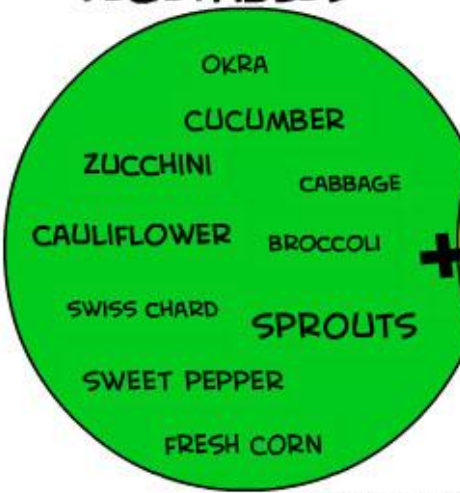
ACID FRUIT



RULE NO. 5: VEGETABLES MIX WELL WITH FATS

VEGETABLES

FATS



*REMEMBER ABOUT SOAKING NUTS & SEEDS!

MIX YOUR FAVORITE 2-3 VEGGIES WITH LETTUCE AND TOP WITH FAT DRESSING* FOR YUMMY DINNER OR LUNCH!

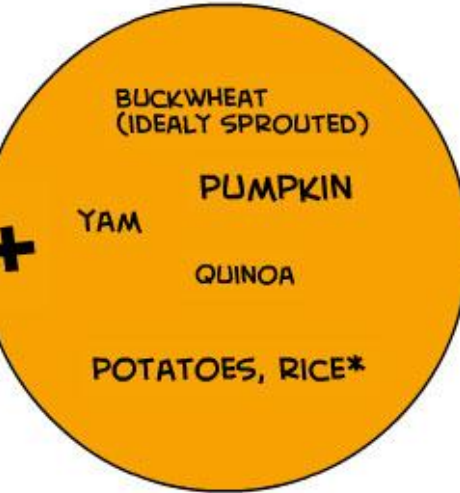
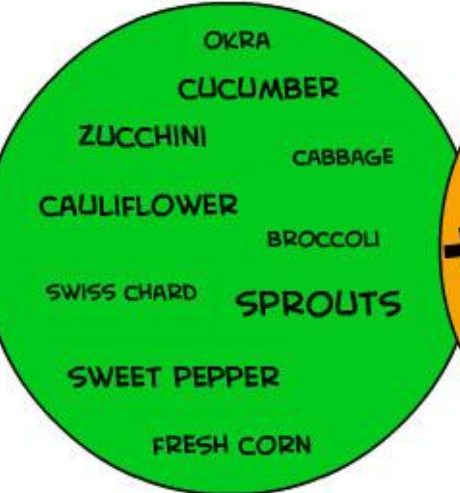


*TRY EATING JUST ONE FAT AT A TIME (DON'T MIX AVOCADO WITH NUTS AND OIL)

RULE NO. 6: VEGETABLES MIX WELL WITH STARCHES

VEGETABLES

STARCHES



*COOKED FOOD IS NOT RECOMMENDED BUT IT IS INCLUDED FOR CLARITY AND COMPLETENESS

RULE NO. 7: FATS AND STARCHES DON'T MIX WELL (POOR DIGESTION)

FATS

EAT THEM SEPARATELY!

STARCHES

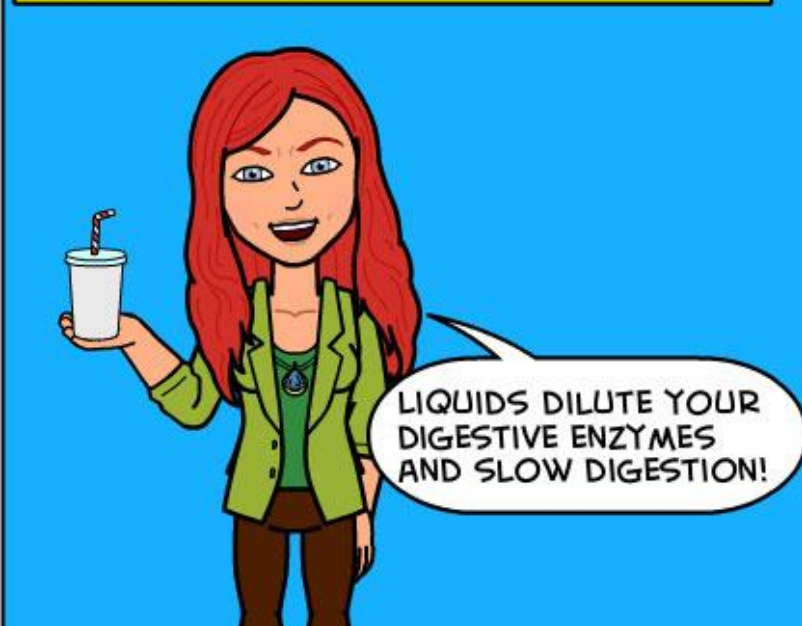
RULE NO. 8: FRUITS AND STARCHES DON'T MIX WELL (POOR DIGESTION)

