

## Loren Lockman - The Fast Way to an Amazing Level of Health

Hello & welcome back everybody, to the RAWmazing Life Summit 2014. This is the lucky last in an incredible series where we're getting real and raw with 23 RAWmazing Raw Vegan Health pioneers and experts, and unraveling some of the mysteries behind the successes of long-term raw or mostly raw vegans, discovering how they altered their health and their lives in a variety of profound and intriguing ways.

I'm Anthea Frances, and today I'm going to be speaking with water fasting proponent, and 23 year Raw Vegan, Loren Lockman, who, since 1997, has led more than 2000 people through water fasts of 1 to 9 weeks, and has coached more than 2000 others to better health.

For someone to devote nearly 20 years of their life to this particular healing 'modality' must mean that there is something pretty special about it. And certainly recent research into the use of, even, intermittent fasting for healing of all sorts of very serious health issues, including it's ability to help shrink cancer cells, certainly seems to lend even more credence to one of the world's oldest forms of healing.

Hello Loren, and Welcome!

Loren, like many of us you came to the Raw Vegan lifestyle because of health issues. Could you describe what life was like for you back then and how you found your current approach to health?

**Loren:**

Absolutely. It was 30 years ago, I had just graduated from college and within about 6 months I found myself so sick I could barely function. I was suffering with chronic fatigue syndrome, IBS, chronic sinusitis, systemic candida, and 57 allergies (I had literally become allergic to almost everything, fruits, vegetables, dust pollen, mold you name it). And it became really difficult to function. I grew up in a very conservative family and all I knew was conventional allopathic medicine. At the time I was working as an officer in a real estate agency and we had a comprehensive health plan so I went to my MD and quickly found out that he couldn't do much for me. Over the course of 3 years I went from one doctor to the next and realized finally that I was getting worse all the time. And what they were doing for me, giving me antibiotics was in fact making things worse, making my immune system weaker and weaker.

And so at that point I really didn't know where to turn. But I came to understand that Medicine is almost exclusively about treating symptoms. Many people think that that's benign. "Well, at least we feel okay and what's wrong with treating

symptoms?” What we fail to understand is that symptoms are actually part of the body’s healing process, so if we’re suppressing symptoms we’re not only not dealing with the cause of the problem. We’re actually making the situation much worse.

I had begun studying nutrition many years earlier, at the age of 16 and so went back and started thinking about nutrition, and it turned out that I was actually doing everything that conventional nutrition said I should be doing at that point and yet here I was sicker than anybody I knew. So it took me some time to work out that there were some significant issues with conventional nutrition as well.

Not knowing where else to turn I had a revelation. I’d had grown up in a subdivision where the developers had left all the trees, so I grew up in a forest with tons of trees all around and streams, and I spent most of my time in nature and I came to the realization that nature was perfect. That if perfect health was the natural birthright of every species it should be available to me too. So I figured that if every species had a natural diet maybe there was a natural diet for my body.

I immediately began making significant changes to my diet and saw immediate massive shifts, and that was really the start of the transition for me.

**Anthea:**

Very interesting to hear how it all started and I think a lot of people can relate to those issues you were having with your health. So you’ve been doing this diet for a long time and teach a particular way of eating and living. How does what you teach differ from what’s commonly taught in the High Carb Low Fat Raw Vegan world?

**Loren:**

There’s a lot that is very similar. Much of this High carb low fat world that we see today has come about as a result of the publishing of 801010. I’ve known Doug Graham for a long time and we’ve been teaching much of the same things in many ways for a couple of decades plus, and yet there are a few significant differences, and one of them is that ever since I can remember Doug has been teaching people to, essentially, stuff themselves. He would say that you need to stretch your stomach. Before we were eating food that is more concentrated and now we’re eating food which is less calorically dense so we have to stretch our stomachs to get enough food in. That never resonated for me.

Now I should point out Doug hadn’t written any books when I went raw, and I was on my own. This may be hard for many people listening to really ‘get’ - This was in a time where there was no internet. None of this stuff existed yet. So people like

myself were operating on our own in the dark. I didn't even know that there were other people out there doing this.

I'd studied yoga and the yogic diet. Yoga always taught that you wanted to eat less, not more than you needed to, and it's interesting that many of the longest lived populations have always had similar ideas and theories about caloric content, and so one of the significant differences is that I believe, and I'm frequently accused of teaching caloric restriction - I don't promote caloric restriction and I never have.

I don't believe in restricting anything. It's a poor strategy because when we restrict something it only makes us tend to want it more. But what I do teach and practice, and guide my over 5000 clients is to allow the body to become as clean and efficient as possible so that we're simply needing fewer calories. Our metabolism slows down, not to the point where we function like a turtle (you know, we move so slowly).

My body actually works better today at 53 than it did at 18 because at that age I had issues that I don't have anymore, including knee problems (I was a cadet at the US Airforce academy and to wear braces on my knees to ski). Now I surf at 35 years later and don't need any braces. My body literally works better. But one of the reasons why I've aged much more slowly than most people my age is because of the fact that I've always eaten far fewer calories. Well, not always.

One of the people I was working with said why don't you tell everybody what you used to do at the US Airforce Academy. Well I was consuming a ridiculous number of calories - 6 or 7000 calories per day just to try to stop losing weight. Well my system didn't work very well. One of the reasons I got so sick was because I wasn't assimilating very well. I had all kinds of issues, but by giving myself the chance to heal what happens is that we simply get to the point where we need less food.

If we consider that vast majority of people both in the US and Australia, Europe, are eating foods where most of the nutritional value has been destroyed from cooking and processing, whether it's blending, juicing or packaged food, much of the value is gone as a result of those processing techniques, and then people are putting these substances into bodies that are not functioning the way they should. So what happens when we take a body and give it a chance to cleanse and heal so it's actually working as efficiently as possible. It's really doing everything it was intended to do. And then we only give it the optimal diet that the body was intended for. Now all the nutrients in the food are still present and we're putting it into a body that works as well as it can and we simply get everything we need with much less input.

