

Diary

These are the notes I took in the last 4 months (of the first 6 months) – I almost didn't take any notes in the first 2 months. I mostly only noted things that were standing out of the ordinary, many times nothing special happened so I did not write on those days. This is not a suite, I did no editing, it is not always interesting and it may get repetitive.

Briefly, in the first 2 months:

I did not notice any drop of energy except during fasting. As expected (I was told about this), I got sick with fever and headache in the first week, on the 5th and 6th day – this is supposedly due to a first massive excretion of toxins. I have the feeling that my whole digestive system, the flora of my stomach did undergo some adaptive changes. I experienced quite a few times some stomach discomfort, I kept trying to find the causes from what I was eating. Gradually I adapted and stomach aches got fewer and fewer. At the beginning, almost every time, the mix of tea and fruits gave me stomach ache, the exception that I noticed was the mix of tea and star-apples (or milk fruit, from the *Chrysophyllum cainito* tree), they seem to go well together.

In those first 2 months I also noticed that tobacco smoke was now bothering me whereas before becoming fruitarian it did not really bother me. Then I had a very disturbing experience: going to town I was exposed to the smell of roasting meat from one of the numerous sidewalk BBQ meat sellers we see throughout Vietnam and Thailand, and instead of having an instantaneous feeling of utter repulsion as always, I felt some kind of attraction! There was something appealing in that smell and the usual repulsion was not very strong. Was it from some deeply buried meat-eater instincts I still had in me? Did the raw fruitarian diet woke it up? This attraction happened a number of times in the following weeks, but certainly the effect of the sight of decapitated animals hasn't changed since I first became vegetarian 27 years ago. I believe the attraction of the smell of roasting/frying meat was not from the meat itself but from the oil and spices – fried tofu smell had the same effect (without the repulsive side). So the craving, if craving there was, was more likely for cooked food, fried food, and the smell of fried food, fried spices was associated with pleasure. In the beginning I thought "Am I now tolerant to this smell, will I thereon be able to stand it?" Maybe that, from now on, I will not have to cross the street when I spot one of those dreadful smoking BBQs on the sidewalk. I probably will still avoid the sight and smell of meat as before, hopefully I will simply not get as much disturbed when it does happen. I hate to go to Asian food markets where to buy fruits you have to cross beside tables filled with chopped-off dead animals, sometimes having to walk in their blood!

In the first 2 weeks I had these fruits: Many of those: jackfruits, bananas, papayas. Some of these: oranges, persimmon, rambutan, jujubes (*Zizyphus mauritiana*). Few of these: apples, pineapple, mangoes, dragon fruits, fresh figs, passion fruits, lemon, pomelos, asian pears, cacao.

On day 13th, I widen my definition of fruits to include not only the sweet varieties but also all that are edible, come from a flower and surrounds or protect seeds. I can't wait to try tomatoes. In the afternoon I pick jackfruits, 3 big figs and one papaya (they grow on our land). The figs are very big and do have an amazing kind of gel in the middle, one of my favorite things I have ever tasted in my life! Diner: tomatoes + cucumbers + hot peppers – I use a little bit of salt.

Day by day:

Day 61

I make a dipping of lemon, basil leaves, chilli and salt, mixing tomatoes and cucumbers. Then green tea and star-apples: first time a kind of fruit mixed with drinking tea does not give me stomach discomforts. Added-note: Around that time I noticed that tomatoes and also cucumbers give me gases, maybe because of the dipping mix of lemon-basil-chilli-salt? I should verify later.

Day 63

I eat a whole baby-jackfruit (not related to jackfruits, but a cucurbitaceae), I feel strange afterwards, like if I was about to get sick, no pain, only as if I have been drugged! Perhaps we should not eat too much of that fruit at once: the yellow thick but soft fleshy part under the skin is toxic, the edible part is the red flesh that surrounds the seeds, those two parts are in contact with each other within the fruit, that could explain that some toxins can be spread to the edible part, so be careful! It could be possible it would help to rinse the red edible part with its seed before eating, but first, do not eat too much.

Day 66

I am starting a 48 hours fasting. No headaches, but a remarkable period of sneezing with no apparent causes!

Day 68

I have just finished my 48 hours fasting. I eat bananas and swallowing gives me pain in my throat and palate, but after many bananas the pain goes away, could it be from the last days air-conditioning? Then I ate mangos. Bananas and mangos, as my first meal after fasting: only 2 hours later I had to go defecate! So was it from food I ate 2 days ago or from those bananas and mangos I have just eaten only 2 hours ago?

Day 70

Morning: the mix of bananas-mangos, or it could be the mix of bananas-mangos + one sip of tea, gives me stomach discomfort. I think I must delay drinking tea when eating those fruits.