TOMATOES AND BUCKWHEAT, FOR EXAMPLE-NOT A GOOD IDEA!



LAST RULE, NO. 9:

DRINK YOUR LIQUIDS BETWEEN MEALS, NOT WITH MEALS!



LIQUIDS DILUTE YOUR DIGESTIVE ENZYMES AND SLOW DIGESTION!

OH, AND I ALMOST FORGOT TO MENTION SOMETHING THIS ...

1. TRY NOT EATING BETWEEN MEALS

YOU REALLY WANT TO GIVE YOUR BODY TIME TO DIGEST AND TO REST BETWEEN MEALS. OTHERWISE, EVEN IF YOU FOLLOW THE BEST COMBINING METHODS, YOU MAY STILL END UP WITH A BUNCH OF GUACAMOLE ON TOP OF YOUR BANANA SMOOTHIE!



AND THAT ...

2. EAT SLOWLY AND PAY ATTENTION TO WHEN YOU'RE FULL

YOU REALLY DON'T WANT TO HAVE AN EXCESS OF FOOD PUTREFYING IN YOUR BODY, DO YOU?



BUT MOST IMPORTANTLY-KEEP IT SIMPLE!



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CURIOUS FRUITARIANNA ANSWERS SIMPLY

VOL. 8

ALKALINE VS. ACID-FORMING FOODS

CURIOUS FRUITARIANNA
ANSWERS SIMPLY

VOL. 8

ALKALINE VS. ACID-FORMING FOODS AND HEALTH

HI, MEET MY NEW FRIEND, CELL! CELL WILL HELP ME EXPLAIN HOW YOU GET SICK WHEN NOT EATING ENOUGH ALKALINE FOODS.

LET'S START WITH BASICS. WHAT'S YOUR BLOOD PH*?

OUR BLOOD IS: PH 7.4

* THE PH SCALE MEASURES HOW ACIDIC OR ALKALINE A SUBSTANCE IS AND RANGES FROM 0 TO 14.

THAT'S RIGHT, PH OF 7.4 AND OUR BODIES WILL DO WHATEVER IT TAKES, AND REGARDLESS OF THE COST, TO KEEP IT AT THAT LEVEL.

IF THE BLOOD DROPS E.G. TO PH 7.2 -WE DIE!

YOU ALSO NEED TO KNOW THAT ...

OUR BODIES WORK THE MOST EFFICIENTLY AT THE RANGE OF PH 7-8 (CELL'S PH).

SINCE OUR DAILY METABOLISM IS ACID-PRODUCING, AND OUR BODY CAN'T MAKE AN ALKALINE MATERIAL, THEN WE HAVE TO FIND AN OUTSIDE SOURCE FOR IT, SO WE CAN USE IT DAILY TO MAINTAIN LIFE.

THE NATURE PROVIDED THE WAY. HOW DO WE BRING THE ALKALINE INTO THE BODY?

WE DO IT THROUGH FRUITS AND VEGETABLES!

ALKALINE ALLY

HOW ABOUT CITRUS FRUITS, LIKE ORANGES OR LEMONS, AREN'T THEY ACID?

GOOD QUESTION!

THE ANSWER IS ...

THE CITRIC ACID YOU WILL FIND IN CITRUS FRUIT IS AN ORGANIC ACID, THAT MEANS YOUR BODY HAS THE ABILITY TO TAKE THAT ORGANIC ACID AND COMPLETELY METABOLIZE IT.