**Anthea:**

So, you're saying that it's the food that we're eating, but it's also the way that our bodies are absorbing that food.

**Loren:**

Absolutely!

**Anthea:**

And I guess that's why you put a lot of emphasis on fasting. Why is fasting so important in your opinion? And why do you say that fasting is a fast way to health?

**Loren:**

Sure, I come from this place and I mentioned before, I started out by asking myself, "Well, what's natural for my body?" I firmly believe that we can never improve on nature. Nature is perfect until we get involved and tend to screw it up. I truly don't believe that there's anything we can do that's un-natural that isn't going to create unintended effects. So we can seem to be doing something, which seems to be working, but if it's unnatural then it will create issues for us. There are studies that show that people who supplement end up with higher rates of disease, and this includes multi-vitamins as well as isolated nutrients.

Fasting gives the body a chance to cleanse and heal. We are able to absorb everything. So we frequently see people here who have come to us with a clinical deficiency of some kind (magnesium, potassium, iron, B12) and in most cases those with deficiencies get resolved with consuming only water. Those deficiencies go away. I was reminded of a client that fasted with me here in Costa Rica a couple of years ago. She had done massive doses of magnesium before fasting, prescribed by her naturopath. She has needed no supplements ever since completing her 21 day fast. Some people need to fast longer than that, but the result is usually the same if we give the body a chance to cleanse itself it's able to access what was always there, but the body simply wasn't able to get to it before.

Research shows today that we age as a result of our telomeres becoming shorter. What's the best way to re-lengthen them? By fasting. By abstaining from anything other than consuming pure water. When I talk about fasting I'm not talking about consuming only juices, or fruit, I'm talking about water only fasting, the age-old definition, which is the complete abstinence from all nutriment.

Many people think that this is radical and crazy and must be dangerous and harmful etc and there's a lot of misunderstanding out there around this process, but it's

interesting to note that of the estimated 800,000 other animal species on the planet, virtually every one of them fasts when sick enough or badly injured. It's nature's way of allowing the organism to cleanse and heal and the reason healing happens so much more quickly when we're not consuming anything is that we're putting most of our energy, some people say more than 50%, one MD claims upwards of 70% of our daily energy (I'm not sure I believe that), goes into processing our food.

Instead of eating, if we simply rest as completely as possible, we're now saving a ton of energy that's now available to the body to cleanse and heal itself, and so the telomeres get longer. We see high levels of human growth hormone being put into the blood stream and you can buy expensive HGH supplements, but again, how do we get it right when we supplement? We don't. But our infinitely intelligent body knows exactly how much of this and other things that we need and it gives us exactly how much we need so that we see people becoming physiologically younger. In significant ways, like the elimination of wrinkles and the improvement of eyesight. Many of our clients are able to eliminate their glasses or get weaker glasses when they go home, assuming they've been here long enough and done what they needed to do.

But we see the same thing in almost every aspect of our health. All of the amazing things we've seen here and has been recorded over the history of fasting, there was one thing that occurred to me. I don't remember when Dr Batman (Dr Batmanghelidj) wrote his book "*Your Body's many Cries for Water*" but one of the things that happened as a result of this book was, and one of the things I was thinking about, was if what he was saying was true, and his premise of the book is that people are sick because they're dehydrated.

In typical medical fashion, what Dr Batman did was he found a way to get more water into people's cells but he never addressed the cause of the problem and that's a huge issue. One of the biggest problems with medicine is that we're not addressing the cause of the problems when we're addressing symptoms. If we don't address the underlying issue, we don't get real resolution, even though we might look like we're improving.

Whether it's taking supplements or getting water into the cells - that's great, but there was a reason that the condition existed in the first place. There's a reason for deficiencies, there's a reason someone is dehydrated. Unless we address each of these conditions and what is causing them, we're never going to have long term success because it's just a band-aid approach. Dr Batman never asked why are people dehydrated and what can people do about that.

Not quite 10 years ago we started measuring people's cellular hydration using sophisticated bioimpedance analysis. It's not perfect. There are potential issues with

certain people. But it claims to have over 99.9% success rate. Now having measured more than 2500 people's levels of hydration is that that the vast majority of people are exceptionally dehydrated, and what's surprising is that this is true, even if people are consuming diets with very high water content foods - fruit based diets for instance.

Many people say to me, "Clearly someone eating fruit doesn't need to worry about this." Unfortunately that's not the case. And it's shocking to many people, but we measure their levels and we see for themselves. And then we see minor changes while they're fasting and much bigger changes once they're done fasting once we begin refeeding and eliminate all the old material. And the reason that people don't get hydrated until they give the body the chance to cleanse is because they body is attempting to cleanse all the time and every channel of elimination, whether through the colon, skin, mucus membranes and the lungs, the breath, each of these channels depends on water.

So what happens is in most people's bodies that the body is attempting to put water into those channels to move the stuff out but never really succeeds and so nothing changes. When I talk about dehydration - Out of 2500 people how many would you guess that we've seen that are fully hydrated?

**Anthea:**

Low, I guess. If people are eating standard American diets.

**Loren:**

Well the people we see typically aren't. These are people who are usually way above average, much more tuned into their bodies and their health, and yet we still, out of more than 2500 people, I have seen 3 people who are within 10% of full hydration. Medicine says you cannot even be more than 3 or 4% dehydrated, but that's because they never see people who are fully hydrated. People who are fully hydrated don't go to doctors.

I took my health into my own hands 27 years ago and I haven't been sick a single day since. Not a cold, not a flu. Nothing. And I believe one of the reasons that's true is because I've been able to get close to full hydration. I've consistently been the most hydrated person we've measured here. My lean tissue is around 79.7% water. The average person's lean tissue is around 67-68%. That's a massive difference and that difference accounts for all kinds of issues.

