



★ **RAW FOOD LIFE FORCE ENERGY** ★

ENTER A TOTALLY NEW STRATOSPHERE OF
WEIGHT LOSS, BEAUTY, AND HEALTH

Natalia Rose

Nutritionist and author of *The Raw Food Detox Diet*

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 HarperCollins e-books

For my Father and his eternal music.
For the resplendent future of all humankind.

“Vibrational Medicine is Einsteinian Medicine, since it is Einstein’s equation which gives us the key insight toward understanding that energy and matter are one and the same thing.”

—RICHARD GERBER,
VIBRATIONAL MEDICINE

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FOREWORD

VIKTORAS KULVINSKAS

In my forty years within the natural health movement, I've been blessed to witness the living food lifestyle spread its wings and soar. When I started the Hippocrates Health Institute with Dr. Ann Wigmore in the 1960s, “raw” and “living” were not words commonly associated with the way we eat. I developed a living foods program, a radically new paradigm at the time, which demonstrated unquestionable healing powers. One by one people would arrive at the Institute with grave illnesses and depart revitalized by the simple preparations created from the uncooked bounty of nature.

Since that time, while numerous health fads have come and gone, the healing power of natural, raw food, and its enzymatic powers have withstood the test of time. While for many people physical healing is satisfying enough, I have always dreamed that the raw food lifestyle would also help people realize that they are all deeply interconnected. Eating living, raw foods is a simple, natural expression of that awareness, not an end unto itself. Natalia Rose gets this, and pushes the limits of what is typically discussed in the raw food arena by bridging the latest scientific

breakthroughs with the little understood truths about food and energy, and how they can be better used to effect healing on many levels—physical, emotional, and spiritual.

On an individual level, Natalia's message is thrilling and empowering since it lifts the veil of misguided notions about how and what to eat, and offers the reader a key to a radically improved life experience. But she also offers a bigger message of universal healing, which will occur as more and more people successfully revitalize their energy fields using the recommendations she lays out in this book. While *Raw Food Life Force Energy* functions as a highly effective diet, it also seeks to uplift and unite humankind and all living things.

Deeply analyzed yet simply explained, this book will show you that detoxifying and rebuilding your mind and body in 21 days is something that anyone can do, regardless of the condition of your health and mind-set today. This book is not only for raw foodists, but also for those who simply want to cleanse out their system or transition away from the foods that are destroying their health and happiness.

In a world rife with modern illnesses and ill-functioning immune systems, Natalia offers us a fresh, magical solution—that of healing our bodies and minds through the very energy that we are made of. You will be delighted by how easy and pleasurable her 21-day program is to follow! Enjoy the delicious, natural recipes, learn the importance of food combining, and enjoy a healthier, new you. Create a free-flowing internal system and liberate your body from blockages that have developed from years of eating addictive foods. You'll find relief from stress, sadness, and anger. Natalia's words will inspire you to set a game plan that will help awaken you to your divine body and purpose. This in turn, my friends, will make our experience on this planet brighter and more powerfully united in light and love.

Raw Food Life Force Energy is so much more than another diet book. It is truly a beacon of light in the realm of raw food. Natalia's words are a warm breeze for the heart and soul. In a blissful blend of eastern wisdom and western science, her for-

mula emphasizes compassion for the human temple so we can grow closer to our true nature—which is lean, healthy, energized, and divinely connected.

We are One.

All is Love.

Viktoras Kulvinskis is fondly known as the father and pioneer of the raw food lifestyle. In addition to cofounding the famous Hippocrates Health Institute in West Palm Beach, Florida, he has penned innumerable articles and five books on raw foods, including *Survival into the Twenty-first Century*, which has been dubbed the “Raw Food Bible” and the “Das Kapital” of the modern raw food movement by *SPIN* magazine.

