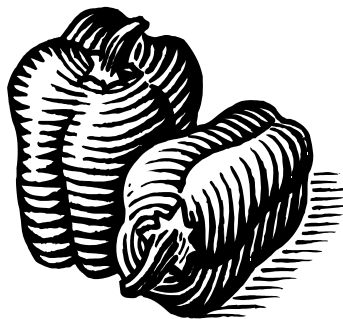


# A Whole-E Health Lifestyle

Making the Transition to a  
Healthier YOU,  
One ~Sprout~ at ~A~Time



By Kim Hostetter  
with contributions by David Hostetter

We give gratitude to our Abba, Father for bestowing this knowledge upon us and putting the conviction in our hearts to share this inspired information with those that are open to listen and see His truth.

**Special Thanks to:** Dr Robert O. and Shelly R. Young for the use of their Alkalizing/ Acid food charts and Ken Rohla for his use of the Food Combining Charts.

**Special Thanks to:** Carol Brown who provided me with insights, her editing skills and the best massage around!  
Love ya, woman.

A mention of thanks also goes out to our Pastor, Andy Hitz for allowing the Lord to work through him and give me the notion to write this book.

I want to send the love to my husband David, who is tried and true and has the most patience and understanding of anyone I know. You allow me to be myself with you. Thanks for all those times you took care of me when I was stuck in front of the computer!

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***First Edition, Revised***  
**ISBN: 978-1-59872829-3**



The following questionnaire is to get you thinking about your health and where you are now vs. where you want to be in the future. Please take the time to think about the questions and fill them out in order to actually see yourself written down on paper. You can also look back on these questions six months or a year from now and see how much you have progressed from when you first started.

### **Whole-E Health Lifestyle Questionnaire**

- 1. How important is your health to you on a scale of 1-10?**
  
- 2. How much time can you devote each week to changing your health lifestyle?**
  
- 3. If you live with family or friends, how influential are they in your decision-making process pertaining to *your* health? Are they supportive or are they resistant to change, even if it is for you and not them?**
  
- 4. What symptoms or health challenges do you have? List any small thing, even if it seems negligible, such as: low energy or fatigue, weight issues, aches pains, etc.**
  
  
  
  
  
  
  
  
  
- 5. What lifestyle health goals/information would you like to achieve/receive? Choose all that apply.**
  - ☐ Healthy eating habits and food prep
  - ☐ Proper supplements for your body
  - ☐ Alternative health modalities/ practices and options available for optimal health

**6 Right now, at what level do you see yourself achieving as a long-term health goal?**

\_\_\_ *Level 1*- Learning just the basics to get by: Cutting back on meat, dairy and acidic foods and taking some supplements.

\_\_\_ *Level 2*- Making a big lifestyle change: Eliminating all meat, dairy and most acidic foods and eating at least a 80/20% diet of raw and cooked veggie foods and integrating some alternative practices into my lifestyle (i.e. colonics, massage, exercise, juicing, supplements, etc)

\_\_\_ *Level 3*- Achieving Optimum Health: Living a 100% raw food lifestyle and including regular alternative practices and benefits (like listed above) to get the most from your body.

**7. Use this remaining space to write any other comments concerning your health or questions you might need answered.**

## INTRODUCTION

The information offered here is a combination of our personal experience and research from various other sources that support our way of thinking, which we feel are the directions given to us through our Creator, and are inspired by scriptures from the Holy Bible. Some information is scientific, some biblical and some are tried and true methods that just plain ol' work. It all leads back to the miraculous healing that takes place in your body when you do the right thing to keep it functioning at it's best.

Within these pages you will find serious "transformation information" that can change your life, but who says, it has to *all* be serious? THERE ARE TIMES WHEN WE ARE VERY SERIOUS... ESPECIALLY WHEN IT COMES TO OUR SPIRITUALITY, but then you will note we can get a bit silly with some of our commentary. Don't mistake our humor for us not believing or not practicing what we preach, WE DO! So, please absorb all the information we provide and if we can make you laugh a little while you're at it, all the better! For you know the saying, "laughter is *one* of the best medicines"...OK, so we modified it a bit.