Day 77

Breakfast: mangos + bananas give me a little temporary stomach discomfort.

I still continue to use a dipping mix of lemon-basil-chilli-salt with tomatoes and cucumbers, I should discontinue consuming leaves and salt, I want my diet to narrow down to fruits only and leaves are not part of a fruitarian diet even though I pick the basil leaves myself without hurting the plant and in this sense it is still in the fruitarian spirit.

Day 91

It seems to me that bananas never mix well with other fruits.

Day 92

I am still making this mix of lemon-basil-chilli-salt to go with tomatoes or cucumbers, I should discontinue this habit. I have stopped drinking tea since about a week, but to stick to only fruits I should cut out on all leaves. If ever I decide to re-introduce tea, I will be more strict to have water not over 77 °C.

Day 93

I think I should start a mono-fruitarian diet now. I will do exceptions when one kind of fruit is not available in large enough quantities in their ripe state: starting from my next fasting and onward, I will wait at least 2 hours between types of fruits. But I want to re-experiment mixing fruits after 6 months in a somewhat more 'scientific' way, varying proportions, quantities, water or no water, mixes of 2 fruits, 3 fruits, trying many different combinations and feeling how my body react.

Day 94

There are several varieties of bananas. This morning I ate only bananas, the variety with big hard black seeds in one extremity: I got a stomach ache and I didn't mix them with any other fruits. I will have to compare between varieties and check if some varieties need to be eaten much riper. Possibly also that being a quite dry and compact fruit, it takes away the liquids from my body. I should try with drinking a lot of water prior to eating bananas.

Day 96

Last day before my monthly fasting, I ate bananas in the morning – with a mixture of cacao powder and passion fruits. Then I ate cucumbers (with a mixture of lemon-chilli-salt), then tomatoes (with the same mixture). Evening till late, I ate a mango then a watermelon – which was horrible both in texture and in taste – maybe one of those genetically altered mutant monstrosity, or maybe from the fertilizer? I ate also rose-apples. The watermelon gave me stomach ache, but it did not last long.

Day 97

I have been fruitarian for a little over 3 months. I start a 3 days fasting, no food, no liquid. If I feel 'unsafe' at any point I will start drinking water. So far 13 hours, everything is fine. I felt hunger around hour 10 but it passed. I felt also a light headache, a kind of heaviness at the top of my brain. I just climbed a 150 metres hill very easily. It is funny today, I was the only guest at my beach resort but here came around 300 monks (from Dharmakhaya), 6 of them arrived the previous evening, and then, this morning, they prepared a big BBQ! Those monks themselves were frying fishes - which goes against Buddhist teachings - and I, in my hut just beside, decided to leave for the temple on the hill. This day, where for me food had no importance, for them it looked quite the opposite. At about hour 14, second wave of hunger, all goes well. Hour 16, I feel hunger again, not very strongly. I go swim in the sea, I cannot avoid salty water to reach my tongue. Fresh water from the shower feels very refreshing to my body, it replaces drinking in some degree. I brush my teeth with only water being careful not to swallow any drop. I got the feeling that my sense of smell is more acute. Hour 18, hunger again, but not so bad. I also do not feel overly thirsty, maybe my past experiences of spending long periods of time without drinking (simply by neglect) make it more bearable and make it feel more normal now. Hour 22 ½, hungry but OK, thirst is easy to forget. My pee is darker a little bit (than usual –meaning the now usual – because since I became fruitarian, my pee is always very clear, even in the morning, and its smell is different too). There is still this kind of pressure sensation in my head, not a headache, but similar. I hope I am not overdoing it, I still do not know about breatharians' techniques and I do not pretend I can do it (without water) for any long period of time. Tomorrow morning I will decide if I go on one more day without water... So far, so good. Lying down in bed I feel my heart pounding right below, in the middle of my stomach, not far from my navel! And it is amazingly strong, as if my heart has moved right there! I cannot believe it.

Day 98

I had a great night of sleep. This morning's thirst is no different than any morning. I did not go urinate in the night as usual nor do I feel like going this morning. I feel great and will go on without water. However I feel I should have made more research, I know that some people have done it for longer periods of time without any sequel, but what about those who got problems, maybe permanent ones? Can the blood gradually thicken and does it become dangerous only after we start feeling some acute sensations? Or could a point of no return be reached without any obvious warning signs? I will not worry now but shall

be very alert about any new sensation or symptom. 8h40, I finally go to pee, it is still a dark yellow (a normal yellow for most people but dark for a fruitarian), maybe darker than my yesterday night's pee, not obvious. As for the quantity, slightly less than usual, but considering I used to go pee 1 or 2 times in the nights, now it is much less than before, it may explain why it is darker. 40 hours and 40 minutes without any food and any liquid. Late morning till early afternoon I walked about 6 kilometres on the beach towards the village, everything was ok, thirst came and went, but now my thirst stays. I notice that I easily get dizzy when I stand up at a normal speed, this is not normal, I fear that dehydration does make it hard on my heart... can blood thicken? Those who die of thirst, what exactly are they dying from? It looks like I won't go on for more than 48 hours without water, but if I start drinking, I still will continue without food though. 5h50 pm, I take a leek, small amount, not darker than this morning. I came back to my hut by public transport – not sure I could have walked the 6 kilometres under the sun.

