

# Health and Healing with 100% Raw Food

An overview to the recommendations given by John L. Fielder, Clohesy River Health Farm, Cairns, Australia  
[www.JohnFielder.com.au](http://www.JohnFielder.com.au)

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## Preface

This overview is based on my stay at the Clohesy River Health Farm in June 2010. This overview has not the intention to represent the complete knowledge and experience of John Fielder. John Fielder practices and teaches raw food with an interesting focus on healing and energy within our body. This approach supports and complements very well the experience and knowledge of Dr. med. Max-Otto Bruker ([www.GGB-Lahnstein.de](http://www.GGB-Lahnstein.de), for English see [www.NutritionAwareness.co.nz](http://www.NutritionAwareness.co.nz)).

John Fielder started to study nutrition and health about 50 years ago. He first changed to wholefoods and about 30 years ago he moved on to 100% raw food. This enabled his previously poor health to recover and to heal from various health problems (incl. migraine, bronchitis, asthma, arthritis, pre-cancer condition in his jawbone). His extensive self-studies include Dr. Maximilian Bircher-Benner in Switzerland (see today Dr. med. Andres Bircher, [www.Bircher-Benner.com](http://www.Bircher-Benner.com)) and many others. He conducted detailed correspondence studies with C. Leslie Thomson (Nature Cure, Edinburgh School of Natural Therapeutics, Scotland), Prof. Dr. E. B. Szekely (Biogenic living, Rancho La Puerta, Mexico) and Dr. Herbert Shelton (Natural Hygiene, USA), and studied Osteopathy, Chiropractic and Naturopathy at the Naturopathic College of South Australia ([www.JohnFielder.com.au/interview.html](http://www.JohnFielder.com.au/interview.html)). However, John Fielder does not regard himself as a representative of any of those schools, as he trusts fully and exclusively in the natural healing processes. Today at age 79, John Fielder is mentally and physically exceptionally healthy and fit. Since 30 years he enjoys to run his own health farm in the tropical north of Australia. Since 10 years he travels each year around the world to give lectures and workshops.

## Principles

### **A. Health is a Natural Balance**

The human organism has a tendency to heal itself. If something within the organism gets out of balance, the organism tries to restore this balance (healing process). Medicines only disturb this natural healing process and should be avoided. He says, that we must learn to «[trust the healing process, without seeking to control it](#)». Besides nutrition, also the environment, lifestyle and thoughts are important for a natural balance of health.

### **B. Energy for Digestion**

Each function in the human organism requires energy. Most energy is needed for the digestion process.

### **C. Energy for Healing**

If we support our organism to save energy, we enable, that the organism can use this saved energy for healing processes (e.g. cleaning, detoxification).

These three principles result in the following two main recommendations given by John Fielder:

#### [1. Do not eat before lunch and do not eat between meals](#)

If we do not eat during the morning, we enable more rest for our organism and the saved energy becomes available for daily healing processes. Not to eat during the morning will also help to reduce the typically too large quantity of an average person's daily food intake. Today most people eat 1/3 for their own nutrition and 2/3 for the doctor. Therefore it is John Fielder's most important rule, not to eat during the morning!

#### [2. Eat only raw food](#)

If we eat only unheated raw food, the energy needed for digestion is reduced and more energy becomes available for daily healing processes. To temporarily not to need any energy for digestion, fasting is possible for some time (typically 3 days). Fasting maximises the energy, which is available for healing processes.

## Daily Food

The «[The Farm Recipe Book from the Clohesy River Health Farm](#)» (1990) contains yummy raw food recipes. The following example for daily meals at the Clohesy River Health Farm will vary over the year to enjoy seasonal fruits, but typically stays the same for extended periods. By eating a lesser variety at a time (or as an extreme, to eat just one specific fruit), the energy needed for digestion can be reduced as well and additional energy becomes available for healing processes.

There is neither a fridge nor an air conditioning and of course there is no artificial heating of the meals. All food is served in tropical room temperature. Food should never be eaten cold. It would be best, to eat all food in body temperature (37 degree Celsius), as some digestion enzymes can not work, if the temperature is just a few degrees colder. If food is eaten too cold, the organism will need additional energy to warm up the food before digestion. Therefore to chew and to insalivate the food is important not only for chopping and pre-digestion, but also to adjust the temperature. Cold meals can be placed behind a sunny window, to naturally warm up.

- **Breakfast**

There is no breakfast and no food before lunch. Whenever John Fielder has the time, he works in the garden of his farm during the morning.

Water (rainwater) is available for drinking, but there is no coffee, tea, alcohol or any other drinks. By the way, cocoa and chocolate milk contain the caffeine from the cocoa beans and should not be consumed. As all meals at the Clohesy River Health Farm contain mostly juicy fruits, John Fielder himself drinks very little, if at all, except after heavy physical farm work, which caused sweating.

