

## **Interview with Dr. Robert Sniadach by good friend Paul Nison - 2002**

Dr. Robert Sniadach, DC, DNH  
President – Transformation Institute  
School of Natural Hygiene - Independent Home Study Courses  
Email: [rwsniadach@transformationinstitute.org](mailto:rwsniadach@transformationinstitute.org)  
Website: [Transformation Institute](http://TransformationInstitute)

### **Personal Information:**

Born March 3, 1957; musician, mango and durian lover.

### **Educational Background:**

Completed Life Science (Natural Hygiene) Course back in 1985; earned Doctorate in Chiropractic in 1993; almost completed Bachelor of Science in Electromechanical Design Engineering previous to that; completed nine month fasting internship with Dr. William Esser in 1994. Certified member of the International Association of Hygienic Physicians in 1994; currently working on a Masters degree in "Laughing at Myself when I Get Too Serious."

### **Current Health Practice**

Currently run Transformation Institute, which offers comprehensive Home Study Courses in Natural Hygiene; work directly with Healthful Living International and the Healthful Living Consultants Group (HLC), overseeing the program of student education leading to qualification for membership in the HLC.

Maintain a clinical practice specializing in fasting and detoxification programs customized for each patient. Most often works with patients suffering from chronic allergies, fatigue syndromes, and eating disorders. Conduct fasting and meditation retreats several times each year at various locations.

Fervent desire is to help establish and promote the next generation of Leaders in the Authentic Health and Wellness field. That is the goal of Transformation Institute.

Due to the mixing of conventional and alternative therapies around the world, there is mass confusion about health care, what "works" and what does not, what is truly health-promoting and what is temporary distraction. The continued pitiful results of traditional and alternative care and the astronomical costs that both incur have opened up the minds of a huge number of people to finally hear the pure and simple message of Natural Hygiene. Natural Hygiene is the next wave of conscious living. We are the key messengers.

### **Future Goals/Health Projects**

The Essential Natural Hygiene Course is now available for everyone who is deeply driven to learn the truths of the natural science of good health - Natural Hygiene. For anyone who is new or relatively new to the raw/vegan/vegetarian/healthful living world, enrolling in the Essential Natural Hygiene Course would be an excellent decision. If you are going to gather your information haphazardly over several years, as most people do, you will likely spend many hundreds if not thousands of dollars on books, tapes, videos, and so on. And though you will get lots of good informa-

tion with this approach, you will also get much conflicting information, which can be very confusing. By taking the Essential Course you will save lots of time, money, and effort. All the Essentials are provided for you in a logical, structured manner.

### **Published Works**

*True Health Freedom* published in the *Townsend Letter for Doctors* (alternative care journal) and in the *Somatics Journal* (body-worker journal)

*Natural Law* - self-published healthful lifestyle magazine in early '90s.

### **Lecture/Seminar Topics**

Many health conventions and regional gatherings on Natural Hygiene topics; Essene gatherings on fasting use in physical and spiritual health; many talks at various vegetarian and healthful living group meetings and churches over the years.

## **THE INTERVIEW**

### **How many years have you been on the raw diet, and what got you into it?**

I have been moving towards more and more raw foods for many years. I was probably about 70% raw ten years ago; I'm now 95% or more. I've been studying and practicing Natural Hygiene since 1982. Personal illness (chronic sinusitis) led me through the usual haphazard, painful route: medical treatments, then alternative medicine treatments... Then Natural Hygiene popped up in my life in 1982, and my whole world has been radically changed ever since. It has been an awesome journey. Not only did my physical health improve tremendously, my mental sharpness also improved, my emotional balance improved greatly, and, most wonderfully of all, my spiritual growth has skyrocketed. It is so incredible how peaceful, blissful, and connected I can feel, and it all comes so naturally and easily with Natural Hygiene. Live and learn the Truth, and the Truth shall set you Free!

### **Who are some people who have inspired you to do this?**

It has been a gradual process of adding more and more healthful living education to my lifestyle over the years. The most significant beacons of light have been Herbert Shelton, T.C. Fry, J.H. Tilden, William Esser and Virginia Vetrano - all writers of Natural Hygiene. Others have added bits and pieces, but these were by far my main influences. Also, I have had my spiritual life enhanced by several authors in this realm - most importantly Edmond Bordeaux Szekely, who wrote a great amount of material about the Essenes and their practices. Strangely enough, very few spiritual authors have made the connection between living foods and spiritual aspirations. I hope to remedy that with

the "Human Potential and Natural Hygiene" course that I will offer through my school, Transformation Institute.