I've been thinking about that 'prana', a substance that nourishes one of those breatharians from India – it is secreted by glands at the top of the palate and can produce enough nourishment to go on without food or water indefinitely. I explored and what I discovered seemed to be more akin to nasal secretions than the sacred 'prana', but maybe I'm wrong, maybe this is it!

At 6 pm I decide to discontinue my water fasting. After 42 hours, the effect of drinking is no different than anytime I drank water when thirsty. I drank 600 ml then more 2 hours later when I felt thirsty again. Next pee was a bit clearer.

During my fasts I do not use soap, shampoo, toothpaste (nor, ever, any type of body-care products) as they do go to the bloodstream through the skin. When not fasting I have a very limited use of soap, shampoo and toothpaste and rinse thoroughly immediately after.

Day 99

Morning feels great, no more hunger. About energy level: I will see later, but now feels normal. 1 pm, hunger strikes, I'm surprised as it is the third day of fasting and usually, for me, hunger subsides completely somewhere during the second day. Also, I have a light headache since this afternoon which could be due to a lack of exercise today. I went to the market to buy fruits, I decided I would shorten my fasting by 6 hours, 66 hours instead of 72 because 72 hours would lead me to midnight. 6 pm: I made an exception to my mono-fruitarian rule: I mixed many kinds of fruits (tomorrow I shall start a mono-fruitarian diet allowing at least 2 hours between varieties of fruits). First bite: it made again the top of my palate hurt, same thing happened at my first fasting (since I am fruitarian), except that now it is perhaps a little less acute.

Day 102

Exception: mixed-fruits-meal included in air travel fare: the fruit platter (of course!) consisted of pieces from 5 different types of fruits.

Day 107

Over one week mono-fruitarian. I eat ripe fruits but perhaps they should be riper. I got temporary stomach discomfort once with a papaya (I was surprised of this), once with bananas. I must experiment more on the different bananas varieties, on quantities, water intake (before? at the same time?) and mastication.

Day 109

I haven't eaten a lot of coconut since I am fruitarian but I decide today to give-up completely on coconut as they are not really fruits (and they have that potential to sprout and grow, to give life – for a fruitarian, nuts, seeds and grains are maybe like eggs to a vegan, it is not life yet... well, right).

Day 114

My stomach has been very good lately, however, I will increase the minimum waiting time between eating different varieties of fruits from 2 hours to 3 hours, but only for the denser fruits like bananas, avocados, mangos. Watery fruits can stay at 2 hours.

Day 117

Light headache, not enough water? I believe it may be from now having spent too much time in front of my computer. Also my sight is going down since a little over a year now, but I have that strange feeling that it has taken a steeper downfall these last days...

Day 123

First day in my 4th month. I wake up and everything is fine, then suddenly as if it was a cramp, I get a very acute pain in the area of my right kidney. I think it will pass but it may be kidney stones, I hope not. I am not sure what to do, it is very painful, some positions are painless but just getting up and turning sideways is excruciatingly painful. My main question is: from which food could kidney stones have formed? It is usually associated with high calcium diet – and first thing most doctors would say is to cut on all dairy products, salt and caffeine, and drink a lot of water. First thing I suspected was a possible ‘overdose’ of potassium from bananas, but I cannot find anything that would support this...

Day 127

The pain in my right kidney has not diminished. This morning I had a chat with H who has organized fasting and detoxification programs since 24 years. She suggested that I may be missing some minerals and looking at my skin, that I was also missing oil, that this is common for fruitarians. She added that those for whom an exclusively fruitarian diet is working well for them should still not advocate fruitarianism as the best or the only way as we are all physically different, our systems are not exactly the same from one person to the other. She suggested that I take some non-fruitarian food and supplements, which of course I refused to do, but this all will incite me to make further researches. If it is true that we are all different physiologically and that each of us should follow one’s own way, once our body has found its basic health back, it is very much possible that we become all very much similar in our physical needs and similar in what does consist in the best ways to provide for them.

