

Dr Sam Mielcarski - Feel Good Now!

In our frenetically fast paced world of drive-thru takeaways, entertainment on demand and overnight shipping, we've come to expect an instantaneous response to everything in life. But, when we start to work on our health, we often experience the opposite; a slow and often agonizing healing process at best and at worst, a slow deterioration of our health.

Chronic life-long immune disorders, creaking joints, back pain and life threatening diseases like cancer don't develop overnight, so can we really expect them to leave us in the same lightening speed as a digital download. Well, today our special guest Dr Samuel Mielcarski says there is a fast route to optimal health and he's written a whole book to help people, called *Feel Good Now!*

After almost 15 years as a raw vegan and 18 years as a physical therapist, working to help people improve their health in their lives, Dr Sam ought to know a few things about the fastest way to the best results.

Hi Dr Sam!

Dr Sam:

How are you doing tonight?

Anthea:

Good. So great to have you here.

Dr Sam, you weren't always the vibrant picture of health we see today. Tell us how you got into this whole raw food thing?

Dr Sam:

My journey started back in 1988 when, after competing in the Mr Atlanta Body Building Competition, I ended up pretty sick. Even though I looked pretty good on the outside, my insides were not looking so good, which was evident in the weeks to come as seen with the health issues I was facing. These things included prostatitis, chronic fatigue, adjusted issues, back and groin pain and eventually depression.

Looking back at this event, it was a blessing in my life because I learned so much from it, especially how to heal my own body. I remember going home after a visit from a second doctor hoping to get some answers to my health challenges. The second doctor said the same as the first one 'don't worry about it, you're too young to have these problems'. I don't know about you, but if you woke up one day and couldn't urinate correctly, I'd think there's some need for concern.

At that point, I knew I was destined to have to heal myself and I went home later that day, I sat in quiet and received some divine guidance. The message was very clear and this is what I heard: what difference does it make what it is, if it's not

going to make a difference how you treat it? So I pondered those words for a while and then I decided to make a commitment to doing what it took to get well. The bottom line is I knew I had to change my diet and lifestyle in order to get better, so that's what I ended up doing and it was shortly after that that I found a healthier lifestyle that included raw vegan foods.

The transition to a fully raw lifestyle took place over a two year period. The divine guidance I received also said: if you don't listen to me, the lessons will get tougher and if you don't share the message of vibrant health with others, I may just take you early. So, the raw food path has been a significant part of my life path as well.

Anthea:

Wow, that's really some list of ailments you were suffering from. I had a little chuckle when you were talking about the messages you were receiving about not giving this message away to others - your life is going to be taken away. I so relate to that, I really feel like I had a similar message in a lot of ways.

Dr Sam, obviously you suffered all these different health problems and you have quite some experience professionally in helping people overcome their health problems. Is there really a quick fix to our health problems do you think?

Dr Sam:

I really believe there is and this is something I've been on a search and quest for, for a long time, because I've been asked thousands of times in my career 'hey doc, can you give me a quick fix?'. I used to get frustrated and I'd usually reply 'there's no such thing' and give people a huge lecture about it and then I stopped one day and thought to myself 'well, what if there was and what if there is' This is what people want. Instead of telling them that there isn't, why don't you tell them that there is? but, the biggest thing about that was that I knew that whatever I told them was a quick fix, it had to be something real; it couldn't just be a batch of snake oil or another get well overnight scheme that really doesn't work.

The answer is this: Although there are no shortcuts to better health, there really is a quick fix. There is an old adage that a chain is only as strong as it's weakest link. A lot of people have heard that saying, with one's health, it's not different. Each person has, what I refer to as, a chain of health system. This system is comprised of 8 essential health links and those links are as follows: food, air, water, light, rest, activity, hygiene and love.

So simply put, in order to get the quick fix, you need to target the weakest link in your chain of health system first. This will ultimately give someone the fastest results for sure. If you don't do this, your health may still improve, but just not as fast as you might like it to. With that said, it should be noted that with any true quick fix, it should be safe, affordable and easy to follow. It should be ethical, accessible, sustainable and empowering. Again it's based on a whole system of health, not just one aspect of it. There is not magic thing or concoction to take, the magic is already within the body, waiting to be unlocked.

I do think it's ironic that we have a health care system in America, we still don't have a system to care for our health and that's what my version of the quick fix is all about; having a total system comprised of 8 synergistic health links that will help one maintain or regain their health.

Anthea:

You're providing a whole system, looking at all those different links and then for whatever people can identify as their missing/weakest link, then that's what they target in on and then they experience much better health. Is that what you are saying?

Dr Sam:

Exactly. And it should be noted that, although one link might require attention, moreso it shouldn't do so at the expense of the other ones. When you start to realise that you could do better in one area of your life, you don't stop doing the other things that are working, you just bring the other one up to speed because all links in the chain are equally important. It's just that some may require more attention at times than other ones do.

Anthea:

I find this really interesting because I experience so much that people really focus on diet as being the be all and end all and some people, to a large extent focus on exercise as well - and those two things have become bigger than Ben Hur and what you're saying is that it may not necessarily be it, it could be the fact that you are not getting enough sleep or enough sunlight.

Dr Sam:

Absolutely, and that's one of the pitfalls for a lot of raw fooders. When people transition to a raw food diet, they start doing really well because they've cleaned up their diet as part of their lifestyle and they're doing really well for a while then, all of a sudden, because somewhere along the link they think that being a raw foodist/vegan is the holy grail and is a trump card for everything else. They start to let go of some of the other aspects of health so their health starts to deteriorate. People around them notice right away and, of course, they accuse the diet and say 'see that crazy diet you're on isn't working, you're looking a little gaunt/unhealthy' so the person with good intentions tries to push harder to prove to those people around them that it is working so it's one more banana or one less avocado or one more superfood and it's really not the diet. The diet was really good; it's the other factors that now they've let go of, because they're all synergistic, their health starts to diminish, that the diet is going to fix.