**Has any one person inspired you the most with Natural Hygiene?**

That would be Herbert Shelton. He had such fire and drive behind him to get the message of superior health out to everyone. He was definitely ahead of his time. T.C. Fry was certainly influential as well.

**You have learned so much over the years. What are a few of the most important things you have learned?**

It is most important to cultivate the direct, personal awareness that your body and mind is a direct extension of Source/God. Every one of us is infused with Life Essence, the very same energy that drives all and everything in the universe. That being so, it is important to know that there is infinite wisdom and intelligence at work in you; an intelligence that you can trust implicitly; an intelligence that will faithfully supply you with maximum well-being in body, mind and soul; an intelligence that strives to eliminate burdens and provide disease-free superlative health every moment that you are alive... as long as you provide your body with the essentials of Life that it needs to create health. These essentials are most beautifully and profoundly presented and examined in Natural Hygiene.

All particular practices and principles flow naturally from this wisdom. It is simply a matter of becoming aware of the immensely powerful and life-giving forces at work in Nature, and allowing yourself to actively and purposefully harmonize with them. The key is in "allowing" this beautiful wisdom into your depths of Being. It is far better to allow it in rather than to "study hard" and force it in. By forcing it becomes merely an intellectual exercise. By allowing it in it becomes a simple revelation of Truth for you, and the practice of it in daily life becomes far easier.

**Are there any pitfalls that you have learned to watch out for on the raw diet?**

For most people I've found that it is necessary to go gradually, so as to maintain the best balance for your particular situation in life. You should gradually work toward your goals of 100% healthy, living as best as you are able to. Still, some people will want to go right to the goal. All approaches are good. For many people, due to a lifetime of an extremely poor diet and lifestyle, it will take the body many months or even several years to fully regain optimal function, strength, and vigor. There are ways to accelerate this recovery of 100% health, and the most fundamental aspect is to get a firm and solid re-education in the philosophy,

principles, and practices of Natural Hygiene and healthy living. It requires a large degree of internal re-programming, since most of us are filled to the brim with wrong information. By putting forth the noble effort of re-learning How To Live, your rewards will be greater than you can imagine. As one's intellect is reprogrammed, it is also important to initiate a supervised fast for oneself. This will result in profound detoxification of all levels of one's Being, and the acceleration toward the goal of Joyful Living sky-rockets.

**Weight loss is a big pitfall for many people. Any thoughts about that?**

It will improve over time as the digestive strength and vigor improves. It may take many months or years, as I mentioned previously. There is usually no need to worry about it. The best approach is to increase vigorous activity and exercise in one's lifestyle. This will create dramatic improvements in all areas of wellbeing.

**Teeth problems are another big pitfall. Any thoughts?**

Be careful with overeating on acidic foods - citrus, pineapple, etc. Be sure to include plenty of green leafy vegetables in your diet, as well as other types of vegetables, preferably on a daily basis. These will help to provide all necessary nutrients.

**What is your opinion of mercury fillings, and what would you replace them with?**

At this time, for filling cavities I recommend porcelain composites. There may be better state-of-the-art materials available currently of which I am not aware. I suggest that anyone who has mercury fillings should get them removed safely and refill the cavities with the healthiest and strongest composite material available. It may take some research to find the right dentist and the right materials, but it is worth the effort.

**What is your opinion of nuts and seeds?**

They are excellent foods. Get them raw and fresh as possible. In the shell is best. Soaking overnight is great. It activates the dormant life within; the germination process literally sprouts forth. It makes them much easier to digest as well, for the enzyme inhibitors that are naturally-occurring are then deactivated and copious nutrients are released for your digestion.

### **What is your opinion of grains?**

They are unnecessary and damaging in the long run, but they may be useful for the newly-aspiring raw foodist to use for a while. It is best to eliminate them as soon as possible for maximum health.

### **What is your opinion of Fruitarianism?**

Fruits should be our primary foods, but I don't recommend a purely fruit diet. Complement them with veggies, seeds, and nuts, and health will be yours.

### **What is your opinion of sprouts?**

Several types of sprouts are good foods and make a good addition to salads. Go with the milder sprouts, not the bitter, sharp, or pungent ones. Sprouts are so brimming with Life Force that they can greatly help to revitalize and rejuvenate if health is at a low ebb.

