

DR. MED.  
JOACHIM MUTTER

# EAT GREEN!

THE HEALTH REVOLUTION  
ON YOUR PLATE

RECOMMENDED BY  
Olympic Gold Medalist  
SABINE SPITZ  
PROF. DR. FRANZ DASCHNER  
MARKUS ROTHKRAZ



Dr. Joachim Mutter

*Eat Green!*



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**The Health Revolution  
on Your Plate**

Preface by Prof. Dr. Franz Daschner

Foreword by Markus Rothkranz

Postface by Sabine Spitz



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*“Health is not everything,  
but without health everything is nothing.”*

Arthur Schopenhauer



## Foreword by Markus Rothkranz

Dear readers,

Would you like to be truly happy and satisfied with your life? Then do the right thing! What that is exactly you will find out by listening to your inner voice – and by taking a good, respectful look at nature. Just look around: humans are the only creatures on earth that heat, cook, roast or bake their food – and they are also the only creatures that suffer from cancer, diabetes, heart disease or fungal disease and pine away at old age. You can only find similar afflictions with animals when they are being fed by humans or eat scraps left behind by humans. Wild animals do not have the same ailments that we suffer from when we get old.

The biggest health problems have only just arisen in our “modern” world. Why do we humans believe that we must alter the natural state of our food before eating it? Nature created everything perfectly well! Millions of years of evolution have only left us with those creatures that are able to “function” in nature: those who are intact and able to survive just the way they are. All others have become extinct. To find answers to our question we need to study nature and respect its design. The more we stray from nature’s path the more problematic our lives will become.

Most humans in the “modern” world are “very stressed” and are “always busy.” As a consequence, they mainly eat fast food and ready meals that quickly satisfy their hunger – that is not “real” food. An example: Take a fresh apple (or rather its core) and bury it in the earth – after a while you will observe the growth of an apple tree. And now take a second apple, cook or bake it and once again bury it in the earth – what arises? Nothing. It rots. Why? Because, by heating it, you removed its life force.

Natural food is meant to be consumed in its raw form, in its natural state. Eating raw foods does not take a lot of effort or time, but results in you feeling great. Your health problems will disappear and you will be awarded with a longer life. Uncooked vegetarian foods – that is not bland, monotonous or unappetizing. You just have to familiarize yourself with every green thing that grows and how to mix it to taste.

When I heard that Dr. Joachim Mutter – a studied medic, a doctor – “treats” sick people with fresh, raw foods I immediately offered my support for his book. Here is a new generation of therapists who show us the only path to health and a long life. On this way, I salute you as readers and wish you a lot of love and light!

*Markus Rothkranz*

Markus Rothkranz, a German by birth, has been living in the US for many years and is an author<sup>1</sup>, speaker and activist of the raw food movement.

✱

## Preface

### by Prof. Dr. Franz Daschner, MD

I worked together with the author for many years, and he was one of my best assistants. He was extremely hard-working and popular with his patients and feared by his scientific opponents as he knew the whole scientific literature (e.g. on the topic of dental *amalgam*) better than anyone else of the world.

I will never forget the following experience I had with him: we took the train to the Robert-Koch-Institute in Berlin (in the matter of performing a scientific risk analysis for the German government on the topic of the toxicity and adverse effects of dental amalgam). At lunchtime, I was eating a meat sandwich with the utmost appetite while he opened a suitcase and took a bowl filled with green stuff that he had collected in the meadow in front of his house in the morning, which he ate with apparent delight.

Now he is publishing this wonderful book. Once again, I am amazed at his unbelievable knowledge, which he passes on comprehensibly to everyone who wants it. To be honest I have never even heard of some of many of the plants that he describes to be edible. And I have to admit that I often prefer a nice piece of meat and cannot resist one or two glasses of red wine. And I still prefer a beef and pork sandwich over a stinging nettle salad.



© Markus Rothkranz

I read this book with great pleasure and admiration for the author but also with a guilty conscience. It is without doubt however that even those that only perform 10 percent of what Joachim Mutter recommends will live healthier and at the same time preserve our nature. Hence I am very thankful to the author for his dedication and hope this book will gain a worldwide circulation.