We also want to state that we make no claims to being degreed professionals in any healing modalities and before you begin any new health regime, seek the advice of a professional in their respective field. However, we do have several degreed and certified colleagues, which can validate this information we are providing, and of course, we are living proof as to what can be accomplished by living this lifestyle.

Our personal testimonies consist of elimination of various "symptoms" caused by the onset of several dis-eases. Here's what we have been able to reverse by following the suggestions in this book: *being bed-ridden for three and a half years from chronic fatigue and fibromyalgia, being overweight for a combined total of 80lbs, cholesterol reduction by 84 points, brain fog, loss of energy, repaired knee cartilage (both were in need of replacement surgery), gum infections, teeth sensitivity, reoccurring infections that required bi-weekly antibiotics, chronic sore feet, chronic headaches, acid reflux, arthritis pain, poor digestion...with early IBS symptoms, diverticulitis, menstrual cramps and weakened eyesight.*

Now, if that isn't enough to make a person think about what can happen with these life changes, then we can offer many more testimonies from others who have taken responsibility for their health and made a difference!

Our belief is that the healing process happens in steps or different levels. That is, a person who is just starting out will not be on the same level as someone who has been living the lifestyle for awhile. That is why the information here covers the different levels and you can decide for yourself where you want to be right now and in the future and work towards those goals. It is definitely a growing and learning process, but one that is very worth every step of the way!

Although we have done our best to cover many areas, we know this is not a total comprehensive guide to all that is out there, but it all leads back to the same truth...your body will treat you right, if you give it the *right* stuff!

After you acquire the knowledge from this book it will be your responsibility to:

**LIVE AND EAT WITH A CONSCIENCE!**

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## THE BASICS

### FOOD

#### LEVELING OUT THE ODDS

O.K. So you are leaning towards the idea that changing your diet and lifestyle is the best decision you can make for your health....now what? Well, making the transition to this way of living is definitely going to take time, effort and commitment in the beginning. Nevertheless, the results will be so worth it when you wake up that one morning and discover that those extra pounds you were haulin' around are gone. The aches, pains and symptoms from the dis-eases are disappearing and you haven't had this much energy since you were 10, well maybe 20 (those 10 year olds never know when to stop)! That's when you know you are leveling out the odds and giving your body a fighting chance.

If you filled out the enclosed questionnaire at the beginning of this book then you have a general clue as to what is meant by "getting healthy" being a step, or level process. Most people starting out are willing to do *just so much* due to the seemingly overwhelming changes, but hopefully, in time they will realize the benefits of taking it to the next level. Some might just find a certain level and stick with it. However, if one is to achieve optimum health, eventually you will need to progress to the next level. It might seem odd to even suggest a level process for people but we are realists and know that with all the challenges facing us in the world it is difficult, even for us at times, to maintain a perfect lifestyle and eating habits.

So, it makes sense to let you know that although we realize that the best thing for your body is a totally raw diet, we also understand that it can take time to reach that plateau. Please don't misunderstand, we are by no means trying to discourage anyone or give anyone an "out" or excuse for not achieving their optimum best. We are actually doing just the opposite, we are encouraging you to start making the changes so you can see how good it feels...then eventually, your body will beg for more!!

### **Level 1**

*Learning just the basics to get by: Cutting back on meat, dairy and acidic foods and taking some supplements.*

As most people can figure out this is kinda on the bottom of the getting healthy food chain. I would pray that most people after absorbing this information and trying the changes would soon progress to, at least, to the next level. *Although, it is commendable that you are making a change at all!* So, if you are starting here, which many do...because it's easier... then, GO FOR IT!! Just listen to your body when it starts to change and let it tell you when it wants more!

