

Primal Diet

Not a substitution for medical advice. Consult a doctor before changing your diet. This diet goes against all standard governmental health regulations. Do so at your own risk.

[More information:](#)  [Introductory Information](#)

Step 0: Qualifying

If you want to do the diet well, it will cost at least \$1,000 - \$1,500 a month. If you cannot afford that, you can create a budget version of the diet, but you will make slower progress and won't gain very much weight.

This diet will require that you dedicate a large amount of energy into re-learning everything you know about health and taking the time to acquire your food every week, and prepare the food every morning. It will take on average 30-45 minutes every morning to prepare all of your food for the entire day, and 2 days a week it will take about an extra hour to make your vegetable juice. Every 6 weeks, you will need to make coconut cream which will also take a few hours, unless you order it online.

You will need to go to the grocery store twice a week, and your dairy farm once. It is recommended that you order your butter, cream, and cheese online, unless you have a good source near you and if you are willing and able to make your own cheese at home.

Step 1: Understanding Quality

When it comes to sourcing food, if your food is not the proper quality, you can actually get more toxins in your food than nutrients. It is vital that you have the proper quality for everything you get.

Food being fresh and not frozen is very important. When fat is frozen, you lose 80% of the utilizability. That means it would take 5 years to get the same results you could get in 1 if all your dairy and meat was fresh versus frozen. With proteins, you'll lose 25%. It'll destroy all stem cells in raw meat which prevents its amazing faster regeneration. Freezing also destroys all enzymes, one of the main reasons we eat raw in the first place.

When it comes to poultry, there should not be any soy. Soy is toxic to a chicken if raw, and most of it is chemically treated with kerosene, even if organic, with organic kerosene. Soy eggs can cause nausea and headaches. Some people would be better off having soy, gmo corn eggs rather than no eggs, but some people would react terribly to them. You always want the best quality possible, but if you literally cannot get proper quality eggs, you may want to not eat eggs and stick to the other foods. You have to find out for yourself.

When it comes to seafood, lots of the ocean is radioactive and full of toxins. In the USA, ideally you want the east coast and as north as possible. The gulf is the worst place to get seafood and should be completely avoided. Deep sea fish is the safest fish. For shellfish, oysters are the safest because they store toxins in their shells, and they're great for detoxing heavy metals in our bodies. It would be wise to buy a geiger counter and test your fish for radiation before eating it. Just like eggs, some people may react and some won't. It is up to you. It would be best to buy whole fish and filet it yourself because the fish might have leftover cleaning chemicals on them from the butcher. The fish from very cold environments are okay frozen because they're adapted to it.

For beef, conventional beef is usually fine. Most people can eat normal, hormone, antibiotic, vaccinated gmo corn, soy fed beef and not have a problem. Most toxins store in the marrow, organs, and glands, and any leftover in the muscle will not be absorbed by your body as long as you have a little raw fat with it and you don't cook, freeze, or salt it. That is because the toxins are naturally bound into the meat and you will pass it out in the feces, but if you cook, freeze, or salt it, you break that bond and release all of the toxins and absorb all of them. Cows can process soy without an issue. It would obviously be better to get high quality meat as it would be more nutritious, but conventional shouldn't negatively impact most people.

For organs, it must be unvaxxed and no chemical dewormers. Most toxins store in organs, and especially glands. Organs must be the top quality. I wouldn't recommend eating more than 20-30% of your total meat consumption as organs. They are supplementary. If you eat too many you can become unbalanced and neurotic.

Dairy is the same as beef. As long as it isn't frozen and it is truly raw, even the lowest quality is usually better than none and shouldn't cause issues with most people, but of course proper quality is always better. Tested milk tends to be worse than un-tested. Tested milk requires low bacteria levels, meaning it is not as healthy. They lower the bacteria by putting antiseptic chemicals in the tanks usually. These milks can sometimes give me diarrhea. I'd rather have this than none because the milk is absorbing most of the toxin anyway, it'll just be less nutritious. Shake the milk a little before drinking to mix the cream. If this is the case, I have to turn it into kefir to prevent diarrhea.

