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# The Solari Report

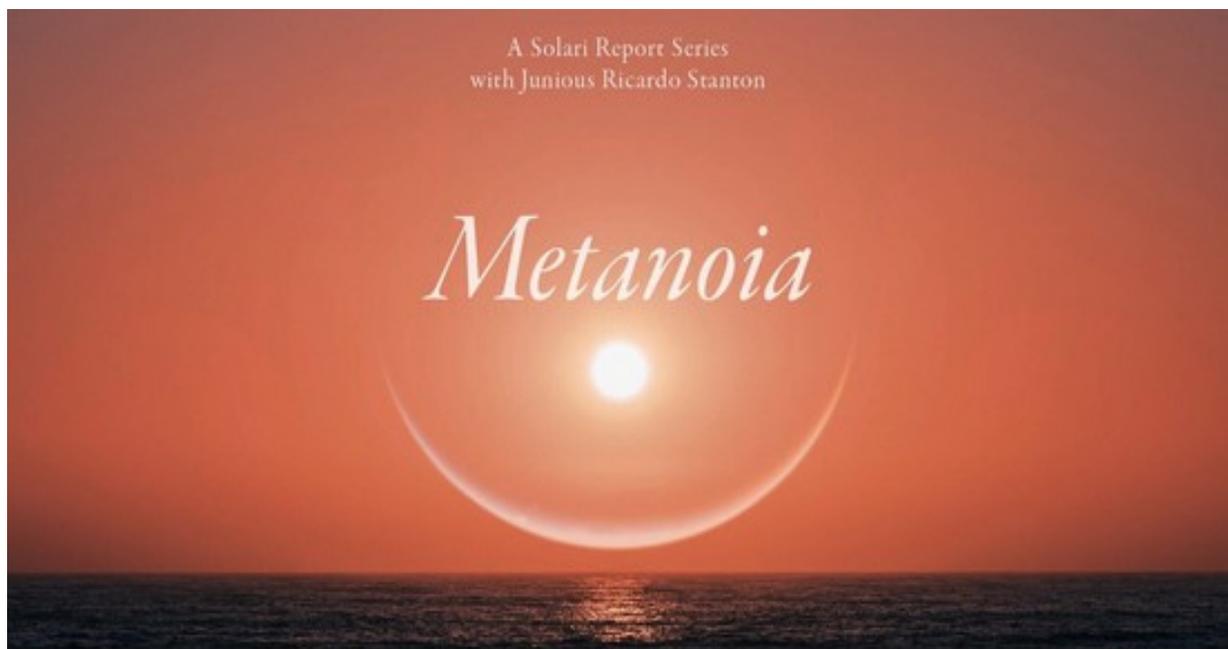
July 29, 2021

**Metanoia Series:**

**Superfoods and Wellness**

**with**

**Chef Keidi Obi Awadu**



**Summary:** Welcome to the new Solari Series—*Metanoia*—in which we talk about change: changing one’s mind, going beyond limited thinking and behavior, and achieving personal transformation in a holistic way. The goal is to encourage personal growth, transformation through mental transmutation, and empowerment by featuring interesting personalities with intriguing and inspiring ideas.

In our conversation, we talk about the seven principles of health: Breath, Hydration, Nutrition, Sleep, Detox, Exercise, and Mind-Body-Spirit Matrix. We also discuss inflammation, which is the cause of so many acute and chronic diseases, and how to reduce it. And last but not least, we talk about how to change bad habits.

Join me on for an inspiring discussion with Chef Keidi Obi Awadu.

**Bio:** My first guest is [Keidi Obi Awadu](#), a Renaissance man, artist, deep and thorough researcher, author, Internet pioneer, biofuturist, chef, and holistic health and nutrition expert.

Food has always been an important part of life for Keidi Awadu. As a chef, he believes that food is Nature’s perfect medicine and a key part of any transformation. Through hishealing system, he has been offering time-honored, practical, and natural solutions to help people regain their health and vitality as part of a holistic transformation.

## **Metanoia Series with Junious Ricardo Stanton**

**Junious Ricardo Stanton:** Welcome to the inaugural episode of *Metanoia*. *Metanoia* is a Greek word used primarily in the *New Testament* in the Bible as a call for transformation. The prefix ‘Meta’ means ‘behind’ or ‘to change’ or ‘to go beyond’. We see that in the words metamorphosis and metaphysics. Metamorphosis is to change form, and metaphysics means behind the physical or to go beyond the physical or to change the physical through mental alchemy.