### **Level 2**

*Making a big lifestyle change: Eliminating all meat, dairy and most acidic foods and eating at least a 80/20% diet of raw and cooked veggie foods and integrating some alternative practices into your lifestyle (i.e. colonics, massage, exercise, juicing, supplements, etc).*

This a great transition for anyone. It is a balance between raw and cooked vegetables without the meat and dairy. This is also a lifestyle that can be adapted more to social outing situations because (unfortunately) it is easier to find more cooked veggies on a restaurant menu than raw. But BEWARE of what they are cooked in or with! Certain oils, all butters, sauces and cheeses don't meet the criteria for this way of eating. That's why it is best to stick with raw foods as much as possible. Also, don't forget the other aspects of this level: the alternative practices, or as referred in this book as *Essential Practices*. These are important to overall health.

### **Level 3**

*Achieving optimum health: Living a total raw food lifestyle and including regular alternative practices and benefits (like listed in level 2) to get the most from your body.*

Yep! This is the Big Kahuna of living the healthy life, the way our Creator intended for us, because we reach our best health at this level by giving the temples a strong foundation.

Once a person reaches this point in their health they wonder how they could have ever done it any other way!

Yes, the temptations are still there but there is a new focus...an awareness that comes with this level that can't be quite expressed with words. Your focus becomes clear and you know that *this is what everyone should be doing*, if only they would listen and have the willpower to do it!

The following statement might make you stop and think before you eat. This is a comment taken from an article in the *Hippocrates Health Institute's* magazine, Vol 26. Issue 4, titled, *False Foods and Harmful Substances* and goes as follows:

*“Sadly, we consider food to be a vehicle for socialization, sensuality, and sexuality, rather than a gathering of positive chemicals that fulfills our body's need for fuel. When we reduce the romanticism surrounding food choices, clarity begins to shine on our own disturbing patterns. It is at this time that we can alter our course and establish the high ground of eating to supply nutrient requirements”.*

## ALKALIZING VS. ACIDIC—THE 80/20 BALANCE

This is all about the foods we eat and the proper balance we need to keep our bodies free of dis-ease and ailments. According to guidelines we follow your dietary intake should be a balance of 80% alkalizing foods and 20% mildly acidic plant-based foods. This is a good balance in order to maintain a proper pH level within your body.

The best analogy would be to think of water, be it in a pool, ocean or aquarium. What happens when the pH level is out of balance? The water becomes infested with bacteria, fungus and turns green! Yuck! Your body is no different in respect to being alkalized. It tries to maintain an alkalized balance of 7.3 but us humans are constantly creating an imbalance by what we put in our bodies and how we live our lives. If the body is not properly alkalized it is acidic and having an acidic body is asking for nothing but trouble.

In order to make this simple and not get too detailed with medical jargon, let's see if we can make the explanation of the body's balancing act easy to understand. Now... there are these little creatures called microforms and mycotoxins and they love to live in overly acidic bodies. We always have a certain amount of them in our bodies but when we create a negative environment through poor diet, environmental toxins, negative emotions and other physical stresses, these microforms began to overgrow and cause acid in the body, which then begins to disturb our cells. The cells begin to adapt to this environment. They breakdown and become bacteria, mold, fungus and yeast which in turn causes *more* acid in the body. So it goes on the pH balancing merry-go-round.

Your body works to overcome the pH imbalance by using minerals like calcium and magnesium that are pulled from the storehouses in your body—like your bones and muscles. However, these areas of the body need the minerals also and they become weakened by the process.

By the way, it is important to also mention the protein/calcium hype that we have all been lead to believe from the meat and dairy industries. Yes, we all need it, but no...you don't need or shouldn't get it from animals.

You can meet those requirements very easily by just eating green vegetables, sprouts, seeds and nuts and by taking a B12 supplement.

As a matter of fact, studies have shown eating too much meat and dairy can actually lead to osteoporosis due to these foods causing your system to become acidic and therefore your blood robs from your bones in the attempt to become alkalized. The irony is that most Americans overeat the wrong foods and wonder if they aren't getting enough calcium and protein. It is time to stop listening to those food and drug commercials and start listening to your body!

