

*All information is from Aajonus Vonderplanitz*

**Intro:**

It is very important to understand the role of sickness and disease. Sickness is a process of removing toxins from the body. Vomit, diarrhea, coughing, sneezing, sweating, etc. are all ways that the body expels toxins.

Sickness = Temporary detox

Disease = Damaged system as a result of poison accumulation.

Sickness operates by utilizing bacteria, solvent, parasite, and fungus to dissolve toxicity in the system, then utilizing nutrients to neutralize and absorb the toxin in order to remove it from the body safely. Without enough fat, the body does not have enough stored nutrients to safely remove the toxin, and when the toxin gets dissolved to be removed, the toxicity can cause more harm. It is recommended that everyone gets at least 25 lb over a normal "healthy" weight.

Just because these foods have bacteria and the bacteria is present during sickness, it doesn't mean you automatically get sick every time you consume it.

Optimal morning routine for a majority of people:

Immediately upon waking, eat 1-2 oz of raw unsalted cheese. This will absorb toxins in the digestive tract released throughout the night. After 10 minutes, the cheese has absorbed the toxicity, then you eat 3-7 raw eggs 5 minutes apart from each other.

The body produces the fuel for the whole day in the first 6 hours. The most efficient energy would come from the protein of meat and eggs. The least stable is fruit (or any sugar) which will make you hyperactive, emotional, and scatter-brained.

Because eggs are the fastest digesting food; 27-45 minutes, the body gets energized very quickly, which is why you eat it first. After this, if you don't have an appetite for meat, drink vegetable juice. This will increase your appetite.

The most important component of the juice is celery juice. You can start the diet off with pure organic celery. Cut off the root of the celery, and if you want to be picky, cut off the imperfections too because it'll make the juice taste gross.

45 minutes after the juice, have your raw meat. If you had any food other than the little bit of cheese and the raw eggs before the juice, you would have to wait an hour at least after vegetable juice before meat. Any time after your first meal you must wait a minimum of an hour after juice before meat. You also need to wait 60 minutes minimum after juice before meat.

The reason vegetable juice increases your appetite is because firstly it supplies enzymes, but most importantly it alkalizes the blood. Overly acidic blood will prevent appetite for raw meat. The reason you don't mix vegetable juice with raw meat is because raw meat requires an acidic stomach for digestion, and vegetable juice will make it alkaline temporarily. The reason we juice and don't do whole vegetables is because the fiber will alkalize the intestines for several hours preventing any animal protein digestion. Whole vegetables are actually fine and recommended on a cooked meat diet because cooked meat is very acidic and it needs some alkalinity to balance it out.

So, if you do not have an appetite, drink a serving of vegetable juice, then eat meat 45 minutes later.

Meat should always be consumed with at least an ounce of raw unsalted butter. Sour cream is the second best fat to have with meat. If you are in a tight situation, extra fat trimmings or avocado will help you get by.

The goal is to eat meat within 90 minutes of waking up. If you don't eat meat in the morning you will be much more likely to procrastinate and be lazy. Eating meat in the morning in the proper combination and avoiding sugar will significantly increase your productivity.

A little carrot in the juice is okay because celery actually will cost your body carbohydrates to digest, so you won't absorb the sugar in carrot if it is about 20% (on average; depends on person) of the celery.

Legitimately unheated, only 10% of it is utilized as sugar and it is 90% enzymes. Honey can be heated to 130 and be called unheated but it is ruined at 94. Call and ask the farmer if it has ever been heated.

### **Digestion:**

The stomach breaks down food so that it is easy to be digested by bacteria in the intestines, then the nutrients are absorbed by the intestine lining.

Gut health is mainly based on the condition of the intestinal walls, and the bacteria. A lot of metals from injections and other sources of industrial contamination store in the intestinal walls. This will lower the bacteria count and impair digestion. Also, as food moves through the intestines, the food will absorb the poisons from the intestinal walls, and mix with the food, damaging it and moving poison through the system causing more damage.

To combat this, you eat raw unsalted cheese 10 minutes before any food. This cheese acts as the best absorber of toxins. Eating it with food will prevent damage being done to the nutrients, and will actually absorb toxins out of the intestinal walls very effectively.

The body constantly dumps poisons into the intestines, therefore it is recommended to eat a half teaspoon every 15-60 minutes that you are awake. You can get 3 to 7 years of results in 1 year by doing this "cheese train" method. The more the better. Warning: this can cause constipation. If you get constipated, eat raw butter with every cheese cube.