‘Noia’ means ‘mind’. We see that in the word paranoia. The root is ‘nos’. It has an esoteric meaning in the divine emanation of God.

Our intention for this program is to promote personal transformation – going beyond our present habits, thought patterns, modes of thinking, and behavior to transform. It’s a holistic approach. Given that, I can think of no better guest to be on our inaugural program than my good friend, Keidi Obi Awadu. I think Keidi is a genuine Renaissance Man.

He is an artist, a reggae singer and songwriter, a musician, and he has produced his own albums. He is a deep and thorough researcher, an author of close to 40 books, an internet radio-pioneer, and also does internet television. He is a documentary filmmaker, and an Afro-futurist. He is an avid organic gardener, a vegan, does superfood feasts, and is a chef. He talks about and addresses holistic health and nutrition, and also is a consultant in those areas.

Welcome to Metanoia, Keidi.

**Keidi Obi Awadu:** Greetings, my beloved brother Junious. With an introduction like that, I almost want to run out and get to know this person who you’re talking about. Then I thought, “Wait a minute, he’s talking about me.”

It is a joy it is to be with you talking about some of our favorite topics – essentially, how we transform ourselves using the best available knowledge.

Thank you for the invitation.

**Stanton:** It’s my pleasure. Share some of your personal and professional background. I don’t want you to go too deeply because that will take up the whole program, but specifically, talk about how you got into scientific research. That is the basis; you are a prodigious researcher. And then talk about the music, the media, and self-publishing.

**Awadu:** I was very, very fortunate to have been born into a family with a deep science and academic background. Briefly, my father was a son of sharecroppers and the ninth child of a family in rural North Carolina. He went to college after the military and got his degree in chemistry. As a career, he joined a major

corporation as an industrial chemist. One of the beautiful things our father did – among many things – was to build the family a home when we were very young.

At the new house he built, we homesteaded and grew food and everything. He also had a magnificent library in the home. So much of what I do academically with the research, and much of my background is tied to my father's science background in chemistry and the library that he put into the home.

Our mother was a genius. At age 16, she was already enrolled in college where she met my father. She didn't complete it because they started their family relatively young in her life, but she was already established among her peers in college. This 16-year-old was helping to tutor the senior students and even some grad students in their affairs.

So when we moved to the country, our mother raised us. At that time, I was the third/fourth of four children.

**Stanton:** You have a twin brother?

**Awadu:** Yes, I have a twin brother. Our mother taught us at home. She taught us to read at a very young age. By the time I entered elementary school, I was already studying my father's college textbooks, including his French book, and taught myself to speak French before even getting into first grade.

We had a home in the countryside with 1.3 acres. There was a black farmer who retired and sold off his 40 acres only to black families. So, 21 black families left the city and built brand new homes on from one to three acres, and it was called Frasier Estates. It was a prime place for a child to grow up with an immense set of confidence.

All throughout my elementary and high school years, I was an honor roll student and an award-winning student. I was very good at math and science.

Then an unusual thing happened. No one ever asked me if I wanted to go to college. Our mother died at a very young age, so my father became a single parent with four sons. I never did enroll in college.

Fortunately for me, within one year of graduating high school, I lucked out and found a job in a biological research laboratory in the field of reproductive biology, which fed much of my personal self-interests, and also led me deeper into reproductive biology, cellular biology, and molecular biology. So, that career lasted about four years – maybe equivalent to what would have been my attendance at college. I think I was at grad level by the time I left that job and went full-time pursuing the music industry.

To preface that, when I discovered reggae music, I also discovered a thing called Ital Clean food, or clean food. When I moved to California in the early 1980s', the idea of clean food became a vegetarian lifestyle. I had a deep science background, and I was more than curious about eating vegetarian, so I wanted to learn about the health benefits, etc.

I eventually became a vegan, but continued to do research. I started writing again – because I had been writing in my early 20's about music reviews and other things that were published in magazines and newspapers. I started writing this time about health, consciousness, social-political affairs, global affairs, Pan-Africanism, and as you know, I now have 40 published books. This is a combination of all my various interests.

I hope that was a brief enough introduction to your complex question.

**Stanton:** We met maybe 20 years ago. You were a pioneer, and I was already on internet radio, and then I heard about you. You were gracious enough to be a guest on my program, and then we hooked up all the preeminent black internet radio programs thanks to you and Neil Blake. We had several sessions with the owners and programmers of those stations. That's how I first heard about you.

Indirectly, I heard about you through Del Jones. He came to California, and I believe he was at one of your sessions and appeared on your program.

