

SECOND EDITION
revised & expanded

QUANTUM EATING

A woman in a light blue dress is floating in a quantum field. She is surrounded by various fruits like an orange, tomato, blueberry, raspberry, and cucumber. The background features a large, glowing clock face with numbers, suggesting a connection to time and quantum physics. The overall scene is vibrant and surreal, with a mix of colors and textures.

The Ultimate Elixir of Youth
TONYA ZAVASTA

The following is an excerpt from:

QUANTUM EATING
2nd Edition

Tonya Zavasta

For the full version of this e-book, click the following link.



Chapter 1

Tell Me It Can't Be Done, and Watch Me Do It!

I am a failure, folks. I am a failed mathematician. I am a failed mechanical engineer. And I am a failed high school teacher. But on my raw food journey my failures have brought surprising virtues and values. Everything I'd done up to this point revealed itself as a precious gift that I would integrate into my new endeavor.

From the realm of mathematics came the gifts of logic and deductive reasoning. From engineering, I learned how to research, to dig deep, looking for unorthodox solutions. From teaching ninth graders in an all-boys school, I acquired three vital attributes: perseverance, survival skills, and raw courage.

I'm fortunate to hold advanced degrees in mechanical engineering and theoretical mathematics. But I've devoted every waking moment since 1997 to researching the benefits of consuming raw foods and searching for the most effective anti-aging techniques.

Why on earth, I used to wonder, did I spend so many years studying hard science without using it? Had I defied my destiny? Wasn't I supposed to be squatting in some underground supercollider facility, holed up with brilliant social misfits, hurling bits of atoms at other bits of atoms, munching on ineptly homemade tuna sandwiches, and playing exotic computer games?

One day I picked up a book on quantum physics. Suddenly, it was there! I knew it! I had to write a book on *Quantum Eating*. It all began to

make sense — my abundant academic background, the vast experience I gained on my raw food journey, endless research and keen interest in beauty and anti-aging.

I've experienced many life changes, including changing countries and careers. But deep down, I somehow knew that anti-aging research was central to my life's direction even before I was consciously aware of it.

All my life, people were telling me there were things I just couldn't do. I had to overcome the inevitable prejudice that the world holds against handicapped people. It's as if people feel that a deficiency in your physical appearance makes you deficient in every other way.

Some people like to put you down. Especially, it seems, when you're already down. Often, they do so innocently, unintentionally.

When I was a child, because of my bilateral hip problem, my parents were told I would never walk. After years of grueling therapy, I did learn to walk without crutches, though I still had a limp.

It was then that I experienced for the first time, the wonderful feeling that comes from accomplishing something that others think impossible. As Walter Bagehot puts it, "*The greatest pleasure in life is doing what people say you cannot do.*"

When we emigrated to America, I visited orthopedists to find one who would rise to the challenge of my hip disability. It "couldn't be done," they said. So I went to get a second opinion. A third. Ultimately, even a fifth opinion. The sixth doctor was utterly dismissive:

"Why are you so hardheaded? You have limped all your life until now. You are going to limp for the rest of it. Just get used to the idea!"

That's all I needed. I stopped pleading with doctors. I began

thinking — for myself. I found my own solution. Then I found a doctor with enough courage and vision to go along with my idea. The result: I am an orthopedic miracle!

My high school English teacher told my mother that I would never learn English. She wanted me out of her English class because I was hopeless. Fortunately, I overheard that conversation. From that day on, I made straight A's. I think my passion for English and the audacity to write books in English sprang from her putdown.

When I was a teenager, my girlfriend told me outright, "*If I looked like you, I wouldn't even want to live.*" My interest in beauty was a direct result of the hurt I experienced that day. It took me many years to find my way to what I now call "Rawsome (genuine) Beauty."

The advantage of Rawsome beauty over inborn beauty is this: Inborn beauty fades, but you can be Rawsomely beautiful when you are 40, 50, 60 and beyond.

For me, even something as simple as attending a first-time yoga class can become a major obstacle — physically and emotionally. My initial encounter with Bikram yoga resulted in a confrontation with the studio owner. My stringent hip limitations made me unfit for most of the 26 Bikram poses.

Breathing exercises and the shavasana (the "dead body pose") were all I could manage without serious modification. So I came equipped with a strap. Little did I know that bringing a prop and insisting on keeping it because of my affliction's severity was a crime worthy of threats to call the police.

After this encounter, I began taking private yoga classes. Eighteen months later, I was back in the same studio. I love it. These days since I'm

more flexible, I am able to appreciate the unbendable Bikram rules my instructor imposes.

Want to make me do something? Just tell me it can't be done. I like to solve problems! And I believe every problem has a solution. I believe in doing whatever needs to be done to get where you want to be.

