

Raw Primal Eating

2024 Edition

Bradley David Good

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This book can be downloaded from:
<https://www.rawprimaleating.org/Downloads/>

Disclaimer

I am not a health professional. This is not scientific and is only based upon my own experience. I have had excellent results. I am not in any way implying that you will. This way of eating is not approved by any health authorities or governments and could be dangerous to your health according to health authorities.

Check out rawprimaleating.org (this is just a concept at this point)

This book has not been professionally edited. I prefer not being so formal in my writing. I like to be conversational, and to use common phrases. I didn't want to get involved with an editor and all of that hassle and time. However, if you see some grammar issue or something that can be explained better, or you have ideas, please let me know.

Contact me at bradleydavidgood@gmail.com.

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Why raw animal foods?

My health was desperately failing for 15 years. I was unable to perform at work, for about the 5th time. I was almost suicidal and depressed. The medical system had no solution for me. I put my health in the hands of God alone and no longer in the hands of man. The Spirit spoke to me and said “Surrender, rest, be at peace”. I had tried every diet out there and would gain some ground over too many long months, only to lose it again. As I continued to surrender daily to the Spirit, asking for guidance, I was led to raw animal foods and books. I found others healing themselves with this natural fresh life-giving food. Every time I ate raw animal foods, I felt wonderful. I began eating some raw animal foods over the course of about 2 years. I was then led to dive fully in.

I love this food and how it makes me feel! It is so satisfying. I am excited and hopeful. I am no longer depressed. Everything is easier in life. Problems are not as much of a problem. I feel good about life every day and look forward to a happy future. That’s why raw animal foods.

What to Expect From This Book

This short book is NOT meant to be a step by step guide for a transition into raw primal eating. Each person may need different amounts of various foods at certain times, and other transition periods. I am not qualified to guide you at this level. I don’t want to be responsible for your health, I want YOU to be responsible for your own health. My goal is to relate to you my experience and what I learned along the way. I want to provide a basic framework and some pitfalls to avoid. I also point you to experts in this field who wrote more detailed books that have much more information. And finally, I list contemporaries who are eating this way, and who also have more experience than I. My hope is that you can use this information as a primer, and find your way to greater health and happiness.

This book was initially written in 2020, when I was eating more raw meat than I am today in 2024. As I update this in 2024, I’m not going to change a lot about what I wrote, but just keep that in mind. Today I continue to eat raw fermented dairy of all types, milk, butter, kefir, etc, I eat raw egg yolks daily. Sometimes I eat raw meat like raw liver. Most of the time now I cook my meat very lightly, like seared on both sides and usually cold and raw in the middle. I do think eating raw meat may be healthier, and I may end up eating more of it later again, but I enjoy it partially cooked. I think jumping into all raw meat can cause too fast of a detox. And for me, it always caused me to be constipated, and slowed me down too much. I think this is partially due to a sluggish liver and gallbladder from years of a poor diet and alcohol.

Bacteria, Viruses, Pathogens and Parasites

Bacteria, viruses, pathogens and parasites, in their natural environment are beneficial, symbiotic, and necessary for optimum health. They are the janitors of the body, like maggots, or vultures. They cleanse and eat dead, decaying, unhealthy cells and tissues, and toxins. They aid in digestion. Disease is not something that invades from the outside due to bacteria or pathogens, and is not passed from one living being to another. Look up “Pasteur and Bechamp” on the web and YouTube. Look up the “germ theory and the terrain theory”. Pasteur was the father of the germ theory. All of his career, he tried to pass disease from one person to another. The only way he could do this was by injection. Think about that before you get a vaccine. On his deathbed he admitted that Bechamp's "Terrain Theory" was right – the terrain of your body determines health, not pathogens. See [“Bacteria, Parasites, and Virus Fear Mongering- The Hidden truth on Bacteria, Parasites and Virus”](#) and [“Bacteria, Parasites and Virus Fear Mongering Pt.II- The Hidden truth on Viruses and Disease”](#) and [“150 U.S. Public Health Service Experiments from 1919 prove that disease is not transmittable”](#) on the YouTube channel [“The Natural Human Diet”](#). See [“Bacteria and Other Microbes Are Responsible for Vibrant Health”](#) by Aajonus Vonderplanitz on [primaldiet.net](#).

Disease is caused by toxic overload in the body and/or by poor nutrition. Health is based upon the terrain, or the state of the body, not on genetics alone or from pathogens that invade from the outside.

Eating chemical-free, non-toxic, non-irritating raw animal food from wild or pastured animals processed without chemicals or additives cleanses the body and increases health. The body knows how to heal and under the right circumstances will heal any problem, as long as the damage is not too far down the line. Many have been healed from all kinds of sickness even when it seemed like death was imminent.

