

Summary

Primal Diet Workshop — February 24, 2001

Overview

This transcript documents a full-day workshop led by Aajonus Vonderplanitz, a self-taught nutritionist and author of the Primal Diet. The event took place on February 24, 2001, in Northern California. It is structured in two main parts: an extended opening presentation and Q&A session by Aajonus, followed by individual iridology/palm-reading consultations in which he assessed each attendee's health and issued personalised dietary recommendations.

Part One: Opening Presentation and Group Q&A

Aajonus's Personal Health History

Aajonus opened by celebrating having caught a cold — his first in ten years — framing it as a positive detoxification event. He then gave an extended account of his personal medical history, which serves as the foundation and motivation for the Primal Diet.

He described being severely autistic from birth, largely non-verbal until adulthood, and relying on what he called a channelled 'entity' for social functioning. He received his first tetanus shot at age 3 when his tonsils were removed, and continued to receive tetanus vaccinations every six months thereafter. He attributed his autism and neurological difficulties primarily to thimerosal (mercury) poisoning from these vaccinations, noting that the mercury content of each shot is roughly twenty times the level the FDA considers toxic.

In his early twenties he was diagnosed with multiple myeloma (blood and bone cancer), peritonitis following a polio vaccine reaction, and eventually lymphoma. Conventional treatment — surgery, chemotherapy, and spinal radiation — left him unable to straighten his legs. He described spending years dragging himself across floors on his elbows. He did not begin to recover until he abandoned conventional medicine and began drinking carrot juice and, eventually, raw meat.

At the time of the workshop he had been on a raw diet for 18 years, including daily raw meat for most of that period. He reported that 70% of his brain had been scar tissue for 20 years, but that a recent cold and flu had visibly cleared 40% of that scar tissue as measured in iris photographs. He had also recently endured six weeks of severe joint pain as his left side began the same bone-marrow detoxification his right side had taken two-and-a-half years to complete. He presented these episodes as evidence that the body heals progressively and that symptoms such as colds, fevers, and pain are signs of beneficial detoxification rather than disease.

Core Theoretical Framework

Aajonus argued that bacteria, viruses, and parasites are not the causes of disease but rather the body's cleanup crews, breaking down degenerative and toxic tissue. He described three mechanisms of bodily cleansing: (1) solvent-based dissolution using fats converted into alcohol-like compounds — slow and producing toxic byproducts; (2) bacterial decomposition — faster and half as toxic; and (3) parasitic consumption — five to ten times faster than solvents and fifty to one hundred times less toxic.

He criticised the 'germ theory' of disease, citing research on salmonella (Vion Products), E. coli verotoxin (University of Toronto, 22 years of brain tumour dissolution work), and John Monroe's clinical depression studies showing that depression increases when bacteria are absent from the body. He recommended high meat — meat aged in sealed jars for at least four weeks — as a treatment for clinical depression, describing how a patient of 27 years on Prozac became happy and communicative within hours of her first dose.

He placed carbohydrates at the centre of most chronic illness. He cited New York University research on advanced glycation end-products (AGEs) — the toxic waste products of burning carbohydrates as fuel — noting that a healthy body stores 70% and an unhealthy body up to 90% of these products. He argued that humans are physiologically designed to run on fat (80%) and protein (15%), with carbohydrates needed only at 5% for the citric acid cycle. Grains he dismissed as inherently acid-forming and toxic, demonstrating with a personal experiment in which goats refused millet after a few days. He also argued that sugars cause violent, irrational behaviour, illustrated by a story from John Goodall's documentary showing chimpanzees killing each other after being given ripe bananas.

Specific Topics Covered in Q&A

High meat preparation: Meat (any kind, including glandular tissue) is placed in a glass jar with air space, sealed, and opened every three to four days to aerate by wafting. After four weeks the bacteria have cycled through seventeen developmental stages. A marble-sized amount once or twice a week treats depression and provides what Aajonus described as an intellectual and spiritual 'high.' Rotten eggs (aged in the sun for two weeks) provide a more physical, hormonal lift.