Now, what Dr Batman did was he got more water into people's cells but not by changing the underlying conditions, so it was never going to be a successful long-term approach. But by actually getting the body clean and following up with an optimal

raw vegan diet, and for me optimal means high water content foods. Any animal species on the planet is eating mostly water.

Let me ask you this - What kind of carnivores do you have in Australia?

**Anthea:**

Well, we have Dingos.

**Loren:**

Okay, so from the dog family. So a dingo catches a rabbit. You know what the first thing it does is? The Dingo catches the rabbit what happens next?

**Anthea:**

It kind of tears into it.

**Loren:**

Typically at the jugular vein, the throat. It kills the animal and drinks all the blood. Then it turns it open and eats the water rich internal organs and only then does it eat the muscle meat and it doesn't usually cook the meat and put it between two pieces of dry bread, which is what most people do. They take only the muscle and they cook most of the water out of it and eat it with bread, or chips, or coffee or soda, all of which are diuretics, and salt, which takes water out of the body. What most people are doing is consuming things with very little water, and making choices that are taking water away.

How about the herbivores, plant eating animals, eating herbs, fruits, shoots, roots, stems, wood. Even termites are eating water rich wood. So every other species is getting water, and Humans who know, 40-50% water, maybe less.

I don't know what a typical breakfast looks like in Australia, but where I live people sit down and have toast and cereal - there's no water in them - and they put milk on the cereal and there's no water in that from your body's perspective and they have a cup of coffee, which takes water out of the body. Lunch might be a sandwich and some chips and soda. So people are continually dehydrated throughout their lives, which is why we tend to age the way we do. Most of what we think of as aging is actually long-term chronic dehydration.

With supplementation - getting the nutrients we need depends on having a body that works properly. Probably 1/2 the people I've worked with over the years at Tanglewood have been raw vegans or people eating a high raw diet, and yet they tend to be 67-70% water instead of close to 80% lean tissue. That's a serious problem.

**Anthea:**

So what you're saying is that it's the food that we're eating, but compounded with that, is that we're not receiving the nutriment into our bodies. And that's where fasting comes in, I guess. So how does fasting work?

**Loren:**

From a scientific perspective I can give you an overview, but what happens is essentially as soon as we stop eating the body, if it needs anything, will look to the digestive tract. But that's only good for 8-12 hours. If it's more than 8-12 hours, and even though there may be still stuff in there (most people are walking around with a good 8-10 pounds of old stuff in their digestive tract all the time - and I know medical people say that's not true - I've had people fast for up to 9 weeks with me here and virtually every person ends up eliminating hard, stinky, black stuff, which is clearly not the papaya and watermelon that they start eating again after refeeding.

We had a woman a few years ago who did a short fast - only 11 days - and in 11 days time she had more than 60 bowel movements. So there was a lot of old material in her body. And the thing that's amazing is that she had been referred to me by her colon hydrotherapist. So this woman was getting colonics and thinking that she must be clean because she was getting colonics, and at the same time we had another client who was a colon hydrotherapist and ran her own centre and so had colonics herself regularly, and she had lots of bowel movements - old material. So it's typical and this is old, dry, hard stuff. And that's where all the water's going. And that's why people eating a raw vegan diet typically don't get hydrated until we give the body a chance to clean all this old stuff out. It's completely a game-changer.

So the first step is the body looks for what's in the digestive tract. And once we're past the 8-12 hour mark the body is looking primarily for glucose. Glucose is the fuel that the body depends on. We actually run on micro-electric current, but glucose is the fuel that the body uses to make it. And so it's looking for glucose and where it get's glucose from, at that point is glycogen in the liver. And there's roughly an 8-12 hour supply of glycogen.

Now we also store glycogen in the muscles, but we don't use that glycogen to run the body. We use that glycogen for the muscles, so if there's nothing else available you could still move. You don't want to work out, because it's not going to last very long if you're super active, but it's there so that we can continue to function in the absence of food.

People often think that if they skip lunch that they'll probably die. But in nature it's not unusual to run into conditions where there's not much food available. Whether

it's a flood, or a drought, or a fire, there are times when animals can't eat and most of us have access to food 24hrs a day, 7 days a week. The idea that there's no food right now just doesn't exist for most people listening to this call, but it exists for many species on the planet, and our bodies, like the other species, with which we share much of our DNA were designed to withstand those conditions and it's now clear that even short intervals between regular eating is very beneficial. Even intermittent fasting.

I don't really recommend really short fasts for people and that's because we go through a phase after liver glycogen where we're actually converting muscle and sugar. Well, who wants to lose their muscle? We're not consuming any fat yet early in the process, we consuming mostly muscle. And because we store most of the toxic substances in body fat, we don't really get much benefit in terms of detoxification from fasting for 3 days, because it takes most women 2 and a ½ days to get into the deepest part of the process, where we begin consuming primarily fat. I say primarily, because we are always going to consume some muscle. So the body starts to consume keytones (a type of sugar) and where it gets that sugar is from muscle.

Energy goes in to processing food. We heal when we fast because the body can devote energy to it. Even when we're fasting perfectly, and that means resting as much as possible, and that's a critical component. Even, if we're doing that we're always going to be losing a little bit of muscle but we can minimize it to almost nothing as long as we're doing as little as we can. When someone does a really short fast they don't even start to move into this process until they're 2 and a ½ to 3 and a ½ days into it, depending on body composition. Men take longer because they tend to have more muscle and a body with more muscle reasons that it can afford to consume muscle longer. And it does that because it's more efficient, and we're always operating on the law of efficiency.

The problem is that most short fasts don't provide much in terms of detoxification. The studies on intermittent fasting show that there are significant benefits, just not with regard to real detoxification. There are other things happening, including lengthening the telomeres and physiologically using other things that are going on. We have seen protective effects of even short fasts with heart disease and other things. But you can imagine what happens with a much longer fast because the therapeutic fasts tend to be 21 days or longer where we see amazing shifts happen, and that's simply because it takes that long.