## THE RIGHT STUFF, NOT THE BAD STUFF

When we see all the food commercials or spend a minute checking out the Food Network station on television, or go to a restaurant and see what people around us are eating, we always shake our heads. Our society has become so brainwashed and lead by our taste buds for all the harmful foods out there that hardly anything in the mainstream is worth eating! It's a very SAD (Standard American Diet) situation. We keep saying to ourselves (and anyone who will listen...ha, ha), "if they only knew what that does to their bodies."

That is why we feel led by God to help those that are seeking the truth and share with them all the information we have found that has not only changed our lives, but so many others that have adapted to this lifestyle. *By the way, as you may have noticed, we do not refer to this way of eating as simply a diet. There is so much more to it, as you will see as you continue on.*

We believe being a vegan/raw foodist is a gift our Creator has bestowed upon us and as good stewards, it is our duty to pass this information on to others, believers and non-believers alike so they can also understand the truths in relationship to eating and lifestyle habits. However, we are not about passing judgment on individual choices, just impassioned to bring this awareness to the forefront.

The following is supportive scriptures taken from the New King James Version of the Holy Bible that cannot dispute in our hearts, what His original plan was for us. Bear in mind that if it is not of His world, it is of this world and who rules this world? Who is constantly looking to destroy His children? Satan, plain and simple. Refuse to let him get the better of you. You can rise above!

### **Genesis 1:29**

*And God said, "See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed: to you it shall be for food".*



**Daniel 1:8-15**

This is referred to as the “Daniel Diet”. The story speaks of Daniel, Hananiah, Mishaël, and Azaraiḥ who were taken in to serve the king and fed the king's delicacies. However, Daniel and friends did not want to defile their bodies with such food and asked to be given vegetables and water. After ten days they were compared to the other servants and they were found to be healthier. Hmm....imagine that!

**Romans 14:20&23**

*Do not destroy the work of God for the sake of food. All things are indeed pure, but it is evil for the man who eats with offense. It is good neither to eat meat nor drink wine nor do anything by which your brother stumbles or is offended or is made weak.*

*But he who doubts is condemned if he eats, because he does not eat from faith; for whatever is not from faith is sin.*

**Romans 12:2**

*Don't copy the behavior and customs of the world, but be a new and different person with a fresh newness in all you do and think. Then you will learn from your own experience how his ways will really satisfy you.*

**1 Corinthians 6:12-13**

*All things are lawful for me, but all things are not helpful. All things are lawful to me, but I will not be brought under the power of any. Foods for the stomach and the stomach for foods, but God will destroy both it and them.*

**Hoshea 4:6**

*My people are destroyed for a lack of knowledge.*

**Proverbs 13:25 (NIV)**

*The righteous eat to their hearts' content, but the stomach of the wicked goes hungry.*

The seeds, herbs and fruit were given to man in the *garden*...(hint, hint) before the fall of man, when we were made to be perfect. However, we know what has happened since then! There is also some suggestions as to why He gave us the *choice* to eat certain meats. After the flood it is thought that there may have been no eatable vegetation. But the most important aspect of meat eating or rather, *not* eating meat, to remember is this: Our Creator gave us a choice, He did not say that we *should*, but that we *could* eat of certain clean meats.

And speaking of clean meats, in today's world I must ask, how clean are our meats? That is a whole other can of worms...and parasites, and pesticides, and bacteria...etc. Not to mention the cruelty to animals. Realize also that eating meat during biblical times was not an everyday occurrence. It was usually done only on special occasions and the animals were kept in ideal conditions and not slaughtered inhumanely.

