

# *Raw Foods Bible*

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**Certified Nutritionist**



*Cutting Edge Information*

*from Ancient Societies to Modern Science*

**The Secrets of Longevity and Vibrant Health**

**The Science Behind Living Foods**

**Gourmet Live Food Recipes by Top Chefs**

**Acid-Alkaline Balancing**

**How to Regulate Body Temperature with Food**



This book is dedicated to the evolution of humankind. No person, business, or lobby group has given me any money, favors or objects to influence the information herein. May this book help you achieve your genetic potential!

Craig B. Sommers

*“Let food be thy medicine”, Hippocrates (460-377 B.C.)*

*“What people know depends on who owns the press”, Bill Moyers*

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# Recipe Credits

These recipes have been designed by the top raw food chefs of North America; all are the property of the cited chef. For permission to use a recipe for commercial purposes, please contact the chef or email, [RawFoodsBible@Rawfoods.com](mailto:RawFoodsBible@Rawfoods.com) for contact info.

## **Desserts:**

Raw Carob Cheesecake by Cheri Soria of California  
Meyer Lemon-Lavender Cheesecake with Wild Blackberry Coulis  
by Joshua McHugh of California  
Ducky Cakes by Dana Pettaway of San Diego, California  
Strawberry Minicake by Dana Pettaway of San Diego, California  
Amazing Oatmeal Cookies by Craig Sommers of Florida  
Apple-Oat-Nut Cookies by Terri Hix of Tallahassee, Florida  
Butternut Squash Cookies by the Raw Family of Oregon  
Blueberry Pie by Alissa Cohen of California  
Litchgate Sweet Potato Pie by Christina Ott and Craig Sommers of Florida  
Pumpkin Pie by Christina Ott and Craig Sommers of Florida  
Living Banana Coconut Cream Pie by Elaina Love of California  
Nut Free Banana Mango Pie by Tenasi Rama of Nelson, British Columbia  
Cranberry Apple Pie by Shanti Devi of NY, New York  
Almost Famous Apple Pie by Rawsome Café of Tempe, Arizona  
Strawbrry Pie by Ursula Horaitis of Huntington Beach, California  
Banini (Smoothie) by Gentle World of New Zealand and Hawaii  
Double Cacao Fudge by Green Life Evolution Center of Blue Lake, California  
Raw Medicinal Chocolate by Heather Dunbar of Sedona, Arizona  
Blueberry Topping by Ananda Singh of Hilo, Hawaii  
Chocolate Moose Torte with Fresh Berries by Matt Samuelson of California  
Banana Ice Cream, chef unknown  
Pine Nut Ice Cream by Christina Ott of Florida  
Mexican "fried" Iscream by Kimberly Mac of Laguna Hills, California

## **Appetizers:**

Pesto stuffed mushrooms by Alissa Cohen of California  
Durian on Fire by Alok of NY, New York  
Lime Pudding by Brigitte Mars of Colorado  
Enchanted Pistachi Vado by Chad Faulk of Louisiana  
Shining Sushetta by Chad Faulk of Louisiana  
Live Holiday Nuts by Brigitte Mars of Colorado  
Red Beet Ravioli with Yellow Pepper Puree and Cashew Cheese  
by Mathew of Pure Food and Wine of NY, New York

**Breakfast:**

Sweet and Healthy Cereal by Katherine Narava Kaufman of Miami, Florida  
Crunchy Buckwheat Granola by Cheri Soria of California  
Sunshine Cereal by Ani Phyo of Portland, Oregon  
Nature's Antioxidant Blast by Craig Sommers of Florida  
Victoria's Secret by Arnolds Way of Pennsylvania  
Mixed Fruit Spread by Gloria Drnjevic

**Yogurt:**

Thai Coconut Yogurt by Mark Wisdom of La Jolla, California  
Acidophilus, Hazelnut, and Almond Yogurts by Craig Sommers of Florida

**Nondairy Milks and Beverages:**

Almond, Brazil, Hazelnut, and Sunflower Milks by Craig Sommers of Florida  
Almond Strawberry Mylk by Tree Of Life Café of Patagonia, Arizona  
Orange Vanilla Mylk by Ani Phyo of Portland, Oregon  
Gimme Good Stuff Almond Milk by Good Stuff by Mom & Me of New York  
Hemp Seed Milk by Tenasi Rama of Nelson, British Columbia  
Lemonade Refresher by Shakti Parvati of Seattle, Washington  
Lemon Melon Cooler by Shakti Parvati of Seattle, Washington  
Rejuvelac by Deva Khalsa of Espanola, New Mexico  
Sangria O'live Punch by Kimberly Mac of California