Toxins in Animal Products

Toxins in animal products that have had exposure to chemicals such as vaccines, antibiotics, de-wormers, and non-organic feed accumulate in the organs, bones, brain, and fat of these products and can cause serious sickness. Bacteria in animals and food exposed to chemicals mutates into toxic bacteria that is not natural but is harmful to the body. Only eat animal products raw if they are completely chemical-free. It is also advisable to avoid GMO-fed, grain-fed, and soy-fed animals. Unfortunately, “organic”, “grass-fed”, and “pastured” do not guarantee this. In some places, vaccines are allowed or even required in animals raised “organic” or “grass-fed”. Know your farmer and only deal with those that you trust. If you really want good health, understand that you will have to pay more for food, go farther for it, and that it is worth it. Do you really need a new fancy car or a bigger house, nicer clothes, and more expensive gadgets that waste your time? Our dollars are voting for what we want to see

grow. Factory food is currently winning and trying to eliminate the natural farmer. Let's change that by what we buy.

Enzymes, Nutrients, Supplements, and Superfoods

Enzymes are the workers that help digest and transform food for different uses in the body. The body can produce some enzymes, but optimal health is obtained by consuming enzymes that are present in the food as nature has delivered it. Enzymes and nutrients are destroyed or lowered significantly by cooking and by chemicals such as chemical fertilizers and insecticides. Store-bought meat is dipped, usually in a chlorine solution, which kills enzymes and natural bacteria. The body can be depleted of enzymes which negatively affect digestion, absorption, and utilization of nutrients.

Animal foods contain many critical nutrients that are not available in plants at all. Look up Weston A. Price and the Weston A. Price Foundation. Read the books "[Nutrition and Physical Degeneration](#)" by Weston A. Price, "[Nourishing Traditions](#)" by Sally Fallon, "[We Want to Live: The Primal Diet](#)" and "[The Recipe for Living Without Disease](#)" by Aajonus Vonderplanitz available at www.primaldiet.net. Fat activator nutrients in animal products greatly increase the absorption and utilization of other nutrients. Supplements designed to replace these nutrients are not the same substances, even though they have the same names, and do not work the same way as they do in raw animal foods. Man-made supplements are toxic to the body. The only reason they may make you feel better initially is from an body reaction and that is not good. The same goes for so-called superfoods. If you are eating proper nutrition and avoiding pollution/toxins then you should not need these things. Take care of yourself and love yourself and eat a natural diet of raw animal foods and these things will not be needed.

Gut Issues

Plants Are Toxic

Plants contain toxins, such as oxalates, designed to protect them from being eaten. These toxins create havoc in humans. The fiber in plants is not digestible and also creates issues, like bloating, gas, and indigestion. The gut gets irritated, inflamed, and tiny holes in it that allow leaks into the body. This is called leaky gut. This produces Chron's Disease, Irritable Bowel Syndrome (IBS), other gut issues, allergies, and joint problems. Because the entire digestive system is rejecting this toxic fiber plant material, very little nutrients are absorbed, especially because they are mostly inside of the indigestible fiber. The more irritated and damaged the gut gets, the less absorption of nutrients occurs in general, leading to malnutrition at many levels. Plant-based foods, pasteurized dairy products, and too much sweets and fruit also contribute to unhealthy gut microbiome. The bacteria in the gut are not being fed healthy

food so the ones we want more of are diminished and the ones we don't want will increase. Probiotic pills don't easily solve this issue because it is a terrain issue. The food fed to the gut every day is what will naturally increase healthy bacteria and improve the microbiome. As the gut is fed healthy foods, over many months, it will heal, the microbiome will rebuild, and digestion will improve.

Seeds, Grains, Legumes/Beans

Even though they are classified differently, they all sprout and grow new plants. They are seeds. They contain high levels of toxins, like lectins, to discourage animals from eating them. This is why they are some of the most gut damaging foods.

Rebuilding the Gut Microbiome

Many who have issues with pasteurized milk can tolerate raw milk, especially A2, which is from an older line of cows. This raw milk, especially when fermented, or left to sour, is excellent for the microbiome. If raw milk cannot be tolerated at first, this is just because of the imbalance of gut flora. Start with a teaspoon every other day and slowly increase or decrease as necessary until tolerated. Some say eating raw meat together with raw milk helps digest the milk. Chemical-free raw meats and wild seafood contain lots of healthy bacteria that can help rebuild the microbiome.

Cooked, Frozen, and Raw Meat, Seafood, Dairy and Honey

Cooking

Cooking destroys enzymes and bacteria in meats and seafood. It greatly lowers the nutrient content. It also creates new substances that are unhealthy and even cancer-causing. It slows digestion. After having raw meat for a while, I started craving it much more and started being turned off by the taste or even the idea of cooked meat. When I would eat cooked meat it tasted dry and lifeless, and left me with a bloated or full feeling, slowed me down, and took way too long to digest. The body knows. I had cooked chicken about 2 weeks into going fully raw. I did not overcook it so it was really juicy and good. It digested well, but not as good as when eaten raw.

