

## Peace in the Pipes Gives Health Of All Types

### *It's Elementary: Eat Less Fat and More Fruit*

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*Clear stomach, Flat stomach, Thank meals of Mono-fruit!  
Bright eyes, Bounce in step, it's Elementary,  
Eat less fat, Exercise more, Eat more fruit, Eat fruit more, and Leaves and tender Shoots.  
Sweet fruits, Veggie-fruits and Greens 'n sweet young Shoots  
Whole fresh fruit Mono-meals, Fountain of Youth!*

When I was 17, a freshman attending Oberlin Conservatory of Music in Ohio, my piano professor, Miles Mauney, was into Natural Hygiene and the habit of inverting himself on a slant board. When he broke a finger playing tennis, he fasted! Earlier, with Dr. Scott in Cleveland, he had fasted 32 days. He taught me about digestive organ rest plus pure water from a Water Dome purifier. He gave me raw juices from a Norwalk Triturator, books by Shelton, Walker, Tilden, Esser, Ehret, and a big chart: "Correct Food Combining: Monotrophic Meal—One Food at a Meal is the Ideal" (Shangri-La Natural Hygiene Institute, Florida).

Since then I have always started my days with mono-fruit meals, consisting of melon, papaya or pears, for example. Later in the day, I may continue mono-meals, bananas often mid-day, or I may choose a combination of either sweet fruits, or acid fruits, or one fatty fruit eaten with greens and maybe acid fruits. Mixed veggie-fruits, such as tomatoes, bell peppers, cucumbers and zucchini are an OK combination. Greens go with almost everything.

By 1973 I was vegetarian. Understanding that raw natural eating is best, I told my husband of my plan to eat a totally raw diet. He said: "What? Are you crazy? No way!" so I continued eating as I had been, with raw fruit mono-meals, salads, but still with cooked dinners until 2006.

After I left Oberlin, I was not meeting any Natural Hygienists or anyone who knew about food combining/separating. Leafing through books with strange recipes of fresh juicy raw food dehydrated to look like cooked food, I felt all the more alone in my view of our natural human diet. Dehydration served a purpose in olden times during winters when there was no fresh produce; now we have access to fresh food year-round, and fresh, water-and-fiber-rich food is always best. We need to keep well hydrated, and avoid eating dehydrated foods to avoid dehydrating our bodies, which brings on aging.

### Fruits of Creativity

As a pianist, eating grapes before concerts keeps me happy and lively. As a teacher of Suzuki Piano (classical) since 1972, I offer grapes or apples during the lessons. When I see that kids are drooping, I offer water and more fruit. A vision-impaired student eats two apples to start his lessons.

My kids associate the piano with juicy fruit. Our opening and closing bows to each other include slow inward breaths for alignment and outward breaths for relaxing, while we gaze into each others' eyes, for focus. They don't know it's meditation and raw food! Afterward, we say, "Thank you Very much, Sound, Spirit, Touch; and Math and Physics; and Food 'n Friends 'n FUN!"

My daughters and I perform the Armenian music of their greatgrandfather, Grikor Mirzaian Suni. I built our website for this beautiful music at [www.suniproject.org](http://www.suniproject.org). I also direct the nonprofit corporation The Suni Project: Music Preservation. On our website page entitled "Sing for Your Baby" there are a number of articles and there soon will be one called "Fruit for Our Music, Music for our Fruit".

### Natural Hygiene Hits Home

In Ann Arbor, Michigan in 2006, I was overjoyed to meet Ellen Livingston, who introduced me to a new generation of Natural Hygiene writers. (Ellen's amazing fasting story appeared in *Vibrance* issue number 2.) I read Dr. Douglas Graham, Dr. David Klein, Frederic Patenaude and Don Bennett. Their Natural Hygiene studies, unique personal backgrounds and perspectives within natural Hygiene encouraged and inspired me with new understandings, and changed the way I chose to eat. This time my husband was accepting of that choice! He even tells people, "My wife eats only raw food!"

Dr. David Klein's digestive health research gives us wonderfully detailed eating guidelines with great attention to food separating/combining, and to the importance of observing the elimination process, in a compassionate, realistic, practical how-to manner. He explains how juicing can be beneficial as a healing or transitional step, and he guides us through the psychological aspects of health creation. His booklets are gems, and his books *Self-Healing Colitis & Crohn's* and *Your Natural Diet: Alive Raw Foods* are wonderful resources. His *Raw Food Pyramid* food chart is easy to grasp at a glance. All of his *Living Nutrition* and *Vibrance Magazines* are treasures.