To make this easy, cut the cheese into cubes every morning. But first, cut off a thin slice everywhere the cheese touched plastic. If you do not cut it into cubes, it will be a massive pain in the ass. Cutting it into cubes makes this very easy.

### **Meat:**

It is extremely important that it is never frozen. You will not heal from frozen meat! It will only fuel you for the day and it can actually lead to deficiencies. If the animal is not healthy from vaccines, processed food, etc., the toxins will store in the meat in a way where it is not absorbed into your body, unless it is an organ or gland. The muscle will be fine even if conventional, unless you freeze it. Freezing releases the stored toxins. If it's truly raw they pass through you. Salting, cooking, and freezing break the bond you will absorb all of the toxins.

Meat is most efficiently digested when blended with a good food processor into pate. For many people, it also makes it easier to eat larger amounts.

Always eat meat with extra fat, preferably butter. Without fat, most of the protein will actually be transformed into a form of carbohydrate called pyruvate, and it will not regenerate cells. With red meat, the protein will also be converted into pyruvate if you have fruit with it. Do NOT ever have cream or more than a tiny amount of raw milk with your meat. The cream will coat the meat and prevent a majority of it from being digested. BUT, if it is kefir or sour cream, then it is okay, because the fermentation of any food makes it digest much more easily, so then the meat will digest completely fine with sour cream or kefir. But, don't drink more than a half cup of kefir with raw meat because it is slightly alkaline and will neutralize the acidity required to digest the meat.

By the way, if it is pate'd, it'll be hard to swallow without butter or some sauce because it absorbs your saliva. When it is pate'd, the body doesn't need to use as much digestive juices to break it down so you save energy, digest faster, and many people will actually require less sleep with the saved energy.

Ground meat is not optimal. The nutrients become damaged from the pressure of the grinding and its ability to heal the body is significantly diminished. Also, metal flakes tend to get in the meat which causes heavy metal poisoning.

Fruit except no carbohydrate fruit like tomato and cucumber should not be consumed with red meat. The only exceptions are if you take lemon juice, lime juice, or apple cider vinegar and mix it into gently warmed raw unsalted butter or raw sour cream and letting it sit for 10 minutes so

that it reacts with the fat. Immerse a jar of the fat in very warm but not hot water for about 5 minutes.

If you don't mix it and let it sit mixed in fat for 10 minutes, it will turn the protein into carbohydrate and prevent healing. Papaya and pineapple are the only exceptions which can be consumed with red meat.

Fruit may be consumed with fish and white meat without any problems.

Consume no more than a tablespoon of honey or 2 tablespoons of alkaline vegetation with a meat meal. It will prevent proper digestion by overly alkalizing the stomach.

Never consume fresh cream within an hour of meat. This includes more than only a little amount of raw milk fresh milk. It will mix with the meat in the digestive tract and prevent digestion. Sour cream and kefir is fine.

Kefir won't cause this problem. Just don't have more than a half cup with your milk or it can overly alkalize the stomach.

If you want to gain lots of weight and get really strong (including bodybuilding) really easily, drink a lubrication formula shortly after a meat meal. Aajonus told a client who wanted to bodybuild his whole life to eat a pound of meat with a moisturizing lubrication formula twice a day and his gym accused him of taking steroids because of his unbelievable results.

Cheese and honey, 1 portion honey to 6 portions of cheese stirred together is important to consume 35 min after meat, or shortly after the lubrication formula after the meat. This will supply tremendous amounts of the most utilizable minerals. This time is when it is best digested. The cheese and honey has to be stirred to work. Cheese by itself cannot be properly utilized for minerals because it lacks the enzymes because it is dry, which is why we eat the honey.

Some people won't be able to sleep if they have red meat too close to bed. It can stimulate adrenaline, wakes you up too much.

### **Vegetable juice:**

Vegetable juice is extremely important and very wrongfully neglected. Celery and carrot juice are extremely beneficial, along with the other juices Aajonus recommends.

Juice using a masticating juicer or else many nutrients will become oxidized and damaged. Green stars are the best juicers.

Without adequate vegetable juice, which should be 4 cups a day for most people, you will not have enough appetite to eat enough meat and other foods to gain weight.

Never consume vegetable juice within an hour of meat except as mentioned in the beginning of the document.

Vegetable juice gives many people extra energy and works as a nicotine/caffeine substitute.

### **Fruit:**

All fruit should be unripe. It has less sugar and more enzymes. The sugar causes emotional reactions and can speed aging.