Cheese (all dairy) should never go above a cow's body temperature. If it has conventional rennet and culture it is probably fine as long as there is no salt, but it will not be as effective as a home made rennet without culture, or cheese without rennet.

Any meat touching paper or plastic needs to be scraped. Put it on a cutting board and use a sharp knife to scrape off a thin layer. Just take the knife and grade it across the top a few times. Throw the scrapings into the trash.

Honey must not be heated above 93 F. It should not be fed sugar in the winter. The beekeeper should know not to take all of their honey and leave some for them to survive off of, but many don't whether it's naivety or greed. Some beekeepers will argue about temperature. Many heat

their honey what they call gently but it's something like 130 F. Some beekeepers let their honey sit out in the sun while harvesting, they might let it sit out in the sun during a farmer market on their table during the summer. You have to be a detective.

Produce should always be organic. If you cannot get organic celery and carrots, wash it with well water or glass naturally carbonated mineral water with a little raw apple cider vinegar and raw milk, scrub with vegetable brush in solution. Pellegrino and Gerelsteiner are good brands of water in the USA. Naturally carbonated because it passes inspection without additional chemicals. Glass because plastic has a chemical coating. If they rinsed plastic before putting in the water then it would be fine. Most water is chemically treated for inspection. Bowl of water, 1 tbs acv, 1 tbs raw milk. Put it in the fridge and re-use it for up to 2 weeks. If it gets dirty with chemicals quickly then make a new batch. Raw whey is better than the water for rinsing. You get whey as a byproduct from making cheese. Almost all berries are sprayed. They have to be washed every time.

Almost all raw nuts and seeds are pasteurized. Almost always have to get straight from the producer confirming directly with them that they are raw. Crack them out of the shell yourself unless the farmer is doing it by hand on a small scale. Large scale is most likely heated for convenience

Step 2: Sourcing Proper Quality Food

There are several websites you can use to locate food sources. Real milk, get raw milk, local hens, eat wild. You can go on local Facebook groups and ask there, craigslist too. You can contact your local Weston A Price chapter leader and they will help you find food sources. Look up all of the farmer markets in your area and get a hold of the managers and ask for a list of vendors. Ask them which ones sell meat, milk, and eggs.

Everytime you call someone, leave a message. Send them a text. If they don't answer, follow up and contact them again. If they can't help you, ask if they know someone who has what you need, someone who might know someone, or if they know where you can look.

Go onto my website and look at the directory to find people in your area and contact them to find your food sources. You can also pay me to find the food sources for you. If I can't find it, you don't have to pay me.

Beef: Most grocery stores will have fresh meat. I don't trust Whole Foods but I would have it if I was desperate. I would probably never have Walmart meat. Most small farms freeze their meat. If you ask about their processing schedule you may be able to get it fresh when they butcher. Most meat at grocery stores is fresh. You can tell by the taste. Only had one time out of dozens of stores where I could taste it was frozen when they told me it was fresh. At one point it was fresh but they switched processors or farms and then I could tell it was frozen. I buy the cheapest skinniest, leanest cut of beef because it is easy to scrape and cut up. If I ate it, I can't tell a difference in taste between cuts. Pate means to run it through a food processor and it is

blended into a paste. It is basically an extra big and powerful blender. Don't put meat in your blender, you might break it.

Chicken: Almost guaranteed you'll have to order it online. If you are very lucky, you can get no soy, non gmo at a health food store locally. If that is the case you may be able to find some healthy living friends in the area, because there is a demand for healthy product. If you are someone that absolutely needs chicken you might have to deal with soy from the grocery store unless you have extra money for ordering online. Some people cannot eat red meat, or hardly at all without having adverse reactions due to adrenaline detox and will have to live off of chicken (fowl) and fish for a while. Lots of chicken at the grocery store will be frozen even if they say it is fresh. You can tell by the taste if you compare fresh versus frozen.

Eggs: Use the websites I mentioned. Usually you can find no-soy, non-gmo locally. Might take 1-2 dozen phone calls.