- **Lunch** (12 a.m.)

If available, sometimes the nutritious coconut water and the soft young flesh of a freshly opened young coconut is served as a starter (can be shared among two persons). As main dish, the following fresh and ripe fruits are served per person:

- $\frac{1}{2}$  Red **Papaya**
- $\frac{1}{2}$  **Pineapple**
- $\frac{1}{2}$  **Avocado**
- 1 **Sapodilla** (also called 'Chico-Chico')
- 1 **Banana**
- **Coconut Crumble** ( $\frac{1}{4}$  coconut freshly grated/scraped, which is very tasty together with each fruit)

Some other fruits, such as  $\frac{1}{2}$  persimmon may be added, if desired. Beside all the vital substances in each fruit, such as vitamins and enzymes, the avocado contains a lot of natural healthy fat, the banana contains a lot of natural healthy starch (carbohydrates) and the coconut contains a lot of natural healthy protein.

- **Dinner** (5 p.m.)

The nutritious coconut water and the soft young flesh of a freshly opened young coconut may also be served as a starter for dinner. As main dish, the following freshly prepared meal is served for each person:

Salad, freshly made with the following fruits, each cut in eatable pieces:

- **Tomato** (1 tomato per person)
- **Cucumber** (per person a cucumber piece in similar size than a tomato)
- **Avocado** ( $\frac{1}{2}$  avocado per person)

Salad dressing '**Coconut-Pesto**' (also called 'Green Lava'), freshly mixed in a blender:

- **Tomato** ( $\frac{1}{2}$  tomato per person)
- **Green leaves** from the garden (Ibeka, Sweetleaf, Quing Quong; depending on availability, these leaves could be replaced by spinach, rocket, stinging nettle, etc.)
- **Sauerkraut** (2 table spoons organic sauerkraut per person)
- **Coconut Crumble** ( $\frac{1}{4}$  coconut freshly grated/scraped)

Dessert:

**Dried Fruit Cake** made with dried fruits (Figs, Dates, Raisins, Sultanas) and seeds (Sunflower, Sesame, Pumpkin seeds) and Almonds - all coarsely mixed in blender or mincer without heating and pressed into a plastic container (e.g. 'Tuberbox'). This fruitcake can be well stored in the tight plastic container and will last several months without refrigeration.

## **Selected other Recommendations**

### **1.) Grains**

Grains (whole grains) are an essential part of a wholefoods nutrition rich in vital substances, as recommended by Dr. med. Max-Otto Bruker. Therefore it is necessary to explain the reasons and the motivation, why John Fielder does not eat any grains himself, but agrees with the raw grain muesli as described by Dr. med. Max-Otto Bruker (about 3 spoons of grains).

Whole grains contain many vital substances, as defined and explained by Dr. med. Max-Otto Bruker, but they also contain a high quantity of starch (carbohydrate). But today most people eat grains in form of refined isolated carbohydrates (e.g. white flour, white rice, fabricated sugar and products containing those) and the percentage of starchy products in the average person's food intake is too high. Grains should be eaten as wholefoods (e.g. wholegrain bread, wholegrain pasta and wholegrain brown rice) or as raw and unheated grains (e.g. raw grain muesli as described by Dr. med. Max-Otto Bruker), and the quantity of grain consumption should not be too high.

The consumption of grains (starch) may vary depending on the climatic zone in which an individual person lives. Grain consumption is usually higher in colder climates such as Europe, where grains can be grown and stored favourably. But in the tropics such as in Cairns, where it is problematic or impossible to grow and store grains, a diet without grains appears more natural and is favourable for healing.

The digestion of starch (grains) requires additional energy, as the organism first needs to convert the starch into sugar. For a healthy person without any requirements for healing (e.g. cleaning, detoxification), this additional energy consumption is not a problem. But for a person, who requires healing, it is advisable not to eat grains to enable to organism to use the saved digestion energy for healing processes.

To maximise the energy available for daily healing and to provide the organism with optimised conditions for healing processes, it is favourable to eat raw food only and to replace grains with starchy fruits (e.g. banana), as starchy fruits are easier to be digested. In addition and as already mentioned earlier, the best healing conditions are provided by fasting, as no energy at all is needed for digestion and therefor a maximum of energy becomes available for healing processes. But of course fasting is possible temporarily only.

### **2.) Vegetable Fasting / Fruit Fasting**

Fasting with vegetables or with fruits is no fasting, but a type of reduced food intake. Fasting is the case, if a person has only water to drink and no food at all. Such pure fasting enables the organism the most efficient conditions for healing (e.g. cleaning, detoxification).

