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Question & Answer with David "Avocado" Wolfe

David "Avocado" Wolfe is the president and founder of Fruit Tree Planting Foundation. He has a Masters' degree in nutrition and a background in science and mechanical engineering. He is also the author of various books, including Eating for Beauty (4th Edition), The Sunfood Diet Success System (8th Edition), Naked Chocolate (2nd Edition) and David Wolfe on Raw Foods, Superfoods and Superherbs.

Karina Gordin (KG): Mr. Avocado, I would personally like to thank you so much for joining us today. I really, really have been looking forward to this interview to be able to tap into the wealth of information you've acquired through your travels and intriguing encounters.

I'd like to dive straight into the topic of medicine; not the kind of medicine that comes in the little white pill form, but rather the benefits from the sun, the earth, and plant life. So what is the medicinal potential of soaking in the sun, walking barefoot on the earth, and eating fresh raw plants; and how could these medicines treat and prevent disease, or at least prevent that little white pill?

David "Avocado" Wolfe (DW): I'll start out with the little white pill, just to clarify something there. Basically, what's happened in human history is that we've domesticated our plants so that they no longer have medicine in them. For example, the difference between conventional lettuces vs. organic lettuces vs. wild lettuces is very, very vast. Wild lettuces have alkaloids or medicines in them, and what we've done basically is bred out of our food the medicine. Now instead of getting medicine in our food, we get a little white pill for which we have to pay quite a bit of money. That's the perspective.

When we get to things like the sun, we don't really know what the sun is. That's a very important way to start that conversation. We've all heard about the sun; we've all seen the sun; we believe the sun is a ball of fire up there, but is the sun really that? What is the sun? The sun is more than we currently understand today in science, but what it does to our health is interesting. Vitamin D3, which forms in your skin when you're in the sun, actually is the most influential substance for turning on genes that can influence our health. There are about 40,000 genes that can be turned on, and 10% of them are turned on by vitamin D3. That's more than any other substance we know.

What about the Earth and the energies that come out of the Earth? Rudolph Steiner would describe the energies that come out of the sun and the heavens as cosmic energies, or energies that come in from the universe. I would describe the energies that come out of the Earth as telluric forces, or Earth energies, and those are energies that we automatically get when we're walking barefoot on the earth, but many of those energies are blocked when we wear shoes with rubber soles. The rubber-soled shoe is electrically disconnecting us from the Earth. My friend, Clint Ober, wrote a book called *Earthing,* in which he summarized 30 research studies on that particular subject, and it's absolutely conclusive that the rubber-soled shoe and all our insulated buildings are having a dramatic and radical effect by increasing pain and contributing to chronic inflammatory conditions.

KG: Do you tend to wear special or minimal footwear?

DW: I'm fortunate because I'm the only one in the world with the grounded flip-flop, which is great for summer. They are specially made as prototypes and will become available in the fall. I'm also

very fortunate because I get to be barefoot a lot of the time when I'm at home, so I get to run around my yard and toughen up my feet and be like Bigfoot out here, which is great.

KG: What evidence is there to support the benefits of grounding?

DW: There have been 30 research studies done that are summarized in my friend Clint Ober's book, *Earthing*, which just came out this year in 2010. The summation of this research is vast and broad sweeping. It's indicating a number of things. One is: it appears that the Earth itself is setting our internal clocks or literally resetting our circadian rhythms. If we, for example, travel across the country in a plane, when we land we have a thing called jetlag. If we go and sit in the grass for 15 minutes, our jetlag is dramatically reduced. This effect is a circadian rhythm effect. Our body checks through the ground, through the earth if we can. If we get a direct skin-to-skin connection for certain resonances, and those are slightly different, depending on where you are in the world, then it can calibrate how to reset your circadian rhythm so you produce the normal cascade of cortisol through the night, for example, or the normal cascade of melatonin and serotonin throughout the day. If we're in shoes all the time, or in insulated buildings all the time, and under artificial lighting, then the circadian rhythm system can be disturbed.

KG: We discussed food as medicine, but now I'd like to discuss food as a weapon of mass destruction, considering practices like genetic modification, large-scale mono crop agriculture and processing. How can eating locally sidestep those practices and even surmount the money-as-debt system?