So that's basically the first phases of the process (it comes down to where we look for glucose) are digestive tract, liver glycogen, muscle mass and then adipose tissue/long term fat stores. And we're going to continue to consume adipose tissue, where we store all the toxic garbage in the body, or the vast majority of it, until we are almost

out of adipose tissue. We can't get down to 0% fat, you wouldn't want to. We have fasted people to around 2% which is essential fat, and that's what we need to be alive. We don't want to go below that. And we're measuring this, but when someone gets down to 2% body fat they look like someone walking out of a concentration camp. It's a scary thing to see. But if you watched documentaries on World War II many people did walk out of concentration camps and the interesting thing was that people went in that survived the process (that went in with cancer or heart disease) usually came out without those diseases. They were starving but the fact that they were eating so little meant that they had the benefits of intermittent fasting and the body had a chance to heal itself significantly.

What we see with therapeutic fasts is simply much more powerful than that.

**Anthea:**

Could you tell us the difference between juice feasting, juice fasting, water fasting and dry fasting?

**Loren:**

Sure, that's a great question. First of all, as I said earlier, when I'm talking about fasting I'm talking about water-only fasting. That is, the only thing consumed is water. No juices, supplements, nutrients of any kind. The reason that's important is that the beneficial physiological changes occur when we fast happen in the absence of calories and nutrients.

Some people are probably bristling right now and saying, "But I juice feasted and got much healthier." And that's absolutely true, and I think it's really important to take a look at what's going on and why that's happening.

First of all, let's clarify one thing, and that is that, like every other organism on the planet, the human body is completely self-cleansing and self-healing, so there is nothing we can take and nothing we can do that heals the body. The body heals itself, every organism does. The body is the ACTOR - always. And many people would say, "Yeah, but a raw vegan diet healed my body." Well not exactly.

What happens for people is that when they go from a conventional diet or even a conventional vegetarian diet to a raw vegan diet, assuming it's a healthy raw vegan diet, not a junk-food raw vegan diet, they're very likely to see significant improvements in health. It certainly looks like the raw diet healed them. But what's true is that a properly constituted raw vegan diet allows the body better conditions to heal itself, because it's less of an impediment to healing than the diet they were consuming before. You see every single moment of our lives our bodies are

attempting to take us to the highest level of health and vitality. So if you're listening to this call right now and you're not already experiencing the highest level of health and vitality, it's not your body's fault. Your body's doing everything it can. You and I create the conditions by what we put in our mouths, by what time we turn off the lights and go to sleep, whether we're moving the body enough and not too much. Whether we're meeting all of the body's needs as well as we can. That determines the results we're going to see. If we make an improvement in any area we're going to see a corresponding improvement in our health, and so for instance, I'm sure you saw SuperSize Me, the Morgan Spurlock Film.

If you remember, he spent 4 weeks eating nothing but MacDonalds and as you probably recall at the start he consulted with several health experts who told he "Nothing to Worry about. Your triglycerides will go up a little bit, your cholesterol will go up a bit, but you'll be fine. And 2 weeks later they were truly afraid for his life, and serious health complications as a result of him continuing. But he continued any way. Now imagine that if in 4 weeks time he said, "Okay, this isn't working for me, so instead of eating only Macdonalds I'm going to eat 2 Macdonald's meals a day but I'm going to add in a large green salad every day." What would you expect to happen to his health?

**Anthea:**

I expect it would improve slightly.

**Loren:**

Exactly. We improve not because Macdonald's twice and day plus a green salad is a good diet. But it's better than it was before. So when someone goes from a conventional diet to a juice feast, what they're doing is dramatically lightening the body's load. Or even if they're eating a typical raw diet to juices only their body has much less work to do. How much less is actually debatable. I would suggest that processing juices through the system is not actually less work than processing whole, raw vegan diet. It's not that much less work. We're actually taking in a very concentrated source of nutrients. How many carrots would go into a carrot juice versus how many would you eat at one time.

And by the way it's the same issue with smoothies. The issue with aging and telomeres - It's come out over the last few years that it's to do with food quantity. Eating less food always means a longer life span and in some cases much longer, but much of that benefit can be attributed to the fact that eating less meat you are eating less protein. Well, someone who is overconsuming greens because they are putting them through machines, and getting concentrated substances like green

smoothies, is getting as much protein as if they were eating a meal of animal products and that's going to have the same negative impact because the impact happens from ANY protein. It's not a question of whether it's animal or vegetable, it's simply about the amino acid content and it's going to happen with anything.

So one video talking about this problem said that the only way you could ever get that much protein is if you're eating 2 or 3 heads of lettuce at one time. Well, there are people doing that by putting them through machines. So anytime we lighten the body's load in any way we're going to see a corresponding benefit and this is why people get healthier by doing a juice feast, but drinking juices is not fasting. You're consuming calories and nutrients, and it's food, it's not natural food - there's no juice in nature - but it's still food. Everything except for the fibre and some of the nutrients that are bound up in that fibre.

While I will occasionally drink a glass of juice or smoothie, until very recently I hadn't owned equipment like a vitamix or juicer for years, because I have no need for it personally. I eat whole food only and I think this is one of the reasons why I continue to see such amazing health and vitality, because I continue to get all the nutrients. Much less of a burden to the body by eating whole foods. But that's a whole other conversation.

The significant difference between juice feasting and water fasting is that, only with water where we are consuming no calories and no nutrients, the body can literally put all its energy, that normally goes into processing food, into cleansing and healing the body. And so we literally see people healing in 3 to 6 weeks what they literally couldn't heal in 10 plus years of an optimal raw vegan diet. That's the difference - It's incredibly powerful.

With dry fasting. If we look at what happens in nature - virtually every animal on the planet will fast when sick or injured and they typically won't drink water either, in most cases. Why not? Well, animals actually live in their bodies. Most humans I know live in their heads, not their bodies. Animals tend to be pretty well hydrated because they live in their bodies. They're going to be meeting their body's needs as those needs arise.