The differentiation between vegetables and fruits is a botanical differentiation, which should be answered by a botanical scientist. One explanation is, that the fruits have their seeds within the fruit. But then a pumpkin would also be a fruit, but is generally regarded to be a vegetable. Therefor John Fielder prefers the differentiation of «juicy fruits» versus «solid fruits». It appears understandable, that the «juicy fruits» are easier to be digested than the «solid fruits» (and the other vegetables). Therefore, in the case of pure fruit eating («juicy fruits»), the organism has more energy available for healing (more efficient healing processes), as less energy is needed for digestion.

Avocado is a fruit as well, however it contains mostly fat and therefor is more difficult to digest. The same applies to bananas, which contain mostly starch, which needs to be converted into sugar for digestion.

### **3.) Animal Protein**

Animal protein causes a defence reaction of the human organism and therefor-possible health problems. John Fielder emphasises that this is only the case, if the animal protein was heated (which is usually the case for meat eating). Raw unheated animal protein would not cause any health problems.

John Fielder actually recommends having a small amount of animal products in a healthy diet. A little bit of cream or butter is already fine and good (if unsalted). As such, this recommendation is not about eating animal protein, but it is an observation, John Fielder had made to increase health and healing processes.

Regarding cheese it is important, that the cheese is from raw unheated organic milk - if organic milk is available at all, as many farmers today use hormones.

#### **4.) Avocado**

Never put avocado in a blender or mixer. That would cause the fat particles of the avocado to be destroyed in the same way the fat particles of milk are destroyed during homogenising the milk. Such squashed fat particles can then penetrate the intestine and enter the blood stream directly, causing a far too fast adsorption of the fat particles. Therefore, avocado should always be cut manually with a knife into eatable pieces or squeezed gently with a fork into purée (e.g. for guacamole).

#### **5.) Vinegar and Salad Sauces**

Vinegar (and balsamic vinegar) is an acetic acid and is used for conservation purposes. John Fielder would not eat anything, which is used for conservation purposes. He says clearly «Vinegar is a poison to our body» and he would also eat nothing, which had been conserved in vinegar.

To prepare a salad sauce, John Fielder recommends a little bit of yoghurt (or kefir) with some native oil (if available, as many oils today are treated with hydrogen to make them last). Also some lemon or lime juice with some native oil is fine. An oil-dispenser is a good means to use just a little bit of oil dispersed equally over the salad and to reduce the oil consumption (most people prepare too much salad sauce with too much oil and a lot of it is left after eating).

An alternative to such traditional salad sauces is the above mentioned salad sauce 'Green Lava' or 'Coconut-Pesto' (tomato, sauerkraut, green leaves, freshly scraped coconut – all nicely blended in a mixer). By adding more or less tomato and/or coconut, this salad sauce becomes thicker or thinner to meet individual tastes.

#### **6.) Cashew Nuts:**

Cashew Nuts are no raw food, as they had been heated up to 600 degree Celsius during processing. These high temperatures are necessary, as the hulls of cashew nuts contain very toxic substances. In earlier days all cashew nuts had been processed in India. Today it can not be excluded that chemicals are used instead of these high temperatures (or in addition to them).

#### **7.) Papaya Seeds**

Papaya is a wonderful fruit, which is enjoyed daily at the Clohesy River Health Farm. However the papaya seeds must be scraped out, as they are toxic. A few papaya seeds will not kill you, but there are some indigenous people, which used papaya seeds to cause an abortion. That's how poisonous these seeds are.

#### **8.) Kneipp**

The cold water therapies (hydrotherapy) developed by Sebastian Kneipp had been established already in the early nineteenth century by the Silesian farmer Vincent Preissnitz, perhaps the first hydrotherapist allowed to practice freely. Only cold compresses should be made, never warm ones, and the temperature should be adjusted to the patient's condition. A strong person may go into icy cold water, but not a weak person.

#### **9.) Hemp, Cannabis, Marijuana**

The plants of hemp and cannabis really look the same but are very different. Hemp is being used to produce paper, oil and other useful products. Cannabis however is being used to produce marijuana. Smoking marijuana can cause schizophrenia and the body can develop ulcers (ulceration), which are open not healing wounds to clean the body from the toxic substances. These ulcers occur more often in tropical climates, as the metabolism is stronger and more efficient in warmer climates. Accordingly it is more efficient to do fasting in the tropics, rather than in the colder climates. But marijuana smokers may not fast at all, as some reactions of our organism are completely disturbed and altered by the toxic marijuana substances. It actually can happen, that a marijuana smoker may suddenly die during fasting without any previous symptoms. For those reasons, John Fielder rejects completely to treat any people, which smoke marijuana.

#### **10.) Diets**

John Fielder rejects all diets, which are invented to become in fashion each year. He is often confronted with such new diets during his lectures. He says, that the 'Vegans' in the US are particularly difficult, as mentioning any healthy animal product, such as butter or yoghurt, causes a tumult and he can stop his lecture and leave ('Veganism' appears to be more like a philosophy).