Freezing

Frozen meats lose enzymes and nutrients. If it is all you can get, it is fine. But it is so much more beneficial to drive to a chemical-free farm and buy fresh meat, even if it takes you all day every week or two. You will also get to know your farmers and feel more connected to your food and to those providing it. I didn't know how much this would affect me until I started doing it. I love my trips to the farm, I love my farmers and their families!

For meats, I eat pastured or wild beef, buffalo, lamb/sheep, chicken, turkey, goat, deer and others. For seafoods, I eat wild oysters, scallops, clams, shrimp and fish of most types that are appealing to me.

Raw Meat with Fat

With meats or seafood, I usually eat raw no salt butter and or raw cottage cheese. Fats are really important for many reasons and help nourish and heal the body as well as to bind with toxins that are being eliminated. The butter also helps keep stools soft. I eat unheated honey sometimes with a meal and sometimes in milk, or with milk, cream, and raw pastured eggs blended with a hand blender.

Dairy

Raw milk, raw no-salt butter and raw no-salt cheese are living foods. Because there is no salt, the enzymes and bacteria are thriving. It is best to let all foods warm up to room temperature for a while to activate the enzymes and bacteria.

Honey

Honey labeled raw is not always completely raw. Some brands heat it to a high enough temperature to kill enzymes. Find honey labeled unheated, or call the company and ask. Unheated honey provides a high level of enzymes that are good for digestion. But some say that it kills beneficial bacteria. I don't eat it with every meal, and I usually only have about a tablespoon at a time.

Fruit, Veggies, Starches, Herbs, Condiments

Fruit and Veggies

I find that drinking fruit juice spikes my body's sugar level too much. It bypasses the whole chewing phase, misses mixing with saliva, and is also missing the fiber of the fruit, which I think is healthy for the digestive tract in small amounts. If I consume fruit, I eat it. I usually combine fruit with some raw fat, like raw coconut cream, raw dairy cream, raw unsalted butter, or raw cottage cheese. This helps balance the sugar rush.

Aajonus recommended not eating the fiber of vegetables and herbs and to juice them instead. Large amounts of juice, even from plants and vegetables can have lots of sugar. Use small doses. Tomato and cucumber are fruits and hydrating. Tomato has good salts as well as water. Celery also has great salts and water.

If vegetables are going to be eaten in larger quantities, such as while transitioning to raw animal foods, it is better to eat them for the last meal of the day, at least a few hours after a raw animal food. This is because raw animal food requires a highly acidic environment to

digest. Veggies produce an alkaline environment that can last 5 or more hours and interrupt the digestion of raw animal foods. It is best to peel veggies because a lot of toxins are in the peel.

Starches

Starchy veggies can be used to slow down detox symptoms that occur when transitioning to raw animal foods, as the raw animal foods start giving the body what it needs to heal and eliminate toxins. Cooked chicken is another alternative. Starchy vegetables are best eaten with lots of raw animal fat such as raw no salt butter or raw no salt cheese. For example rye with lots of butter, or with cheese, or white potatoes or sweet potatoes with butter. To preserve the enzymes and bacteria as much as possible, let hot foods cool until you can put your finger into them comfortably before adding butter or cheese.

I have also used a German-made whole organic rye bread that is 100% rye with sea salt (Mestemacher brand). I normally would avoid all grains but chose rye for several reasons. Rye puts its roots down much deeper than other grains, and contains more nutrients. It is known for being prebiotic which is a food that probiotics thrive on. It has fewer toxins than other grains and the brand I chose was partially soaked and sprouted to reduce toxins and elevate nutrients. I also made my own whole organic sourdough rye bread that is sprouted, ground by hand, and soured and kept below 150 degrees F.

Herbs and Condiments

Using some raw herbs, onion, garlic, mustard, horseradish, and other raw plant foods in small amounts with meats may be a good idea at times, especially if craved. Treating these as periodic medicines may be better than routine use.

The Transition

Sludge and Stones

The kidneys, liver and gallbladder get clogged with sludge and stones from plant toxins. The liver is responsible for producing bile, which helps digest proteins and fats. The gallbladder is a sack that holds extra bile so that when a large meal of protein and/or fat is eaten, it can release a large amount to help digest it. When the liver is clogged, it cannot produce enough bile fast enough. When the gallbladder is full of sludge and stones, it does not have enough room to hold enough bile. This is what was happening to me. Over the course of 2 years, I tried transitioning to raw primal food, and it caused pain and pressure on my right side below my rib cage, sinus congestion, and slow digestion. I would often not feel hungry for the next meal and would lose energy, get cold, feel very negative, feel light-headed, or a headache, but not feel any hunger pangs in my stomach. I tried raw and cooked plants; I tried all cooked