Fish: Some places have seafood markets. Whole foods oysters are probably UV-treated. They have so many different suppliers it is hard to tell. I am trying to help set up shipping for oysters from the Private Membership Association I market for soon.

Raw dairy: Use the websites I mentioned. When it comes to butter, most farms will freeze or salt. Ask if they would make some fresh without freezing it for you next time if you request ahead. Some will say no because it's inconvenient but then just tell them you can buy bulk like 5-10-20 pounds then they might say yes. Sometimes raw dairy is ridiculously expensive and you might save money ordering all your butter, cheese, and cheese online. Ordering milk online costs too much because it makes the shipping more expensive because it is heavy. If you have the capability and affordable milk, making cheese might be cheaper than buying it. You ferment it in glass containers somewhere dark, once there is separation in layers which takes 2-4 days, strain it through a cheesecloth which is unbleached well rinsed with diluted raw apple cider vinegar and have all the acv washed out. Then you hang it to dry for 1-3 days, then you put it in your cheese press. For proper cheese press design, contact me. You can pay a local woodworker on Google to make one for you.

Naturally carbonated mineral water: Must be bottled at source with natural co2. The o2 literally bubbles out of the ground. Gerelsteiner, Pellegrino are good. Get it in glass.

Honey: Links above. Have to be really careful if it's actually unheated. Unheated and raw are often scam labels. Sometimes the farmer is honest but doesn't know he left it in the sun too long or something. Honey from the desert might be naturally heated but still ruined. Really Raw is a good brand in the USA but don't order it from amazon, only from their website or get it at the grocery store. It is in most major cities.

Produce: Usually just get it from a grocery store. Maybe a farmers market.

Coconut cream/oil: Discord #order-here section

Coconut cream must be made yourself. Find a video of Aajonus or someone else in the Primal community making it on Youtube.

Step 3: Food Preparation

Prepare your meat once a week for convenience. Preferably you use a grilling board treated with proper quality olive oil and cured in the sun. Most wood cutting boards are made with a glue containing formaldehyde. Scrape the outside. Dice it up into pieces however big you like. I like ½ teaspoon sized pieces. Will be ready to eat conveniently at any moment. Easier to eat faster and larger amounts if cut up. I always have a recipe with meat, usually containing onions. Raw meat by itself is boring. (Cooked meat without salt and seasoning would be even more bland than raw meat by itself)

Meat recipes are in The Recipe For Living Without Disease. I recommend 1 tablespoon of finely diced onion per 8 oz of beef. Helps digestion and is delicious. I also sometimes like tomatoes. I cut it in half and suck the juice out because it makes the recipe soggy and the juice is delicious to suck out. I have found firm roma tomatoes to be the most enjoyable. I like basil. Some people like dill. You can use hot peppers. You can use bell peppers but be careful because it can increase tooth pain if you have tooth sensitivity. If you are having white meat you can use fruit, lemon, lime, and acv, but not with red meat because it'll make the protein unable to heal the body efficiently. It is fine with white meat. My favorite chicken recipe is salsa chicken found in the recipe book.

So, make your recipes for the entire day in the morning right when you wakeup. Or after you exercise, stretch, and meditate. But you would drink your first morning juice during that in order to be able to have your meat as soon as possible, because you have to space those out.

Make your 2 or 3 servings of meat sauce. If you are leaving the house, put your 2-3 servings of meat into a jar.

Make your vegetable juice every 3 or 4 days. Put a little honey into it to preserve the juice and it'll taste better longer. Get your servings of juice for the day poured out into a jar.

Make your milkshake, your lubrication formula. If leaving the house, put some cream into a jar for your fruit meal later, put your fruit into your lunch box. Make only 1 day of lubes at a time. You might be fine making 2 milkshakes at a time. I prefer sour milkshakes over fresh. If I want it to be sour I'll make it the night before and put it in the fridge before it ferments too far but let it warm up before I drink it. I'll make 1 quart at a time for 2 servings. Put it in the fridge after drinking half. Take out a few hours before I sleep and finish before bed.