6 pm, I start my 3 days of fasting, there has been 28 days elapsed since the last one. In June I will try to synchronize my fasting days with the full moon. My kidney pain seems to have diminished somewhat, I have doubts that it is kidney stones, I think to buy a small strainer to verify every time I go to pee. I have doubts as I cannot find any likely causes. My eyesight seem to have gradually come back to what it was a month or so ago

Day 128

After 24 hours, all goes fine, only a very light headache. Earlier I had a good 3 hours of hiking and climbing, it felt good.

Day 129

Hour 36, the light headache still persists, it is accompanied also by a general sense of heaviness. I have felt hunger only the first morning after about 12 hours of fasting. I don’t feel like doing much. In the afternoon I start to feel some pain in my legs (could it be from my yesterday’s hike? So why this morning they were fine?). I feel also some light pain under my left arm, could be from some zona virus reaction (I got that one year ago). I decide to make my fasting 49 hours instead of 72, so I ended it at 7pm. Very strange, the first cucumber gives me pain under my tongue, a quite acute pain, enough to force me to slow down significantly! After about 8 small cucumbers the pain goes away. I ate also half a bitter-melon (in French ‘concombre amer’ – bitter cucumber) – they are in the same family, so I mix them, same with different citrus, they can be eaten together, same with different varieties of tomatoes...

Day 131

Too many bananas were given to me yesterday. Today I shared some and ate only bananas the rest of the day. Yesterday I purposely drank water before eating bananas, not because thirsty, and I still got temporary stomach discomfort 2 times. Today is the same, like cramps – should I drink much more water before bananas? Early evening: half a water-melon, very good! Later on, I ate some old bitter-melons, some parts were still good: again temporary stomach discomfort!! I don't think I ate too fast, so it makes me wonder. When I was vegan it practically never happened. Maybe by masticating a super long time this would not happen? I must experiment more. I haven't seen H for about 3 days, now that she sees me she says I am skinnier! In 3 days?! I wish I had access to a scale since I embarked on this 'journey' over 4 months ago. I was about 63 kilos. I must have lost over 5 kilos in the first 6 weeks I would say.

Day 133

Today I went for a colonic hydrotherapy for the first time in my life, the therapist is said to be one of the best in Thailand: it's not the place here to go into details but I want to say that it seems to me that if one does switch to a fruitarian completely or partly for detoxification, or seeing the detoxification phase as important, colonic hydrotherapy can be an excellent complement to the fruit diet. The therapist suggested that I go to a second session shortly after and then one every 6 months or every year. I can say that some of the 'stuff' that came out was definitely not from anything I ate in the last 4 months! He told me that some 'toxic matters' can remain stocked in pockets and corners of the intestine for years and that it is detrimental to let it stay there. I know it is not a 'natural process' to do colonic hydrotherapy, no animal in nature does that, but I feel it can be very beneficial to do it, a non-natural process to heal a non-natural condition.

Day 134

One thing I purposely did not write about so far in this diary is that for a while now, perhaps from the first month even, I did from time to time eat pure cacao with bananas, as a last evening meal. What I was doing (and still am) is that I mix about 2 or 3 teaspoons of 100% pure cacao with some orange juice to get a thick 'sauce' with which I eat bananas. The good point was that with this mix, bananas never gave me stomach discomfort ever! So it seems to be a very good mix, very good and delicious too!... I did not previously mention about that, I was not sure it was alright for fruitarians to eat cacao and I wanted to give the right information. I made some research and today came to the conclusion that cacao should be also avoided. Yes it is 100% from a fruit, but they use the seeds to make the cacao, and doing so it destroys them. For this reason, fruitarians should avoid eating cacao. Moreover, most cacao, probably including the one I have, is processed using heat, so it is also not raw – however, raw cacao is available and it would be much preferable to non-raw. I still have some cacao left, I will use it but I will not buy any more.

Day 135

Today I am seeing the fruitarian friend I met in Japan last October and who inspired me to become fruitarian: exception day, we mixed a lot of varieties of fruits, a fruit feast, and went picnicking, hiking to a waterfall.

Day 137-138

3 airplanes = mixing fruits (as I always order the 'fruit platters'), this is ok.

Day 140

Since my departure from Thailand (to Taiwan) 3 days ago, I have difficulties to keep to a mono-fruitarian diet, not from a bad habit formed in the airplanes but it has to do with the indoors independent markets in Taipei: first, some fruits are not available in big enough quantities (in their ripe state or not getting ripe at the same time), then I bought small quantities of those fruits I did not know about and wanted to try,

some of which I was not sure if edible raw. Also some fruits are quite expensive. Going now to a mountain monastery, I have no idea of what will be available. The monastery provides me with enough fruits so far for the first 5 days, I did bring with me also about 20 kilos of fruits bought on the way. On weekend, weather permitting, there are vendors outside the monastery, one lady selling oranges at a fair price from her nearby orchard.