### **What is your opinion of Natural Hygiene?**

The King of Lifestyles! The only way to go!!!

### **What is your opinion of supplements?**

Some of the higher quality green food concentrates (spirulina, chlorella, sea vegetables, etc.) can be useful for those just beginning their healthy lifestyle transitions. Most conventional diet people are malnourished in some manner, and their digestive capability is shot. As digestion gradually improves on a healthy diet, the green food concentrates can assist in the early stages. Eventually, they will not be necessary.

### **What is your opinion of eating seasonally?**

It's an excellent thing to do as much as possible. It helps people to harmonize with their local environment and to assimilate the energies of their surroundings. Ideally, human beings should be living in climates that are warm and fruit-bearing all year round, which would provide us with our fresh, natural diet all year long. That is paradise!

### **What is your opinion of fasting?**

Fasting is extremely useful and beneficial for those desiring to recover from nearly all types of disease. Once health is recovered, it is also very beneficial as a way to rest and rejuvenate one's whole Being (body, mind, and soul). All facets of our Being respond positively in the most remarkable ways as one wisely fasts to regain and to improve health. All energies of all the Levels of our Self come to-

gether gradually, perfectly, and harmoniously as the fasting process proceeds. It is Nature's way of health recovery and maintenance.

### **What is your opinion of food combining on a 100% raw diet, and is it necessary?**

Food combining is always helpful to the body, because it makes digestion easy and thorough. It is also wise to make a number of your meals mono-meals; that is, one food per meal, eating as much as you want until you are naturally satiated - full. This will give rise to maximum digestion and maximum nutrient assimilation. This is the way nearly all animals eat in the wild, and it is wise for us to learn from that. Simple meals and varied diet is the key. Also, of course, ALWAYS go for the highest quality food that you can find. It is worth it.

### **What is your opinion of physical exercise?**

Mandatory. It should be varied in as many aspects as possible. Exercise outside whenever possible to get fresh air and sunlight over all of your body. You may engage in a specific exercise one day and another type of exercise the next day. Just as in diet, keep any given exercise simple, but incorporate great exercise variety over a period of days. Strength, endurance, flexibility, speed, grace, flowing movement, focused movement, stamina are all important and healthful.

### **What is your opinion of wild foods?**

Whenever possible – they're great! Learn about your local environment and sample the bounty! You'll be amazed at what you can find.

### **Would you like to suggest any other topics that are healthy and helpful?**

Factors just as important as raw food are raw sunlight, raw fresh air and water, plenty of raw sleep, rawsome relationships, raw creativity, raw emotions, raw expression, raw radical honesty with oneself and others... and on and on. This is what Natural Hygiene is all about. 'Tis the Spiritual Lifestyle of Champions

### **What are your age, height, and weight? Has your weight changed, or has your body has gone through any other changes? How did you handle it?**

I'm currently forty-four years of age, five feet nine inches tall (175 cm), and 140 pounds (63.5 Kg). I have been at this weight ever since I adopted Natural Hygiene as my lifestyle. I was up to twenty pounds overweight before that.

The pounds came off effortlessly and I stabilized at my current weight easily. It has all been rather easy for me. I initially dropped below my current weight for several months when I first adopted the program as my body broke down unhealthy tissues and structures, making way for building improved and healthier cells and tissues.

Most everyone will go through an "underweight" period as their body eliminates sickly and poorly functioning cells. They will be underweight for several months in most cases. If they stay with the program, new healthier cells and tissues will be created, and their weight will naturally increase. It will stabilize at exactly the weight where their particular body wants it to be. And they will feel ecstatic! Do you eat 100% raw foods, and if so, for how long? If not, how much cooked food do you eat, and why?

I eat about 90-95% raw foods. I find that I have very little, if any, cravings for cooked foods in the hot weather of summer. During colder times of the year, I will eat more cooked foods. I do notice that they have a subtle "slowing down and clogging up" effect, though. But as I say, I don't "beat myself up" over it. I just go with the flow of however life shows up in the moment. Personally, I also find that the warm months of the year are especially easy for eating 100% raw foods. That is the case for everyone I have ever asked about it. It just goes to show that the tropics is where we are meant to be!