Pour the milk you will drink for the day into a jar. Don't let your milk sit in the sun. Put it in the shade. Could cover it with a towel. It'll make it bitter.

Cut up all of your cheese cubes for the day and put into a jar. Scrape the outside where it's touched plastic. Check for mold. Do not consume the mold it can detox you way too hard and fuck you up. Only cut up one day worth at a time to prevent mold.

Even if you don't plan on staying out, bring all of your food just in case something comes up so you never have to miss a meal.

Wrap all your jars in your lunch box with a towel to prevent them from breaking.

I recommend always eating your meals on time even if people react to it. It's not weird unless you are weird. Stay cool. Always take care of your needs.

Step 4: Typical Routine

Preferably read the General Daily Eating Schedules in the recipe book. Add the eggs and cheese before the juice as that is what Aajonus' recommended at the end before he died, before he had the chance to update the books.

Wakeup. Immediately have 1-2 tablespoons of cheese. 10 minutes later suck your first egg. Start getting dressed, put on your shoes (preferably barefoot though), pour 1-1.5 cups of your veg juice into a jar, grab 2-4 more eggs. If you want to be more beautiful or have dry skin or eczema, rub some raw butter onto your face and wipe it off when you come back in. Let it sit for 15 minutes before wiping. Go for a walk while you suck your eggs. Suck every egg 5 minutes apart. Come home and start drinking your veg juice and do a little warm up. I recommend dynamic stretching like swinging your leg forward and back preferably without assistance to improve your balance and coordination. Shake your arms, your legs out. Go through some stretching. Keep drinking your juice. When you finish your last sip of juice, meditate. You don't have to meditate. I recommend you do. Meditate for 10-30 minutes. Get up, and eat your cheese cube and 10 minutes later have your first bite of meat.

Never have meat or veg juice within 45 minutes of each other. They will not digest. So, 35 minutes after your last sip of juice, have your cheese, and 10 minutes after, which is 45 after the juice, have your meat.

If you want to be an athlete, gain weight in general, have arthritis or any skin issue, drink a lubrication formula with your meat or shortly after your meal drink it.

About 30-40 minutes after your last bite of meat, have cheese with honey. It must be mixed together before swallowing, whether in your mouth or in a bowl or jar. 1:5 honey to cheese. 2.5 tablespoons of cheese, 1.5 teaspoons of honey would be good for most people. This will give you concentrated minerals to build bones, muscle, and bind with heavy metals.

An hour after your last bite of meat, sip milk for a while. Eventually, have more juice but not within 30 min of milk. Mid day have some unripe fruit with 75% or equal amounts of fat, preferably raw cream. More juice after the fruit, or just go into the meat for the next meal and have the juice after, but not within 60 minutes of each other.

Have more milk before you go to bed. Milkshakes would be during the milk periods.

Have some protein before you sleep. Preferably wake yo in the middle of the night and have some more. Milk, egg, cheese honey. Whatever. You will heal better and wakeup with more energy if you have enough.

For the cheese, you want a half tsp sized cube every 15 minutes of the entire day, to the best of your ability. Might sound weird but it can give you 500% faster progress. It just absorbs toxins like mad, healing you super fast.

Weight gain advice

Foods eaten in combination yield more weight gain than consumed individually. They digest more slowly and are stored more for future energy. Foods consumed individually digest faster and are generally utilized more for immediate energy. When eating to gain weight, you may not have as much energy and may sleep more, but you should be happier, more calm, and relaxed. Once you get to a weight you are happier with, you can slightly reduce your intake to maintain and enjoy higher energy levels.

The best foods to gain weight involve the raw dairy. Milkshakes, lube, cheesecake, and icecream. Have milkshakes and ice cream during milk periods. Have lube with or shortly after meat. Have cheese cake an hour or longer after the meat (due to the cream preventing meat digestion).