→ LAB →

ALKALINE ASH

ACID ASH

IF YOU GET THAT ORANGE AND BURN IT IN THE LAB, YOU'D GET AN ASH THAT WOULD BE ALKALINE. HOWEVER, IF WE DO THE SAME WITH MEAT, THE ASH THAT WOULD BE LEFTOVER WOULD BE ACID.

MEAT HAS SOME INORGANIC ACID (PHOSPHORIC AND SULFURIC ACID), THAT WE CANNOT PROCESS.

OTHER ACID-FORMING FOODS:

LEAST

ACID-FORMING

MOST

**GRAINS
DAIRY
SUGAR
MEAT
COFFEE
TEA
SALT
ALCOHOL
DRUGS
TOBACCO**

HOW ARE WE GOING TO KEEP THE BODY ALKALINE IF OUR NORMAL DAILY METABOLISM IS GOING ACID, PLUS WE ARE EATING PRIMARILY ACID DIET?

AND MOST IMPORTANTLY, HOW THE **BLOOD** STAYS AT THE **PH OF 7.4**, IN SPITE OF ALL THAT **ACID** WE ARE PUTTING IN?

WHAT'S THE STANDARD AMERICAN DIET LIKE (SAD)?

BREAKFAST: BACON AND EGGS, TOAST, ORANGE JUICE (OUT OF THE CAN), COFFEE

MID-MORNING: COFFEE, A DONUT

LUNCH: HAMBURGER AND FRIES, COKE (LET'S NOT FORGET ABOUT THE LETTUCE AND TOMATO IN THAT BURGER-IT'S BEING LAYING ALL DAY OXIDIZING, LOOSING ALL NUTRIENTS!)

MID-AFTERNOON: COKE AND A CANDY BAR

DINNER: MEAT AND POTATOES, MAYBE SOME CANNED VEGETABLES

DESSERT: ICE CREAM, A PIE OR A CAKE

HOW MUCH OF THAT WAS ALKALINE?

HOW IN THE WORLD THE BODY STAYS ALIVE?

TO KEEP THE BLOOD IN THE PH OF 7.4, THE ALKALINE IS BEING PULLED OUT FROM THE CELL, FROM IT'S OWN TISSUE!

POOR CELL CAN GET AWAY WITH THE PH LESS THAN 7-8, BUT IT'S NOT IN HEALTH ANY MORE, AND CELL IS NOT FUNCTIONING AS EFFICIENT AS IT WAS DESIGNED TO.

I FEEL SICK.

IT CAN GET AS LOW AS TO PH OF 3.5 AND THEN IT'S SO INEFFICIENT IT QUILTS, AND WE CALL IT DEATH.

CELL'S PH: 7-8 5.5 3.5

HAPPY, HEALTHY SICK, UNEFFICIENT GIVING UP, DYING R.I.P.

AGAIN, THE CELL IS GIVING UP ALKALINE UNTIL IT GETS TO PH OF 3.5, WHEN IT GIVES UP AND DIES.

IT'S IMPORTANT TO KNOW THAT DISEASE STARTS ANYWHERE BELOW PH OF 7.

PH OF

HEALTH ▲ 7.0

DISEASE ▼ 6.9

CANCER FOR EXAMPLE, CAN'T EXIST IN THE CELL PH OF 5.8 OR HIGHER!

SO WHY DO WE FEEL SICK, EVEN IF OUR BLOOD RESULTS ARE FINE?

BECAUSE OUR CELLS NOT ONLY WILL GIVE UP ALKALINE BUT THEY WILL GIVE UP OTHER NUTRIENTS TRYING TO KEEP OUR BLOOD AS HEALTHY AS POSSIBLE, BECAUSE IF BLOOD GET TOO SICK WE DIE!

BUT THE CELLS CAN GET AWAY IN LESSEN HEALTH.

SO WHAT IS THE ANSWER TO HEALTH? HOW DO WE RETURN THAT BODY TO IT'S PH OF 7-8? IT'S VERY SIMPLE ...

-BY ADDING ALKALINE BACK TO THE BODY, BY EATING RAW FRUITS AND VEGETABLES!