food with low amounts of meat. Nothing solved the problem. When I transitioned to the full raw primal foods I sometimes, about twice a week or so, ate unripe pineapple with raw coconut cream. I purchased the raw coconut cream from originallivingcoconut.com. I sometimes would add freshly squeezed lemon juice to that and/or just a little bit of raw unfiltered apple cider vinegar. I used my judgement on amounts. Always more pineapple than anything, then some coconut cream, or raw heavy cream, and less of lemon juice, and just a touch of apple cider vinegar if any. I would do this in place of a meal, or at least an hour or two after a meal or at least two hours before a meal. When I ate this, I would feel it working in my gallbladder, clearing it. If I ate too large of a serving of the pineapple and cream, my gallbladder would go into attack mode and stay that way too long. So I made small portions in the beginning and ate it less often, and as time went by I ate larger portions and more often. It would also give me the symptoms I noted above, which makes sense if it is doing the work of clearing. Over time, the symptoms lessened, and I began to digest better and feel better. The sciatica type pain and immobility on my left side seemed to be tied to the liver and gallbladder and slowly went away also.

Fat and Protein vs Carbs and Sugars

Another thing I dealt with was the transition from eating carbs and sweet things to fat and protein. This was not easy. I often was tired and craved sweets and carbs. And not having them seemed to slow my digestion more. During the first week of full raw primal foods, I ate no fruits. I wanted to clear my addiction and my body from all of that. I was slower than normal. I usually had good energy in the morning but would get tired early at night, go to bed early, and sleep long. The first few days I had raw milk, but then a few days in I cut that out. Then on day 6, I introduced raw milk again slowly. And the next day had a little fruit. I then had milk most days, fermented mostly, and fruit about every other day. I always consumed the fruit in combination with a raw fat like raw unsalted butter, raw unsalted cheese, or raw coconut cream, to balance out the rush from the sugar. I was careful not to go too long without some kind of carb/sugar in my body so that I didn't go too far off balance. It happened a few times, and it is not pleasant, so I learned to recognize that feeling early. I kept telling myself that there is no hurry, and there is no reason to rush or cause myself to be in pain or uncomfortable. As long as I was progressing in the right direction, all was good. I have found that things take a long time to work out and change. A little happens in a month, a lot more can happen in 3 months, and some things take a year, two, or even more. Patience is key.

I think most people have these same issues, to one extent or another, they may just not know it or feel it as strongly. I once read that 85% of people have sludge and/or stones in their gallbladders.

Bowel Movements

Another thing to get used to was the bowel movements. When I was eating plant foods, I would usually go every morning, and sometimes also in the afternoon. After switching to fully raw primal foods, I was amazed at how infrequently I went. I didn't feel constipated at all but had a movement about every few days. With plant foods, a lot of it just comes right out, along with all of the nutrients that are inside of that fiber, so they are not absorbed well at all. With the raw primal foods, I realized that most of what I was putting into my body was being absorbed, and I was making use of much more of the nutrients that I was paying for and that I was consuming. I also realized that my body had to spend less energy digesting and therefore had more energy to heal.

Unhealthy Foods, Cravings, Addictions

I have cycled between eating mostly raw animal products to times when I was feeling really healthy, letting other foods into the mix. I have not eaten many plant-based foods at all in a long time, and have very little if any desire for it – like veggies, leafy greens, beans (no way), nuts (make my stomach sick). But I have eaten potatoes, sweet potatoes, rice, corn chips, too much fruit – sometimes way too much, chocolate-covered coconut popsicles, and some treats like that from the health store mostly, and sometimes regular ice cream from an ice cream stand, or a full burger and fries and shake from a high-end hamburger place. What I have found is that when I first start doing this, it starts small, and I don't notice any big problems. But then I let more and more in, and the limits go too far. I find that I crave these things more and more and that I crave other addictive things, like cigarettes, chocolate, and coffee. It is like these foods are majorly addictive, and the sugar spike and lull cause more cravings. Plus, I'm not getting the full nutrition of the raw animal foods, so my body is not getting the "high" from those good foods, so my body is looking for some other way to boost itself and gain more energy. If I just stay on the raw primal foods without these other things, with a small amount of fruit and honey, I am fine. As soon as I let any of this other food in, I go down a path that leads to more and more. I've done this several times and each time it has resulted in a major loss of health in all areas. This has kept me coming back to full raw animal foods again and again. It is the only way that I can be satisfied with what I am eating and stay on the same path. This is different from all other diets I have tried, all of which left me lacking.

I really like that the animal products are not addicting. They taste good by themselves without added sauces or spices, and they are extremely satiating. But they are not over the top sensational things like some of the things that I went off track with.

