

# Light to Heavy



The light to heavy way of eating simplifies our day and is designed to restore your cells and tissues to maximal vitality. Here's why.

Firstly, the only place you will find the workers you need to detoxify your cells and restore you to a youthful state is in *uncooked plant foods and their juices*. Simple as that. These enzymes will happily do all your dirty work for you, scrubbing night and day while you work and sleep, but you have to get them into your system first. Since you can only get enzymes by eating uncooked plant foods, you need to figure out how often you can slip these enzymes into your meals.

As you will learn, one of the best ways to do this is by eating nothing but fresh fruit and/or green juice in the morning for breakfast and by making sure you eat a sumptuous raw vegetable salad with your lunch and dinner meals. Some of my more advanced clients find that eating only uncooked plant foods until their dinner meal works very well for them. They segregate their day into two parts and know they can have a broad range of choices for a cooked dinner every night after eating a storehouse of enzymes all day. I call this "raw till dinner."

They may choose to enjoy a properly combined raw or cooked meal at that time and digest it seamlessly. The added benefit to eating uncooked, enzyme-rich plant food in the pre-dinner hours is that you avoid the fatigue that comes from eating "dead" food during the day.

The theory of eating the biggest meal early in the day is one of the major misnomers that I constantly come across. You'll see that by eating lighter, enzyme-based foods in your busy working hours, you will have incredible energy. The time to eat heavier cooked foods (if you do at all) is when your working day is over and that energy is no longer needed for work. Don't take my word for it or write it off - just try it for yourself, and see if, after a few days, you aren't a convert to this approach to your daily intake.

You may not be quite ready to go "raw till dinner" every day. But you will still see that eating the **quickest exit foods** early in the day and saving the heavier foods for later (ideally dinnertime) will leave you feeling much more energised during your busiest times.

To best illustrate this I've borrowed a term from world class colonic hydrotherapist, Gil Jacobs, who calls this way of eating "light to heavy"—meaning, going from juices to fruits to vegetables to nuts (optional) and finally to cooked food over the course of a day. Having said this, I want to emphasise that this is just a general goal.

In short, late afternoon/dinner is definitely the best time to have cooked denser foods such as animal flesh foods and cooked grains! Always with raw and even cooked vegetables to ensure smooth digestion.