**Awadu:** You and I go way back. I'm always so excited when I hear people who have great memories telling me how we met and the exciting things we did. I'm still really cast in the present and the future. As you know, I am a scientific futurist. I love the reminiscing, but I really, really love charting a new course of

sustainable development for our individual and collective future. That brings us to the course of our conversation today.

**Stanton:** We want to focus on health and well-being. Even prior to COVID, this country was experiencing a major crisis in health and well-being. We want to address that, but also look at the fact that the COVID scenario has exacerbated it.

How can we go about reclaiming our health, vitality, and well-being?

**Awadu:** The key practical thing to do is look at where our focus is. Our American news media, which quite often works in collaboration with the medical pharmaceutical drug cartels and their support of the institutions with the regulations, etc. The essence of which is that Americans spend more on healthcare per capita, and more as a nation than has ever been recorded in human history. \$3.9 trillion was spent for the 331 million people of the United States. That amounts to just under \$11,000 per person, and yet when it comes to the ranking of Americans' satisfaction with their healthcare system compared to other developed nations, Americans spend much more, but their outcome ranks much lower.

So, we have to ask the question: Could it be possible that there are certain fundamental structural problems with the U.S. medical/pharmaceutical drug healthcare system? The answer to that, beyond a shadow of a doubt, is yes, there are many significant structural problems.

Medical expenses are the leading cause of household bankruptcy. Life expectancy amongst Americans is not so good compared to other developed nations, and there are gross disparities across different populations and ethnic groups within the United States. COVID really brings to the forefront to many of these structural issues that were problematic within the American system.

Americans eat overeat junk food and too much fast food. The standard American diet is highly causative of a spectrum of chronic diseases, including cardiovascular disease, cancer, and inflammation-based diseases and disorders such as diabetes and hypertension. These things are epidemic. What ties them all together from the research that I've published over the years is that Americans,

by and large, suffer from significant and severe malnutrition. It's a malnourished nation.

We have the highest rates of overweight and obesity, but the fact that we eat so much empty foods and not enough highly nutritious food is the cause of this malnutrition. I think that is a very serious dialogue that you and I are having centering around this. Many people need to be paying close attention to what we are saying and consider these lifestyle modifications that we will be suggesting.

**Stanton:** One of the things that you just touched on was the emptiness of our nutrition and our diet. I want to share this before we focus primarily on nutrition and diet. The other key factor is the lack of proper hydration as well as proper sleep and restoration coupled with nutrition and poor mental and cognitive choices. The internal dialogues that we have are the primary causes of this epidemic.

You are a vegan and a chef. You are into superfoods. You also produced a film called *Chewicide*. So what is *Chewicide*, and how does that relate to what we are talking about now?

**Awadu:** Chewicide: When the food that you habitually eat or are accustomed to is so absolutely deliciously decadent that it literally is 'to die for', that is called chewicide. If your habitual patterns or family patterns lead to high rates of diabetes, hypertension, cardiovascular disease, and other chronic diseases, that is chewicide. When we look at all the different structures of nutrition around various ethnic communities, what we see and what we call 'soul food', and what we have grown accustomed to as 'soul food' has literally become the epitome of chewicide.

So with the understanding that food and nutrition is so very important to our health and well-being, to disease prevention, or to maintaining our youthful vitality, or to helping us to overcome some acute or chronic disease conditions, we then take a systematic approach to putting this into context.

You had mentioned the critical need for sleep and the critical need for detoxing and the critical need for hydration. In the system that I've put together, it's

called *Living Super Food*, which translates to full-spectrum hypernutrition as our strategy for staying young, vital, healthy, and disease-free.

In this system, we teach what are called ‘The Seven Principles’. You had mentioned several of them. The Seven Principles are:

1. The breath. This is key and critical to all aspects of life.
2. Hydration.
3. Nutrition. This is broken down into eight critical categories of nutrition that we need to be able to survive and to thrive.
4. Sleep. In the American society with its disproportion of acute and chronic diseases relative to the health investment, we find that sleep deprivation is epidemic in this country. Most people really don’t think about the fact that they don’t sleep enough and their body doesn’t get a chance to recover at night.
5. Detoxification necessary to clean the body out periodically.
6. Exercise. This is absolutely necessary to keep the cardiovascular system and the other body systems highly vigorous.
7. Mind/Body/Spirit matrix. Essentially, our spirituality, our psychology, our mental state, and our state of recognizing the magnificence of our being is all deeply intertwined in our overall health stratus.