Candida and yeast: Yeast feeds on sugar by-products and is beneficial — it helps remove AGEs from the body. Anyone with candida should eliminate fruit entirely, as even small amounts of sugar sustain the cycle. Honey is the one exception: because bees enzymatically convert 90% of nectar sugars into digestive enzymes, raw (unheated) honey contains only 10% sugar and includes a natural insulin-like compound useful even for diabetics, provided it is eaten with fat.

Vegetable juice: Should be pressed daily or stored for up to three days using a specific technique involving 8 oz Ball canning jars filled to the brim and sealed after blending a small amount with honey to displace oxygen. Recommended base formulas are typically 60–90% celery, with parsley, summer squash, and small amounts of other vegetables. Carrot juice is too high in sugar for most people. Two cups per day covers daily enzyme needs; four cups per day helps replenish what cooked food has depleted over years.

Raw dairy: Claravale Farm (Watsonville, Santa Cruz County) was identified as the main California source. Raw milk should be consumed as-is or allowed to sour naturally in the bottle (cap on, with a cup removed to create air space) over one to two days to produce kefir and then yogurt rich in diverse bacteria. Aajonus discouraged commercial kefir grains, arguing they are washed and mutated. He advised against drinking water, arguing that mineral-free water leaches nutrients from tissues; milk, juice, and raw cream are superior sources of hydration.

The weight gain / weight loss cycle: Aajonus presented deliberate weight gain as essential for deep detoxification. Stored fat physically leaches toxins from tissues that cannot otherwise be reached. He recommended clients gain 12–15 pounds above their normal weight (eating extra fat and eggs with every meat meal), then lose it slowly on a restricted rotation of juice, egg, and egg-sized portions of meat. This cycle is repeated continuously; the body becomes faster at each cycle as it grows cleaner.

Dental fillings and mercury: Amalgam fillings emit mercurial gas continuously. Raw berries (especially blueberries and blackberries) with raw cream or coconut cream dissolve and bind metal toxins. Chelation therapy was criticised as relocating rather than eliminating metals, leaving them deposited in bones, lymph, and skin.

Emotions and trauma: Aajonus referenced biochemist Elnora Van Winkle's paper 'The Biology of Emotions' (available online) showing that emotional traumas are stored as toxic chemical compounds in neurological tissue. When these compounds detoxify, the original emotions resurface without any present cause. He disagreed with Van Winkle's recommendation of primal therapy (screaming, hitting), preferring to redirect the energy into music or movement to create new neurological pathways rather than reinforce old patterns.

Raw dairy politics: A substantial portion of the Q&A addressed the ongoing battle to legalise raw milk in Los Angeles County. Aajonus described the infiltration of the Los Angeles Medical Milk Commission by anti-raw-milk doctors nominated by the American Medical Association, which had driven Stuyvee's Dairy out of business and made Claravale's milk technically illegal in LA. He outlined his legal strategy: compiling a 400-page report with evidence from Yale researchers and others to counter the health department's biased report, working with a state senator to hand-deliver the findings to each board of supervisor, and establishing a cow-leasing cooperative (modelled on the arrangement he had already set up in LA) so that members in the north could obtain milk legally regardless of the vote outcome.

AMA confrontation: Aajonus described being investigated by the California AMA for practising medicine without a licence. He turned the tables by pointing out he prescribed no medication and dealt only in food, which any Californian is legally free to advise on. The case was dropped. He reiterated throughout the consultations that he was 'analysing' rather than 'diagnosing' to avoid legal liability.

Other topics touched upon included: restless leg syndrome (excess uric acid or vitamin C megadosing); gout (cooked meat uric acid, treat with pineapple and raw cream or underripe watermelon); headaches (brain seeking nutrients, treat with hot water bottles against the skull rather than pressure); saunas (acceptable for 5–7 minutes at the lowest level); vitamin E supplements (a waste product of Fuji/Kodak film development, causes contamination); almond milk (~30% assimilable vs. 100% for animal fats); Buddhist retreats without meat (manage short-term with raw eggs and dairy, expect protein deficiency); and chemtrails / liquid aluminium (a Boeing contract spraying programme, mitigate by keeping the body well-nourished with raw fats and proteins).