Day 146

The monastery cannot provide enough fruits everyday for one fruitarian, so one day I decide to go to the nearest market with my 2 empty back-packs and other spare bags. Down the mountain (500 m. high) and following the road towards 'civilisation', the first one I found was some 14 kilometres away! A nice walk through forest trails, then following a river. I buy for near 30 kilos and walked back for about 1 km to an intersection where I started to hitchhike while eating a most amazing durian fruit! It did not make much sense to walk the remaining 13 kilometres with 30 kilos on my back. I got a ride by motorbike right to the base of the mountain! Then only have to climb the 1km trail (it took me a slow 1 hr).

2 types of tomatoes that I bought were not tasting good at all! The ones I bought before from Taipei did look quite similar but they were good. Today I ate not mono, I mixed because different fruits got crushed during transport, next day will be mono again. I was very happy at the market, but it was quite expensive, durian fruits are imported mostly from Thailand it seems and they are around 10\$ US each, in Thailand they can be as low as 1.50\$ in season for a medium size one.

Day 147

The back of my legs hurt, perhaps the mountain hike with the 30 kilos was a bit much. It seems to me that since about month 4, my pee does not have the same smell as it had the previous months, I'm not sure what could have changed, perhaps one type of toxins got depleted? I must say I did develop a liking for the previous smell, now it is more subtle and 'banal'.

Day 148

I eat the remainder of the cherry tomatoes I bought in town (about 2 kilos), really bad taste, some as if having mildew, but they weren't overripe, an aberration of nature that should get eradicated from our genetic patrimony, maybe they were from the Monsanto engineering department? Anyway, they gave me a lot of gas, bad smell – peculiar but acute – so it left me wondering if my system is now more sensitive to toxins and pollutants, if these tomatoes did contain sufficient amount of these, my body might have rejected them on the spot?

Day 150

I eat a pineapple for breakfast being careful to remove the parts I believed responsible for hurting the tongue, the round brown spots and the 3 small white 'pods' underneath each brown spot: my tongue was still bleeding! Did I miss so many of these white 'pods'? Or is there something else that causes this. I know that pineapple juice never has this effect. There is one variety of small pineapple from Yunnan in the south of China that does not cause this problem, they are also one of the best tasting pineapple I have ever had. Funny as I was more careful than times before, but now, for the first time I can remember, my tongue was bleeding!

Day 151

I do some weeding in the garden to help one of the monks – this is contrary to the fruitarian spirit. I did not however feel guilt or remorse uprooting/killing invasive species of plants, making room for the others that will provide food for the community.

Day 152

Now entering the 5th month. I can notice some changes in my body apart from the loss of weight. My cartilages seem to have regenerated somehow to some degree: my groin on the left side (light problems

for over 15 years), my right scapula (for even longer) and both my knees (for about 6 years) do not give me problems as they had in the past. I have also gained flexibility in some areas, it is easier to gain flexibility. My thighs appearance seems to be different, they now look more like frogs' thighs!

I relatively quickly became a strict mono-fruitarian. In the first months I did not stick to the word 'fruitarian' as my goal, I simply wanted to eat raw and not kill any plant, so I was looking to include some leaves, nuts and flowers, then I gradually became fruitarian. So my exceptions were: occasional tea, basil leaves, salt, pepper (a few times only), one broccoli, a few times small amounts of dates and raisins (that could have been dried at high temperatures), 100% cacao powder and coconuts a few times – about 5 times I bought a kind of small coconut that was really tasty but I learned afterward that they were 'burned coconut'! They looked like ordinary small coconuts with its water and flesh, so I was surprised. I have never found any other raw nuts. So in this order (approximately) I gave up all of these: in the first month: pepper, second month: broccoli and tea, third month: dates and raisins, basil and salt, 4th month: coconut, 5th month: cacao... Now, after having given-up everything that was not fresh fruits, I recently since my last flight, started to drink tomato juice, not freshly made, canned, that could be irradiated, pasteurized. On the flight there was a problem with the meals reservation as I had to change it by phone, the online form having only 'vegan' as the nearest choice, anyway, tomato juice was the only near to acceptable option. Then I kind of got hooked on tomato juice and once in Taiwan I bought more! And that's not all, I started to add salt to the 100% tomato juice, tiny amounts, but all the same I should not have done that. Now it is over. My friend from Japan did warn me about salt, that it can be quite addictive! I heard salt is bad for the nervous system among other things. Ah, one more reason why fruitarians should not buy commercial tomato juices, even if they are organic and contain nothing else but tomatoes: most juicers would crush and destroy the seeds, and I believe now that they cook the tomatoes to some degree before juicing them. If homemade and using a slow speed juice extractor and filtering the seeds, maybe this would be a good option though...