INTRODUCTION

A MATTER OF LIGHT AND ENERGY

YOUR BEAUTIFUL, LEAN, ENERGIZED BODY STARTS RIGHT HERE

I know how you want to look and feel. I've counseled people from every walk of life and—whether they are actresses, homemakers, teachers, students, bankers, or socialites—they all want the same things: an energetic, glowing body; clear, youthful skin; and taut, toned limbs. They want to wake up in the morning aglow with energy and look in the mirror to find a face that looks rested and luminous *before* applying cosmetics. But it doesn't stop there; they also want to feel peaceful inside—inexplicably happy just to be alive. Does this sound like what you're looking for too? But does it sometimes seem like you're the only one who is going through life feeling groggy and weighed down? Do you fear that you'll never be able to achieve your desired weight or stop your body from deteriorating? Do you wish you could get beyond

obsessing about how you look and feel in order to be a productive person? It is not too much to ask for. In fact, it's more achievable than you realize.

This book is going to introduce you to a whole new way of harnessing energy that will create a more attractive appearance, a much healthier body, and a radically improved state of being. First, I'm going to tell you all about this energy and how to get it. Then I will give you a totally comprehensive program that's easy to implement, which will completely rebuild your body.

For three weeks, make a small commitment each day to this program, and you can change the shape of your body and the shape of your life!

STEP INTO THE LIGHT

Energy has become such a catchall term that we have lost touch with its real meaning, along with the truth about how to energize our bodies. There is so much confusion about how to become more energetic and youthful, largely because so many competing products and supplements on the market today claim to be the answer to chronic lethargy and aging skin, offering nothing more than empty promises. Once you read this book you will never be tempted by these false promises again and you will understand why our modern ideas of getting energy from products such as sports drinks and energy bars are so foolish.

For many years I have counseled people on how to use food to cleanse their bodies, lose their excess weight, and improve their health. On a physical level, they have successfully removed obstructions within the digestive system and cells, making them thinner and younger looking. But something else happens on an energetic level: they begin to experience unprecedented rushes of energy and bliss. What my clients learn when they start eating according to the raw food energy principles in this book is that the body reaches this state of inner ecstasy, not because of the particular vitamin, mineral, and caloric makeup of my diet, but because (a) the foods

they are now eating contain a highly coveted “essence” called “Life Force Energy” (which you are about to learn all about) and (b) the way they are eating encourages the swift removal of decades of waste buildup within them, enabling even more abundant Life Force Energy to flow into every cell in their body.

Life Force Energy is what does the work of healing and beautifying. The approach of this program is simply to optimize the body’s receptivity to the consistent and abundant flow of this powerful energy.

A NEW WAY TO PERCEIVE YOUR BODY

Did you know that you are made of *living light-energy*? In 1905, Albert Einstein created what is now the most famous equation in physics, $E = mc^2$. What this tells us is that all matter actually consists of different variations of vibratory light-energy patterns. All matter, *including your body*, is made up entirely of pulsating, living light-energy.

Here we are today, more than a hundred years since Einstein proposed his Theory of Relativity, and we still overlook our body’s intimate and integral connection to light or energy. With all of our modern advances, we still treat our bodies as though they are merely dense, material constructs maintained by the constant intake of solid food. This approach has left our society laden with weight problems, physical illnesses, and emotional imbalances. A simple but fundamental shift in perception about the nature of energy can correct these imbalances!

Today, we are finally going to apply Einstein’s gem of a theory to your lifestyle to help transform you into a being of exceptional beauty, vitality, and joy. You are about to learn that the body you live in is animated and maintained by what we call Life Force Energy. While far too vast, complex, and mysterious to pin down into a nice, neat definition, Life Force Energy is commonly referred to by energy healers and quantum physicists as the pure and intelligent source of all energy that animates

our world. How “intelligent” we do not yet know. Much about this emerging science still remains a mystery. But both the ancient schools of thought and the cutting-edge scientists in this field agree that Life Force Energy is a living, conscious matrix that moves in distinct, deliberate patterns and has an active, measurable energetic field.¹

When you increase the flow of this power in your body, you will naturally and quickly become much more energetic, healthy, lean, and joyful. Feel free to get excited because it is the best news around for anyone who wants a beautiful, glowing body and a healthy, happy life. Best of all, it is relatively easy to do and starts to work immediately!