Your diet isn't what the problem is, it's so many other things that you've let go of that have now become weak links.

Anthea:

You often say, if you're not moving well, you're not eating well. What do you mean by this?

Dr Sam:

Movement is a nutrient and therefore how well you move determines how well you eat. I find that even though people pay close attention to how well they're eating, they don't seem to do this with how well they're moving or exercising. Moving poorly may be compared or equated with malnutrition and may even lead to that same condition. If you don't move well, then you're feeding your body the wrong kind of information/input. This leads to less than optimal programming for your body which means that it will not assimilate the other nutrients that it needs properly - those that come from the food that you are eating.

In order to be well, one needs to learn to move well. Movement is nourishment, not only for your joints but the rest of your body as well. Life itself depends on movement and the body shapes itself based on the stresses that are put on it. This is a physiological law (Wolfe's law) and it relates to bone and other tissues in the body. Correct movement leads to correct structure and functioning of the body. On that note, we should focus on training movement, not muscle. The body is wired in a movement pattern, not individual muscles.

Human development is based on achieving certain posture and movement milestones, not developing individual muscles. Even though there is anatomical individuality, the body functions synergistically as a whole functioning unit so it doesn't really know functional individuality because it works together. This is also a good reason to stay away from just machines when you are resistance training. If one sits on a machine that is bolted into the ground or fixed axis, the body is programmed incorrectly because the machine is doing the work, especially at the core, of what the body should be doing and the body is moving only in one plane of motion. This is not what the body is meant to do; it's meant to move in many planes, at many speeds and it's meant to react to gravity momentum and ground reaction forces.

Training just muscles versus movements started with the body building craze but before that, if you study physical culture, people didn't train that way which is why they probably didn't suffer as many injuries, muscle imbalances and were a lot more fit overall. Besides, I've observed that many people have become muscle racists. This is me being a smart Alec but let me give you an example - there are approximately 650 muscles in the human body - the typical gym workout that people do is a body part split, based off of body building. So they will work their chest, back and triceps one day. Then they'll work their shoulders, abs and biceps on another day and then there's the leg day, which people often dread and most people often skip. What they are really skipping out on is working 50% of their body which is probably not a good idea if you really want fitness results.

Whether they skip it or not, training just those muscles, I doubt people are reaching all the muscles of their body. So that's why I say that people become muscle racists - they're prejudiced, they're only working some muscles and neglecting other muscles. You have to train more than just specific muscles,

especially the muscles that are called mirror muscles which are the ones people like to look at when they look in the mirror. Therefore learning to train movements versus muscles is such a better idea when you're learning to train. Movements - I'm talking about functional movement patterns such as squatting, bending, lunging, twisting, pushing, pulling, balancing on one leg, or moving in various ways such as scooting, rolling, walking or even jogging versus isolated muscle strain.

There is sometimes a need to do individual muscle training. I see this need in rehab all the time. For example, if somebody is post operation, they get atrophy real quick in the muscles and this is a time when you would want to isolate to wake it back up, but as soon as you wake it back up, it should be integrated into a functional movement pattern.

Anthea:

People talk about if we're exercising more, then we can eat more calories and therefore assimilate more nutrients or if we're exercising and oxygenating our blood, we can assimilate more nutrients - is that what is happening there?

Also, it sounds like you're recommending body weight exercises and more running and walking and things we naturally do everyday rather than gym work - is that right?

Dr Sam:

To the first question - nutrients are only going to be important for the demand that they are needed. If you have an increased demand, then you are going to require various amounts of nutrients and more calories but working out/our exercise movement should just be a part of a healthy lifestyle. I don't that people need to go out of their way to exercise just so they can eat more. I wouldn't say I agree with that philosophy of I'm going to work out just so I can eat more. That's finding a reason to eat and although all meals should be earned by the labors that precede them, whether they are physical or mental endeavors that you are partaking, I wouldn't use exercise as a crutch to say you can eat more because I've earned it. Exercise should be put in it's right perspective as well.

To the second question - I do think that functional movement patterns are important for people to really engage in. Sitting on machines all day long is not how we're built to move and I think for ultimately the reasons of survival especially, that people need to learn to move in functional movement patterns. I do believe in body weight before external resistance and what I mean by this is you should learn to move your body correctly before you start adding weight or resistance to it. I see this mistake all the time. People do not move well and yet they try to exercise on top of that - on that note, I can actually make the argument that movement is more important than exercise, because if you're not moving well, there's no way you can exercise correctly.

Functional movement patterns should definitely be the focus of most people's exercise programs and I do think body weight exercises are really a great thing to learn and do and master and I'm okay and I'm a fan of other forms of exercise, I

just think that people should definitely incorporate, no matter what exercise they are doing, make sure that it's building both fitness and function in their life.

Anthea:

What do you think about the whole 'no pain, no gain' motto for exercise?

Dr Sam:

I'm not a big fan of that motto. In fact, I think this motto has done many people more harm than good in the long run. The bottom line is that exercise should not be injurious to the body. This means simply - it shouldn't injure you. It should add to, not take from the body. The real goal of exercise should be to enhance it's structure and function to build better health and ultimately improve it's chances of survival. If something hurts, you shouldn't probably be doing it. Once pain is present, the central nervous system changes it's output which means the body does not move the way it should at that point which means you're not protected, which means your chances of injury go way up.