Day 153

I go to buy fruits again. 7 days ago I bought nearly 30 kilos of fruits and it's all gone! And the monastery did continue to give me some fruits almost every day, like slices of watermelon, apples, kiwis... It should be noticed that in average, 20 to 30% of the weight of fruits are from the non-edible skins and seeds, so I think the daily average of fruits I actually eat is around 4 kilos. This time I went by car. I bought slightly less, about 25 kilos. One kind of fruit I bought that I did not have for a long time: a type of berry, the size and look of boysenberries, but growing on a tree, dark-purple, from red when unripe to almost black when ripe. I find that there are not many purple fruits in Asia – In Taiwan they have eggplants, prunes, grapes (mostly imported), and these berries... I shall take care of this when I am back in Canada, more purple fruits. The blueberry season is in August...

Day 155

I decide to augment the minimum time of waiting between types of fruits to 3½ hours for the denser fruits and to 2½ hours for the more watery ones.

Day 156

I find a canistel fruit tree ('pouteria campechiana') on the land of the monastery. I take the fruits that have fallen to the ground, ants seem to like them. Canistel, also known as 'yellow sapote', or 'eggfruit' or 'chessa' or 'tiessa', is one of the few fruits I could not eat in large quantities unless perhaps mixed with something else, maybe like lemon? It is very sweet and unlike sapodilla, also very dry and fibrous, maybe like a mix of firm avocado and sweet potato (but much sweeter). I am sure that for raw vegans there are plenty of interesting uses and preparations possible with that fruit.

I feel unusually cold after eating green bell peppers, specially my legs, arms and hands. Maybe this is a hot summer day fruit for me.

Day 157

3 days fasting, I start it at 7 pm. Today I ate cucumbers, tomatoes, green bell peppers, canistels and rose-apples, all contains a lot of water except for the canistels. I will start the fasting without water and see how it goes.

Day 158

I feel good, morning meditation at 4h30 then a lot of brooming to do, good exercise. At around 8, I rinse my mouth (spitting out all the water, as much as I can), the water tastes sweet! Very little hunger or thirst this morning. At around 4 pm, I feel hunger, but it is not so terrible. 6h15 pm, now hunger strikes harder... 'quiet, quiet'.

Day 159

4 am, I can't say I feel great this morning. I didn't go pee in the night, this morning my urine is a bit dark. My muscles ache, I feel tired in them moving around, I have a light headache and feel heaviness throughout plus I get dizzy standing up. My saliva feels thick, my whole mouth feels this way. My carpal tunnel syndrome symptoms are easier to trigger (this I have noticed about 2 or 3 months ago but I was not sure, it was too gradual, so I wonder if it could be due to loss of fat in my wrists, though it seem to me that this should have had the opposite effect. It could be due from too much brooming yesterday and about the previous times, I simply didn't link the symptoms with the days' activities. I feel I will stop the water fasting today. Today will be relax. After meditation in the main hall I come back to sleep until 6h30. Second wake-up is much easier. During meditation, then later on also, when I close my eyes I see an amazingly bright spot with very clear contours, white shiny and sparkling with green spikes around. Its shape remains stable but it appears very vibrant with 'life', kind of oscillating, an amazing 'heavenly' sight. Since I woke up this morning (now 9am), every time I stand-up I become all dizzy and lose my sight completely for a few seconds, all become black. It would not take much for a black-out at this point. I do some breathing exercises that seem to help then I take a long hot shower! It makes me feel so refreshed! Water is magic. After 40 hours, I feel better though still not in a mood to do much of my day. In the afternoon I do not feel so dizzy standing up anymore. 4pm to 4h30 pm I finally go to do some brooming. Coming back to my room, I lie down: I feel my heart beat very strongly about 1 inch up and to the left of my belly button: it is so strong that when I put my finger on this spot I see my whole hand lifts up and down on at least half an inch! Up-down, up-down, as though my heart has moved there. Then I put my hand over where my heart should be: almost nothing, at the centre, closer to the sternum, I can feel a normal, not so strong beat: should I worry about this? Only 2h40 to go to make it 48 hours without food or liquids. I am surprised I still have to go pee almost 48 hours in a dry fasting. Hour 48 finally! I decide to drink water for the remaining 24 hours of my fasting. Drinking water did hurt a little at the back of my palate for about 15 minutes (or about for the first 1 litre), but where it did hurt much more, and I was surprised at that, was a big area around my lower back molar on the right side. I was surprised because I did rinse my mouth quite thoroughly at least 5 times today and never felt any pain. I drank 1.2 litres in about 20 minutes.