*Prof. Dr. Franz Daschner*

Prof. Franz Daschner was Head of the Institute for Environmental Medicine and Hospital Epidemiology at the Medical School of the University of Freiburg (Germany) for many years; he retired in 2006. In 1998, he was awarded the renowned title as “eco-manager of the year” and as the first doctor ever he won the German Environment Award, the highest doted price in Europe. Also, he got the highest awards from the German government for his research. Today he is the chairman of the Viamedica Foundation – a foundation for healthy medicine ([www.viamedica-stiftung.de](http://www.viamedica-stiftung.de)), which he founded in 2002.



© Prof. Dr. Franz Daschner

# Introduction

The people that come to see me only have one wish: They want to stay or rather get healthy, and want to increase their performance and vigor up until old age. To me, it is important to research, recognize and find the main *causes* of the diseases. When we know what causes illness, we ultimately find the best cure. This makes the concept of therapy relatively simple: Avoid main causes of illnesses – and people should also be aware of the factors that mainly benefit their health.

The conventional established opinions on things that cause and cure diseases in humans often completely deviate from what practically, in real life, shows the best and safest results. This sounds provocative, but it is possible to, through the aid of few and cheap measures, significantly reduce the majority of today's disease burden in the world. As this is not happening up to date, the question arises, whether it would be beneficial to certain interest groups to have many sick people for as long as possible. A trenchant answer was given in the Journal of the German Medical Association. In the *Deutsches Ärzteblatt* – the most popular medical journal in Germany – Prof. Dr. Klaus Dörner (psychiatrist and author<sup>2</sup>) criticized the following tendency:

“Competition urges the development of new markets. The aim has to be the conversion of all healthy people to sick people. Sick people being people that in order to “live healthy” believe to require therapeutic, rehabilitating and preventive manipulation in a chemical-physical as well as psychiatric manner by experts, for as long as they live. In the area of physical illnesses this is already working relatively well but even better in the area of mental diseases, especially as there is no lack of theories according to which almost all humans are unhealthy.”<sup>3</sup>

This was put with a little more humor by the author Eugen Roth (1895–1976):

“What robs the doctor of his wealth?

a) Death, b) health.

Hence the doctor keeps *us* to remain in a state in between those two, so *he* can gain.”

✱

For decades, people have spent several quadrillions of dollars in order to prevent or cure diseases. And in fact, this partially resulted in very significant successes: in hygiene, acute infectious diseases, with emergencies, accidents and injuries. Many more lives can today be saved and preserved through intensive care medicine. And certain acute illnesses that used to be more common have become less frequent. However, medicine remains to be mostly powerless against *chronic* diseases. The absolute number of diseases in the world is getting bigger and bigger. By now, chronic diseases constitute to more than 80 % of all registered diseases. These include the so-called “*widespread diseases.*” In addition, many *acute* illnesses (such as heart attack, pulmonary embolism or stroke) normally occur in the course of *chronic* diseases (such as hypertension or arteriosclerosis).

I have already described the eight most important causes of diseases in my books that have been published so far (see bibliography, no. 49) You will find here the top important cause of diseases in this book as well as a very effective “prescription” for your health.

Presenting the backgrounds in the most commonly understandable way is very important to me. However, for the sake of scientific foundation, it is unavoidable that the text will also include a number of medical terms. The most important terminology is explained in the appendix. You will, however, be able to understand the basic statements of the book even if you are not familiar with every single term.

# Part I

## Why nutrition causes diseases

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*Let food be thy medicine and medicine be thy food.*

Hippocrates, the father of medicine (approx. 460–370 BC)

\*

*Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with a seed in it. They will be yours for food.*

From the book of *Genesis* 1:29<sup>4</sup>

\*

*Hence the human is, above all, a continued nutritional process ... Perhaps one day a scientist will discover how to make significant people out of regular children just the way the bees convert a random grub to a queen only by giving them special food, which they know how to prepare.*

Alexis Carrel, Nobel Prize winner

Most of the foods we consume today are, from a genetic perspective, not meant to be eaten by humans. While they give us energy, they lead to illnesses after years or decades of malnutrition. Due to an unfitting diet, our intestine can even produce highly toxic substances that are even more harmful than environmental toxins. (Especially ammonia or ptomaines should be mentioned here.) An inappropriate diet, this includes many of the so-called healthy diets (I will explain later on in the book), is jointly responsible for almost 70 % of all diseases, including cancer and heart attack. The *German Nutrition Society (DGE)* commented on the “results of the nutritional report of the DGE in 2004” (1/18/2005): “Cardiovascular diseases with 47.3 % and malignant tumors with 25.1% continue to be the most common causes of death in Germany ... Excluding all mortalities associated with smoking then the illnesses where nutrition is a contributory cause are responsible for more than two thirds of all causes of death. The causes of death related to a false diet and lifestyle can be reduced with a balanced nutrition and regular physical exercise.”