### **What is your average daily diet like? What do you eat, and how often?**

Typically, I don't eat anything for the first five to six hours that I am awake. Then I have fruit for my meals until evening, when I have a huge salad with nuts or seeds, or avocado. In the past, I tended to pick at fruits all during the day. Now it has gravitated toward specific meals with no eating in between. I'm simply following what my body tells me to do. It's much easier that way. However, it may take years for people to get to the point where they trust their body's messages enough to heed them. It is very easy to get wrong messages early on in the transition to this lifestyle. There have been so many years of less-than-ideal living and eating, that the seemingly "intuitive" messages from within are all perverted from normal.

### **What is your favorite food?**

Wow! There are so many! Truly, for me, any fruit that is perfectly ripe and well-grown is like biting into Heaven. The tropical fruits, especially. Perfect mangoes can be orgasmic. Perfect durians literally put me in an altered state of consciousness. My meditations are incredible about an hour after eating a durian. An excellent nectarine is awe-

some. Sweet watermelon on a hot summer day is paradise. How can I compare? They are all just perfect.

### **Out of all of the foods, what do you think is the most important?**

The most important things are simple meals and thoroughly chewing and enjoying the one or two to three foods you are eating. You can get great variety over the course of several days as you look at all of the several days' worth of meals all together. This way, you are easily covering all of the bases while thoroughly enjoying and savoring each meal. Again, also, I would strongly emphasize that quality foods, quality air, quality water, quality sunshine, quality sleep and so on make a huge difference between success and failure with the raw lifestyle.

### **How are your health and energy?**

Excellent! They have literally never been better. I can truly say that my health seems to be balanced so well now that it is very easy to maintain. It is all so natural and easy to do once you have gotten to the point of your potential. Of course, there is always some fine-tuning that can be attended to, but that, too, is easy. I can listen internally to my needs and meet them simply and smoothly, as Nature and God intended it to be.

### **How much sleep do you get, and how much do you think is necessary?**

I require seven and a half to eight hours sleep a night to feel adequately rejuvenated.

### **Have you noticed any mental changes on the raw diet?**

My intellectual capacity has greatly increased, in that creative intelligence flows through me unimpeded. My memory is enhanced, and subtle intuitive perception is greatly increased as well. Though these capabilities seemed extraordinary to me when I first noticed them, they feel quite natural to me now. I presume that this "enhanced" mental functioning is simply the way it was supposed to be all along; I was suppressing these natural abilities due to my poor living habits early in my life.

### **When it comes to relationships, many people just beginning a raw diet have problems because their mates do not want to change. Do you have any comments or suggestions?**

Be loving, kind and gentle... but firm in your convictions. It is YOUR LIFE we are talking about. When the Divine spark gets lit up inside you, it is mandatory that you follow

its callings. The rewards of doing so are far beyond your comprehension... literally. I have experienced it myself countless times. My partners have all benefited greatly from my lifestyle as they have adapted themselves to it. I have never forced anything on anyone, but certainly it is important to teach lovingly and gradually by word and example. And even if your partner does not want to join you, these things can usually be worked out somehow, as long as both partners make room for each other. If there continues to be extraordinary friction over these matters, then it is time to look deeper into the underlying emotional patterns at work. I can guarantee you that simply eating different foods is not a life-and-death issue in a relationship. If things do get that out of hand, then either compromise on your part is in order (not recommended whatsoever), or else separate paths may need to be taken. Every situation is unique, and can only truthfully be worked out moment by moment.

### **Has your opinion towards sex changed over the years?**

Yes, greatly. Sometimes for me there is spontaneous celibacy happening; no desire for physical sexual activity at all. Other times deep intimacy can flow effortlessly. There is so much more going on with intimacy than I was aware of in earlier years. This has all happened due to my own personal spiritual awakening. The union that takes place between two completely heart-opened people is ecstatic beyond anything imaginable. It is the ultimate union of two souls, in my opinion. And yet it is just another activity in the flow of Divine consciousness. If you are solidly in that flow of present moment consciousness, ALL activities are joyful... and they are just a part of life, too. Do you follow what I mean? Everything becomes divine; nothing is more important or "better" than the rest. So there is no reason to elevate sexual relations into some "higher" mystical practice. It is all part of the Divine Play of consciousness. Simply open yourself more to every moment of life, and the richness will be seen and felt spontaneously.

### **Do you think it is harder for a man to eat a raw diet than it is for a woman?**

No. We are all human! If there is a problem with the diet, it is because of ego madness (habits, conditioning, emotional attachments, etc.) and misinformation, not gender differences.