Day 160

1 am, first pee after the end of my water fasting – thirst woke me up it seems, I drank then felt like going to pee. It was still darker than usual (though clearer than when I was vegan). Can it be that the fasting gets rid of supplementary toxins as well as useless matters hidden deeper in tissues? This morning, 4 hours of brooming (it usually takes me 3), I feel my energy level is a bit low, I go slowly. This leads me to wonder if breatharians have to lead a more contemplative life or can they have a mostly quite energetic one. I would like to know more about these people (if they truly exist), how they have found a way to compensate for water outflow from the body (urine, sweat, evaporation through the skin, through the breath...), how do those special breathing technique works. Some breatharians do mention that they went through a fruitarian phase before becoming breatharians, as if fruitarianism is a stepping stone into

the world of breatharianism. I do not necessarily see breatharianism as an ideal, though of course it is easy to see the advantages of not requiring outside energy sources other than the air and the sun.

After 72 hours I eat: grapes, berries, tomatoes. There were not enough of each to make a meal, so I mixed them. As expected my palate did hurt, but not as bad as the previous time when after fasting I ate bananas.

Day 165

Solar eclipse day. I try a kind of melon that grows to be very long and that sells by the slice, not sweet, or just a little, very subtle taste but not so interesting. Perhaps the locals cook them the same way they would with bitter melon.

Day 170

Since I am at about 10 km from the nearest market (I found this one, a bit nearer than the last one), I still keep a reserve of 100% tomato (sold in cans). My habit – or rather my psychological dependence, of adding a little salt has not been dealt with properly it seems – I still do it, only with tomato juice. I am a bit amazed at how it does transform the taste of tomato juice, not only making it more salty, but I feel a whole range of tastes is coming out with just a little salt. At least I stopped using salt on fresh tomatoes and cucumbers. I will stop buying tomato juice as soon as I can use my juice extractor, and see the difference with freshly made juice, and trying with different varieties, I think at that point salt will go! In 2 weeks I will be back in Canada after a 15 months trip in Asia, I look forward to the berries and other non-tropical fruits! Today I tried a new kind of fruit for me, a red berry that comes from a tree, a bit sour, called 'myrica rubra' or 'chinese bayberry'.

Day 172

I eat 5 mangos and get serious stomach ache, it did last a good 20 minutes. I decide to increase to a minimum of 4 hours the waiting time between types of fruits whenever I have enough of one fruit to make a meal.

Day 173

One pineapple needs to be eaten today: it made my tongue bleed and hurt my palate and my lips, but so delicious!

Day 174

9h30am, I eat again 5 mangos: this time no stomach ache. At 5h30 am I did eat 2 papayas: could this have helped for the mangos? I found a commercial food scale in the basement of one of the buildings: before 6 pm: 1.3 kilos of cucumbers, this is a bit much for me, 1 kilo would have been enough.

Day 175

Today's pineapple: 1.2 kilos once all arranged (2,1 kilos before, not arranged). I prepare it all before eating any, removing a lot of the small white 'stripes' and all the round brown spots, then eating big chunks: no problems with my tongue!! I can feel the beginning of some itching but this is perfectly ok. It is also very ripe like the other one of 2 days ago.

Day 176

The last times I ate bananas (about 1 kilo each time), I did not get stomach discomfort. It seems that drinking 200 to 300 ml of water before eating bananas does help me. Now I ate 5 apples (750gr) and get stomach discomfort. The first 4 apples I ate unpeeled, the 5th one I peeled it: I rinsed and brush each apple thoroughly before eating them: I wonder if there were still some amount of pesticide on them, if my body has grown more sensitive to these poisons and did react to that...

Day 177

I eat 5 apples again, now peeling them all: I did not get stomach ache this time. 7h15, I decide to do a 24 hours fast, with water this time. It is not the full moon yet, it will be in 2 days, but since I am almost out of fruits and that tomorrow I leave the mountain to go to town for my last 3 days in Taiwan, it was a logical choice. Why only 24 hours? It has been 20 days since my last fast and I think I will do a one week fast for the next one at the beginning of July as the first fast in the second half of my one year as a fruitarian.

Day 178

I am amazed that during this 24 hours fast not once did I feel hunger. At 7h10, at the train station I start to eat again: a new variety of bananas I haven't seen before: small but elongated and quite sweet (and ripe): I skipped drinking water but didn't get stomach problems. Now in town, around 12h30pm, 6 peeled apples: feels good!