Always eat fruit with equal amounts of fat. This will help prevent emotional reactions, energy crashes, and it'll absorb AGE's which accelerate aging.

Fruits should almost never be consumed within the first 6 hours of waking. They will produce an unstable energy source.

Some fruits are detoxifying such as berries and because of this, some fruits eaten at night can cause insomnia. Also, apples will keep you up if you eat them at night because they stimulate adrenaline production.

Never consume fruit juice except in rare remedies in the book. Too much concentrated sugar.

### **Misc:**

Much of the ocean is very contaminated, such as the Gulf of Mexico and South Carolina and below on the east coast. (As of 2013)

After 5 hours without eating, the protein in the blood goes to zero and your body will start to cannibalize your red blood cells for nutrients and you will become anemic and have overall less energy. Before you sleep, eat a little cheese and honey, or a milkshake, or a moisturizing lubrication formula, or chicken/fish, but no beef because it may interfere with sleep due to giving you too much energy. Wakeup after 5 hours and eat some more. You will wakeup with more energy in the morning, be less anemic, and be much more productive.

Most toxins are supposed to come out of the body through the skin, but with the consumption of modern diets, our lymphatic systems have been clogged with processed vegetable oils. It becomes solid in our body. The only way to melt this is by soaking in hot water 60-90+ minutes a day at 105-110 degrees. But, you should not go over 40 minutes unless you are 15+ lb overweight, or too many toxins will come out to handle. 40 minutes is safe for almost anyone.

Because of toxic municipal water, 2.5+ cups of milk, 3 tablespoons of raw apple cider vinegar, and 2.5 tablespoons of salt must be added to the water to neutralize the poisons. Then it is safe to soak in, but not to drink. An EMF free hot tub with well water or the 3 tier water filter and 100 lb sand filter is recommended because the water will be perfectly clean and you don't have to

refill the water in the tub every 15-20 minutes like in a bath tub. So, when you take a hot bath, you'll sweat out loads of toxins without having to even use your own nutrients to absorb them. But, if you go over the 40 minute mark, you'll start to melt the plastic and get some stronger detox.

Never sip more than an ounce per minute. Anything over an ounce will not be fully digested and will be pissed out of the body and you will waste the nutrients, and potentially flush out bacteria.

For cravings, you must understand what nutrients your body is deficient in and is trying to get based off of what you are craving. Eating the deficient junk (cooked) is never going to truly satisfy the craving. For example, if you crave salt, eat oysters or the cheese and honey mixture because you need minerals. You crave things because you need a specific nutrient in it. After you've been on the diet a while, your cravings will be reprogrammed. High meat has been found to change people's cravings and food preferences tremendously. Most cravings are due to a lack of calories. To get lots of calories, have foods like lubrication formulas, milkshakes, raw cheese cakes (in Discord under recipes), and raw ice cream (in Discord).

Most often, the prescription for anxiety is exercise, and a cut back or removal of red meat from a diet, replaced with soy-free chicken and/or fish, along with extra cream to soothe the nervous system.

Supplements are extremely toxic. They take some of the lowest quality food, then extract the nutrients with toxic compounds even if considered natural, like kerosene.

Consuming any mineral supplements, salt, or metals like chelation therapy are extremely toxic. They must be broken down by plants first to be utilized, or else it will just destroy you from the inside out. In the healthy form, they are always found in combination with other nutrients. Without other nutrients present in its natural form, it will not be utilized properly.

Buy an EMF meter like the Trifield TF2, and do not reside in any room that has more than 3 milligauss over an hour, or the cells in your body will start to become damaged. Build the anti-emf magnetic pillow for rooms with excessive emf's, and for your car for when you're driving.

Milk and cream consumed before your first meat meal can decrease energy levels as it is very calming, and because it has sugar. Save it for after meat. If you drink milk and get tired that means you need a nap or aren't sleeping enough.

If you are tired, sleep. That is when you heal. As you get healthier you will sleep less automatically.

Do not consume frozen food. It destroys 80% of the nutrients and makes it toxic. In meat, it destroys all of the stem cells. Raw never frozen meat allows for great healing.

Store bought meat is safe if raw and not frozen. Fresh conventional is better than frozen organic grassfed. The toxins of conventional will be safely bound in a manner that passes without being absorbed if consumed raw. Cooking or adding salt breaks that bond and causes any toxins present in the tissue of the meat your eating to be absorbed.

Typically no more than 1.5 cups of fruit a day unless specifically stated by Aajonus for your condition.