LIFE FORCE ENERGY: THE WAVE OF THE FUTURE

Now that quantum physics has confirmed that the body is made up of waves of light-energy² and that we are more than mere material machines, we need to look at our source of sustenance differently. If the blueprint of our body reveals waves of electromagnetic activity underlying and determining the dense physical material, we must revise our lifestyle and sustenance to incorporate this new information—particularly in terms of how we feed and care for ourselves. To put it differently, *if we are made up of Life Force Energy, we need a diet fit for Life Force Energy bodies.*

All other approaches to eating, dieting, and wellness are limited because they flat out disregard the core element of our being. For example, how could unnatural foods with no Life Force Energy sustain your light-energy body—even if these foods are low in calories and fat grams? They can't. They just create barriers to your natural radiance and beauty.

¹www.calphysics.org/zpe.html.

²According to Werner Heisenberg, who developed the Uncertainty Principle in 1927, quantum calculations show that we and our universe live and breathe in what amounts to a sea of motion—a quantum sea of light. Lynne McTaggart, *The Field: The Quest for the Secret Force of the Universe* (New York: HarperCollins, 2002), 21.

The good news is that our modern world is changing to make enlightened eating and living easier and more affordable. Fresh, organic juice bars are popping up in Minnesota, raw food restaurants are thriving in die-hard beef-eating Texas, and women across the country are sharing their favorite natural recipes. Even Wal-Mart is getting hip to this trend! This means that living according to the principles of Raw Food Life Force Energy is getting easier and more accessible every day. This is just the beginning of a great awakening. Unnatural foods, counting fat grams and calories, and fad diets are losing ground. A more natural approach to dieting has already been set in motion, and a greater awareness of the way our bodies thrive on Life Force Energy is the next wave.

You may wonder if your body is the exception and wonder how I can make these bold promises without ever having seen you. Well, although I may not have seen you in person, I do know you're surrounded by an energy source that you've probably been deprived of for way too long. Regardless of how poor your appearance may be, you can increase the flow of Life Force Energy and bring your natural beauty to the light. Not only have I seen clients morph from average looking to highly attractive, but I have also had the pleasure of watching illnesses subside and relationships heal—all because of the energy and joy that surges through their bodies as they adopt a more enlightened approach to health and diet.

Finally you will see just how simple the principles of the Raw Food Life Force Energy are, and how inexpensive it is to apply them to your lifestyle. In my previous book, *The Raw Food Detox Diet*, I debunk the myths that we must eat raw food exclusively, sticking to dense, dehydrated raw foods and spending hours soaking and sprouting nuts and seeds. Simple, effective, enjoyable, and minimally expensive techniques are my signature, and this book is no exception. In fact, while you will learn the most powerful argument for eating a diet high in raw foods in this book, you will also learn that the highest-quality cooked foods are an important part of your diet as well. I will show you how to balance your raw and cooked food intake for the very

best results. I invite you into my kitchen and my office to share in my experience so you can finally know what to eat.

THE PHILOSOPHY OF THIS BOOK

- We are dynamic-energetic/vibrational beings intrinsically connected with a universal energy system from which we can access an endless supply of Life Force Energy.
- In order for us to experience a perfect body, true health, and consistent joy, we need to clean our bodies and return them to their natural, harmonious light-energy quotient.
- Once we enhance the flow of Life Force Energy within our bodies, we will experience ourselves, each other, and our lives very differently.
- Once we are clean internally, harmoniously flowing with Life Force Energy, we will be infinitely more attractive to others because we will be physically more beautiful, lean, kind, clear, joyful people of right purpose.

I would like to take this opportunity to clarify that I am not presenting myself as an expert in vibrational energy fields or as a trained scientist, though I have researched the subject and consulted extensively with scientists in this field. I am a nutritionist who has practiced these theories successfully for years, and now wish to share my discoveries with you.

THREE STEPS BEFORE STARTING

READY . . . Recognize that almost everything you've been told about health from the media and conventional diet books is not dependable. If they leave out Life Force Energy and the fundamental prerequisite for clean cells and tissues, they are of very little value.

SET . . . Realize that you are going to have to do things differently if you are going to enjoy a healthy, disease-free life in a truly beautiful body.

GO! Embrace the beauty, the vitality, and the unprecedented pleasures that await you!