I am so done with addictions and the whole "I deserve a treat" thing, which for me, only always leads down a bad road. This falls in line with a lot of other things in life that I am changing, like living a simple minimalist lifestyle without "treating" myself to things I don't need, that I end up becoming a slave to....it's all the same thing and distracting and destructive to a peaceful simple life. It's like always looking for an unnatural thrill instead of letting happiness come naturally. When this is done, it always has a down-side. The more I eat of

these foods, the more I pick up subtle flavors and textures and appreciate them greatly. I think about how foods I used to eat trained my taste to only appreciate strong flavors, and how this obliterated the subtle awesome flavors, texture, and satiation of these simple natural foods. Just like how in the past I've only appreciated extreme experiences and missed all of the subtle joys in life, in people, or in nature. I am much more grateful for the little things and recognize them more and more, in foods and in life, which adds to my sense of fulfillment, enjoyment and contentment.

Cravings and Instinct

When something is craved, look to raw animal foods for what to eat.

Follow the Spirit and the instincts given to you for what to buy, eat, AND what to avoid at every moment. Do not try to figure out and eat a standard set of foods each day or each part of the day. Stay within the general guidelines and be open and listening.

Storing Meat, Dairy, and Eggs

Glass vs Plastic

Meat and dairy are best stored in glass rather than plastic because plastic can leach into the meat and dairy. This can introduce harmful chemicals and negatively affect bacterial growth.

Meat Storage, Aging and High Meat

Meat that has been raised and processed with no chemicals contains many beneficial enzymes, bacteria, and possibly other organisms. Meat stored in the refrigerator or at room temperature continues to increase in these organisms. If it is uncovered, it will dry age, and will not contain as many organisms as if it is covered. If covered, use a container that allows at least half of the container to be air, so that the meat has adequate air to breathe. Every 3 days or more often, remove the container from the fridge, uncover it, turn the meat over and allow it to get fresh air, or leave it out to warm up for a little while, being careful not to allow flies into it. The reason for the airing is to allow fresh air for the process of healthy bacterial growth. Otherwise, the bacteria will stagnate or may turn anaerobic, and create harmful organisms. I have read that harmful organisms can be created if there is not enough air in the container. I have also read that if the container does have adequate air, and has not been opened for fresh air in some time, to just get back on schedule and the bacteria will normalize in some time. People commonly age meats this way for a month, and some eat them up to a year old. This is called high meat. High in bacteria, and makes you feel high. Ancient cultures like the Eskimo have a long history of eating aged or rotten meat. It can also be buried in the ground and dug up later.

Large parts of animals, such as a shoulder and leg, or an entire rib cage, can be hung on meat hooks in a stand up refrigerator. Models are now sold that can be used as either a freezer or

refrigerator. This is a good option for someone who likes to buy a whole animal or large parts at a time, and does not want to process and package it all at once, or use plastic.

Milk Storage and Aging

Raw milk can be kept in the fridge if desired, which will slow down growth and souring. I often get it from the farm in the early morning, still warm from the cow. I do not cool it in the car on the way home, and leave some at room temperature when I get home. As the days go by, it gets more sour each day and starts to develop lumps of cheese. I love it this way, and I believe that it keeps more nutrients and beneficial organisms intact. I do not shake it hard but turn it upside-down a few times to mix the cheese, or curds with the whey before pouring. If it totally separates after many days, I may strain it with a strainer bag or cheese-cloth, and eat the cheese separately and drink the whey. The whey can also be used for fermenting vegetables or sourdough bread.

A2 milk is from an “older breed” of cows. I have found that it digests much easier for me. If it was in the fridge, I like get it out to warm up for at least 5 to 24 hours. People have had issues digesting cold raw milk. Some needed to start with just one teaspoon a day and work up, or whatever is tolerated. I find that eating raw meat with raw milk digests better than milk by itself.

Pasteurized milk is cooked. This kills all of the natural bacteria that normally keep other things at bay in raw milk. The pasteurization does not fully kill fungus, which goes into a spore mode. If you leave pasteurized milk out at room temperature, it will putrefy, stink and make you sick if you drink it. When refrigerated pasteurized milk, butter, or cheese is eaten, the warmth of the body reactivates the fungus spores, which then eat the dead bacteria killed by pasteurization, and over time, sets up its own fungal microbiome in the gut. I don't eat or drink any pasteurized dairy of any kind (milk, butter, cheese, etc).

Warming Up to Room Temperature

I get my meal out 2 to 5 hours ahead of time usually, as long as I have a place to let it sit at room temperature in order to activate the enzymes and bacteria and let it get warm.

I keep about a pound of raw no salt butter out on the counter at room temperature most of the year and backup pounds in the fridge. In the summer, when my non-airconditioned house is warmer, I keep less out on the counter at a time, because it ferments too quickly for my liking. It's all preference really. I guess if the temperature is too hot for too long it may be a problem, but I don't think so, because the internal temperature of a cow is 102 degrees F. Raw no salt cheese is basically the same way as butter. I leave some out for a while. It first grows a white mold, then usually green. I eat the mold and all because it is beneficial. I would never throw away raw cheese unless it was in the sun or very hot for a long time. I think it just keeps getting better at room temperature or in the fridge.