Work up to eating a pound or more of meat a day to ensure good healing. You will also put on muscle without exercising due to the stem cells and regeneration properties. If it is frozen you won't be increasing your stem cells.

Butter rubbed on the skin can really make your skin glow and work miracles with eczema/psoriasis, etc.

On cuts/wounds, fresh urine can be used to stop the bleeding quickly. Then apply organic fresh squeezed lime juice, coconut cream (if you have it), some butter(or cream), then a thin slice of meat, then more butter on top, then wrap it with a wet cloth, then a bandage. If you are missing an ingredient it is still very effective. Just don't let it dry. If it dries then apply new meat. For simplicity, if there is particles like concrete in the wound lime is EXTREMELY important. It will absorb them and eventually the concentrate dust or whatever will come out of your skin without damaging cells. It can also prevent puss from forming. Apply that if necessary, then butter, raw meat, butter, wet cloth, gauze. If no butter that's ok, but you will need to change the meat sooner.

For any scar tissue, freckle, tumor, etc. on skin: rub unripe/semi ripe pineapple for 30 seconds on the area every 4-7 days.

If a detox (sickness) starts, you will need to look up your symptoms, and follow the remedies in the book. If a detox is too hard you are probably not fat, because if you were it would be much more manageable, but you can consume some lime juice to slow it down, like 2-3 oz a day, but that is not recommended. You will pause the detox but it'll come back later because you didn't remove the poisons.

Water is not recommended. Never have it anywhere near raw food, it will ruin digestion. Water does not hydrate the body effectively, and more often than not, it will dehydrate the system by acting as a solvent. With it having no nutrients, it actually will dilute your nutrients and digestive juices. Any water you should drink should be naturally carbonated sparkling water in glass. The carbonation prevents the failing of inspections without the use of chemicals. In some instances, it is recommended that you have carbonation, and sometimes not.

Avoid nuts unless in a specific recipe in the books or for a recommendation for a specific condition by Aajonus.

If you consume the nut formula, keep it to 2 days a week max, sometimes 3, or you can trigger an intense neurological detoxification.

Cooked carbohydrates are reserved for overly anxious and aggressive people, whom exercise, nut formulas, and switching from red to white meat do not help. Most people will never need cooked starch after 2 years of being on the diet.

Almost all raw nuts and seeds are usually not raw and are pasteurized. Call the company. Ask if they're heated or pasteurized.

Never eat salmon. It is ruined for the foreseeable future. They released loads of GMO salmon in the ocean and it bred with the rest. It makes many people sick.

Do not let anything ferment in plastic. The bacteria will break it down into the food.

The only beneficial probiotics are raw animal product foods. Dry and cooked foods cannot supply the bacteria we need.

Do not let milk ferment in the presence of light if you don't want it to be bitter

Focus on healing, growing, gaining weight the first 1-2 years of the diet and not detoxing heavily. Hot baths, cheese trains, etc., detoxes that don't cause a lot of symptoms are fine. I am referring to highly detoxifying foods such as mold, fermented vegetable juice, and alcoholic milk.

The moldy raspberry remedy in the book should not be consumed unless you have been fat on the diet for at least 1-2 years or it can be very counterproductive. If Aajonus re-wrote the books before he died, he surely would have updated thatz

Many people will only scrape the surface of the knowledge of the Primal Diet Methodology and will eat the foods included in the diet, but in the wrong times and combinations, and often also neglect vegetable juice hot baths. Eventually they get an issue or slow progress, get off the diet and say the diet doesn't work or Aajonus is wrong (when they never did it properly like the cheese trains, getting fat, and taking long hot baths). The diet and lifestyle was not executed properly, or the conclusion that was drawn for why some issue is happening is wrong and they didn't apply the correct solution due to lack of studying or lack of community to ask advice from.

**Rule 1:** Don't do anything Aajonus doesn't recommend.

Example: Salt, fasting, supplements, etc. Within reason, for example you can invent things that don't break the core principles, such as a shirt with pockets for hot water bottles.

**Rule 2:** If Aajonus doesn't say it, forget about it

Example: Histamines, shilajit



*If Aajonus did not mention something, it would be best to avoid it just to be safe. We already have everything we need to get miraculous results. If you don't know what Aajonus says about something, ask the Discord. People who try things without knowing what Aajonus said about it often get issues or bad results. Or they are doing something that gives the illusion of beneficial so they believe it is beneficial and that Aajonus was wrong when in reality they were naive. Such as they took something stimulating that makes their symptoms go away and increases energy but damages the body without them knowing like salt or supplements.*