STUDIES HAVE SHOWN THAT IF YOU ARE EATING 20% ACID AND 80% ALKALINE, YOU CAN MAINTAIN THE HEALTHY CELL PH AT 7-8.

WHEN YOU START ADDING MORE FRUITS AND VEGETABLES TO YOUR DIET YOU CAN MAKE A DEAL WITH YOURSELF, NOT TO GIVE UP YOUR MOST FAVORITE FOOD, LIKE THE MEXICAN FOOD FOR EXAMPLE, TO QUIET THIS OVERWHELMING CRAVING.

START EATING FRUIT FOR BREAKFAST, FRUIT FOR SNACKS, SALADS FOR MEALS, BESIDE WHATEVER ELSE YOU ARE GOING TO EAT.

IN FEW MONTHS YOUR CRAVINGS FOR THE MEXICAN FOOD WILL START GOING AWAY, AS YOU WILL GO TO YOUR FAVORITE RESTAURANT LESS FREQUENT AS YOU USED TO AND YOU REALIZE, YOU ARE GOING TO THERE OUT OF HABIT THAN TO SATISFY YOUR TASTE BUDS.

ONCE WE IMPROVE THE BODY'S CHEMISTRY, ONCE THE CELLS' PH STARTS MOVING TOWARDS ALKALINE, IT STARTS GENERATING NECESSARY ENERGY ITSELF, INSTEAD OF RELYING ON THE STIMULATION TO GET THROUGH THE DAY AND YOU WON'T NEED COFFEE OR A CHOCOLATE BAR ANYMORE!

AND REMEMBER, IT'S ALL ABOUT ADDING MORE GOOD THINGS BEFORE OTHER FOODS, AND MAKING FRIENDS WITH YOUR BODY'S CELLS!

LASTLY, REMEMBER THIS: WHEN YOU ARE EATING YOUR BODY IS TRYING TO REGISTER NUTRIENTS, SO IT WILL ASK YOU FOR MORE FOOD WHEN YOU ARE EATING JUNK, SO YOU WOULD PUT INTO YOUR MOUTH SOMETHING WORTH EATING.

EAT YOUR SALAD FIRST TO SATISFY YOUR BODY'S NEEDS BEFORE YOUR NAUGHTY CRAVINGS!

BE PATIENT AND KEEP UP ADDING GOOD STUFF. DRINK GREEN SMOOTHIES, EAT FRESH FRUITS AND VEGETABLES, SALADS BEFORE ANY MEAL, AND SOON YOU WILL NOTICE THE HEALING POWER OF YOUR BODY, SHINING THROUGH YOUR EYES!

GREEN SMOOTHIE RECIPE*

1X4 HEAD

*DRINK IT EVERY DAY FOR BREAKFAST OR LUNCH!

I'M OFF TO ANOTHER CURIOUS ADVENTURE. I HOPE YOU ENJOYED THIS ONE!

LET ME KNOW WHAT YOU ARE CURIOUS ABOUT SO WE CAN EXPLORE IT TOGETHER!

SEND YOUR MESSAGES TO: **CONTACT@ANNACDESIGN.COM**



WELCOME TO

CURIOUS FRUITARIANNA ANSWERS SIMPLY

VOL. 9

THE PROTEINE MYTH AND BEYOND

CURIOUS FRUITARIANNA

ANSWERS SIMPLY

VOL. 10

THE PROTEIN MYTH AND BEYOND



I FIND IT HILARIOUS, THAT NONE OF THE PEOPLE CONCERNED ABOUT MY DIET CAN TELL ME HOW MUCH PROTEIN DO I ACTUALLY NEED?



SIMPLY PUT, PROTEIN'S FUNCTION IS SIMILAR TO A BRICK—

IT'S A BUILDING MATERIAL*

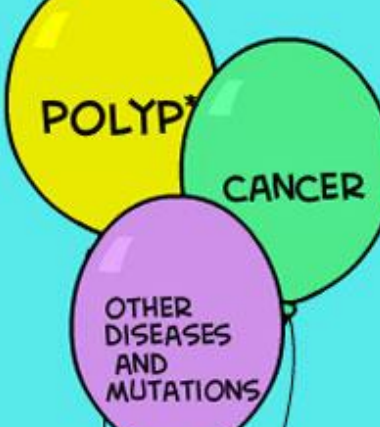
*THERE ARE FEW OTHER FUNCTIONS, DEPENDING ON INDIVIDUAL MOLECULAR STRUCTURE, BUT WE ARE SIMPLIFYING HERE.