For athletes, lube will help put fat more specifically in the muscle allowing for faster recovery, explosiveness, and pumps. The other recipes will put fat in the other general areas of the body. Lubrication formulas change the utilization of fat to be utilized by muscle, connective tissue, and joints. Typically the priority is to feed the organs.

Weight loss advice

Simply follow the diet for weight loss in The Recipe For Living Without Disease

Athlete advice

Consuming meat with lube is your steroid alternative. The fresh raw meat will help you to grow rapidly especially when combined with lubrication formulas.

Drink 1 cup of whey twice a day during your vegetable juice periods. This will help break down the soreness-producing waste product of exercise. This combined with hot baths will help

provide tremendous recovery. Hot baths allow you to further perspire all of the waste product, and provide amazing circulation. A 40 minute bath every night would be very helpful to any athlete.

I recommend following Mike Mentzer's training advice if you want maximum muscular development.

Step 5: Mistakes to Avoid

It might seem like there are a lot of small nuances you need to memorize to do the diet properly, and that is true, but if you know the very basics you won't have a hard time. As long as you don't try to invent any new recipes or change things up you will be fine. If you have any questions, you can ask me.

Not using the oster blender and a masticating juicer. With the oster blender, you can screw the blades onto a jar. You can fill the jar to the top and put on the blades so there is no air space. Air mixing with your drinks will oxidize and damage up to 1/3 of the nutrients. A normal blender sucks a bunch of air in and creates foam. Remove the washer, it'll get stuck. With a centrifugal juicer, you get oxidation. A masticating, you do not. Stainless steel gear, greenstar juicers are by far the best. You can't juice a coconut with a normal juicer.

With red meat, never have any fruit with it, except papaya or pineapple. This is because it will cause the protein to convert into a protein-sugar that fuels the body but it won't heal the body. It doesn't give you more energy, you just take away the healing factor. So this includes lemon, lime, and acv. You can have these with red meat if you mix it into gently warmed fat like a lubrication formula. You want it to react with the fat, not the protein. Just let it sit for 10 minutes before eating to allow the chemical reaction.

Any fruit is ok with white meat

You almost never want to have fruit in the first 6 hours. This is because you build the energy for the entire day in the morning, and the protein from meat and eggs produces the more stable energy. Preferably don't have any milk until after your meat meal, except maybe a sip or 2 if you really want it.

Almost never have fruit juice. It is too much sugar.

Always have fruit unripe with almost equal amounts of fat, preferably cream. When fruit ripens the enzymes convert into sugar. The cream slows the sugar reaction and absorbs the sugar's waste product preventing it from accelerating aging. If you have mineral deficiency, always have cheese with fruit. Mineral deficiency would be tooth decay, brittle bones, or gums bleeding easily just for examples.

Avoid fruit at night. Some fruit can prevent you from sleeping. Some fruit can be consumed at night but I don't have a list of which is okay and which is not. I know bananas and mangos are ok for most people, but a banana will keep me up personally.

Never have water with meat. It will ruin the digestibility.

Always have your eggs and milk warm. Let your eggs sit out 48 hours before eating preferably so buy them 2 days before you run out. This is to grow the bacteria. And cold milk doesn't fully digest and can cause digestive issues in some people. Preferably let it sit out for 5 hours before drinking. You can warm it like a lubrication formula if needed.

Not melting lubrication formulas. Just read the recipe. You put all the ingredients into a jar filled to the top and put it in a bowl of water about 105 degrees ish. I recommend taking it out every 30 seconds to shake it a little to prevent the honey from getting too hot.

Chugging. You need to sip everything. One ounce per minute max, or you'll piss out some of the nutrients without digesting. Bamboo and glass straws are nice and can enhance flavor. Suck on the straw with your teeth closed and tongue on the back of your lips to force it through, which mixes it with saliva, and prevents over-drinking. That mimicks sucking milk from a nipple.

Consuming nuts or seeds outside a nut formula and also more than 2 times a week. Nuts and seeds have anti nutrients harmful to our bodies. Nut formula make them completely safe, but you can't have it more than 2 times a week without risking adverse reaction through strong detox. Consume the nut formula if you need to balance yourself and be more calm.