**Stanton:** You mentioned that the first principle is breath and breathing. We tend to take that for granted. Most people who practice yoga or people who are into holistic living say that most people in the West breathe incorrectly. Share with us proper breathing techniques and why that is so important on a physical and spiritual level.

**Awadu:** In the book *Living Superfood Research*, which is the core curriculum when I certify and teach people my system of a living superfood, the first of the seven principles we address is the breath. The breath is much more

complex. Of course, we understand the primacy of breath because, if you are denied all the other principles of the seven principles, breath is the one, that if denied, will cause your demise the absolute quickest. Beyond that, the breath is the essence of the creation of energy moving in our body on the cellular level.

The mitochondria-the tiny fuel engines inside of every one of our cells-requires two things to produce energy: Fuel in the form of glucose, which is derived from the foods that we eat, and oxygen. For a significant number of people, not only are they depriving themselves of the proper nutrition of vitamins and minerals, amino acids, essential fatty acids, fiber, and the complex carbohydrates, but they are also living in a state where their bodies are constantly – to some degree – oxygen-deprived.

If we go back to the research of Dr. Otto Warburg, who won two Nobel Prizes in the 1930's for his discoveries about the cause of cancer, the cause of cancer was essentially oxygen deprivation on the cellular level.

So, if we are living in a state where we are constantly oxygen-deprived, it would show up in things like rates of cancer. The rates of cancer in America are scandalous and shocking. To a great degree, very few people are talking about it. The earliest records of cancer in world history are from ancient Egypt, and the incidence of cancer in that population was apparently one in 400. That is .25 of one percentage.

In the year 1900 in America, it was one of 24 people who had cancer. Today, 2.84 of every 5 people will get cancer in their lifetime. Almost three of five people will be getting cancer in their lifetime compared to one of 400 in ancient Egypt. So, we have to recognize patterns of life and behavior that we are engaging in now are directly connected to this cancer epidemic, and one of the most primary things is the breath. In two years of COVID, this idea of being oxygen-deprived is compounded by the fact that people have been convinced that to protect their life and their self-interest, they have to wear a mask all day, recirculating much more carbon dioxide.

**Stanton:** We are seeing reports showing exactly what you said. Unfortunately, that information is being suppressed. Given that, your principles and how you certify people, we need to get that out there.

How can people get more information about your *Living Superfood* and also about your certification program?

**Awadu:** If I could just share a screen briefly (on *The Solari Report* website), I will let people look at some of the books that I have out. We will encourage people to get active, to get proactive, and to have a plan. We need to have a strategy.

I have a mantra: I like to inform people, inspire people, and excite people to take their fate into their own hands; inform, inspire, and excite.

Hence, I have written a series of books and a documentary film. Here are six of the books: *Living Superfood Recipes Volume I*, *Living Superfood Recipes Volume II*. These are collections of 110 and 85 raw vegan recipes.

When we come to the category of foods that cause our body to have the most rapid healing and transformation and disease prevention, it is the raw vegan superfoods that I identify in these series, and many other series acquiesce to this. This is our ‘best shot’ at staying young, vital, healthy, and disease resistant for the longest period of time. We have a number of science books in this series, *Living Superfood Research: Don’t Get Sick, Stay Off Drugs, and Live a Long Time*.

One of my favorites is *Living Superfood Longevity*, which is a strategic plan to extend our average life expectancy by 30 years. But better than that, we will get a higher quality life extension. Therefore, of our now extended lifespan, of the last 60 years, we want 50 of those last 60 to be high-quality years, and to compress the end of life stage and chronic disease down to no more than ten years of our full – in my case – 120 years of life expectancy.

We have very specific books such as *Get the Weight Off: 30 Days to a New You. Living Super in Paradis*, which is a great way of beating stress. It also includes some very important scientific data on death by Dr. Iatrogenesis, and the stunning figures of the number of people whose life ends in the United States prematurely because of encounters with the medical pharmaceutical drug complex system. It’s far worse than people could imagine.

I love the books, and I love sharing them, and encourage people to get the books and to use them towards the aim of making their life better for everyone involved.

First of all, take charge: See your destiny, see your fate, and see your disease resistance and the investments that you put into your health and your family's health. See this as the highest priority despite what you come across on the TV screen every day trying to distract us.

Of course, they can find these books at <http://LivingSuperfood.com>.

**Stanton:** Many people might be taken aback or reticent to begin a 'radical diet'. You do cleanses and supervised fasts. I want you to talk about those in preparation for a dietary nutritional transformation, but also talk about how you can make incremental changes using fresh juices and things like that.