**Pates:**

Omega Three Pate by Craig Sommers of Florida  
Jai to the Most High Sunflower Seed Dip by the chefs of Blossoming Lotus Restaurant on  
Kauai, Hawaii  
Southwest Style Pate by Bruce Horowitz of Vashon Island, Washington  
Beet Pâté by Ursula Horaitis of Huntington Beach, California  
Down-to-the-Roots Pate by Guru Beant Kamke of Florida  
Asian Pate by Elizabeth Michael of Couleur Alive Café in Lemon Grove, California  
Pumpkin Seed Pate by Shui Lau Neric of California  
Mock Salmon Pate by Elaina Love of California

**Spreads:**

Lou-ney Tuna by Elaina Love of California  
Powerful Pesto by Christina Ott of Florida  
No Bean Humus by Ursula Horaitis of Huntington Beach, California  
Living Laughing Creamy Humus by Craig Sommers of Florida  
Salmon Spread by Brad Wolff of San Diego, California

**Nondairy Cheeses:**

Ricotta Cheese / Cream by Craig Sommers of Florida  
Spreadable, Delectable Cheese by Jackie Graf of Atlanta, Georgia  
Live "Sour Cream" by Amy Rachelle of NY, New York  
Cheddar Cheese Slices by Bruce Horowitz of Vashon Island, Washington

**Pizza Crust, Sprouted Bread, and Crackers:**

Pizza Parlor Crust by Karen Parker of Seattle, Washington  
Italian Essene Bread / Breadsticks by Craig Sommers of Florida  
EZ Essene Bread by Craig Sommers of Florida  
Flax Crackers, Pizza Flavored by Craig Sommers of Florida  
Russian Rye Crisps by Kelly Serbonich of Florida  
Onion Flat Bread with nut cream topping by Ursula Horaitis of Huntington Beach, California  
Igor's Crackers by The Raw Family of Oregon  
Blueberry Hemp Lembas by Tenasi Rama of Nelson, British Columbia

**Entrees:**

Linguini Parody with White Truffle Cream by Cheri Soria of California  
Portabella Croquettes by Chad Sorno of Arizona  
Red Chili Croquettes with Cilantro Aioli by Joshua McHugh of California  
Pesto Lasagna by Alissa Cohen of California  
Walnut Mushroom Loaf by Cilantro Live of California  
Vegetable Nut Loaf by Brad Wolff of San Diego, California  
Christina's Living Cashew Curried Veggies by Christina Ott of Florida  
Thai Vegetables in Coconut Sauce, "Phak Tom Kati" by Dorit of Los Angeles, California  
Shrimp Brazil by Rho of NY, New York  
Perfectly Healthy Pizza by Craig Sommers of Florida  
Veggie Noodle Marinara by Katherine Narava Kaufman of Miami, Florida  
Pasta with Alfredo Sauce by Christina Ott of Florida  
Macaroni and Cheese by Bryan Au of California  
Bodacious Veggie Burgers by Craig Sommers of Florida  
Buckwheat Gnocchi by Ursula Horaitis of Huntington Beach, California  
Herbed Coconut Turkey with Herb Stuffing by Shanti Devi Michal of NY, New York  
Bombshell Burritos by Amy Rochelle of NY, New York  
Collard Chiffonade by Aqeel Kameelah of Davie, Florida  
South American LifeFood "Ceviche" Boats in Mango Chutney Glaze by John Schott of Miami, Florida

**Side Dishes:**

Cranberry Relish by Brad Wolff of San Diego, California  
Pico De Gallo (Spicy Mexican Salsa) by Chuck Ott of Gulf Breeze, Florida  
Kimchi by Ellix Katz of North Carolina  
Savory Seed Sauerkraut (salt free) by Ellix Katz of North Carolina  
Naturally Fermented Dill Pickles by Mark Wisdom of La Jolla, California  
Crêpes by Ursula Horaitis of Huntington Beach, California  
Fruit Haroset by Tree Of Life Café of Patagonia, Arizona  
Garlic MacMash Unpotatoes with Marvelous Mushroom Gravy by Shanti Devi Michal of New York, NY  
Candied Yams by Shanti Devi Michal of New York, NY  
Wild Rice Pilaf by Christina Ott and Craig Sommers of Florida