PAIN - Pay Attention Important Now

This is a signal - and that's what the word symptom means (signal). If the warning light on your dashboard came on, hopefully you wouldn't ignore it, you'd pay attention to it. Pain is like the warning light on your dashboard - if something is painful, I wouldn't push through the pain, I would allow it to guide you instead. It's not uncommon to be a bit sore when performing a new type of exercise or one that you haven't done in a while, however, when people are celebrating the fact that their personal trainer pushed them so hard that they can't walk the next day with the belief that this is a good workout, then I would say that there needs to be some new thinking about one approaches their exercise regimen. The end goal of exercise should be to train and gain, not strain and drain the body.

Anthea:

Everywhere we turn these days, there are these hundred squats a day challenges and people training for marathons and triathlons and Tough Mudder competitions - what are your thoughts on all this exertion? Should we be pushing ourselves to that extent?

Dr Sam:

I'm really big on what is known as the safety principle. That's simply that a person's safety should always come first. When considering engaging or participating in some form of exercise, I would always weigh out the risk to benefit ratio. If the risks outweigh the benefits, it's probably not a worthwhile activity to participate in, however, if the benefits are greater than the risks, it may be a worthwhile thing to participate in. I always focus on the quality of movement over quantity and my exercise focuses as always be on on how to and how well versus how much. I think many people ignore this concept and then get got lots of people in lots of trouble.

What I would like to see is somebody run a competition that demonstrates how many squats they can do correctly out of a 100 or how far they can run with proper form or how much weight they can lift with good body mechanics. This is a true measure of movement and function. The body does need stress put on it to function correctly, however exercise is a nutrient and having too much of any nutrient can lead to health issues - exercise is no exception.

I'm a fan of getting just the right amount of exercise for optimal health, just like any other nutrient. If one is going to push themselves intentionally, then there is a couple of things they should consider. One is to make sure that they temper their training and vary it so that it's not very intense all the time. This means alternating heavy and light training days to help prevent over-training. Secondly, if you're not aware of signs of over-training, then you are not going to be aware that you're over-training.

If you start to experience loss of appetite, or weight loss or decreased libido, you start to become moody or irritable or you have difficulty sleeping or you start developing nagging pains and decreased athletic performance, then those are signs you are definitely over-training. People need to pay attention and heed the warning of those signals or those symptoms that the body is giving them so they don't end up in that boat.

There is a thing called physical morality and this is an old term. Simply put, this is how we care for our body that has an impact on those around us. That goes both ways. People should learn to train their body and have fun but not abuse it. The flip side of that is that they actually should train their body. You don't want to do absolutely nothing and be a slug but you don't want to over-train your body to the point where you are abusing your body because how you care for your body, and this includes exercise, definitely affects those around us. That's what physical morality means.

Anthea:

That makes a lot of sense. We had Dr Robert Lockhart on the call earlier and he was sharing some of the corrective exercises that we should all be doing to reverse the effects of gravity on the body. Being a physical therapist, I know you talk a lot about posture, can you tell us your best tips for how we can get through our days without suffering the dreaded back pain?

Dr Sam:

I think that each person should be individually assessed in order to determine the right kind of corrective exercises they should be doing, however, some general guidelines and tips are first, one of the best exercises to offset ill health or even pain, is to exercise your power of choice. This is definitely one of the best corrective exercises that one could partake in. For example, people sit a lot and instead of trying to do a stretch to lengthen their tight hip flexor muscles, the muscles located in the front of the hip that perform a motion such as kicking. When people get tight hip flexors, a more logical approach than just trying to stretch them is just stop sitting all day. The point is to exercise your power of

choice and change your work station from sitting to standing, because if you did that, you would offset a lot of the tightness you developed to begin with.

Sitting with poor posture is a quick way to back pain. If you sit all day long, you're probably going to end up with back pain.

Next is to pay attention to your breathing. This is also huge. If your back hurts or is stiff, you're probably not breathing well. The diaphragm muscle is attached directly to the spine and it moves approximately 20,000 times per day. If it's not moving well, because you're not breathing well, your back is probably going to hurt. Lastly, don't stay in any one position for too long. Let's say you give kids a piece of paper and some crayons and you just say 'be creative' and you let them color or draw something - when you watch them, they may start out squatted in a deep squat and bent over and they're coloring. Then you come back and they're sitting on one side and then they're on their hands and knees - so they instinctively know that they need to change positions, because if they don't, they will pay the price. But they just seem to tune into that automatically.

There is a lesson to be learned there. We shouldn't sit in any one posture for too long a period of time. I think that overall, exercise your power of choice, breathe correctly and change positions and that will help you prevent a lot of back pain.

Anthea:

I think by standing more than sitting, you're burning slightly more calories as well. That could be an added benefit for people who want to try and lose weight.

I had never considered that shallow breathing might actually have an impact on my back.

You've coined this term 'rawhabilitation' for what you do with people. Can you tell us about your approach to helping people regain their health?

Dr Sam:

My specialty is in wellness and rehabilitation after becoming more in tune with what I call the raw materials that are needed to build health, I coined the term 'rawhabilitation'. Really what that is is a comprehensive approach to health and healing that not only uses raw foods but the other raw materials that nature provides us to help maintain and/or regain our health.

The raw materials that I'm referring to are: food, air, water, light, breath, activity, hygiene and love. These are the basic requisites of health that govern all living species on this planet. That's the key to sticking to the basics. The functioning of the body is very complex but its maintenance and care is very simple. Applying these 8 links correctly on a daily basis is what is needed for that maintenance of care that I'm talking about. I think people lose track of the fact that barring a medical emergency, the factors that make us well are the factors that keep us well and it's those 8 links. All that changes is the degree to which you apply them when sick or injured.