Part Two: Individual Consultations

Method

Aajonus read each client by examining the palms of both hands and the irises of both eyes. He developed this system over years on Venice Beach, correlating client-reported symptoms with observable tissue changes in hands and eyes. He reads approximately seven markers — colour, texture, tissue quality, pulse, and others — and claims to see organ condition, metal poisoning, scar tissue, bile deposits, glandular activity, and genetic predispositions. He was careful to frame all observations as what he 'perceives' rather than medical diagnoses.

Recurring Findings Across Clients

Metal (mercury) poisoning from childhood vaccinations was the single most common finding, present in virtually every client. It appeared in kidneys, testes, sinuses, brain, and liver. Treatment invariably involved raw berries (not strawberries) with a generous amount of fat (raw cream, coconut cream, or butter) eaten in the afternoon only — morning consumption forces a kidney detox, evening a neurological one.

Pancreatic debilitation was nearly universal, limiting tolerance for fruit and sweet foods. Clients were commonly told to avoid fruit altogether or limit intake to one small piece per day, always with fat. Several clients who presented as diabetic-like were told to avoid all carbohydrates.

Glandular dryness and bile accumulation were also extremely common. Bile — produced by the liver to aid digestion — accumulates throughout the body when the diet lacks sufficient raw fat, causing irritation, rashes, nausea, diarrhoea, and emotional instability. The primary remedy was coconut cream, raw butter, and the lubrication formula (one egg blended with 3 oz raw butter or cream, 1½ tbsp lemon or lime juice, and 1 tsp honey).

Anemia-like signs (weak red blood cells, pallor, fatigue, low heat) appeared in many clients and were treated with increased red meat (60–80% of total meat intake) and butter or cream with every meal.

Personalised Recommendations

Each client received specific guidance on: percentage split between red and white (and within white, fish vs. fowl) meat; daily quantity of meat (ranging from half a pound to two pounds depending on body size and condition); vegetable juice formula with exact percentages of celery, parsley, summer/winter squash, and occasional additions such as watercress, cabbage, or carrot; lubrication formula frequency (once nightly up to twice daily); fruit allowance (none to one piece per day); berry schedule for metal detoxification; use of clay (Aztec Secret) for constipation or intestinal bleeding; and cycle of weight gain and loss.

Notable individual cases included: a construction worker with gangrenous lung tissue from cement dust, prescribed lime juice and coconut cream with chicken Tahitian-style plus five cups of celery-dominant juice daily; a young Indian man transitioning from a rice-based diet with severe belching, mucus, and hair loss, advised to become a full meat eater and told his hair would likely grow back; a woman with multiple myeloma who in 30 days had all markers return to normal; an elderly woman with emphysema who ate 66 raw eggs over a weekend after her doctor called Aajonus in desperation and was out of bed for the first time in two years; a client with a chronically depleted pancreas (down to 10–15% function) who showed improvement partly attributed to eating raw organ meats (liver, heart, gizzard, kidneys); and a male client with severe scar tissue throughout the body from a lifetime of cooked food, treated with a diet of meat, butter, and twice-weekly nut butter formula.

A recurring theme was that clients who had undergone chemotherapy, radiation, or surgery faced the hardest recovery, as these treatments add layers of toxic damage on top of the original illness. Aajonus noted that roughly ten clients had died while on the diet, all in advanced stages and all having had prior conventional treatment, but that each felt better and had more strength until the end.

Closing Themes

Aajonus closed the presentation portion by arguing that optimal health requires 40 years on a raw diet — five full cell-replacement cycles of seven to seven-and-a-half years each, consistent with Francis Pottenger's multi-generational studies. At 18 years on the diet he estimated himself to be roughly halfway. He told the audience that a will to live is not required — he himself had wanted to die every day — but that consistently choosing what is best for the body, even without joy, produces results. Nobody who has stayed on this diet, he said, has failed to improve.

The workshop ended with announcements about a forthcoming second book (expected around June 2001) containing approximately 150 sauce recipes to add variety to the diet, and informal conversation about local sources of raw butter and milk.