### **Why do you think there are more raw men than raw women?**

Women are compassionate nurturers by nature. The Divine Feminine is the creator and sustainer of life. In order to nurture and care for others, it is probably easier for women

not to put such emphasis on being "hard-core 100% raw". Women tend to be much more attuned to their feelings and to the feelings of others, and so they can flow with those feelings more spontaneously in the moment. If a particular moment seems to require a compromise concerning a particular food eaten at a meal, for whatever reason, then compromising is no big deal to a woman. It comes naturally. On the other hand, Divine Masculine energy is very pointed, directed, and focused on creating and manifesting things and seeing them through to completion, making whatever changes that are necessary, and sticking to those changes. After that, there may be a natural desire to maintain their changes and perpetuate their creations... to "see it through." Therefore, men tend to be "hard-core" in their attitudes about things, especially lifestyle attitudes that they feel are an intrinsic part of their being and who they are. Men can find it challenging to compromise these lifestyle attitudes that define themselves, no matter what the situation.

Of course, balance is always the key. Each of us finds where our ideal balance point is each day, and our sense of that point gets more and more refined as each day passes. In my opinion, you should always stick with what works for you. Be kind and sincere in your actions and the requests you make of other people, and your goodness will spread like wildfire.

### **What are your thoughts about the female menstruation cycle? Do you think it is natural for a woman not to bleed when she is on a raw diet?**

It will likely diminish considerably over time. It may even seem to stop, though that is rarely the actual case. What happens is that the normal cycling occurs, but it is no longer accompanied by so much loss of blood. Only the normal small amount of epidermal tissue sloughs off, and that may not even be noticed, fooling one into thinking that it has stopped.

### **Any comments about PMS and the Raw Diet?**

It should greatly diminish and eventually cease. That is what I have seen happen with women over the years. Any comments about pregnancy and the raw diet? The healthier and better prepared the mother is before getting pregnant, the better it is for the whole progression of the pregnancy, in all ways. There is much to say about this, far more than I can include here. Suffice it to say that all phases of the pregnancy will be greatly improved and naturally easy throughout. Everything from initial fertility through a benign labor, on to easy nursing and joy throughout.

One important point I would like to make is that fertility can be greatly increased by purifying oneself with a thorough-going supervised water fast. I see that there are literally millions of women experiencing infertility, and this is due to atrocious lifestyles and self-poisoning with garbage foods, among other things. Rather than spending insane amounts of time, effort, anxiety and money to correct such problems with medical therapies, it is far wiser and easier to simply correct the true underlying problem, toxicosis (internal poisoning), and fertility will naturally reappear.

**Do you think it is harder to be a raw fooder today than it was years ago?**

It is much easier today, due to the wide variety of foods available. If one were to attempt a raw diet many years ago, it would require following the sun, traveling to warmth and ripe foods as necessary. That's not such a bad idea today, actually!

**Where do you see the raw food movement heading in the future?**

If we can keep up our enthusiasm, we can turn our beloved planet back into the paradise that it was meant to be. Of course there will be intense, antagonizing opposition from people who cannot, at the moment, see the vision of what is possible through living naturally and living consciously. It is up to each of us to use our inborn talents to awaken our brothers and sisters as soon as possible. Even those appearing "craziest" to us are merely suffering from misinformation and a lack of Love.

We are indeed in a situation where living naturally and consciously is considered abnormal, when in fact the truth is that the vast majority of human beings are quite insane. They just tell each other that they are "normal," and so carry on in their insanity. It wouldn't be so bad if there were only a million or so people on the planet acting insanely. But now that the madness is threatening our very survival, not to mention the survival of countless other life forms, it is time for drastic action. The Natural Hygiene/Raw Food movement is the sanest, most loving, and naturally uplifting approach to life that I have experienced. My internal joy naturally and spontaneously demands that I spread the word to everyone who is ready to hear.

**Thank you for this interview. In closing, is there anything else you would like to add?**

I live with the conviction that all that is happening in our world right now is perfect... perfect for our continual evolution and enlightenment as individuals and as a species. The happiness that we each experience, when it fades away, leads us deeper into uncovering why it is that the happiness

fades, and this leads us into seeking that which is eternal, not fleeting and temporary. And of course, our sad and lonely moments naturally lead us to seek that which is really, truly fulfilling in this earthly life. Re-learning to live peacefully and harmoniously with your body and your mind will immediately and automatically spill over into a blossoming of your innate Spirit, a flowering that will blow open the dormant potentials that lie inside you. Potentials that have been awaiting your awakening for a long, long time.

All The Best To Everyone,  
Dr. Robert Sniadach