Fewer than 5 people have been within 10% of full hydration, which means 99.7% of people we've measured have been severely dehydrated. If people were really living in their bodies that would never happen. They'd get the message that they needed to change something. Drink more water, eat more higher water content food, whatever it is they'd be doing that.

When dry fasting, animals start out in most cases fully hydrated. People start out significantly dehydrated. Dry fasting proponents will usually say you can only do this for 3 or 4 days. But what happens beyond that is severe dehydration. Potential death. People think it's more beneficial because it's more painful, they see themselves going into Ketosis faster. Well sure, bioimpedance works because fat impedes the flow of water through the body. So a complex algorithm and measurement of the rate at which it travels through the body means we can measure how much fat, muscle and water we have in our cells, but although there's no water in fat, when the body metabolises fat, when it breaks it down and uses it for fuel, one of the bi-products of fat metabolism is pure water.

So we'll often see the best hydrated people, while they're fasting, are often the people who are most overweight, because they are breaking down fat faster than other people. The average person will lose 21 pounds in 21 days but someone who is morbidly obese might lose 3 to 4 times that much. I had one woman lost 70 pounds in 19 days but she was over 340 pounds when she started. So people who are very large are going to be breaking down much more fat and liberating much more water into the body.

If someone is overweight enough they might be okay dry fasting, but for most people all that's happening is that we are putting the body into a very dangerous, difficult situation. There is no such thing as dry fasting. Every channel of elimination depends on water. Water is the universal transport medium. Nothing moves out of the body (through the skin, urinary tract, colon) without water, and if that water is not present in the body then not taking it in through dry fasting is a serious and dangerous mistake. So only if someone is fully hydrated, or very overweight, might it be okay, but even then we've seen people get into trouble.

It's critically important to drink enough water. The idea that we move into ketosis faster - people say that 1 day of dry fasting is worth 3 or 4 days of water fasting - but the fact that the body is burning body fat doesn't mean we're eliminating toxins. If it meant that then skinny people would always be the cleanest bodies. But that's not true.

I've fasted people who were underweight and they were just as toxic. Their toxins are simply concentrated in the limited amount of fat they have. If we think about athletes, the top athletes in the world eat much differently than you and I do. They eat all kinds of things - meat, processed food. But with these people who are very fit, and often leaner than average, it doesn't mean their bodies are clean. Burning your fat by exercising doesn't mean you're detoxifying, because detoxification requires a lot of the body's energy and it simply doesn't happen because you're

burning fat. So if you're putting all your energy into exercise there isn't much energy to detoxify.

If someone's goal is to lose a lot of weight over 2 or 3 days then dry fasting may make sense, it's dangerous, but for the average person it's a much bigger mistake because if the idea is to detoxify the body there's very little detoxification going on if there's not enough water present in the system, and for most people this is the case.

**Anthea:**

It's all very interesting and quite complex. Fasting can be really wonderful but it can also, in some circumstances but it can also in some circumstances be quite dangerous if the right kind of supervision is not in place. A friend of mine almost died recently at a fasting retreat. How do you ensure that the people who come to you stay safe and get the most out of fasting?

**Loren:**

On the one hand there have been people attacking fasting and saying you don't need to go to a fasting centre - you can fast on your own. That is really bad advice, because fasting is a serious process. Anybody can fast for a few days, maybe even as long as a week, but to get the kind of results that we see hear - for instance we have 100% success in eliminating hypertension, type 2 diabetes, very high rates of success of dealing with Multiple Sclerosis, Lyme Disease etc and these are all incurable conditions according to medicine.

In order to get these results people are fasting from 21 to 42 days and this is nothing to be taken lightly. Going without food for that long is a serious process and you have to understand what's going on and you have to have experienced supervision to understand what's going that is or isn't okay.

It's important to point out that experienced supervision isn't based on titles. There are MDs who fast people that have very little experience fasting people and don't understand fasting physiology as opposed to normal feeding physiology.

I liken fasten to natural childbirth. Until recent history babies were not born in hospitals. Childbirth was a natural process like with every other species and now it's become a medical process. Similarly fasting is a natural process.

Like most women you probably wouldn't have been willing to give birth to your children without some experienced help. You probably had a doula or midwife, someone who had been through the process many times before, knew what was and wasn't okay, knew when maybe it was necessary to get some medical intervention

because sometimes it may be necessary. Now I'm sure you're aware, natural birth is much safer than hospital births, but those things do sometimes arise. And the same thing with fasting. It's a natural process but it's not something you want to do without experienced supervision.

The important thing to understand is it's the experience that's important. And that the supervisor is present to people. People who come to me know that I'm available 24 hours a day. I do run errands but I have a cell phone in my pocket and my staff know that they can contact me if it's really important. I live on site, I'm here most of the time. People are welcome to knock on my door at 3am if they need to. I value my sleep, I don't want to be woken up just to chat, but if someone's got something going on that requires immediate attention I'm available any time.

One of the problems that happens when things go wrong is that people say "That's why fasts should be medically supervised". The problem is that medically supervised fasts are often ended prematurely, if ever their values such as blood sugar are outside of normal ranges, MDs break the fast. The fast gets ended if any of those values are outside of the normal range. Well unfortunately for the body to complete the healing process they often need to be outside of normal ranges. That's part of the healing process. So we see blood sugar above and below normal and that's okay as long as everything else is okay, and it's as much an art as it is a science. It's about understanding, based on years of experience, what is and isn't okay.

It is a serious process and there's always some risk involved. Situations could arise in any fast that could make it potentially dangerous but that's not what happens the vast majority of the time. With more than 2500 plus people fasting over the last 18 years we have had maybe 4 or 5 situations that were actually an emergency and that was a tiny percentage - 1/5<sup>th</sup> of one percentage. And in most cases those people were not following simple coaching. Not always, sometime the might be something going on the body that we couldn't have been aware of.

I was able to ensure that those people, in most cases, weren't able to get into a serious situation, by knowing what is and isn't okay, and what we're doing now is that we actually have an MD nearby who's available if necessary, so I think it's the best of both worlds.

