

Raw Food Smoothie Immune Rejuvenation Diet

Based on Teachings of Dr. Wu, not Yu

By Simon Yu, MD

Dr. Tom Wu was giving a lecture on “Conquering Cancer With Simple Foods” while I was at the American Naturopathic Medical Association Convention. I was there to investigate this Naturopathic physician’s philosophy. I found his personal history and his lecture compelling. Permit me to share his teaching with you.

Dr. Tom Wu was trained as a pathologist in France. At one point in his life he developed lung cancer. He went through traditional western based medical therapy without success. He then decided to look for alternative natural healing methods. He eventually became a Naturopathic Medical Doctor. He is over 70 years old which you would never guess by his vibrant energy.

He strongly credits smoothies as part of his healing process. For these, you need a powerful “three horse power” blender (e.g. VitaMix.com) to cleave out and free the natural phytochemicals locked into the fibers of fruits and vegetables.

The juicing process won’t work for this purpose. It may provide the vitamins, enzymes, and minerals. However, it wastes a majority of the phytochemicals locked in the fibers. These phytochemicals have potent anti-aging and immune rejuvenating properties.

To start the smoothies, use ripe organic tomatoes, carrots, beets, and asparagus as your basic ingredients. There are over 500 different phytochemical nutrients that have been isolated from tomatoes and carrots alone.

Then, add spices and herbs using cilantro, parsley, ginger, turmeric, and cinnamon powder. If you cannot get turmeric, use curry powder as a substitute.

To enhance the taste, add sour fruits, especially blueberry, blackberry, or any seasonally available berries. Add Kiwi which should be peeled. You may add 1-2 cups of distilled or filtered water. (Alternatively, not as part of Dr. Wu’s teaching, I would offer that you could substitute juices of your choice like acai, apple, apple cider vinegar, cranberry, grape, goji, noni, or xango).

After blending the above fruits and vegetables thoroughly, add bee pollen, sea salt, and lecithin granules. (I prefer not to add soy based lecithin but rather that you eat raw eggs as a substitute for lecithin.) Do not refrigerate the smoothie.

It is important **not** to drink the smoothie but **chew** the smoothie. You need to consume about a quart (32oz) of the smoothie throughout the day. By the end of the day, the smoothie will have gone through a fermentation process with a change in color and smell. However, it is just fine for you to still consume it.

Dr. Wu’s healing plan also includes a salad with sprouted alfalfa and sprouted beans. However, the “magic of healing” won’t happen if you aren’t including this smoothie once a day. It may take at least 3-4 months for the transformation of your body to heal.

I recommend you try Dr. Tom Wu's Raw Food Smoothie as part of a complete healing program. If you are allergic to any of the ingredients, you must eliminate them. I do recommend food allergy testing prior to starting the program.

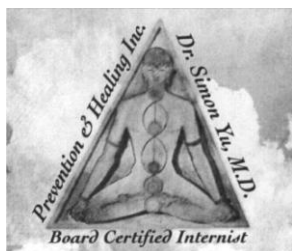
You may add additional nuts, seeds, fruits, and vegetables based on individual conditions. Flax seeds for omega-3 essential fatty acids for all illnesses; garlic for infections; broccoli, cauliflower, and brazil nuts for their anti-cancer properties; bitter melon, Swiss Chard, and extra cinnamon for diabetes; pumpkin seeds for prostate problems; pomegranate with its seeds and black sesame seeds for women's health; and celery for hypertension.

A Fruits and Vegetables Smoothie Diet is not a new idea. However, when I hear directly from a physician who cured his incurable lung cancer with simple foods, and listen to his conviction in his teaching, it has an "infectious" motivating effect on me to spread this old, new idea. After his lecture, I dusted off my Vita-Mix blender which has been idle for the last few years, and started his recommended smoothies.

Every day, my wife, Kate, and I make a smoothie which turns out slightly different in texture and taste each time. If you can continue this "Raw Food Immune Rejuvenation Smoothie Diet", you may not need as many vitamins and minerals as I've been recommending to my patients.

If you are suffering from any chronic illness, it's worthwhile to experiment with this diet that is based on Dr. Tom Wu, not Yu. You may contact him, Tom Wu, N.M.D., Ph.D. at Wellness Selfcare Center, 831 Bransten Road, Unit F, San Carlos, CA 94070. Tel: 650-591-2183. E-mail:drwu2000@msn.com.

Dr. Simon Yu, M.D. is a Board Certified Internist. He practices Internal Medicine with an emphasis on Alternative Medicine to use the best each has to offer. For more articles and information about alternative medicine as well as patient success stories visit his web site at www.preventionandhealing.com or call Prevention and Healing, Inc., 314-432-7802. You can also attend a free monthly presentation and discussion by Dr. Yu on Alternative Medicine at his office on the second Tuesday each month at 6:30 pm. Please call to verify the date and reserve your space.



Simon Yu, M.D.
Prevention and Healing, Inc.
St. Louis, MO 63141
314-432-7802
www.preventionandhealing.com

***Weaving Internal
Medicine with
Alternative Medicine
to Use the Best Each
Has to Offer***