**Awadu:** Those are good points that you make. For some of us, the momentum of our current lifestyle that we recognize as not the best is so strong that we are reluctant to make this radical shift.

For me, it's not so much a radical shift. If I find out that something I've grown accustomed to has toxic poisons in it or maybe heavy metals or has polychlorinated biphenyls that might cause cancer, just the knowledge that this is a danger to me, because of my lifestyle, I can say, "I'm cutting back." If need be, I will replace it, if it is that important to me, with something that gives me a better outcome.

I'm reminded of this old saying that I believe it's attributed to Chinese culture, "When is the best time to plant a fruit tree? Twenty years ago. When is the second best time to plant a fruit tree? Today."

For those out there who might be concerned about the high levels of cardiovascular disease, overweight obesity, high levels of cancer, chronic obstructive pulmonary disease, diabetes, hypertension, kidney failure and dialysis, and are aware of these statistics, and aware of the way they are moving in the wrong direction very rapidly, the best strategy is: When do you plant your fruit tree? Did you, like myself, plant your fruit tree 40 years ago? Or will you be

planting your fruit tree today?

The bottom line is: You decide that growing that fruit is good for you, and it's time to get that tree working for you.

**Stanton:** Give your URL for the books and the documentary again.

**Awadu:** It's <http://LivingSuperfood.com>. Our motto there is: Food is nature's most perfect medicine, and medicine has never tasted like this before.

**Stanton:** You mentioned some chronic conditions. One of them is inflammation. Inflammation is an epidemic in the American lifestyle. People have inflammation that they're not even aware of, or where it comes from or what it is or how it impacts certain organs and/or functions such as sinuses, rheumatoid arthritis, and things like that.

How do we go about eliminating inflammation because it's so prevalent in this culture?

**Awadu:** It is so prevalent. When we look at the association of acute and chronic inflammation with disease, we can find some 200 different disease diagnoses associated with inflammation.

As a clinical nutritionist using nutrition to help people get over their illness, almost every time I have a client, one of the first things that I listen for is the manifestation of inflammation in their life.

How do we deal with the inflammation? There are a number of different strategies. I'm going to limit it to only five, although I could probably say 50.

1. Americans eat more sugar than has ever been attempted to be eaten in the history of humankind, and sugar always feeds inflammation.
2. We are eating foods that are inappropriate for our physiological type. There is a substance within all red meats called Neu5Gc. The consumption of any Neu5Gc by humans (not other meat-eating species) increases inflammation and the risk of cancer in the body by 500%.

3. We are consuming a lot of foods that are inappropriate for our physiological type, including many people who are lactose intolerant, meaning that over the age of 36 months, their body no longer processes the lactase enzyme to be able to break down milk proteins, let alone consuming milk from other species. So, when we still continue to consume dairy and cheese and other milk products after the age of weaning, that is a source of acute and chronic inflammation.
4. Cooked food takes out the living enzymes which are denatured above 120 degrees or so. When we cook our food, our body then has to go into the immune system to bring up white blood cells to break down the proteins so they can digest the food. This is called 'digestive leukocytosis'. This leukocytosis is another form of inflammation.
5. The bottom line is this: We think that we are suffering from all this long spectrum of diseases, especially if you look at the 28 comorbidities associated with COVID-19 infection. Well, if we remove COVID-19 from the equation and consider only the facts, the facts are that of these 28 comorbidities, more than half of them are directly related to inflammation.

As you know about my book, *Panic*, I question whether COVID-19 is as novel and as pathogenic as it is claimed. I contend that this background in America of these 28 comorbidities is the real problem affecting the health of this nation.

**Stanton:** People have so much inflammation in their body. Many of them may be aware of it, but to them, it's the norm. You get to a certain age, and you say, "I have arthritis." Then you also have the issues where people think, "I have allergies and my sinuses are 'jacked' up."

Many of those things are the result of inflammation. Give us some practical incremental ways that we can reduce inflammation through our diet.

**Awadu:** That's a good point that you make. You know that I just returned from six weeks in the east African nation of Uganda. I was having the most wonderful trip, but I caught malaria. Malaria is a terrible disease. This is the

sickest I've ever been. But I did have a good strategy going into the country to prevent it. Therefore, when I realized that I had malaria, I immediately started going to my natural healing toolset.

I'm not going to relate the whole story because there are many twists and turns and a lot of bad parts about it, but malaria is one disease that, even after you've become 'healthy', you are still recovering from it after several weeks.