I see every single one of my clients personally every single day and take their vital signs. Now, with this MD, if and when we should need it we'll have somebody we can call on who can come here and make sure that someone's okay.

**Question from Bella:**

I recently had my first successful 3 water fast days, consecutively, in the last month, and I've been gently transitioning to being raw over 8 years. In the past few weeks I've been exposed to fruitarianism again and how to make it work regarding teeth sensitivity and everything so I'm elated. But last night I was practicing deep breathing and I could see myself in the mirror and I was frightened at how pronounced my ribs were. So despite my thrill about anticipating water fasting I'm concerned about going into it underweight. I'm not anorexic or bulimic and I think of myself as an athlete. Could you share your experience with that?

**Loren:**

Sure, Tell me how tall you are and how much you weigh?

**Bella:**

Okay, 5ft 6" and 117 pounds.

**Loren:**

At that height you are round the bottom of the height/weight chart for a female. Most people should be at the bottom because those charts are skewed for the average population, so leaner is generally healthier. Healthier is typically leaner. People who are healthy tend to be lean, and people who are overweight not so much.

I wouldn't be concerned about your current weight. What I encourage people to do is throw their scales away. What you want to do is to listen to your body and ultimately your body will find and maintain it's optimal weight if you're making optimal choices.

In terms of fasting, the average person can safely fast to around 60% of their normal weight. So let's say you're weight should be 125 to be conservative, that means that you would be safe down to around 75 pounds, and you would have to fast a very long time in order to get to that point. Long before you got there you would hate the way you looked in the mirror.

We used to have very few mirrors and dim lighting in the bathrooms because I didn't want people worrying about the way they looked. If we were in nature we wouldn't have access to those things. But people wanted brighter lights in the bathrooms, and mirrors, so we did that.

If you really want to take your health to another level you will want to do fasting, but you want to fast at some place with experienced supervision, and if you can't get to a place, then I do coaching via skype. I mean there's nothing like being here, on top of a mountain in Costa Rica, the air's pure, we have very little man-made noise here, amazing beauty, incredible flora and fauna, the energy of nature is incredibly healing,

but there are people who can't get here so one option is coaching via skype. If you were calling in and you were 75 pounds I would say fasting is not an option, or anyone who is severely underweight, anorexic, bulimic and has advanced cancer or aids where they're already wasting away, fasting is not an option.

When we're fasting we're not starving, we are feeding the body on the body's reserves. If there are no reserves then fasting is simply not an option. But fasting is something you can do and do safely and would be amazingly powerful for you. Very few people do very well on their own.

**Question from Sammie:**

I have suffered with arthritis and several other auto-immune problems for several years and even though I'm currently have a high raw food diet with some steamed veggies and lots of leafy greens I was wondering if you could give me some tips on how to heal my body. I'm not sure if going fully raw makes a difference, but if you could give me some advice I would appreciate it.

**Loren:**

I think it's important to understand that the body is self-healing. The truth is that there really are no tricks. The way to heal your body as efficiently as possible is to make sure you're meeting all of your body's needs as well as you can. So that means, for instance, getting enough sleep every night. It may well be that one can do okay sleeping 6 or 7 hours a night (I don't really think that's a good idea for anybody - most human bodies need 8 or 9 hours of sleep every night) but for someone who is actively trying to heal from a difficult situation it's even more important that you get ample rest.

It's also important that you get ample sunlight and that you have constructive ways to deal with emotional issues, because underlying every single physical disease is emotional disease, and many people never do the work to resolve that emotional stress and the result is they may never fully heal their physical body.

The most important and valuable thing you can do would be to fast, but it's what's going to allow you to get out of your body's way as much as possible so your body can put all of it's energy into healing. In the mean time it absolutely makes a difference if you go all raw or not.

I know there are many people out there who aren't all raw and are advocating a high raw diet and that's fine, I want to congratulate anyone who's willing to take that responsibility and who's made any progress on their path. What you want to understand is that cooking food destroys nutrients, it creates toxic compounds and it

takes out much of the perfect water. We can't make it up by drinking because the water that we drink is not the same as the perfect water in our food, it's not used by the body in the same way.

If you want to heal, until you can fast, the thing to do is to adopt an optimal raw vegan diet. 100% if you're willing to do it. You're going to have much better results than if you're eating any cooked food.

**Question from Lily:**

The cleaner I eat the more eczema I'm getting. Can you help with this?

**Loren:**

Perhaps I can address this quickly with one more piece that differentiates eczema from many other skin conditions in general. Eczema is a symptom, it's not the problem. It's a symptom of a toxic system, a system which is out of balance. So whenever there's skin conditions the condition often will get worse as the body is cleansing and healing, because it was also a symptom to begin with. It's usually not going to disappear until the underlying condition has been remedied. So sometimes skin conditions will take a little longer to be addressed.

It's important to make sure your making the best choices you can, and to know that your body will heal when it has the chance and sometimes it takes a while. I hear of people all the time who tell me "I've been doing this diet for 5 years and I still have this condition, I still have Lyme disease, skin conditions, digestive issues" and then fasting allows them in 3 to 6 weeks to eliminate those issues.

**Question from Monique:**

Can a chronically dehydrated person rehydrate without fasting?

**Loren:**

Great question. There are many things that one can do to improve their level of hydration and here's a tip that's important. When we drink water that water is absorbed through the stomach lining directly into the bloodstream. If we take too much water into the bloodstream at any one time we can dilute our electrolytes and if we do that to an extreme we can die as a result.

I had a client who ended up in a hospital because he made some poor choices and decided he was going to flush it all out by drinking a lot of water and drank 5 or 6 litres of water in an hour. Two healthy, well-functioning kidneys can process approximately 1 liter per hour, not 5 or 6. Some people are out there telling you,

“Get up in the morning and drink two or 3 litres of water right away.” You are putting yourself in danger. You are diluting your electrolytes, flushing sodium primarily out of your body. It’s called Hyponatremia and it can kill you.