DW: We live in a debt-economy. Basically, the idea of banking is to create debt. People are always asking me, "what about the national debt?" The answer to those kinds of questions is not going to happen under a broken system because the system itself requires and creates debt. You could never solve debt in a debtor system, and it's designed that way directly and purposely. If we're going to escape the debtor economy, then one of the things we have to nail down for ourselves is: “how do we procure food in our own local ecosystem?” That's a big part of what we're spending our money on. One of the things you could do is learn about wild food foraging. Another thing you could do is learn about integrative, natural farming methods and organic farming methods.

The mono-cropping, genetic modification of all those Frankenstein monsters are mutant projects that aren't coming from the heart; they're all coming from the mind, and they’re all coming from the matrix of control. Those kinds of things are always doomed for failure. Genetic modification is playing with fire. We're very, very, very much in the beginning of being scientific. The human race is just coming out of those teenage years of thinking, "I know everything; I know exactly what's going on; I know how the world works; I know what the sun is." Those kinds of arrogant statements are receding as we get deeper into the mystery of science because we've only really been scientific for the last couple hundred years, and maybe if you count the scientists of Europe and the scientific method and development, we're looking at 400 years, maximum. What's going to happen in 4,000 years or 40,000 years? I bet we're going to find out what we always find out, and that is our scientific assumptions have been outdated; they're invalid; they're in need of an update because science is always moving forward.

KG: Exactly. So just switching topics, as the leading authority on chocolate, could you please debunk or confirm the myth that chocolate causes acne?

DW: The scientific research in that department indicates that chocolate does not cause acne, and that's based on a couple of studies, one of which was cited in my book, *Superfoods: The Food*

Medicine of the Future, and the other was cited in my book, *Naked Chocolate*; however, that does conflict a little bit with what I've seen. Because chocolate is a nut (it's cocoa), what we find out is that some people are allergic to it. It's just that they're allergic to nuts and seeds, and this is one of those that they're allergic to. If someone has an allergic reaction, that can create acne.

There's one more factor and facet, and it is that chocolate has quite an interesting array of fatty acids in it, and it's capable of helping us produce hormones and directing our hormones in a certain way. For example, if one is having PMS symptoms, the magnesium and oils in chocolate could have an influence in helping to alleviate those symptoms to some degree, or at least lower them; that's what the research shows. But it indicates that chocolate is hormonal, and hormonal effects are also related to acne.

KG: That's right. Now going back to your book, *Eating for Beauty* details the glow and vibrations of food, such as raw chocolate, and that could be translated by the beautiful glow emanating from the person eating that food. So unlike cooked food, which you write is “dull and lifeless,” how could the vibrations be measured in raw, fresh foods?

DW: There are different systems that have been offered as to how to measure the energy of food. Kirlian photography is fun; it's interesting; it's nice. It was smuggled out from behind the iron curtain in 1949, having been developed by Seymour Kirlian and his wife in Russia. It's controversial in the scientific world. People say, "Oh, it's just a silly electrified high-voltage image," so it's not going to withstand very high levels of scrutiny by mainstream scientists. I would then have to go over to the work of Popp in Germany, who developed the idea of analyzing biophotons, which are literally the light that is present in food. That is probably the most scientific research that's out there that can really ascertain the energy number of a food that's been fried vs. the energy number of food that has been left in its natural state. Also, what happens when we steam the food, and all that? So that's the work on biophotons by Popp in Germany.

KG: That's fascinating. Your websites, www.thebestdayever.com and www.davidwolfe.com, mention that you coach and feed Hollywood producers, celebrities, as well as some of the world's leading entrepreneurs. I don't mean to encroach on your clients’ private affairs, but could you share some names and stories of how you coached and improved their diets and lifestyles?

DW: One of my favorite people out there in Hollywood is my friend Demian Lichtenstein. He wrote, produced, and directed "3000 Miles to Graceland" with Kevin Costner, which was a great film. He loves super foods, he loves raw foods, and he loves being healthy. Step by step, not only have we guided him to a more healthy diet, but also one thing he really loves is being around healthy people, so more and more and more, he comes over to my house quite a bit and just likes to be in that environment of healthy people. I'm seeing that quite a bit.