For example, somebody is exercising - they're out on a jog and roll their ankle and sprain in it. At that point, the body is still going to require those 8 links to be well and regain their health. However, because they've sprained their ankle and are now injured, they may require more rest, less food intake, less activity and some other nutrients in those 8 links because the body's needs have changed but when you think about it, the links themselves have not changed, it's the degree to which you apply them changes.

It's also important to understand that they are all equally important and in implementing them, you need to keep that in mind. For example, you can't eat your way out of a lack of sleep, you can't sleep your way out of a lack of sunshine, you can't exercise your way out of a poor diet, or breath your way out of being dehydrated, or drink your way out of poor hygiene. For some reason, when people get sick or injured, one of two things happen, they either get complete amnesia and go 'OMG what do I do now' and then panic and what they should be doing is what they should have been doing all along, which is applying those eight links correctly or they try to just implement one of them in the hope that it will make up for a lack of something else and that's just not the way a healthy human works.

Anthea:

Or even the tact that a lot of people take is to go on medication of some kind and expect some kind of external influence to actually heal themselves.

It has been nearly 15 years now for you as a raw vegan, how have you been able to maintain it for that long and what are your recommendations for people finding it hard to stay the course?

Dr Sam:

It is important to realise that this is a lifestyle and not a diet. If you just focus on this whole raw food thing as a diet, and you get very myopic on it, like we're talking about before, it's probably not going to work because you've missed the overall health equation. On that note, one of the keys with succeeding is to stop focusing so much on food and keep your focus on total health. I want to feel a certain way and this has become very ingrained where it doesn't even require lots of discipline to stay on the path anymore because now it's a habit. It's completely automatic each day. I always remind people that it takes a while to get good at something and to get good something, you have to practice. In order to have good health, you have to practice good health and that takes some time and discipline and it will become an automatic thing.

Anybody can achieve it, it just depends on whether they want it bad enough. In order to get there, I think here's another thing that isn't discussed a lot and people should consider this and this is not only for just raw food, but health in general. You've got to have a big enough why in life. That's the key. Life has to be more than just about your next mango or durian. You have to have a bit enough why. A reason to get up every day and align with a higher purpose. Once you do that, it's a lot easier to stay on task because you know if I eat this way or live this lifestyle, then I can achieve my bigger why each day and that's something that people really

miss the boat on. They often talk about how to but not the why's behind why they are doing what they are doing. That's a key thing that has helped me stay on track and I had to make the decision on this is what I'm here to do and this is what I want to do and I want to feel a certain way so this is the lifestyle I'm going to choose to live so I can achieve the things that I want to.

The other thing I think is key for people is to definitely get support. You are a product of your environment and what that means is who you surround yourself by and what videos you tune into, what programs you watch, what things you listen to and who you hang out with is definitely going to determine the actions that you take and the decisions you make. Ultimately get support and especially loving support. Surround yourself with people who love and support you and it will be so much easier to stay on track.

The other thing to help people is not to be too dogmatic. People need to understand that raw food is a great diet but a bad religion and you need to put things in perspective and not get overly dogmatic about how you approach the raw food lifestyle or your health. The raw food principles are more important than dogma and following health principles will guide people much further and in the long term get more success. The goal is to be 100% happy and healthy, not necessarily 100% raw. If 100% raw does that for you, then I think that you should do it but if it doesn't, I think you should find what percentages do work for you and stick to that because that's what is going to make you tick.

Other than that, the other thing that is going to help people, especially in the beginning, and the key to the short term success that will lead to the long term success is to definitely keep track of what they are doing and what they are feeling. This is a huge thing - what happens is people think they are doing something, because they know they should be, but in reality, they're doing something else. For example, they'll say 'I love to exercise' and I say 'yeah, but do you exercise?' You can be in love with the idea of it but that doesn't get it done. You actually have to go out and exercise. Keep a journal, track your stuff and pay attention to what it is you are doing. If you are thinking about doing it but not really doing it, you're not going to get the success that you want. No doubt about that. That happens a lot, not only with diet but with other aspects of health.

Those are the things that have kept me on track and I've watched other people around me who have succeeded long term, I know that's what kept them on track as well.

Anthea:

Wonderful advice - I hear you on not being too dogmatic. There is a lot of that out there and I think it pushes people away which is not what we want to have happen.

What are your favorite aspects of this lifestyle?

Dr Sam:

I think if I had to sum it up - convenience, taste, variety, adventure and connection. The convenience of the diet, it truly is no faster food than fruits and vegetables and other plant based foods; that truly is nature's fast food and the fast food we should be eating because the fast food most people are eating is really just junk food. Taste - people ask me 'don't you get sick of that diet' and I'm like 'you kidding me?' Then I bring them things that they've never even heard of our tried and they can't believe how good it tastes. The gustatory senses are appeased every time you eat based on the choices you are making and what your body really wants. Variety - that goes along with taste. Nature provides this wonderful seasons for us, especially with fruits and vegetables. Right now there are persimmons and dates and apples - things that are just in season are wonderful and there are always seasons to look forward to. I think adventure - not only adventure of foraging for wild foods but also just the adventure of meeting people on this journey, travelling to different places and that brings me to connection. It not only connects you to people but I think once you get into this lifestyle, you are just so much further connected to this planet. That's an awesome thing to have that connection and feel grounded and whole each day.

Question from Don Bennett:

Sounding good Dr Sam! Don't forget to tell everyone that next year you are going to be speaking in Europe at a great event - okay - I'm out of here! Bye!