In marathons there are all the time one or two people dying as a result. So drinking water quickly is a problem, because if you take it in quickly your body has to filter it right back out and it never gets into your cells. You wind up just peeing it right away. I like to say if you drink it quickly you’re renting it, if you sip it you own it.

Most people need 3 to 4 litres a day because they’re dehydrated, but you need to sip that water. And that will make a big difference.

If you’re still consuming less than an optimal diet you want to take care with anything that’s dried - dehydrated food, dried fruit. Anything that doesn’t contain a lot of water is taking water out of the body, in fact many people tell me when they’ve had a bunch of bananas that they have to drink water. There’s just not enough water in bananas to meet your body’s needs, whereas if you eat watermelon or papayas, or oranges, apples or pears, even grapes, that doesn’t happen. So I encourage everyone to stick to a high water content diet.

For someone who is trying to rehydrate it’s really important to avoid dried food and if you like bananas that’s fine, but I wouldn’t make them a staple, because watermelon has 30% more water than bananas. That’s massive difference. You also want to avoid salt, vinegar, spices, herbs - all of which are taking water out of the body.

Hot yoga has gotten very popular. I live in the tropics. It’s not really very hot here because I live up in the mountains, but if you go down to sea level it’s very hot. In the middle of the afternoon in a hot, summer’s day every other species in nature is resting, and trying to stay cool. No species would wake up on a hot summer’s day and say, “It’s a 110 degrees, this would be a good time to exercise!” They’re doing exactly the opposite. And so when you do that kind of exercise you are sweating out much of your body’s water, and much of your body’s electrolytes. Don’t do that.

To rehydrate avoid doing these things, stick to high water content foods, mono-meals because you’ll digest these foods as efficiently as possible and get as much of the water that way.

To take it to the next level you’ll probably need to fast at some point.

**Anthea:**

Do you think people should be on a ‘clean’ diet of raw foods for a certain period of time before they fast?

**Loren:**

It's certainly optimal to spend at least 3 or 4 weeks eating as clean as possible. But strictly speaking it's not absolutely necessary. This was much more true when we were still in the US and many of the people coming to us were having steak, beer, cigar on the way to the center. We would still get amazing results but if someone is willing to keep their diet as clean as possible for at least a few weeks before fasting then they're going to start out their fast much further ahead and with much less garbage in their digestive tract and they're going to stay hydrated and get much more out of the experience.

We sometimes have people who've needed to fast as soon as possible, even transitioning wasn't really an option, like the man who was told he had no more than 6 weeks to live because of congestive heart failure.

Most of our clients are booking their fasts months in advance now, because we are booked up.

But it makes sense to me to make the best choices you can for at least a few weeks first.

**Question from Uffe:**

How important is the quality of nutrients in tree-ripened fruit? Would you have to eat more of the fruit if it's picked earlier, then imported. And also, if a person's fruit and greens diet is not supplying ample nutrient because of the way the food is grown, and therefore the person has some diet-related nutritional deficiency, isn't a good idea that they correct those deficiencies before water-fasting?

**Loren:**

It depends on the specific nature of the issue. In most cases it is not necessary to correct the problem. In some cases it's a good idea. Every single situation should be looked at on a case-by-case basis. The common thread with both questions is that food's not the same as it used to be, which is a fact. What can we do?

There are several studies now. Recently a survey of some 100 plus studies (or it could be 50 plus from memory) shows that organic produce contains far greater nutrient content than commercial. So the first thing is, regardless of what else is going on, if you really care about your health you have to be eating organic produce. It's critically important.

sPeople tell me that they can't afford it and I usually suggest that they revisit their priorities and see what they can do so that they can afford it, or try to grow their

own. There are things that people can do. But if we were to look at all the vitamins and minerals that the body needs for a whole year, they would fit into a thimble. It's not that we need a massive quantity of nutrition - we don't. But while it's true that there are people with deficiency problems who are already eating an optimal diet, there are two components. One is that the nutrients exist in the food, and the second is, is the body available to get what it needs from that food?

It's not about what we put into our mouths, it's about what we get into our cells.

In most cases, deficiency is the result, not because the nutrients aren't available, but because people aren't able to get them. A good example of this is B12 where people eating animal products were consuming massive quantities of B12 still wind up with the same rate of clinical deficiencies as vegans and vegetarians, so it's not about consuming more.

The reason these people have massive problems even though they are consuming so much is because their bodies don't work very well. And the same thing is going on, to some extent, with almost everybody. That's why I believe the most important thing we can do is to allow the body to become as efficient as possible. If we do that it becomes much easier to meet the body's needs.

When food is picked prematurely it is true that it will have a lower nutrient content, but remember we don't need a lot. So taking in more is often simply over-burdening the body and not what we need to do, in most cases. We simply need to give the body only what it needs and allow it to become as efficient as possible.

I've worked with many people who have had deficiency issue and resolved them and now consume very little food.

The first 14 years I was raw I lived in Maryland in the US. A place where we had winter, and where most of our food is being shipped from California 3000 miles away. And I thrived. And it wasn't just me. It was the people working with me and many of the people who had fasted with me. I really don't believe this is huge issue. It's an issue, but if we're buying organic food and we're making the smartest choices we can. In the winter time in Europe you can still get fresh citrus from Spain and Portugal and it's still going to be high quality - good enough that you will thrive consuming it.

I think it's a bit overblown, and it's often overblown by people who are pushing supplements, often for personal gain. I haven't found it to be nearly as much of an issue as people think it is.

**Anthea:**

Tell us about your center at Tanglewood and what people can generally experience during a fast.

**Loren:**

We're up in the mountains. A local told me it's about 3000 feet, but it's a beautiful climate. 75-80 degrees Fahrenheit almost every single day. We have a rainy season about 7 months of the year, but most of that time it rains for an hour or two. We get mostly sun, it's beautiful. The whole idea is to rest as completely as possible, so people are encouraged to do that. We have hammocks in front of each room. There's a covered walkway that connect each room and there's a hammock hanging in front of each room. We also have hammocks in the commons space.