Not being fat. Being fat on raw food makes life so much easier except if you are trying to be athletic. When you are fat, you heal faster, your sicknesses are much more manageable, and you feel better in almost every way. To gain fat, you need raw dairy recipes like raw milkshakes, lubrication formulas, raw cheese cakes, and raw ice cream. You might think being lean looks better but I am more concerned about how I feel rather than what other people think of me. Most people obsessed with how they look probably wouldn't be good long term partners anyway because they are most likely neurotic and not calm and balanced. P.S., after several years on raw food and going through detoxes, the fat gets really dense and you can look relatively lean while still having 20 pounds of extra body fat.

Step 6: Lifestyle Practices

Food alone will not allow you to reach optimal health.

Hot Baths

With all of the vegetable oils we have consumed, we have massive lymphatic congestion. It takes getting the body to 105 degrees F to remove them. And it can take hours daily for years to

melt them all. Essentially, they are plastic oils which crystallize in the system. They prevent the body from detoxifying and delivering nutrients properly. If you want to progress towards better health, you HAVE to melt them.

You need to make it a priority to either get into a position where you can have a hot tub, or move close to some hot springs. The lymph dumps toxins under the skin into the connective tissue to be ready to be sweated out of the body. A bath tub will help you sweat out toxins dumped under the skin, but with the inconsistent temperature due to having to re-add water, it will be difficult to melt those plastics. Also, it is not nearly as comfortable as the hot tub or hot springs.

With a tap water bath tub, you need to add 4 cups of raw milk, 4 ounce of raw acv, and 3.5 tbs of sea or epsom salt in order to prevent the toxins in tap water from damaging you. You add them to the water and mix it up and let it sit for at least 7 minutes to react. You want to get in anywhere between 105-110 degrees 111 will damage your skin. You can add the ingredients at 114 but don't get in until 110. If it goes below 102 you won't receive any benefits, so you'll need to add hot water at that point. If you are determined to melt those plastics immediately, add hot water once it gets to 105.

The hot bath can be incredibly intense. Once the brain gets hot you will become frustrated and claustrophobic. The body likes to be hot, but not the brain. The brain, due to its high fat concentration, stores a lot of heavy metals. You don't want them getting too hot. What you do is make a bowl of ice water, not in plastic, with well water you can get probably from your raw milk, honey, or egg farm. Take it out and put it in a plastic bag or zip lock and smash it with a hammer or crow bar to break it up, or throw it on the cement. Dip a rag into the ice water during your bath and ring it out on your forehead or let it sit on your head. Put your hands in the water up to your wrists to cool the brain because the bone is close to the surface of your hands and you'll cool the bone leading up to the skull.

If you are not fat, don't go longer than 40 minutes. Anything up to 40 is fine. But if you start melting those plastics, which takes an hour to even start to begin melting, you will have to have the fat to handle the detox or you can have a lot of symptoms and possibly damage. Don't be scared to do 25-40 min baths daily.

Watch my video Hot Baths Increasing Energy Primal Diet to understand how incredibly powerful the healing of hot baths are.

You should take at least a 25-40 minute bath daily in order to sweat out the daily lymph detox dump under the skin

Exposure to EMF will start gradually killing cells in your body. You do not want to be exposed to more than 3 milligauss for an hour, because that is when you start receiving damage. To test the EMF, buy a meter. Cornet or Trifield TF2

What produce emf? Anything that produce sound like a headphone speaker. You need EMF-free tube earbuds. Cars. You need an EMF pillow for driving which helps absorb some of it. *Contact Matt, Mr. Milkjar and he will sell you one, he also has a tutorial on YouTube.* Most things plugged into a wall will have EMF for a few feet. Some wires in walls will produce lots of EMF, especially if not grounded properly. Smart meters produce EMF for several feet. Wifi routers several feet. For your wifi, your cellular, you need to have an ethernet adaptor for your phone for your router, which will have almost no EMF. Wifi with airplane mode has significantly less EMF. Do not use your phone for long periods without it being on airplane mode. Never forget to turn it off when putting it in your pocket. It can be extremely high. Put your phone on a table when using it without airplane mode so you don't hold it. When you do hold it, hold the corners to reduce surface area being exposed. NEVER CALL WITH IT ON YOUR EAR. Always use speaker. Some phones have less than others, but most are very bad. If you have a bad home, move. Sell the house immediately. Do not renew your lease.