Another really famous guy on the Internet is actually David Wilcock. He had the most popular video on Google back on December 2, 2008, with his “2012 Enigma.” He's kind of an Edgar-Cayce type of character, and he was just staying with me for a couple of weeks. He’s another guy who really likes to be around healthy people and do healthy things, and he really believes that nutrition is at least one-third of your overall spiritual journey, which is kind of interesting for a personality like his.

I just talked to Woody Harrelson the other day, and it's been ages since I talked to Woody; it was so great to hear from him. We were going to connect in Hawaii. He wanted the update on what's the latest and greatest. Unfortunately, I had to fly back to San Francisco. I was in Hawaii at that

time, and I was going to meet him, but I had to fly early to San Francisco. I'm going to have to call him back to get in touch with him the next time I'm in Hawaii or we'll meet each other in L.A.

It just goes on like this. Because I'm out of the media world, and I don't really watch movies or TV, I don't really know who's most famous. One of the most famous people in the world is Mr. Wiggles. I was on the phone with him about a month ago. It was a very important conversation because he dances 8-12 hours a day, which he's been doing for 40 years, and he has some problems that are developing. So he really needs my help. I'll do that when I get back to Southern California. He's in Las Vegas, so I'll get in touch with him.

It just goes on like this. The world salsa dancing champion is in L.A. I met with her and all of her students about a year ago in L.A. We had quite a meeting. It was fantastic, about a 4 or 5 meeting, in which we went over the ins and outs of keeping joints and tendons and everything in perfect health, and where the technology is, and what choices we have.

KG: Is organic raw foodism and green living trendy in Hollywood and ultimately going more mainstream?

DW: Oh yes, definitely. There's a massive movement in the middle of Hollywood at a health-food store called Erewhon Natural Foods, except the H and W are still not in the right place. I and one of my favorite herbalists, Truth Calkins; Ron Teeguarden; George Lamoureux; Jay Denman; and a number of other people in the LA health food scene have been leading a charge that has started to really be felt, really be felt. I mean its touching all kinds of Hollywood celebrities, models, and actresses every day.

KG: Does food-combining and blood-type dieting figure in, as well as raw foodism?

DW: The most scientific book on blood type is a book called *The Answer is in Your Blood Type*. The other book, D'Adamo's book, is not really scientific enough for my taste, and I suspect it's probably not scientific enough for most scholars. I really am a scientist at heart, and I'm trying to be more scientific at every turn, and I like to turn people on to real data; here's the numbers; here's what the results of these studies indicated. That's more of, I think, the underpinnings of Western civilization. That's more the direction where I'd like to guide people because it gives you more certainty, and I think that book has great information about blood type and diet.

KG: Have you adopted it into your lifestyle?

DW: I would say yes and no. It's a yes and no. I don't really eat that much because I get a lot out of what I do eat. I eat such nutritious food, and ultimately all these diet rules and all these diet trends kind of go out the window the less you eat. That's kind of how I look at it.

KG: Mr. Avocado, may I briefly ask the story behind your middle name?

DW: Absolutely. I wasn't born with that name, Avocado. It was given to me by my cousin years ago when we were first starting out in the health-food world. We decided that we'd be like a superhero troupe similar to Kiss, with each person having his own personality. When we get together, it's like the band, and we had to come up with superhero names. So my cousin named me Fats Avocado, kind of like Fats Domino.

KG: What kind of avocado? Haas? Pinkerton? Reed?

DW: I like them all. I am an avocado connoisseur, one of the best in the world. I've probably only tried, in my whole life, 50 avocados, 50 different kinds. There are hundreds of them out there; it's unbelievable.

KG: So your superhero name is Avocado?

DW: Yeah, the Fats dropped off, and we just stuck with Avocado. I've been Avocado ever since.

KG: Maybe my superhero name could be Karina Spirulina.

DW: Oh, I like that.

KG: Thank you. On behalf of **Natural Standard** and the world, we all thank you for taking time and enlightening us about natural health and the beauty eco-revolution.