Dr Sam:

I'm glad that Don called in. I will be speaking next year in Slovenia at that festival and Don will be there as well. I'm looking forward to joining him and some other people - Meagan Elizabeth, will be tuning in via webcast as well as Ellen Livingstone - so it should be a really fun festival. Slovenia Food & Health Festival. I know that some of your callers are not necessarily in America and they might not make it to some of the US based events such as the Woodstock Fruit Festival which is also an amazing festival for people to check out - one in Hawaii in April and up state New York in August. If you haven't attended any of these events, I would say go and put that loving support around you and when you're around people for a full week in that kind of format, it raises your level of awareness, vibration and your chances of success to such a higher level.

Anthea:

I think support is such an important thing for people starting out and that was one of the reason why I wanted to do this summit. I know people do struggle with getting to some of these festivals and if you ever have the chance to do so, you must try and do it, there's nothing better. Just to bring speakers together on this summit, that was really my intention and hopefully people who bought the recordings will get to listen to those speakers over and over again and start to brain wash themselves in a positive way.

Question from Samantha:

Can you please tell me what is the best way to get one's health and wellness back after you have suffered from several auto-immune problems and been on medication? I have been on a high raw food diet but would rather not come off the meds without knowing my body is capable of healing itself.

Dr Sam:

It's really important to follow the principles of health and one of the basic principles of health is that health comes from healthful living. One is well, trying to remain well or someone who is sick, trying to regain health and become well. Health comes from healthful living practices and the only way to restore health and experience health is to live in a healthful manner because people are only going to feel as healthy as they are living healthfully.

Regarding medications - that's something that you might have to get with whomever you're working on that with - such as a medical doctor - about taking you off because some do need to be weaned off and other medications you can just go off instantly without any repercussions. It really just depends on what medications you are on. It's really important to take things a day at a time, to continue to make small steady changes in your health and I think over time, once you apply the basics of health correctly, over and over, and you start to see what your body is capable of, you'll start to gain more confidence in the fact that your body really truly is a healing miracle and self healing and with given the right things, it will heal itself.

It's unfortunate that a lot of people have received a lot of programming as well as a lot of fear mongering from the medical side of things that the only answer is to run to the medical profession for trying to restore your health. I'm not against doctors per se and I'm not against the medical model, but what I'm for is that doctors are actually teaching their patients how to become well and stay that way. The word 'doctor' is actually from doctorus or docēre which teacher or to teach. So whoever you are working with, should definitely be teaching you how to become well and how to stay that way.

This is not going to be a 'this is what you need to do and you're going to get well' answer because I would definitely need to know more about your health history and how you ended up having so many auto-immune challenges to start giving you specific advice. The best I can do is give you some general things to consider.

Anthea:

Could you describe what you would eat in a day? Do you have any favorite recipes you could share?

Dr Sam:

What I eat in a day just depends on the day. On an active day, I might get up and have a quart of green juice and that juice will incorporate some fruit like apples or pears as well and if I don't consume that in the morning, I'll have 8-16oz of fresh coconut water in the morning. The next time I eat would probably be a larger meal

of up to 10 bananas, dates, vanilla powder and some barley grass juice powder thrown in there as well. The last meal, I would consume a bunch more seasonal fruit and then some greens and some overt fats - nuts/seeds/avocado. That would be on an active day. I probably take in somewhere between 2000-3000 calories in that range. Some days I thrive well on 1800-2000, other days I need more.

I don't plug my caloric needs into an equation and say well I'm this so I need this many calories and I'm going to force it no matter what - that's not a good idea.

In terms of recipes, I mentioned one - like a smoothie. I like vanilla date shakes and in that would be bananas, dates, vanilla and probably some barley grass powder and I blend that up into a smoothie and I love that as a meal and some other types of simple meals that I like if I'm going more the veggie route - a simple zucchini pasta - spiralised zucchini, then blend a tomato sauce like romaine and sundried tomatoes and some red pepper and basil, mix it up and have that as a dish. It's very satiating.

Anthea:

So you do eat some overt fats. Do you try and keep it under 10% per day or are you a bit more liberal with that?

Dr Sam:

I think over fats are important to consume and I consume them pretty frequently. Sometimes on a daily basis - it just depends. I don't get too mental about the 10% rule, it's an average anyway - it's not every meal or every bite concept and it's a guideline, not a religion. I think that people should keep that in mind. I see two camps. I see 'this is high in fat' and so therefore people consume enough fat, especially essential fatty acids like the omega 3s and then I see people gorge on fats and don't think much of it. I think you need enough fat in your diet and if I had to put a percentage on it, it may run as high as 20% but I know Don Bennett's book on this too and he gave a pretty cool explanation about it's not really about percentages, it's about having an adequate amount in your diet and that's really important to consider based on how active you are and how many calories you need on a certain day for example.

I really think that when it comes to fat, I think flax, chia and hemp should be included in people's raw food diet because those fats tend to be higher in the omega 3s and that's what I find a lot of people running low in and when they run low in it, they may end up over-eating on some of the other fats, like avocados or coconut or other things that are little bit less in 3 and higher in 6s - the problem is that by the time they have eaten enough of those other types of fat, to get enough 3s, they've got too much omega 6. For people who are not familiar with that concept, if you have a lot more omega 6, then omega 3 in your diet, it's probably inflammatory and that's not something we're shooting for. Your diet should not create inflammation in your body. If it does, you need to tweak your diet so it stops doing that. That's the importance of keeping that ratio of omega 3s higher.

Some people say 1:1 omega 6 to omega 3, some people say 3:1 or 4:1 but I think the important thing is to not overdo the fats that are higher in omega 6 and to keep the fats that are higher in omega 3s up in your diet - flax, chia and hemp are great things to consume.

Anthea:

I'm glad you addressed that Sam because I don't think any of the other speakers have explored.

Question from Lydia:

Do you recommend adding any supplements to a raw vegan lifestyle?