**Soups:**

Fresh Corner Gazpacho by Karen Calabrese of Chicago, Illinois  
Crème of mushroom soup by Rod Rotondi of Venice, California  
Carrot Ginger Soup by Brigitte Mars of Colorado  
Creamy Cucumber Herb Bisque by Matt Samuelson of California  
Bouillabaisse (Hearty Sea Vegetable Stew) by Bruce Horowitz of Vashon Island, Washington  
Aivah's Garden Living Corn Chowder by the chefs of Blossoming Lotus Restaurant  
of Kauai, HI  
One Love Soup by Rawsheed of Los Angeles, California  
Marvelous Miso Soup by Christina Ott of Florida  
Cambells Creamy Mushroom Soup by Christina Ott of Florida  
Cream of Celery Soup by Christina Ott of Florida  
Thai Curry Soup by Matt Amsden of Santa Monica, California  
Tantalizing Lavender and Lemongrass Soup by Shakti Parvati of Seattle, Washington  
Cool Cucumber Soup by Elizabeth Michael of Couleur Alive Café in Lemon Grove California  
Savory Squash Soup by Christina Ott of Florida  
Horizontal K's Green Curry Soup by Keith Wahrer of Austin Texas

**Salads:**

Awesome Carrot Salad by Gentle World of New Zealand and Hawaii  
Citrus, Avocado, and Mango Salad by Rho of NY, New York  
Carica Passionata by Kitzia Howearth of Baja, Mexico  
Apple Fennel Salad with Lemon Zest by Chad Sarno of Arizona  
Gourmet Bean Salad by Christina Ott and Craig Sommers of Florida  
Aggie's Italian Olive Salad by Agnes Adkison of Pensacola, Florida  
Mother Grain Salad by Aqeel Kameelah of Davie, Florida

**Dressings:**

Christina's Creamy French Dressing by Christina Ott of Florida  
Tomato Dill or Basil Dressing by Matt Samuelson of California  
Salt-Free Creamy Tahini Dressing by Christina Ott of Florida  
Tahini Dressing by Deva Khalsa of Espanola, New Mexico  
Avocado Dressing by Gentle World of New Zealand and Hawaii

**Sauces:**

Creamy Garlic Sauce by Ursula Horaitis of Huntington Beach, California  
Buena Fortuna Curry Sauce by Kitzia Howearth of Baja, Mexico

**Condiments:**

Almond Mayo by Gentle World of New Zealand and Hawaii  
Nature's Gourmet Catsup by Craig Sommers of Florida  
Magical Mustard by Craig Sommers of Florida





# About the Author

My wake up call came in the early 1990's while visiting my mother in the hospital. That afternoon a gentleman walked into my mother's hospital room and said, "Hi, I teach people how to heal through simple diet and lifestyle changes." He handed us a business card and said to call if we wanted his help. Though I had never heard anyone say that type of thing before, I believed him because to me the idea sounded logical. My mother called him a charlatan and tossed his card in the garbage. I thought about the food that they were feeding my mother in the hospital, -cholesterol-laden fatty garbage- and that she was in for clogged arteries; In that moment a seed was planted in my consciousness that was soon to blossom and consume my entire life. I set out to find the "truth," and truth I did find!

There is an old saying, "when the student is ready, the teacher will appear." My wonderful teachers began appearing in rapid succession. I researched and studied constantly. The 80 mile round-trip commute to work became a classroom for audio cassettes with teachings on alternative medicine, the VCR no longer played movies for entertainment but for important teachings. I began collecting books on alternative medicine and attended conferences and lectures on health related topics whenever possible.

My mother had already survived three angioplasties (a procedure that temporarily unclogs arteries). Each time her arteries became clogged within only a few months. After the third angioplasty, she was told that she would need bypass surgery. I stepped in at that point after only a few weeks of research, got my mother on several nutritional supplements, and had her cut most of the artery-clogging animal fats and processed foods out of her diet. The only animal product that she continued to consume was a moderate amount of fish. She also started eating more salads.

Within a year my mother, who was previously told that she needed blood pressure lowering drugs and had been taking cholesterol lowering medicine, an aspirin a day (for its blood thinning properties), Premarin and Provera (drugs that are supposed to help hormone deficiencies), stopped her drugs. All of her lab reports showed that she no longer needed medication. Her doctor said, "I don't want to know what you're doing, but whatever you're doing keep doing it." She never had that bypass surgery.

Osteoporosis was another problem that faced my mother. In the early 1990's she had a bone density test which diagnosed osteoporosis and she was told to supplement her diet with TUMS®, an over the counter calcium carbonate supplement. Two years later she was tested again and told that the osteoporosis had gotten worse. Her doctor tried to put her on pharmaceuticals to help strengthen her bones, but she was aware of the side effects of the drugs. Instead she chose to let me help her. The first thing I had her do was to stop taking the TUMS®, which was causing her to be constipated, and to start drinking the juices of dark green leafy vegetables every morning on an empty stomach. I sent a sample of her hair to a laboratory for a hair-mineral analysis. The lab report showed her to be deficient in magnesium but fairly high in