I get pastured eggs from a chemical-free farm unwashed and not refrigerated. Washing eggs removes a natural protective film and is not necessary for pastured eggs when the hens were

grazing and fed a natural diet. Keeping them at room temperature preserves nutrients, enzymes and beneficial bacteria. I keep eggs up to a month in a dark cabinet. I keep a dozen on the counter.

Hydration

I had to drink more water at the beginning of the raw primal diet. I don't know why, I was thirstier, and could not yet tolerate more raw milk. I think all of the raw foods with all of their bacteria were causing the removal of toxins and this was drying in the body, and required water to flush them out.

It is better to drink water slowly, and to mix it with your saliva before swallowing than it is to gulp water or drink a large glass at one time. Drinking too fast or large amounts will tend to flush right out of your body, harmfully dilute things, and may pull nutrients/minerals out. The Moisturizing/Lubrication Formula by Aajonus Vonderplanitz, found in his book or by searching the web or YouTube, will hydrate much better than water. Too much water is drying to the body, just like taking too many baths. Water is a solvent, meaning, it dissolves things and removes them out of the body, so it can deplete and dilute essential elements in your body. This whole "drink 8 glasses a day" is something that was used to market bottled water. The scientist who talked about water amounts said that a normal human gets the "8 glasses" worth of water in the food they eat in a day. Look it up. I did.

Dry foods, cooked food, and salt, normally eaten in a "regular" diet, cause dehydration. On a raw primal diet, the foods are loaded with natural "structured" water that is absorbed with the food slowly and naturally in the body as the food moves through the system, keeping the body much more hydrated. Meat is about half water, milk is about 90% water.

I have found that the longer I eat raw primal, the less I crave water or feel thirsty. I do not add salt to my food often and I eat very little food that has added salt. I don't crave salt much anymore and it makes me feel bad. If I crave it, I eat it. Added mineral salt irritates nerves and destroys cells, enzymes and good bacteria by drying them out until they shrivel and die. Most of the time I eat high quality sea salt. I like Celtic brand, and Sea-90 (which is for livestock), and a new one called Baja Gold, which I was told is Sea-90 cleaned up by picking thru it by hand.

Nausea, Vomit, and Diarrhea

Raw primal eating can cause a detox, where toxins are released from your body that were stored or trapped somewhere. This can cause nausea or diarrhea. I have had some nausea but not any diarrhea. Other raw primal eaters that had severe diarrhea, that I've heard about, ate organs, bones, or fat from animals that may have been labeled "grass-fed" or "organic", but were sold in stores, and not from a totally chemical free farm.

Aajonus talks about what to do for diarrhea in his two books and both are helpful. I am not telling you what to do, but if I had diarrhea, I would not go to the hospital. I would keep reasonably hydrated, not too much water, which is dangerous. I would eat raw no salt cheese in small amounts as tolerated. At separate times from the cheese, I would juice a small amount of green cabbage, maybe about a cup. At separate times I would also eat raw eggs with unripe banana and unheated honey. Toxins cause diarrhea, not bacteria. I would not go for medical treatment, even with bloody diarrhea, because I have read about the risk of kidney failure and death from the drug treatment. The body is expelling something to protect itself, and I'm going to let it do its job. Even though scary, to my knowledge, no one has died or had any organ damage from bloody diarrhea if treated naturally and kept hydrated.

To avoid toxins causing nausea or diarrhea, some say to eat a small piece of raw no salt cheese 10 minutes before a meal. And if you don't feel good, you may want to slow down the detox by eating starch or some cooked chicken. I pay attention to my body and act accordingly. Sometimes I just go without eating for a while until I feel better. Sometimes I need to eat something to feel better.

Benefits I've Had from Eating Raw Primal

My skin feels cleaner, tighter, softer, stronger, looks clearer, has a better vibrant color, and is more lubricated and flexible. My forehead used to have a lot of bumps, and more oily. There are not that many bumps now and the skin is nice and moist but not oily and bumpy. I find myself stroking it in amazement of the difference.

I have very little gas/farting, and when I do, it does not have a smell. My gut area is relaxed all of the time, which influences the whole body and mind more than I ever imagined.

My sinuses are much clearer and this was a big issue for me in the past. I don't get colds or flu anymore and used to get them often.

My mouth and tongue feel great and cleaner. They no longer feel gross like I need to clean them to be fresh. My gums are strong. Teeth that were sore, painful, and kind of loose, to the point that I sometimes avoided chewing on one side, are strong. My tooth enamel feels stronger, and my teeth feel smoother and healthier on my tongue. My dental hygienist and my dentist have both asked me what I am doing for my teeth because they are so healthy.