IF YOU KEEP ADDING MORE THAN YOUR BODY NEEDS, IT WILL DO SOME VERY CREATIVE WITH ALL THOSE EXTRA "BRICKS"!

... YOU WON'T BE HAPPY WITH IT

HERE ARE THE MOST COMMON "GIFTS" OF BODY'S CREATIVITY:



*OVERGROWTH OF TISSUE, E.G. FILLING GUNDOSE

IF YOU WANT TO FIND OUT MORE ABOUT THE FOOD-RELATED DISEASES, STUDIES AND FACTS ABOUT PROTEIN AND MORE, READ:

THE CHINA STUDY*

*THE CHINA STUDY IS THE MOST COMPREHENSIVE STUDY OF NUTRITION EVER CONDUCTED AND THE STARTLING IMPLICATIONS FOR DIET, WEIGHT LOSS, AND LONG-TERM HEALTH BY T. COLIN CAMPBELL, PHD AND THOMAS M. CAMPBELL, MD

SO HOW MUCH OF PROTEIN DOES AN ADULT NEED?



MAXIMUM

10%

OF YOUR DAILY NUTRITIONAL NEED



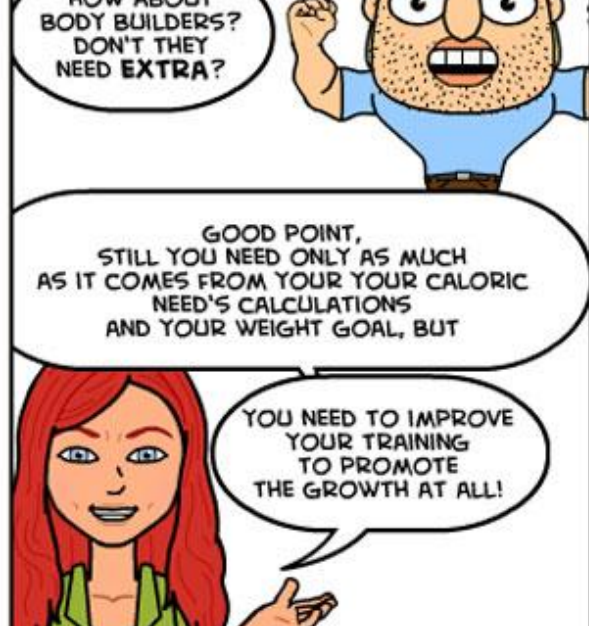
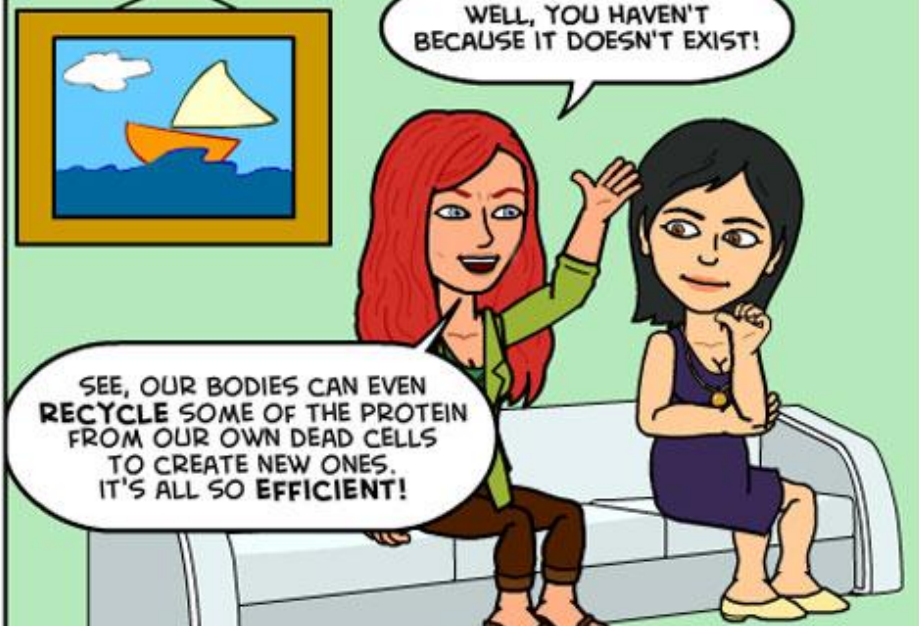
THAT MEANS, IF YOU NEED ABOUT