Research of the past years has proven that all chronic diseases, which also include the “widespread diseases”, are mainly caused by the following two factors:

- Malnutrition and lack of micronutrients
- Harmful factors (poisons, also included in foods, and artificial radiation; for further information see bibliography, no. 49)

A third complex of causes could be attributed to psychological factors that in turn contribute to a wrong choice of diet and reduced exercise and as a consequence to the propagation of widespread diseases.

The sickening effect of malnutrition is not due to “overeating” but rather to an insufficient supply of *micronutrients*. Micronutrients are not nutrients that contain an energy value (such as fat, protein, carbohydrates), but they are indispensable for a healthy life as well as for reproductive purposes.

These do not only include the known vitamins but also vitaminoids (e.g. co-enzyme Q<sub>1</sub>, Q<sub>10</sub>, carnitine, alpha-lipoic acid, taurine, glutathion), trace elements (such as molybdenum, chromium, selenium, manganese, iodide, zinc, boron, vanadium, lithium, germanium, strontium), living raw enzymes, thousands of vegetable

molecules (often called secondary plant compounds), vital polyunsaturated cis-fatty acids, genetic material (RNA and DNA) and certain types of sugar (such as ribose), that do not contain an energy value (calories). The positive effect of micronutrients has partly been discovered and researched only recently (vegetable dyes, polyphenols, phenolic acids, salvestrols, oligomers, procyanides, microRNA). The influence of countless other substances contained in natural foods on humans is, up to this day, still unknown.

The malnutrition addressed here also significantly promotes the sickening effect of pollutants. The consequence: Our diet plays the biggest role in the occurrence of diseases – but also in curing such afflictions or vibrant health. This is what this book is about.

## The body of man is composed of what he eats

The human body consists of quadrillions of single cells and the space in between those cells (the cell interstices, mostly connective tissue). The cells, the blood and the cell interstices consist of precisely the building molecules that are supplied by the diet. A cell membrane, for example, the outer shell of the cell, consists of fatty acids. Now, if the diet consists only of rancid or toxic trans-fatty acids, then these are included into the cell membranes and significantly disturb the functions of the cells for a long time, often for months or even years. They cannot produce as much “bio-energy” and are no longer flexible. Our cells may also contain the cellular poison acrylamide which is supplied by acrylamide polluted foods or arises due to high blood sugar values as measured as HbA1c. The human body also absorbs a lot of undesirable heavy metals or chemical toxins from food.



These undesirable substances strongly disturb the metabolic processes of the cells and hence those of the organs and the entire body. They are a major cause of diseases. The *quantity* of these chemicals and heavy metals that are often stored in the body for a very long time, if not for a lifetime, directly depends on the nutrition and lifestyle.

People that mostly eat foods from controlled organic agriculture or wild harvesting and reduce their consumption of animal products, present with significantly fewer harmful substances in their bodies. (However, this does not apply to products that only bear the organic certification of the European Union.) In contrast the bodies of people whose nutrition mainly consists of conventionally produced food and animal products present with a toxic load that is many times higher. These chemical substances not only deposit themselves in the body but also negatively affect the intestinal flora.

## Are organic foods healthier?

On average, a person consumes about 30 tons of food and 50 tons of beverages in a lifetime. With this, we probably also ingest many pounds of harmful substances. Many of the toxins that we can detect in our body tissues originate from our food. Here we can very successfully intervene: it has been extensively proven that organically cultivated food contains significantly fewer toxins than conventional nutrition.

The reason: organic cultivation prohibits the use of artificial chemicals such as insecticides (kills insects), fungicides (kills fungus), herbicides (kills weeds), phosphate fertilizer (contains extremely toxic uranium) and artificial nitrogen fertilizer (contains poisonous cadmium). Gene manipulated vegetable foods (GMO) that are of very high risk to the health are also banned in organic farming. The quality of the soil is also signifi-