We have a new place to get some sun with 4 lounge chairs. They were so popular that people were bringing them inside. We wound up buying 4 more so we've got them spread around the pool. We have benches around the property and more than a kilometer of beautiful land and lots of opportunities for people to sit and literally be immersed in nature. Studies show that the energy, vibrations of nature are incredibly healing.

Going to a medically oriented clinic, where you're literally sitting in a 70's vintage apartment building, and you can hear traffic noise outside all the time, and there's only a tiny place outside. Or you can be in paradise where you can literally lie in a hammock where you can literally watch the palm trees sway and watch the hummingbirds that come right up to you because they are feeding in flowers that are literally three feet away from you. I think I've photographed some 70 species of butterfly here already. It's incredible. Paradise on earth.

The food is amazing. We all come together around food, and although this is about NOT eating, the refeeding piece is just as important, and at the end of the refeeding process we have amazingly delicious watermelons and papayas all year long. Mangos we can't get all year, but we do have them two or three months of the year. So many mangos falling off trees we couldn't even eat them or give them away fast enough.

Very few things here are certified organic, but many of the things we get we know where they're coming from and they've been grown without pesticides.

The process is largely unstructured. We meet once a day as a group, typically around 11am and I'll start with an hour Q&A and lecture, which most of you have probably seen in the videos on youtube. Most of the videos were recorded live in front of a group of people. That happens every day 6 days a week.

On Saturdays, when we do normal vital signs, we also get people on a bioimpedence meter where we're looking at body weight, fat, muscle mass, hydration and we do

blood sugar once a week unless it's necessary to do it more often. Because those things take more time on Saturdays I don't do a lecture.

The rest of the day is unstructured. Many people lounge in bed or close to home, until the 11am meeting and then everyone meets together in our common room. Often people will linger, it's usually about 2 hours. An hour for lecture, and an hour to do everyone's vital signs as a group. And each person learns from what's happening to the other 12 or 13 people who are going through the process at the same time. And it's incredible because of the support that people get from each is equally important to the support they get from me. It's amazing to be in a community where everyone is going through the same process and everyone is cheering for each other.

I encourage people to rest as completely as their willing to. We've go lots of places to do that. Some people have a hammock where they'll live for the entire fast.

We don't plan a lot of activities because the whole idea is to rest. A couple of exceptions: On Wednesday night we show a film. It's nothing violent, nothing too long, typical Hollywood movies with a message. We let our guests vote on which film they'd like to watch. We do that just for fun, to give people a break, because it can be challenging going through this process and we want people to have a chance to relax and have a good time.

On Sunday nights we'll often meet as a group and share poetry or whatever people choose to share with each other. In the evenings I have started reading from a book "Love without conditions" to the group and we started meditating together in the evenings.

That's the last thing that happens before lights go out.

It's not a good time, or fun, for many people. It can be monotonous or challenging as physical symptoms come and most challenging when emotions that have been suppressed for years start coming up. And yet for most people, when they leave here, they are feeling and functioning better than they ever have, in years, or in their entire lives.

I'm often told that I encourage fasting because I run a fasting center. But that's not how I experience it. I was in a very lucrative career in commercial real estate and I had gotten myself well as a result of fasting and it was so powerful that I wanted to share it with the world and I created the center and I have worked really hard for 18 plus years, and I have never taken a salary, and yet I'm incredible grateful because I'm able to do something that has positively impacted so many people.

But it's a difficult process, and we do try to weed out those people that are stuck in victim consciousness, those people are always looking for something outside of themselves to point the finger at. This really isn't going to be a good fit for those people.

But if you have to save or quit your job to get there then do it. If you lose your health it's really difficult to get it back. Having lost my health once 30 years ago I now jealously guard it. I make sure I give my body exactly what it needs so I can continue to function at an incredibly high level.

People often say there's nothing more important than our health, but how many people actually live that? In my experience not so many. I do. And I do everything I can, while people are here, to share everything they need so that when they leave here they know everything to live meeting all the needs of their body as possible.

We have an amazing staff here. The local Costa Ricans who work at the centre and they do a lot to ensure that our guests have a great experience. They're always smiling and happy to help. So we've got this wonderfully supportive environment and most people have an amazing experience, and some people don't, because some people aren't going to have a good experience no matter what.

**Anthea:**

Loren, you have a gift that you'd like to give people on the call today.. Would you like to tell us about that and how people can receive your gift?

**Loren:**

It's an ebook. You can go to this link anytime and it will ask you for your name and email address and we're going to put you on our list and get you valuable information about everything I've come across that's going to help you. I don't send out a lot of information, only when there's something very important to share. But in exchange we're going to send you an ebook which is called "The Fast Way to An Amazing Level of Health". It's going to give you in writing some that we've talked about today and much more, and in a more organized fashion.

The ebook is designed to be an A-Z linear progression that makes sense and should give people tons of useful information, even for people that have no interest in fasting. There are many things that I talk about that are going to be valuable to anybody who is committed to their health.

**Anthea:**

---

Thank you so much for taking the time to be with us, all of us today. It's certainly a fascinating topic and you've shared some really amazing insight here with your many, many years of experience, which we so appreciate.

**Loren:**

It's been a real pleasure. I really appreciate the invitation to join you and I hope it's been valuable for the people listening.

Loren, Thank you so much for taking the time to be here today with all of us. It's certainly a fascinating topic and you've shared some amazing insight here, which we so appreciate.

And if you would like to hear this paradigm-shifting interview with Loren again, as well as all the other speakers in the summit, you can OWN this wonderful resource to listen to and inspire you whenever and wherever you wish simply by investing in the pomegranate recordings package for the super low price of \$27. All you have to do is to follow the links in the emails you've been receiving for the summit.

Thanks for being on the call today everyone. Goodbye now!

---