I learned from Dr. Douglas Graham's book *The 80/10/10 Diet* to eat only one kind of fat at no more than one meal out of a day's intake, and not to eat fatty foods every day. Understanding the high fat content of nuts, seeds and avocado clarified to me why I'd sometimes feel sick after eating those foods. I'd thought of them as "protein" foods; but their high fat content categorizes them as fatty foods. Too much fat consumption and bad fat combos lead to candida, diabetes, sluggish digestion and low oxygen in the body. Dr. Graham shows us that securing adequate protein is easy with a low-fat diet. I soon cut out oil, salt, vinegar and other extracts.

Dr. Graham's 80/10/10 vegan eating model is based on years of research demonstrating that the healthiest proportions of the three caloronnutrients are: 80% from carbohydrate (mostly whole fruit), 10% from protein and 10% from fat. When we get more than 10% of our calories from fat we run into serious health problems.

### Whole Foods Diet = Better Health

Nowadays I eat whole foods; I blend rather than juice. When we understand the reasons why grains aren't healthful, per Dr. Graham's book *Grain Damage*, it makes sense to base our diet in fruits and greens. Bananas are my "bread." His "eat greens with fruit" was new to me. Victoria Boutenko's books on green smoothies enticed me to try them, and they surprised me with their digestive ease.

A diet of greens and fruits plus veggiefruits gives us all we need for complete nutrition—we can skip nuts and seeds. Make it Fruits + Greens, or Fruits + Shoots!

Also new to me was the idea of eating sweet fruit at dinner. I had thought the sugar would keep me awake at night, but I was happy to discover that even banana doesn't disturb my sleep. Acid fruit at dinner can do so, however. Too much acid fruit gives me a red face, like sunburn. This is also true when I eat too much of blended greens. When I eat too much in general, I feel cold.

Don Bennett teaches that animals in nature drop their banana when they're full; we, too, do best to stop when full. Mr. Bennett eats no set breakfast, lunch or dinner; he eats only when hungry. His first "meal" is water! For our lymph circulation and fitness, he recommends rebounding and "spirited walking," sprinting and climbing. His book and his website, [www.health101.org](http://www.health101.org), have great short articles. He eats simply to digest well, to conserve nerve energy so that it's available for healing. Great amounts of nerve energy are wasted in the digestion of complex meals.

## Rawfood Revelations

After eating cooked meals (before going raw), I'd experience head fog, fatigue and depression. This dragged me down, leaving me despairing: "I have too much to do; I'll never get it all done; I'm so behind; I want to just go to bed." The "cooked mood" was from cooked food. I finally understood the source of these effects as I was going all raw over two years ago. My body now works well, as I consistently enjoy a happy digestive tract (peace in the pipes), a clear mind, high energy and a happy mood.

While I maintain a 100% rawfood diet, I still can get "cooked moods" if I overeat—this burdens my body, sapping my nerve energy and depleting my vitality. Overeating typically accompanies complex, mixed-food meals which short-circuit our senses, preventing us from getting the taste change "stop signal" which normally alerts us that we've had enough. Conversely, with mono-meals we are well-attuned and regularly do get the "stop signal" when our body has had enough of that food. It's hard to overeat on mono-food unless the food is dry, such as dates, raisins, nuts and seeds. However, simple smoothie combos can work as well as mono-meals. I am sustained through my teaching hours with simple green smoothies such as bananas with spinach and fresh mint.

Overeating fatty food is always perilous. The morning after eating too much of seeds, avocado or any fatty fruit, I may experience a scratchy, mucousy throat, clogged sinus, cough, sluggish mind, body and food-transit time. Dark circles under eyes, puffy face, lips and eyelids are also "morning after" signs of too much fat. My finger joints can be stuck, as well, which is scary for a pianist.

## Food Separating is Key—Mono Meals Are Best

For people just setting out on the rawfood path, I believe that knowledge of food separating can "make or break us"—this should be learned first. We must eat sweet fruits alone or with greens and avoid combining them with nuts, seeds, avocados and acid fruits. When my husband finally abandoned the Atkins Diet, he ate a breakfast of grapefruit and banana—a bad combo—and suffered gas pains. Combining dates with nuts gives most people stomachaches and/or congested sinuses. Dr. Herbert Shelton said of the sweet fruit-fat combination: "Heaven in the mouth, Hell in the stomach."

The easiest and most healthful diet is raw, comprised of mostly mono-meals of mostly low-fat, juicy, fresh, ripe whole fruits and greens, wisely separated and combined. This gives peace in the pipes and sweetness to life.

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BOX AT END

Armena Marderosian, Ellen Livingston and others are working on a food separating/food combining chart showing only the most healthful and ideal foods, with beautiful produce pictures. It will be available through Ellen's website: [www.livingyogagaw.com](http://www.livingyogagaw.com).

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