What I am doing now to get rid of the last vestiges of that – which is manifesting in a little respiratory phlegm creation, which is inflammation – is I am significantly increasing chlorophyll in the form of juicing greens. You can get chlorophyll liquids in drops. I also eat a lot of raw greens that I grow in my backyard.

Substances like magnesium, which is found in the chlorophyll, is a very powerful anti-inflammation agent. You can use zinc, selenium, and potassium as nutritional supplements to help you fight inflammation. Vitamin C is also very, very good.

Fruits and vegetables, especially fruits, are excellent sources of antioxidants that help us to combat inflammation. Blueberries are at the top of our list.

**Stanton:** I want to ask you to break the fruits down. Are there certain fruits that are more potent in terms of promoting health and eliminating toxicity and acidity in the system as well as inflammation?

**Awadu:** Blueberries come readily to mind. Dark-colored fruits are great. All of the orange-colored fruits are great – papaya, cantaloupe, melons, and mangoes. These are all very good for the different nature of substances that they have.

The key about it is getting your fruits fresh, whole, and organic when possible. The antioxidants found in these fruits – the citrus like limes and lemons and oranges and mandarins – I incorporate into my diet.

They say an apple a day keeps the doctor away. Well, the apple has good sources of antioxidants and pectin, which is a good detoxifying agent for removing heavy metals and poisons out of the body. So, if an apple a day keeps the doctor

away, I'm going to eat two apples a day to keep his lawyer cousin out of my life, too.

**Stanton:** One of the things that you do as a consultant is lead people through seasonal fasts and also cleansing. What is the significance of seasonal fasts from a holistic point of view, and how do you go about addressing this? I know that you have many clients where you are, but do you do virtual sessions?

**Awadu:** I do one-on-one counseling sessions. People can order those at <http://LivingSuperfood.com>. No matter what your diagnosis, I contend that there is a strong nutrition component to how you either overcome the diagnosis, mitigate the symptoms, or avoid these conditions in the first place.

In the movie *Chewicide*, I liken this to, “Let’s imagine our bodies as a luxury car.” In fact, you’ve been given carte blanche, and you can walk onto a Mercedes Benz dealership and pick any car you want. You can take it off the lot; it is yours.

How are you going to treat that Mercedes? It was free, so you could ‘dog’ it out any which way. But for most people, when they get a luxury car like that, they expect high performance and longevity. They will clean their Mercedes Benz, keep it nice and shiny and everything, but would you clean your Mercedes only on the outside while allowing the inside of the Mercedes to accumulate old paper wrappings and trash and fast food packaging and this type of thing? No, you would clean the inside of their Mercedes as well.

The same is true for our human body. Most of us have never really done systematic internal cleansing. I do it every three months – every 90 days. I’ve been doing it for over 18 years. I systematically clean my body through nine different stages, and we teach this in *Living Superfood Research*. It’s very critical that people understand this.

Also, if you want longevity and high performance from your Mercedes Benz, you would be best to follow the manufacturer’s specifications on what type of fuel, liquids, oil, oil change ratio, and all of this maintenance that the manufacturer recommends to obtain high performance and longevity from your luxury automobile.

Well, let me tell you that the manufacturer of our body has given us instructions all throughout nature. Most of us ignore those instructions.

**Stanton:** When you talk about gardening, you are an avid proponent and promoter of gardening – specifically organic gardening. Many people live in urban areas, and many don't own their homes.

I've heard you on your broadcast talk about having a garden in an apartment and having a garden in a limited space. How do you go about doing that? And where can you get organic seeds, given all the geo-engineering and, what I call, the 'Frankenfoods' and the 'Frankenseeds' that are out there?

**Awadu:** Good point. Insofar as access to clean seeds, because of the proliferation of the internet and so many niche entrepreneurs out there, finding heirloom seeds – which are non-GE and non-GMO – is not that difficult and not necessarily much more expensive than buying the junk seeds that the big corporations are trying to have a monopoly on. We have to resist that.

It is very critical that growing food and being responsible for the sources of the food that you consume and you feed your family is done. We must take more and more responsibility for that.

We go back just a few generations, especially with African people in America and Native Americans and others, and we had a high degree of food productivity and self-sufficiency. In fact, the agricultural wealth of the entire Western Hemisphere was built upon the labor of black people and their expertise in cultivating food. So, we cannot drop these family traditions, knowledge, and wisdom pathways to our family. We cannot drop them and expect to have a thriving future.

Just as my father learned from what his father taught his sons, I taught my daughters. We must keep these things alive, especially growing organic foods.