2,000 KCAL (CALORIES) PER DAY,

THEN ONLY 200 KCAL (10%) (OR LESS)

SHOULD COME FROM THE PROTEIN

AND THAT IS PERFECT!



1

GO TO ANY HOSPITAL AND ASK IF THERE ARE ANY VEGANS LYING SICK IN BED AND COLLECT YOUR SCORES. IF THERE ARE LESS THAN 10% OF VEGANS, THEY WIN!

VEGANS MEAT EATERS

1 : 0

2

MAKE A SURVEY, 100 RANDOM PEOPLE ON EACH SIDE, ASK IF THEY FEEL STRONG, VIBRANT AND SUPER HEALTHY, OR SLUGGISH AND TIRED ALL THE TIME. WHO WON?

VEGANS MEAT EATERS

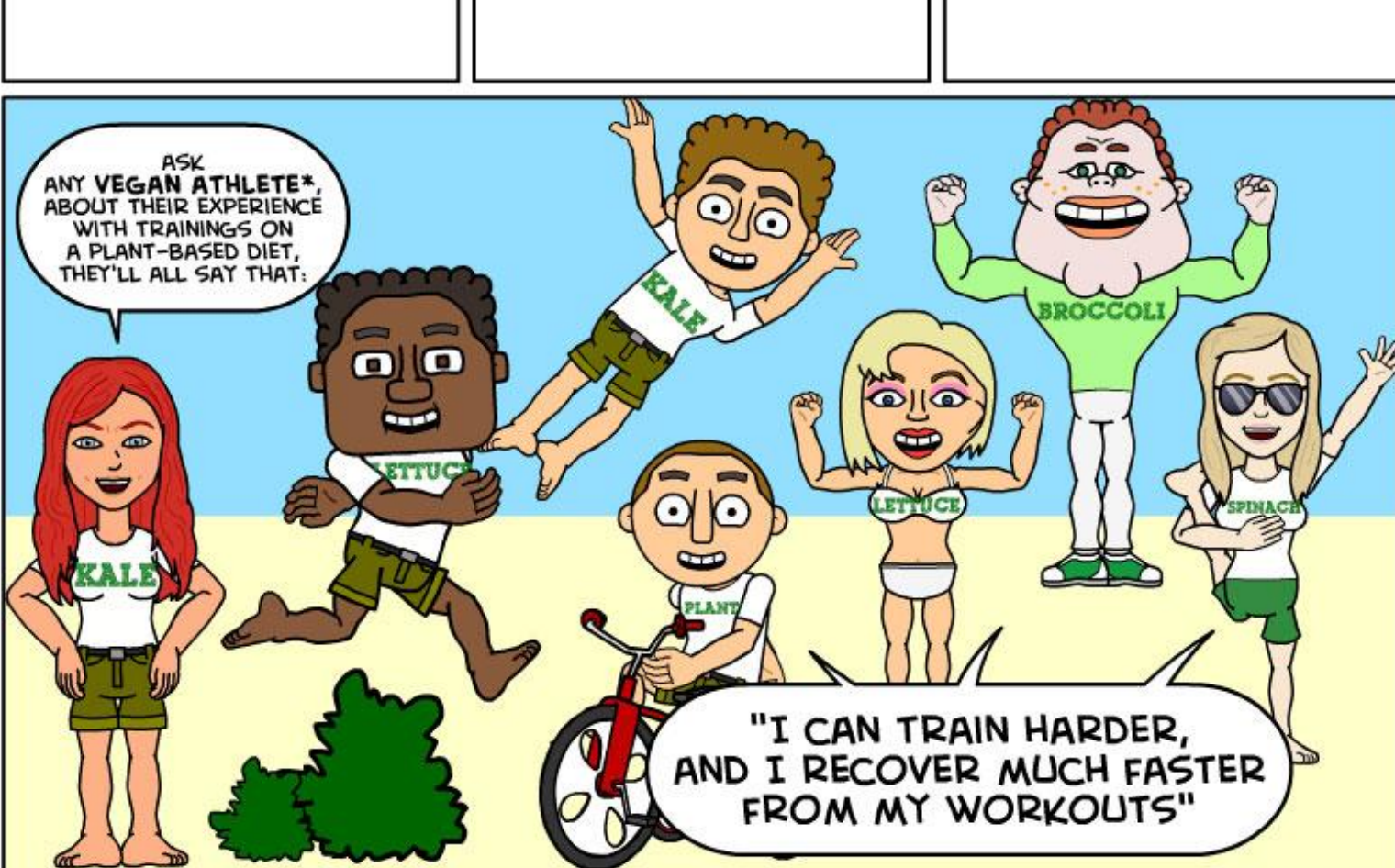
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3