Dr Sam:

This comes back down to following principles and not dogma. Some people out there will teach you that all you need to do is eat all natural foods and you'll get all the nutrients you need and don't worry about taking supplements. I'm definitely not in that camp because the principle I teach is to be optimally nourished by the end of the day. So you have to hit a certain amount of nutrients and a certain amount of calories each day and for some people that may mean getting it done with supplements and other people may not have to get it done with supplements.

I personally do consume some supplements. I mentioned barley greens juice powder and I do highly recommend it because it is a very concentrated source of trace minerals that many people are not getting in their diet and I think a lot of raw foodists have found this to be one of the missing links in their diet and lifestyle and as soon as they start consuming it, they feel a whole lot better, to the point of cutting back on how many greens that their body is wanting because the body's need for minerals has been met and so therefore they don't need to eat as many of them. I do think that supplements are a good idea for a lot of people because I think people are not getting all the nutrients they need.

Vitamin D should be gotten from the sun first and foremost and if you can't do that, then I think the next best thing is supplementing with light therapies and those could be at home or a tanning type place that has the correct lights - those that emit the UVB on a low balance so that they are not putting out heavy electromagnetic fields and you're actually getting vitamin D and last in line would be the actual supplement of taking vitamin D. Taking vitamin D in the months where you are not getting enough sun would be a good idea because if you don't and you haven't gotten enough sun, especially over the summer months, your health is going to suffer.

There is a vegan D3 on the market but there is debate about whether it is really vegan because usually what they've done is they've taken the D3 that they get from lanolin which comes from sheep's wool and they feed it to lichen, which are mushrooms and then the mushrooms reproduce the vitamin D in much larger quantities. You've got to do the best you can with what you've got available to you. I think that is really important.

The other one is B12. I think that it is something that some people should strongly consider taking. I do think that getting tested is probably a good idea - just make sure that you are running the correct tests - the bog standard blood test is not accurate. It does not show the utilisation in your tissues, you need to stick with something such as UMMA - that is the gold standard test. If you are going to run blood, I would look at homocysteine and considering where your levels are at. If they are elevated, then there's a good chance that you are B12 deficient. I would take B12 sublingually is enough for a lot of people - putting tabs that just dissolve under your tongue. I would recommend methylcobalamin which is the more active form of B12. Some people say cyanocobalamin may work, it may do. I just think that the methylcobalamin form is best.

I also think under times of stress, and there is much of that in our environment today, taking extra vitamin C is actually a good idea and would strongly recommend it, especially when people around you start getting sick. You want to take buffer vitamin C, which is either sodium ascorbic or calcium ascorbic. All vitamin C is ascorbic acid. You can take it up to the point of bowel tolerance, which means when you start having loose bowel movements, then you've had enough and you can back off. Up until that point, you're not ODing on it. I would recommend taking at least 2000-3000mg per day and that wouldn't be too much. It's really important - I don't think people are getting enough mostly on a raw food diet. Some people say 'I eat a lot of citrus' - to get 3000 mgs on a raw food diet of oranges, you'd have to eat about 50 of them and that's assuming that there is the correct amount in the orange to begin with. I doubt anyone is going to do that in a day. It's probably just not nearly enough to meet the needs. And with all the stressors and environmental things that we are up against, I think that vitamin C is a good idea.

One of the things that people ask me about is camu powder, because the claim on that is it has 30-60 times more vitamin c than an orange does. If that is true, then taking it would be a good idea if we could verify if that was true. I do consume it and have become accustomed to the taste as it is a little strong. You can mix it in with a smoothie or something else. If it is true, I definitely want that form of vitamin c first because it's coming from a whole food source and then next in line would be taking a supplement.

Iodine is probably a silent epidemic in this country and people should definitely consider getting themselves tested for iodine and once they are tested, figure out where their saturation levels are at so they know how much they should be taking because as Don has pointed out in his talk, iodine is not something that you really want to just shotgun and start taking it for the heck of just taking it. Because if you take too much iodine, it can be pretty toxic. Unlike vitamin D, B12 or C, iodine is not something you just start taking without definitely getting tested correctly and knowing where your levels are at so that you can do it correctly because there is also other co-factors that need to be taken with iodine for it to be absorbed correctly and then utilised correctly by the body.

Anthea:

Interesting on the vitamin C. We just assume that we are getting enough from our fresh fruits and veggies. That's not something I had considered before.

Question from Tasha:

You talked about the system of health and I've heard a lot about a lot of those but I was wondering if you could share a little bit about love and air? How you have found those to be important.

Dr Sam:

Air comes down to these two things: the quality of how you breathe and the quality of the air you breathe. You should focus on breathing low, slow, through the nose with lips closed. Breathe into your ribcage and use the diaphragm more than your upper chest, breathe slow rather than quick and rapidly, and be a nose breather as it naturally filters and moisturises the air and makes the oxygen in the air better able to be extracted and put into the blood system. Unless you are in a really intense activity where you have to open your mouth to breathe, you really should not be a mouth breather, you should be a nose-breather and people snore because their mouth is open. We breathe up to 20000 times per day. When you become an efficient breather, you'll actually breathe less. There's an average of 16-20 breathes in a minute - if you take breathes in a minute, to an hour to a day, we get to 20,000.

Anytime you are looking to improve your health, you always want to consider your ROI - your return on investment. When you consider that we breathe 20,000 times per day, if you improve the quality of how you breathe just the slightest bit, now multiply that by 20,000, the ROI's just become very significant. You will have a marked improvement to your health just from that.

