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Attention Please! your Baby Detests.....

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Accepted on 6 August 2012

Millions of lives are sacrificed solely because of this fatal misconception. The person who at first sight it seems unbelievable that we could free ourselves of all illnesses by means of raw-eating. But the greatness of the proposition lies in the very fact that the "unbelievable" easily becomes an accomplished reality.

It Is No Sin to Speak the Truth

Some people accuse me of having a sharp tongue. When I call cooked-eaters murderers, filicides and criminals, I am not making an accusation; I am merely telling the truth, bitter as that truth may be.

When a mother fills the mouth of her beloved child with hot food by her own careful hands, she impairs the organs of her baby and leads him to illness and to death.

When a doctor prepares a diet of "nutritious" and "easily digestible" meals for little children and prescribes pills of artificial vitamins at the expense of vegetables and fruit, he commits an even greater offence.

Every day I observe how, by a strange irony of fate, the weak and the diseased regard as curative those very substances that have been the cause of their illnesses, and devour them greedily, while, on the contrary, they shun with fright the only substances (raw vegetables and

fruit) that can restore them to health, just because they regard them as the cause of their afflictions.

The difficulty of relinquishing *food-addiction* must not be regarded as an obstacle to the realization of the ideal of raw-eating; on the contrary, it must serve as a measure to gauge the strength of the enemy to the human race and must spur us to make every effort to prevent the entry of such a dreadful monster into the organism of the new-born child.

Until the discovery of fire, along with the rest of the animal kingdom, man had developed and carried out his evolution by the consumption of natural, raw nourishment. But since the discovery of fire, without much reflection, men have put natural foodstuffs on the fire, have destroyed their essential constituents, have debased them and have then nourished their bodies with them. As a direct consequence, there have resulted all the diseases from which all mankind suffer today.

The Efficient Operation of Every Factory is Subject to the Uniform Supply of All the Raw Materials

Specified by the Engineer

Simple-minded people might think that it would be cruel to deprive children of the pleasure derived from the taste of cooked foods. Such people should realize that in point of fact, cooked foods are not tasty at all; they seem tasty only to the *food addict*, just as opium seems pleasing to the drug addict. Until now there has

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been nobody to tell us this simple truth, because from time immemorial nobody has been free from food addiction.

A Baby Detests the Taste of Cooked Foods, Which Appear Appetizing Only to the Food Addict, Just As Opium Seems Pleasing to the Drug Addict

The organs of a newborn child are adapted to the composition of raw foodstuffs only. The baby greatly enjoys raw fruit and vegetables. He eats, with the greatest satisfaction, raw grains, potatoes, beans, aubergine, green peas and lentils, which taste very good to him, but are distasteful to a cooked-eater.

During the first few years of his life, the baby carries on a terrible struggle against unnatural foodstuffs.

This is evident from the numerous children's ailments and the frequent stomach disorders with which children are afflicted, as well as from the high rate of infantile mortality. A baby is a newly-constructed, perfect factory. He will never become ill if we supply natural nutriment for the normal nutritional activities of his organs.

The little child does not derive any pleasure whatsoever from the taste of cooked meals; he loathes and shuns them with all his soul and it is with great pain that he swallows those unnatural foods. But the poor, simpleminded parent does not understand this. She is guided solely by her own addiction and, in her anxiety to feed the child well, she keeps on forcing those vile foods down his throat to such an extent that she turns the child into a perfect addict, thus ruining his health and happiness.

The "civilized" man of today cannot picture the savagery in which the whole world lives at the present time. The "delicate" and "tenderhearted" lady, who actually faints at the sight of a few drops of blood on the face of a child, calmly places on the table the bloody heart, liver or breast of a lamb and cuts it into pieces in all indifference,

Along with myself, I am bringing up my third child as a raw-eater. She is already a little less of seven years of age, but she has never put a single morsel of degenerated food into her

mouth. Her health is the embodiment of perfection. I can now see what a great difference there is between raw eating and cooked-eating children.

It is easier to bring up a hundred raw-eating children than a single cooked-eating child. One never has the occasion to worry about children's ailments such as chills and colds, diarrhea and constipation, or trouble about the child's eating too much or too little. She is as cheerful as a lark and whenever she wishes she goes to the table and helps herself to anything that she likes to eat. She plays, sings and dances all day long without any whims or caprices, without crying, without causing trouble to those around her. She goes to bed at exactly 8 o'clock in the evening and, after singing to herself for a few minutes, she closes her eyes and sleeps like a top until 6 o'clock in the morning. Moreover, it is a most remarkable fact that after the first few months we can remember only three or four occasions when she has woken up during the night. So deep and sound is her sleep that no noise or movement causes her to wake up.

When other children in the kindergarten sit at their breakfast table to have bread and cheese, bread and butter, pastries, etc., she brings out her bag of fruit that she has taken from home and enjoys it quietly.

When we are on a visit to friends, she looks with complete indifference at those overloaded tea tables round which people seat themselves and "enjoy" all kinds of pastries and sweets. Very often she fills the plates of her toy tea set with those sweets and plays "cooked-eater's tea party" with her dolls and her playmates. She never expresses a wish, not even out of curiosity, to taste any of them. It is in this way that all raw-eating children should be brought up.

As soon as the living vegetable cell is cooked, it stops being nourishment; it comes out of its natural state and turns into something artificial. When a mother gives her little baby his first bread, dried milk or some other cooked food, she begins to use those artificial substances to perform the most ruthless and inhuman experiments on her child.

No food addict should regard himself as healthy. The foundation of his ill-health has been laid by his food-addicted mother even before his birth. His organs are degenerated and every moment they are in danger or exhausting their last reserves of energy.

It is the Worst of Crimes to Accustom a New-Born Baby to Cooked Foods

When it becomes apparent to everybody that cooked-eating is an unnatural habit, that it is the cause of all human illnesses and that it is such a terrible addiction that once a man falls prey to its remorseless grip, the victim is seldom able to free himself from its clutches again. What right has a sensible person to introduce it into the organism of an innocent newborn child by her very own hands? What right has she to ravage the organs of her little baby by foods that have been burned, destroyed, killed on the fire? Is it not the most ruthless of all crimes, is it not in effect a homicide, a brutal filicide?

The human organism is the masterpiece of nature. Man is the most complicated and the most perfect living factory constructed by the unceasing efforts of nature over a period of 1.5billion years. Simultaneously, with the construction of this factory, our wonderful nature has made use of the rays of the sun to

develop all the raw materials which are necessary to coordinate the thousands of complicated operations of our organism and to ensure corresponding production. Furthermore, nature has placed those raw materials in their entire perfection and in the faultless harmony of their various constituents in a tiny grain of the corn, in a pulpy seed of a pomegranate, in a berry of the grape or in a leaf of a plant. Each of the "paltry" foodstuffs taken separately contains all those factors that are necessary to keep alive the living organism of a being like man.

Acknowledgements

Excerpts from the Book "Raw Eating" written by Iranian Raw Vegan Arshavir Ter Hovanessian,

Website : archieive.org/details/RawEating

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