ASK VEGAN ATHLETES, WHO PUT THEIR BODIES UNDER EXTREME PRESSURE, ABOUT THEIR IMPROVEMENTS. IF THERE'S AT LEAST 2 PEOPLE WHO DIDN'T IMPROVE GREATLY, MEAT EATERS WON.

VEGANS MEAT EATERS

3 : 0



*TO NAME A FEW VEGAN ATHLETES: GOOGLE CYCLING ICON NANCY ARMSTRONG, AMAZING ULTRA MARATHON RUNNER MIKE ARNSTEIN OF THEFRUITARIAN.COM, IRONMAN-KATHLEEN LEONARD, AND OTHER ATHLETES SUCH AS DR. DOUGLAS GRAHAM, DURIANRIDER, FREELEE, MIKE VLASATY, YONATHAN BAR, RICHARD GAMBINO AND ERIN MOUBRAY

SO EAT YOUR LEAFY GREENS, FRESH FRUITS AND VEGGIES, RAW AND RIPE, AND ORGANIC WHENEVER AND WHEREVER YOU CAN AND YOU TOO CAN BE HEALTHY AND GIVE YOUR BODY BREAK FROM HAVING TO DEAL WITH ANIMAL PROTEIN.

FEW CLOSING THOUGHT TO CONSIDER:

YES, IT'S BETTER TO EAT ALL ORGANIC, BUT IF YOU CAN'T TRY AT LEAST EATING ORGANIC GREENS!

YES, HUMANITY ALWAYS ATE MEAT, BUT IT WAS MOSTLY RAW AND COMPARING WHAT WE HAVE NOW AVAILABLE (MEAT, AS IT'S PRODUCED NOW, IS NOT FREE FROM ANTIBIOTICS, CHEMICALS THAT GIVE IT A TASTE AND, OFTEN TUMORS, YOU EAT TOGETHER WITH YOUR STEAK).

YES, COOKED, BAKED OR FRIED MEAT (OR ANY ANIMAL PROTEIN) BECOMES ACIDIC-FORMING PRODUCT IN HUMAN BODY, THIS MAKES THE BODY DRAWS FROM IT'S OWN RESERVES TO STABILISE THE ACID LEVELS (LEARN MORE IN THE COMIC VOL. 9).

YES, THERE ARE NUMEROUS TESTIMONIALS PROVING THAT CANCER, DIABETES, LIME DISEASE, AND OTHER SERIOUS CONDITIONS WERE CURED, ONCE ANIMAL PROTEIN WERE REMOVED FROM THE DIET!

NO, THERE'S NOT MUCH MONEY IN THE BUSINES OF CREATING HEALTH WITH PLANT-BASED DIET, THAT'S WHY IT'S NOT WELL PROPAGATED BY THE PHARMACOLOGICAL COMPANIES OR MEDIA. THERE'S NO PRODUCT YOU NEED TO BUY EXCEPT FOR A GOOD BOOK OR TWO, SIGN UP TO A VEGAN FORUM AND EAT AS NATURE DESIGNED FOR YOU.