The Following excerpt was taken from the *Hallelujah Acres* web site. It was part of their weekly newsletter # 472 , dated 12/05/06, written by Dr. Malkmus, founder of the organization:

*And so it is today, just like in the Garden of Eden, SATAN IS STILL AT WORK trying to thwart GOD'S EATING and TEMPLE CARE PLAN. Today, the bulk of the Christian Community eats SATAN'S SAD rather than GOD'S DIET! And today, just like in the Garden, Satan has been able to so blind the eyes of Christians and most of their leaders, that they not only eat SATAN'S SAD, but CONDEMN AND CRITICIZE not only GOD'S DIET, but ANYONE WHO WOULD DARE PROCLAIM IT!*

*This has resulted in God's people being "DESTROYED FOR LACK OF KNOWLEDGE" (Hosea 4:6), because they have become, to use the words of 2 Peter 3:5, "WILLINGLY IGNORANT . . ." Yes, they have allowed Satan to BLIND THEIR EYES (and minds) so completely that they cannot see. My dear friend reading this, THE CHRISTIAN COMMUNITY COULD BE ALMOST COMPLETELY FREE OF DISEASE AND SICKNESS IF THEY WOULD ONLY RETURN TO GOD'S WAY OF NOURISHING THEIR PHYSICAL BODIES.*

*If you will read the Scriptures, you will find that God DID NOT give man permission to consume the flesh of animals until some 1,700 years AFTER God had given man that totally MEAT FREE Genesis 1:29 diet. And in reading the Scriptures, there is the possibility that the only reason flesh was allowed to be consumed in the first place, was because the flood had destroyed all plant life, the very foods God had told man he was to eat in Genesis 1:29. But once man tasted the flesh of animals he couldn't control himself, and he started to gorge himself with it, and became gluttonous. Philippians 3:19 says:*

*“WHOSE END IS DESTRUCTION, WHOSE GOD IS THEIR BELLY ”*

.....

.....

*Most of the criticism that comes our way from the Christian Community concerns this FLESH! I find it astonishing, that the bulk of the Christian Community, as well as its leaders, DEFEND the very FLESH that is CAUSING up to 90% of all the physical problems and deaths being experienced in the Christian Community.*

*If Christians would simply stop consuming this FLESH, as well as all other animal sourced foods, we could practically eliminate High Blood Pressure; High Cholesterol; High Triglycerides; Heart Attacks; Strokes; Most Cancers; Type 2 Diabetes; Osteoporosis; Heart Burn; Acid Stomach problems; and much more.*

Another point to make here is concerning all the new processed “health foods” that are popping up everywhere on the market. It is exciting to think that manufactures are finally starting to make some alternatives to the “bad” stuff, especially with the meat alternatives, which are primarily made with soy based products. This is almost as scary as eating the real thing. I don’t want to burst your bubble but once again, if it is man-made, it isn’t God made and it’s not that healthy.

Most of these alternative meat, dairy and vegetarian products contain preservatives and additives that are not good for your body. There are studies linked to soy that indicate this overly used bean contains too many estrogen hormones which are especially not good for children. Read your labels. Soy is in almost everything these days...it’s become the wonder-food...although *we* wonder that if the mainstream manufacturers have a hold of it, it can’t be that good for you. So, please use them sparingly. When you are transitioning to wean off meat there may be some products you would like to try but please don’t trade one bad habit for another and eat an everyday diet of alternative soy-based meat/vegetarian products. The best way to think of the food you eat is to imagine yourself living on a farm and growing your own food...organic and fresh.

*Yes, organic. Yes, they cost more but three things to remember: First...the more people start buying them, the sooner the prices will drop because there will be more farms producing organics and therefore, there will be more price competition and more availability for the consumer. Second... *you complain about buying vegetables when you buy meat?* Have you noticed the price of meat these days? Not cheap! So don’t fret about spending an extra 50¢ or a \$1 for an item. The money you save by not buying dead meat will take care of a few extra dollars spent on the life-giving vegetables and grains! And third... isn’t your health worth it? The pesticides that are used today (which by-the-way, farmers did not even use prior to 1945) get inside your system causing all kinds of dis-eases, including the big C (cancer). So, always, always, always buy organic when possible.*

Living/raw food is considered the best food to consume for the body. Why living/raw foods? Their enzymes (necessary for proper digestion) have not been killed from cooking. Any food