The quality of air you breathe comes down to this, don't pollute the air you breathe. Unfortunately people do this not always consciously because they are just not aware. Big time pollutants are candles; paraffin candles are toxic and I highly recommend to not burn them because they leave black soot, that gets in your lungs. They also contain 3 significant carcinogens - I can't tell you how many women over the years who stopped burning candles and their breast problems went away and not only that a lot of people with chronic fatigue because those things also deplete the blood and cause anemia.

We pollute the air all the time through cooking of foods, perfumes, colognes, candles, cigarette smoke, cheap oil scents, incense. I don't have a problem with essential oils if they are of a pure quality and that you are diffusing them correctly into the air. We have the pine trees in our car and the things plugged into the walls at home that are spitting stuff into the air. It's amazing if we look at the chemical warfare and onslaught of air pollution that goes on each day and so it's amazing when you get out of an environment like that and get into a clean one that you grasp what clean air actually feels like. You can program your body to recognise whether air is good.

The love link is what I call the master link. Love is really important because if you don't love yourself enough, you're not going to do the other 7 links that are in that chain of health system; that's why love is so important and I really do believe that love plays a huge role in handling the body. I think that if everybody could shoot for getting at least 3 loving hugs per day, they would feel so much better. At the Woodstock Fruit Festival it was quite easy, we got about 50 hugs per day and you could see how great you felt when you received that amount of love and attention but love is definitely a really strong powerful feeling energy that permeates the Universe and I think it's a matter of aligning with it each day and waking each day deciding that you want to come from a loving place/space/platform, open my heart up and serve people in loving service or do I want to go through my day in the opposite manner. I can't stress enough that you've got to have love in your life. Loving food, loving people, loving support, loving vibrations every day and when you have that, you'll see your health transform on another level.

The wisdom of the sages in the ages always talk about love. Love does conquer all and love heals because it's true.

Anthea:

That's really beautiful. I love that.

I hear you've been busy in the garden lately and that you've been successful at growing your own fruits and veggies. Can you tell us about what you've been doing to try to be sustainable in that way?

Dr Sam:

I think once you are in this lifestyle and you're eating raw for at least a few years, then you start to step things up and say 'if I really truly want to live this lifestyle, I have to start growing my own food'. So I started gardening several years ago and it's just gotten better and better. I know my girlfriend Janet has been on board in the last couple of years with me in trying to see that that happens. She likes to eat very clean and healthy as well. I probably have a thousand square feet of garden space in my yard and doesn't include about 30 fruit trees that I have. This year was tough with the weather, so the fruit trees didn't do so great this year but it did get a lot pears, which have been a blessing, especially in the fall because they've been really good and I've had a whole lot of them and throughout the season, we got whacked with a hard winter so the figs didn't do so great which was a disappointment because I love figs.

Growing stuff is really important. I think you really truly feel the essence of this lifestyle once you start growing your own food and it really truly makes you appreciate food and have a healthy relationship with food and I think once you do that, you don't got to the market, especially a farmer's market and look at the farmer and go 'that's kind of expensive', that's very insulting, especially if they are charging a fair price because I don't think people truly appreciate - it isn't just the fact that they drove the food to the market, it's the fact that everything that went into it, of growing, picking and washing it off and then bringing it to the market and presenting it in a nice way before you pick it up and want to buy it from them.

I think once you start growing your own food, you start to really truly appreciate that and you are really happy to give those farmers some money because you know what goes into it and that's one of the things that I think is really important about growing food.

My garden is like one of my laboratories. I love being out there. It's great exercise. It helps secure a lot of the links in the chain when you think about it; sunshine and fresh air and food and you're around the water element when you are watering the garden. And loving relationships. I think it's awesome exercise, when I was younger I used to think that gardening was for old people - really boring. But it isn't, it's really zen and a great form of exercise - I like to call it envirocise, which means it benefits the environment as well as yourself. I thought if I'm going to exercise, why not get something more out of it than just a workout? I can actually get food out of this deal. If I put in enough time, I get food.

I had a joke with my girlfriend because she was doing the P90X program and I said, how about P90axe and I handed her a pickaxe and said 'start digging' and she took it well. And she started digging in the soil with me and I said 'hey, if you want it, you're going to have to earn it'. We're going to make the garden bigger, we're going to raise it up and do all the stuff that you want to do with it, let's do it. She got a great workout. She started to see how awesome it was just to put in that time outside and she's really good about tending the garden herself and is really connected to it as well.

It's beyond the food, it's about the connection you have with the planet and with other people. One of the coolest things about growing food is to just share it with other people. I can't tell you, even in my own neighborhood, how many people are like 'you gave me those cucumbers and tomatoes last year and it just inspired me - I just started my own garden'. You never know what seeds you are going to sow literally. When you are with other people, you start planting seeds, so to speak, even in their brain, they'll take it on and it becomes very contagious and that's exactly what you want. When you think about it, if times do get tough, don't you want to be in a neighborhood where other people are growing food too? Even in times of scarce food, and you've already shared food with them, they're more likely to share it back with you.

Anthea:

I love your coined expressions!

Question from Lilly:

The cleaner I eat, the more eczema I am getting. It originated around 9 months ago with a reaction to a new pair of boots. It calmed down eventually after the first episode but reappeared this summer. I have been eating primarily raw, non-GMO, organic and the more raw I eat, nixing dairy, meat and coffee, the rashes are getting worse. I was desperate enough a few weeks ago to go to a doctor and I took the steroids but it is all coming back and spreading to other parts of my body. What can I do?

Dr Sam:

Without knowing your history and other aspects, it's going to be hard to be specific. But one of the things to consider is that sometimes cleansing is a long term process and you're going to go through different bouts of detoxification and some of the symptoms that you've experienced will be skin rashes. The skin is a very large organ in the body and it's going to be used as an organ of elimination very often to get rid of toxins. Being patient is something to consider. At the same time, you want to make sure that you also are getting all the nutrients and nourishment that you need in your diet.