My last point addresses living in an apartment. You may not even have a patio space. I used to grow foods on the stairs going up to my second-floor apartment. I put pots on both sides of each step, and I would grow my fresh

herbs there.

People can even go out and buy a case of mason jars – the ones with the screwable lids that have the centers removed – and can get some screen cloth and can actually use those jars and sprout their own seeds. They will be strictly organic sprouted seeds. Sprouted seeds are the highest level of nutrition, and because it's organic, we can come up with solutions at every point there. There are solutions all around us. It all begins with a strong, passionate desire and a massive transformative purpose in life.

I want to be healthy, I want to live healthy, and I want control of my own health pathways.

**Stanton:** One of your books is *Living Superfood Recipes*. You have a monthly feast. You have one coming up soon, right?

**Awadu:** Tomorrow (July 3, 2021) I'm preparing 32 dishes. My kitchen is a 'fury' right now.

I try to set the record every month, at least once a year, for single chef-prepared feasts. I think I'm quite solid in that record. My highest was 44 dishes for one feast.

**Stanton:** Are the foodstuffs – the fruits and the vegetables – easily attainable? Are the recipes simple?

You mention 'raw', and many folks – typically in this culture – have been brainwashed into believing that the only way you can eat something is to cook it. There are certain ethnic groups that overcook their food.

**Awadu:** Let me tell you this: Once you've gone raw and experienced it for at least 30 days of raw vegan dieting, and you've seen how your body transforms; I've seen people reverse their diabetes in as little as 14-30 days. People use raw food to reverse their hypertension and high blood pressure from drug dependent to non-drug dependent in as little as three days. They use raw food combined with exercise and maybe a few supplements.

It's well worth at least experimenting with it and give your body a chance. If we don't have the discipline to be able to eat clean food and to follow recipes-steps one through five or six or seven-for at least 14 days toward an attempt of getting us off pharmaceutical drugs, then there is not much less for us except to stay on those drugs and hope that the medical, pharmaceutical drug manufacturer is telling you all the truths about those drugs that you need to know. Then, "Good luck!" because in my world, I do not see that as a pathway to longevity and high performance in our physical selves.

**Stanton:** When you talk to psychologists and they talk about altering behavior and changing habits, they encourage you to, not only abstain, but to substitute something positive for the negative habit that you want to change.

You just mentioned one way of doing it. What are some other ways to encourage people? I recently spoke with someone who has a diagnosis of cancer. He is moving towards adding more organic foods into his diet. That is an example of what should be done.

What advice would you have for our listeners, viewers, and readers on how to substitute quality food – fruits and vegetables and nuts – to the standard diet that we are so familiar with?

**Awadu:** Get informed, get inspired, and get excited. As far as getting informed, when I came to the point in my life, I said, "I've got to try this raw vegan superfood lifestyle for an extended period of time."

For eight years, I was very strict on it. That was amongst the most magnificent eight years of my life. The first stage of it was I ordered six or eight books the first day I committed. I said, "Let me get informed, let me get some great recipe books because everybody can follow recipes."

Also, it is critical to have the right tools. Those of us who are making these commitments should have a high-quality juicer. The low-speed juicers that are out now are very reasonably priced and are very high performing. They have a great output.

You should have a good high-quality blender. Other tools that I use in the

kitchen include a food processor and a number of different gadgets. I'm a professional chef, so I have great gadgets, cutting boards, and knives that I use for production.

Another very important key is to buddy up; don't do this all on your own. It's better if we have a collaborative group where we are all working together – Harambee: let's all pull together. We can dine together, we can plan feasts together, learn, teach each other, inspire each other, and show each other techniques.

The bottom line is this: You have a will. For your will to be your best ally in life, you have to test it; you have to practice it and stretch it and make it work.

I encourage everybody out there to do the best you can with the tools that the Creator already gave you with the primary intention that the outcome of your efforts is that you will be a healthy person.

**Stanton:** We are almost out of time, but I did want to cover your book. You mentioned your book, *Panic: What the Coronavirus Pandemic Tells Us about the State of the World*. What prompted you to write this over a year ago?

**Awadu:** Thirty years ago, at the beginning of this crisis called HIV-AIDS, because I had a background in cellular biology, molecular science, and scientific research, I took the task on to learn as much as I possibly could about that. I eventually wrote three books on the topic, the third of which was entitled, *AIDS: The Establishment Confesses It's a Hoax*.

Therefore, when we saw this thing called 'Novel Coronavirus' (COVID-19) around mid-January in the United States, by February 3<sup>rd</sup>, I had created the first of some 85 reports on this. Therefore, these reports were getting more and more detailed. I ended up making them chapters in the book.