My eyes feel way more relaxed, and I can read more comfortably. My brain feels much better with sharper thinking, better ideas, more creativity, better problem solving, clarity, calmness, lack of anxiety and worry. Thoughts are not flying constantly through my head, but more peaceful.

My muscles and joints are more flexible, feel better and more relaxed, stronger, and I want to use them more. My muscle tone and shape are great and I've gotten several compliments. Sciatica that originated in the lower back on my left side and radiated pain and tightness to my left foot, left hand and all in between is going away. Lower back pain is going away.

I used to have cracked skin between my last two small toes. This healed up. At times when I've gone off this way of eating, it comes back, and more so if I have too much sweets or fruit. I believe that this fungus is an indication of my gut health. I don't get "hangry", but instead, hunger comes on very slowly and in a controlled way. I sleep more soundly, wake earlier, and I am more refreshed instead of groggy. I believe that all of these things are big indicators of health - especially the skin, teeth and gums, and the joints and muscles.

How I Prep Food and What I Eat Now

I wrote this book over the course of a year. Now, closer to the end of the year, I want to give you an idea of how I prepare my food and what I am eating. I have found that simple logistics are important to make it easy for me to choose the right food and stay on track, and it may help you also.

Milk Prep

Each week I go to the farm or sometimes two farms. I pick up my milk warm – never cooled. When I get home, I immediately empty the gallon jar into quart size wide mouth mason jars with the plastic lids that are one piece. I can then easily rinse the gallon jar out and it comes clean very easily and is ready to return the next week. If milk is left in the gallon jar all week, it creates rings that are difficult to get out. I usually leave 2 quarts out on the counter. Quart jars fit better in my fridge than the gallon jar and are easier to move in and out. I usually drink about a quart or two a day, most of the time split between morning and evening, with my meal. I usually take a new quart out of the fridge about 12 to 24 hours before I want to drink it, to warm up, activate it, and allow it to sour.

Meat Prep

If I come home from the farm with fresh (non-frozen) meat, I either process it immediately or sometime soon, like the next day. I remove it from the plastic and cut it up into bite-size pieces, or lately I've been doing really small cubes. If it is ground meat, I split it into meal-size containers. All of my containers are glass, and I try to use one that leaves about half of the container empty for good air space.

Butter and Cheese Prep

Each morning when I get up, I open the fridge and pick out one of the containers, and put it on the counter next to my milk. I decide whether I want to eat butter with the meal or cottage cheese. I guess I mostly rotate back and forth but I mostly follow my craving. If I want cottage cheese, I usually take it out and put a serving into a meat container to the side of the meat, so that it warms up with the meat and activates. I leave a container of raw no salt butter on the

counter all of the time, so if I'm going to eat that with my meat, I don't add that to the meat ahead of time.

What I Eat

(Written in 2020) Almost all of the meat I eat is raw. Sometimes I cook a burger rare just to warm it up. Sometimes I cook chicken in a pool of water, not well done, and then drink the broth. I eat mostly beef. Ground beef, steaks of some kind, chuck, fatty parts especially cut for me by my farmer, eyeballs, brain, liver, heart. I request marrow bones and eat the marrow out raw. Probably my second meat is ground turkey. I eat chicken leg and thigh combo raw, right off the bone, and enjoy that a lot. My dog eats the skin, bones and cartilage that are left. By the way, my dog eats 100% raw meat and bones, and a little raw dairy. I'll probably start feeding him more raw milk. His muscle tone has improved greatly, he is faster and more agile, and the shedding has diminished noticeably. I also eat duck breast on a regular basis. I also go to the farm and help the farmer slaughter a goat, calf, or lamb. I save all of the parts including the head, neck, all organs, and even the intestines. My dog eats the intestines. I leave the leg portions whole, along with the rib cages, and hang them on hooks in a stand-up fridge in my basement where they dry age. They are best eaten over about 4 weeks. After that the skin gets really tough. There is a stage where the outside gets moldy, and then that goes away and it gets dry. I've left some for about 4 months and they really dried out, but I sawed them up with a bone saw and my dog loved them. With the head, I remove the brain and eat it raw. Then I boil the head in a big pot or a wok – inspired by a YouTube called [“Nargie's Mongolian Cuisine: SHEEP HEAD \(Genghis Khan's Favorite Dish\)”](#). I do the same thing with the neck. The head and the neck have some of the most delicious meat. I eat the tongue too. I usually cut up some of the organs into small cubes and put them in glass containers with air space to ferment for 2 to 4 weeks in the fridge, so that they turn into high meat. I prefer buying the whole animal instead of parts. I feel the price is more economical, it's more respectful to nature, and I like that it was never frozen, and some of it never in the fridge! I usually eat some of the heart as soon as I remove it. This is an ancient hunter's practice along with giving thanks to the animal and the sacrifice. I also eat raw pastured egg yolks only, not the white. The white is irritating. My cravings come and go. I've gone weeks not eating eggs. Lately, I've been eating about one with each meal. I suck them right out of the shell. Sometimes I add them to milk or cream or make the lubrication/moisturizing formula from Aajonus. Sometimes I eat one or two for a quick snack. I also eat fatty pork cuts. I didn't eat pork for quite some time, and I'm not sure I'd recommend it unless you really know what your farmer is feeding it. My farmer lets them roam and eat in the field, and also feeds them skim milk. I have had no issues eating it raw. My favorite cut is Boston butt. I've also had ribs and they are fatty and delicious. I was getting smoked buffalo bacon from another farm and that was one of my favorites, but I don't go to that farm that often anymore. I keep requesting bacon type cuts from another farmer with buffalo but he hasn't done it yet. And usually, they salt it and I'd prefer it raw.