People in the natural health field unfortunately assume that every symptom they are getting is a reaction and it's a beneficial thing and nothing needs to be done about it and sometimes, that's just not true. Sometimes when your body reacts and you are having symptoms, it's signs of something else going on such as deficiency. With skin, different things comes to mind. I can tell you that if you are vitamin D deficient, you are going to have a higher chance of suffering from things like psoriasis or eczema or other various skin conditions. Vitamin D is very important. EFA 3 / Omega 3 is another - the flax, chia and hemp would come in there. If you are deficient, you're more likely to have a skin problem.

Live as healthily as you can each day. Take a look at the chain of health, and really look at where you could be doing a little bit better. Just start to pay attention as well to other things that may trigger that reaction. Your body will talk to you and it will tell you. The fact that you could pick up on that it started after getting new boots, that's a good thing that you are that intuned and you could tell what triggered it. You may have to consider what those boots are made out of. If you're an ethical vegan, they're probably not made out of leather but what is in there that may be triggering a response for you. It's a matter of being patient on one end and allowing it to run the course but at the same time, making sure that you are getting all the nutrients that you need, not only food, but all the other links in the chain and eventually it should clear up.

I know at times that things get chronic and it gets frustrating because you want them cleared up quickly and so this is again a good time to mention that keeping track of stuff - if I hadn't kept a journal, I would have given up for sure. I would have lost hope and said, 'forget it' and probably went down the wrong path at that point and would not have known the level of health that I know today. Keep track and journal what your body is doing and how it is reacting to certain things and I think that will also keep you, not only in tune but also motivated and keep you positive that things are definitely getting better.

Nature definitely has answers. Medicine has it's place at times - usually in emergency situations but there are definitely foods - fruits, nuts, vegetables, seeds, sprouts, legumes, tubers, herbs, wild edible plants and plant based foods that have anti-inflammatory properties. Things like pineapple or papaya have natural inflammatory properties. Spices like turmeric have anti-inflammatory properties. You don't always have to go back to the medical model to get relief of uncomfortable symptoms. You'll have to definitely be patient and you're going to

have some trial and error, frustration at times and that's just part of the healing journey.

Anthea:

I know that you run raw rehabilitation retreats in some pretty spectacular places in the world. Could you tell us a bit about those and also how else you work with people and perhaps how people can find you if they are looking for some guidance and support?

Dr Sam:

I've been running raw rehabilitation retreats primarily in Costa Rica for the last several years and they've all gone over successfully and during the retreats, what people are going to experience are amazing breath taking waterfalls and fun challenging eco-adventures like jungle hikes and visit beautiful beaches and taste tantalising fruits and other tropical delights. You participate in creative exercise classes and help to sculpt and change your body and make it function better. We attend health empowering lectures and experience tons of other fun and adventure. Basically total health empowerment for one whole week, one consecutive week as an all-inclusive deal. It does not cover your air travel, but everything else is included. People also get private one on one sessions with me during the retreat where we can do corrective body work as well as corrective exercise as well as just wellness coaching. It's a really amazing time.

My chef for the last few years has been Chris Kendall. I know some people know him, he is absolutely amazing, not only is he just a great chef but a great person - a very funny guy and he also helps to teach yoga at the retreats as well. When you come on a retreat, you usually get Chris Kendall as well, which is an added benefit because he is such a fun guy. Actually we're running our retreats back to back next year in 2015 and so his is the week before mine and at this point I plan to attend his and probably be a guest speaker and teacher there and he'll definitely attend mine. As of now, that's the plan that we're working on.

Next one for me is March 21st-28th next year. People that participate often report more energy, looking and feeling younger, healthy weight loss, better focus, improved strength and flexibility, and feeling a greater sense of connectedness to others.

Anybody that wants to attend next year, take a look at the retreat, you can find it at rawrehabilitation.com - it has all the details. Or you can go to my main site at drsampt.com, you can access them there as well. If you could sign up by the middle of November, I'd be willing to extend you a \$100 discount as part of the benefit of attending the RAWmazing Summit. Mention that you attended and heard about it there and I'll give you that discount.

In terms of consulting with people, live and via web/phone as well and people usually consult with me about the raw food lifestyle or they want some corrective exercise advice or if it's live, they want therapeutic body work or some kind of rehabilitation that they are going through from an injury or illness. If you are

interested, you can find about it at my website. You can send me questions about the retreat or private consulting.

I have a gift as well. What I would like to give besides the retreat discount if people want to come there - I want to give people the introduction and a whole chapter of my book *Feel Good Now!* and you can get that by going to my website drsamt.com and that will take you to my main page and if you sign up to my mailing list, you'll get an email sent to you that has a link that you can go to to download that. I think people will get a lot out of it because it does give a good overview of the chain of health and talks about 4 lessons of health that people should consider when they are approaching their health.

Also once you are on my main list, you can stay abreast of when I am speaking, what I'm doing and how it might benefit you to transform your health. I have a newsletter, I have a blog. I think it's great to be able to serve people. I get up every day and look forward to doing that and one of those ways is through writing the blog and my newsletter. I'm going to have some coaching programs and webcasts in the New Year.

Anthea:

Both of those are generous offers and will be hugely appreciated.

Thank you so much for filling in the gaps of our health program. I think lots of people are often very blind sided in our approach to health and I think you've really helped us see that there is so much more to the picture. Particularly love and humor.

You have enlightened us. Thank you.

Dr Sam:

It was a pleasure. I am honored to be a part of this Summit and I do appreciate the invitation to be a part of it.

Anthea:

Thanks for being on the call everyone.