By June 1<sup>st</sup> 2020, my book came out entitled, *Panic*. You received the first cover on the book from Amazon. We cleaned up that cover now on Amazon. The subtitle is, *What the Coronavirus Tells Us about the State of the World*, but I want to focus on this one point that will only take a minute or two to read.

This is a con game. Some people have called it the ‘plandemic’, but I have called it ‘scamdemic’.

If we could find any way to tie together 28 mostly unrelated diseases and disorders, then we would essentially find the greatest ‘killer’ in the world. When we look at these comorbidities associated with COVID diagnoses, they include acute upper respiratory syndrome (colds and flu), acute lower respiratory disease (pneumonia), chronic lung diseases, COPD, hypertension, diabetes, cardiovascular disease, kidney disease, chronic dehydration, cancer, metabolic syndrome, advanced age with accompanying geriatric features (‘old people’ diseases), encephalitis, immune suppression, autoimmune disorders (asthma and lupus), blood clots, obesity, high triglyceride levels, sensory impairment, diarrhea, conjunctivitis, and liver-associated pathology.

Those were all when the book first came out. Then they added another eight: obesity associated with COVID, pregnancy, Down’s syndrome, smoking, sickle cell disease, cystic fibrosis, and thalassemia- an inherited blood disorder that causes your body to have these issues.

I will add one more. When I caught malaria in Uganda and had to go into the hospital systems, I took a total of one test on the way there, and four COVID tests while I was in Uganda. The third and the fourth ones – when I was in the depths of malaria – came back and they said, “Keidi, you are COVID-19 positive.” Then the last test, of course, when I wanted to leave the country, turned out to be negative.

What is interesting is this: I was there to get married, and I spent all of my time with my fiancé. While those tests showed me as COVID positive, she never tested positive; she only tested COVID negative. That violates the rules of infectious agents.

**Stanton:** The other thing, which I think you might have mentioned, is that dementia and Alzheimer’s are also major factors when you look at the list of comorbidities and conditions that people are transpiring with. Oftentimes, they attribute that to COVID when, in fact, it is these other comorbidities.

**Awadu:** That’s right, and when we are talking about advanced age with

accompanying geriatric features, that definitely includes dementia and/or cognitive disorders which seem to advance as people age.

In America, those COVID deaths and diagnoses and hospitalizations were highly compounded by the facts that they went into the long-term care facilities, the elderly care, and the hospices, and they pulled people out of those places and put them into hospitals – in COVID beds – to be able to get all the money that was resulting from the diagnosis.

If we look at the details of this, and I did this extensively in the book, *Panic*, there are many details that show a number of different scandals.

The bottom line that comes in this day, in this era, and in this age is there is so much scandalous negativity, fear-mongering, and taking advantage of ignorant people that is going on. All of us have to arm ourselves to defend ourselves.

**Stanton:** That is one of the reasons we are doing what we are doing. That is one of the reasons you are one of the first guests on Metanoia. I want to thank you for taking time out from your busy schedule – because you got off the air about 40 minutes before recording this. You have a busy schedule.

Give us the URL for your Living Superfoods, and then we will let you go with our eternal gratitude with the promise that you will come back in the not-too-distant future.

**Awadu:** You know that I am always going to be here for you, brother Junious. I consider you to be one of the geniuses who inspires me to an even higher level of performance. Thank you for who you are and what you do.

My URL is <http://LivingSuperfood.com>. It's not only recipes; it's not only delicious vegan food that will make you feel healthy; it's a movement and a lifestyle. It is a united front against the forces that have bankrupted many families, killed in every family at least one member prematurely, and then they send us a huge bill after putting that relative of ours in the grave.

We must resist. We must fight back using all of the tools that the divine creation has put into our hands. One of the greatest tools is food. Food is nature's most

perfect medicine. So, find out more. Join the movement. Bring your family along at [LivingSuperfood.com](http://LivingSuperfood.com).

Thank you, brother Junious. Much gratitude for the network for sponsoring our conversation.

**Stanton:** We want to thank the *Solari* network for this opportunity – Catherine Austin Fitts and her staff. We are greatly appreciative of them.

As we close out, this is Junious Ricardo Stanton encouraging you to engage in a mental decolonization. Free your mind, and the rest will follow.

Until next time, stay well, stay strong, peace.

### **MODIFICATION**

Transcripts are not always verbatim. Modifications are sometimes made to improve clarity, usefulness and readability, while staying true to the original intent.

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