Sometimes I eat a whole pack of bacon, cooked in a cast-iron pan with about 4 eggs. That's pretty good eats. And sometimes I eat cooked sausage from the farm. My wife eats the sausage raw but I haven't tried that yet.

I eat raw (wild only) seafood about once a week or so. Oysters are my favorite. Scallops are next and are so yummy raw. Salmon, tuna, yellowfin, whatever fish looks appealing and is wild-caught.

I eat most types of fruit sometimes. My favorite is orange. I also like pineapple often and grapefruit. I love mango. Blueberries are another common one. I sometimes squeeze a lot of lemon or lime into water or use lemon in the lubrication formula. I crave citrus and feel that it is a good thing.

I've tried juicing celery and parsley, like Aajonus recommends, sometimes with a little carrot or cucumber. I really liked it when I did that and may return to that on and off. I felt that it did me good. Sometimes I eat some fermented foods like pickles, sauerkraut, or fermented beets, but not often.

I haven't eaten plant food at all for many weeks now and feel really good without it. I may add back potatoes sometime, or some rice, or rice noodles and see how I feel. Maybe not. I don't miss them much. I miss potatoes the most. I don't miss veggies or greens at all. I despise the idea of eating beans or other seeds or nuts, which are all seeds. It makes my stomach turn just thinking about it. The same thing happens when I think about eating veggies but not as bad. I don't consider this my final way of eating for the rest of my life, yet at least. I am open to changes later on. Especially as the gut heals more. For some, this has taken a year or two, and then they have added in more cooked meats. I find that I have changed things up a little all along the way and found new foods that I like, so I'm listening to the Spirit and cravings. But I don't think I'll ever return to veggies, beans, or seeds of any type.

Raw animal products are delicious and super satiating. And give long-lasting energy and balance in my body with no quick drop off or "angry hunger" issues as would occur when I ate plant foods and too much fruit.

2024 update:

I eat peeled cooked white potatoes often, most of the time with butter or cooked in bacon grease or tallow. Sometimes high quality rice. I avoid sweet potatoes because they cause me indigestion and gas. I eat cooked squashes, beets, corn sometimes, green beans sometimes. I eat watery simple lettuces, but not dark fibery ones. I eat tomatoes, but not too many because they are nightshades and can cause joint issues. Basically I eat things veggies without the skin, cooked, and the lower fiber ones, so that my gut does not get irritated and continues to heal from the easy to digest foods and the animal fat, meat, and dairy. I eat cabbage, cooked with bacon or other ways, cole slaw type things. I think cabbage is really healthy. I eat onions raw and cooked, but not too many and not all the time. Same with garlic and other spices. Spices and spicy food can really irritate the gut, and is often high in natural plant toxins.

Other Resources

There is a growing community of people eating raw primal and I have learned a lot from them. I don't agree with all of them or think any one of them has all of the answers, but I watched a lot of them on Youtube. [The Natural Human Diet](#) is a favorite. A great guy that I learned a lot from. Another favorite is [Derek Nance](#). Most of my other links to youtube channels from 2020 have been removed due to violating Youtube's community guidelines.

My wife has also been eating a lot more raw primal foods and doing great. We share experiences and food ideas with each other.

I support the Weston A. Price Foundation, receive their quarterly book, and read every one. They also have a good website - www.westonaprice.org. I also support the [Farm to consumer legal defense fund](#).

2023 I moved to southern Lancaster county Pennsylvania, 6 miles from my favorite farm and 4 miles from my second favorite farm. I support these two chemical gmo soy free rotationally grazed farms in whatever ways I can on a regular basis.

Other websites for finding food are Eatwild.com and Realmilk.com.

Also, just use Google Maps and search for farms near you. And search for Raw Primal.

Closing Remarks

Thank you for reading and please let me know if you have any input. My goal was to keep it short and give the basics that I would have wanted to know when I first got started.

bradleydavidgood@gmail.com

[My YouTube Channel: Bradley David Good](#)