Day 181

I almost didn't drink any water in the past 3 days and my stomach has been very good, even with bananas (dry fruit). Now heading toward the airport to come back home with a 17 hours lay-over in Shanghai Pudong Airport: I bring a good supply of fruits. During flights I will eat mixed fruits that they serve. I feel some exceptions mixing fruits are ok according to circumstances, no need to be strict about that, but every time I will be able to get enough of one kind of fruit, I will be mono-fruitarian, as long as this doesn't risk to make me waste other types of fruits I have.

Day 182

The taste of the 100% tomato juice in the plane has something unpalatable, GMO tomatoes? 2 different brands from 2 air carriers, first one was worst. (I don't know yet that they might be from cooked tomatoes).

Day 194

I start my long planned 4 days of cooked food as an experiment to see how my body will react. A lot of cooking on the menu! Most stuff on the menu was home-made.

It starts with breakfast at 6h30. Home-made végé-pâté, various sprouts, organic wheat bread, mustard, almond drink, organic apricot jam, almond butter, humus... I very quickly get a painful burning sensation inside, somewhere between the oesophagus and stomach. The sensation is kind of ascending but does not go up to the throat area, very strange! I believe it is from strong mustard or maybe some of the spices.

Lunch: spinach/pesto pasta, Greek olives, Full-loaded veggie pizza with Daya mock-cheese. Same thing happens but more intense and more static – after about 30 minutes it gets better but I feel heavy. It is very strange to feel so full for so long, my stomach is obviously overwhelmed, this must be hard work! Thirst is also coming back as an almost constant feature, this also feels strange.

Diner: seitan pie, salad, sweet potatoes fries, dates square with vegan coconut ice-cream.

Day 195

12 hours after my last meal, I don't feel hungry at all! Could it be that my stomach is still working on that meal? I will eat a light breakfast all the same, it will be a busy day. I have about the same breakfast as yesterday, but less in quantity + a little oatmeal with blueberries and a coffee. I used less mustard also, the burning sensation is much less acute.

Lunch: Vietnamese noodle soup + spring rolls, dates square + coconut vegan ice-cream.

Diner: Millet pie, oven baked various roots, steamed veggies (okra, Swiss chard, asparagus, ferns, garlic stems...), salad, onion rings, vegan pogo, one millet beer. (it may look like a lot, but a little of each.)

Day 196

Morning: I woke up with a heavy heartburn, the like of which I do not remember ever having before, quite intense. I go to the toilet and it smells bad, and contrary to what I had expected, it is soft. I take a chamomile tea with baking soda. I am afraid I will vomit if I eat breakfast. Still, later, I eat some cereals

with hazelnut milk and blueberries. Since my first bite of cooked food on the first day, I have felt heavy, constantly satiated even in the morning when I woke up, and I certainly do not feel any satisfaction in that sensation. I am looking forward to eat only fruits again. I don't think I could eat 3 meals of cooked food a day for too long, my recommendation would be to eat much lighter meals, cut down about 50% of the cooked food and increase the raw food portion of the plate.

Lunch: Minestrone soup with pita bread + humus, végé-pâté, sprouts and apple-crisp dessert.

I took a nap in the afternoon, something I have never done in the last 2 years or so. My stomach is really not happy with this food, it wasn't able to adapt in these 3 days.

Diner: salad, spring roll, lasagna, chili con tofu, garlic bread, apple-crisp, organic red wine.

Day 197

Morning: I wake up with a light headache, otherwise feeling fine, not really hungry but not feeling full either. Yesterday evening I drank 2 glasses of wine, maybe the cause of my headache. Several times yesterday and today my palate was completely dry.

Breakfast: pancakes and almond croissants. Going to the toilet 3 times this morning, my excrements are very soft, not liquid but very close, bad smell too. Now I have an increasing production of gas resulting in burps and farts every 10 minutes or so. I am very surprised (so is my sister). The aftertaste of my burps are very familiar to me: as those that had occurred before in India and Nepal (only there so far) and inevitably the next step was a severe case of dysentery that lasted for weeks, even months. I really hope this will not happen as I am not allowing myself to take any medicine.

Lunch: Oven baked egg-plant, basmati rice, Indian fried chick peas, alu gobi, fried mushrooms,

Diner: pogo, onion rings, vegan burgers, spaghetti with tomato sauce, tofu + veggies, lasagna, stuffed egg-plant, alu gobi, a small glass of wine, home-made donuts.

Day 198

Morning: I don't feel good, no breakfast, only some soya milk.

Lunch: fresh strawberries

I quickly feel better, my thirst is starting to give me breaks.

These are all the notes I had for those 4 days of experimenting with cooked food. It was certainly physically easier for me to switch from cooked food to raw food than to switch from raw food to cooked food. Does it mean that raw food is better for us?