I lived in a house with 6-8 milligauss 24/7. I moved in while going through excruciating tooth pain. The pain subsided after a week, but I spent a lot of time resting. It was hard to focus on anything for extended periods. After a few more weeks, I had no energy and all I could do was lay in bed and sleep all day. It was terrible. You might not have it as bad as I did, but if it's anything above 1, your quality of life will be worse, even if it's subtle. If it is too high, your health will be incapable of improving and you will age much faster.

Cold Temperatures

Cold temperatures slow down healing. The body requires nutrients to keep itself warm. Also, you will not be sweating, which means you will absolutely have to take hot baths daily. Your eggs and milk will get cold if you leave your house. When it is hot and you are sweating, your body regenerates more quickly.

Cold exposure training can be very stressful to the body and inhibit healing or even deteriorate the body. Only do them if you are a seasoned athlete with already very good health.

Exercise

Exercise when performed with correct form along, adequate sleep and nutrition and responsibly can help to increase your energy, balance your mood, and increase the production of your endorphines which leads to euphoria, a high. Make sure not to over-train and get plenty of rest. You won't grow when you rest. You apply stress and when you recover is when you start adapting. Stress in responsible and controlled amounts can be beneficial. Warming up in my opinion is very important.

Emotional and mental blockages, deficiencies, and toxins can store in different muscle groups due to tension whether it is energetic, or lack of blood flow. Stretching helps improve circulation to heal the body more quickly and released blockages improving your state of being. I recommend warming up and stretching every muscle in the body every day. Dynamic stretching is great to warmup and stretch at the same time.

Step 7: Understanding Illness

Pathogens are not to be feared. Bacteria and parasites in food are not to be feared. Aajonus teaches that there is no such thing as bad bacteria. I could explain how it is bogus but this is a simple guide to produce results so I will explain simply. Bacteria that is considered bad just dissolves toxins and the toxins make you sick, gives you symptoms. If you kill that bacteria you stop the symptoms. If you eat this bacteria its not immediately going to start making you sick. It happens on a biological schedule. Seasonally, or annual occurrences the date of you being previously poisoned. Detox can be forced, and you will find the bacteria, but you do not force it by introducing the bacteria. Mold on foods can force detox because the molds will dissolve toxins rapidly but make you sick. Overly fermented milk can cause detox. Any amount of fruit will detox (and demineralize) you, so don't have too much. Don't do any experimenting without asking someone very experienced with the diet, or you could fuck yourself up.

Whenever you have a problem, ctrl+f on the PC, or use the magnifying glass find in page feature in Google Drive to search through both of Aajonus' books. Follow the solution in the book. If you cannot find it or are not satisfied, check out primalenjoyer.com or primaldiet.net. Or, ask someone seasoned.

Do not freak out and go to a hospital everytime something happens. Lots of the time you have to be patient and let things run their courses while following the proper remedies. Sometimes you should go to the hospital but most of the time you will be better at home. What will the hospital do? Poison you with drugs? Take care of yourself with food at home. Most of the time there isn't something they can do that you can't. Remember, if you have ever had any vaccines in your life time, you will have to go through painful sickness to remove them. It is almost guaranteed. We have done so much harm to our bodies by eating cooked food, taking medicine, vaccines, living in pollution, consuming chemicals, when this stuff comes our, it can give you hell. That is why you should work to get fat. When you are fat you can handle this more easily. In some situations like strong cancer, you will die if you aren't fat enough and you get really sick.

Just remember, going off the diet doesn't make the toxins go away. You'll still deal with them somehow, and it probably will be a lot worse than if you were on the diet and already preparing.

Stopping detox