Exercising stubborn legs for hours a day just to make them do what they're supposed to do, endlessly researching anti-aging practices — either way, I'll take it to the limit. My motto: Whatever it takes! You are likely more fortunate — your “whatever it takes” may well be much less than mine.

Older people endure the same prejudices as the handicapped. I saw, early in life, a glimpse of what it's like to be in need of help, and a glimpse of how older people are treated. I was determined to find a way to avoid decrepitude. And I did!

The result of my research and experience is detailed in my three books. The book you are holding now, *Quantum Eating*, is the last in my trilogy devoted to anti-aging and Rawsome beauty. I strongly advise you to read my first two books before reading this book.

Some ideas you'll read here are slightly different from those in my previous books. I still stand by what I wrote in those books; however, I am always developing knowledge and experience, and now I'm at a different stage of life. New possibilities open, new practices emerge. It's my responsibility indeed, my joy — to capture them for you in this new book.

There's a wonderfully insightful book by Thomas Kuhn that you should read, if the progress of science excites you. It's entitled *The Structure of Scientific Revolutions*. Kuhn makes a penetrating point: When you're in the middle of a scientific revolution, you normally can't see

it — like the calm at the center of the storm. So it is with life. When you're at a crossroads and your life makes a turn, you may not notice it until much later.

In 2005, my husband and I spent Christmas with Victoria Boutenko's family. Victoria set up a presentation for me in Ashland, Oregon, her hometown. Spending two full days with this radiant family was a genuinely life-altering experience. Victoria got excited about my personal regimen of not eating after 2 P.M. She encouraged me to write an article explaining my theory.

I was gripped with the same excitement until I sat down at my keyboard. Theory? I wondered. I didn't have a theory. All I knew in that moment was... my raw food regimen felt thoroughly good, totally right.

Doing it myself was one thing. But justifying it for others was a different story. Though I'd stumbled upon this life-enhancing practice through my own experience, my analytical mind needed more in order to help me explain it to others. I needed proof.

Research in nutrition is contradictory, at times, frustrating. It's like collecting berries (and really, come to think of it, it felt more like collecting a berry here and a berry there, but never a whole quart). Information was scarce. Each book held promise, but each contributed only tiny insights, just snippets of information.

Before I knew it, I was getting deeper and deeper into quantum physics. I read more than three hundred books. And I gained a deeper understanding of why my own practice with raw foods was so good, not only for me, but for many other people throughout history.

If there is anything that unites all cultures and philosophies, it is the never-ending quest for preserving youth and reversing age. In writing

this book, I researched and adapted teachings from Christian, Buddhist, mystic, and animist traditions, as well as findings from eastern and western medicine.

Longevity traditions are known in every culture. Collecting pearls of wisdom about long life, I let my studies span centuries, cultures, and endless variations, until I could string them together to create a necklace of knowledge.

Together, we will explore all the way from the distant past to the most recent theories in anti-aging research. I have looked into the folk traditions and medical practices of different countries and cultures, devised a strategy to use every one of these different methods that offered real improvements in human wellbeing.

Just like doctors from different specializations — cardiology, endocrinology, neurology, etc. — come together to save a person's life, the wisdom from different parts of the world must be combined to successfully tackle the aging puzzle.

What is Quantum Eating? It is an advanced level in the raw food lifestyle in which you eat 100 percent raw, twice daily and only in the first part of the day. In this book, step by step, I will supply the evidence for why this way of eating provides the utmost in anti-aging benefits. Each chapter discusses a specific topic. But the main point plays out over the course of the whole book, and every chapter adds another piece to the anti-aging puzzle.

Science can be interpreted in different ways. Any research by experiment can never be 100 percent reliable. Nonetheless, I will introduce some research findings that are available. I will attempt to show how some scientific conclusions contradict logic, yet others confirm the wisdom of natural order.

These latter findings can be convincing on a macro level, but on a quantum level, I have learned, even logic becomes questionable. So I implore you never to get attached to certain scientific hypotheses or theories — be ready to evaluate them and change entirely as new experiments, especially on your own body, open new secrets to you.

The raw food lifestyle can only be individually experienced — it cannot be authoritatively proven. The best science can achieve is to disprove erroneous concepts. Nevertheless, I researched scientific findings extensively. I quote the available data, and present conclusions I believe scientific research has arrived at but never delivered.

I have tried to present evidence and disclose flaws in reasoning, so you can judge for yourself whether my interpretations are plausible.

Everyone can benefit from not eating at night, but making Quantum Eating your lifestyle and enjoying every minute of it can be accomplished only on the 100 percent raw method. I consider it a great stroke of personal good fortune to have stumbled upon the raw food lifestyle. I advise you to learn and experience it as well.

Writing this book has changed my life. My prayer is that reading it will change yours.

Wearing your favorite old comfortable shoes — that's how it feels to write in your native tongue. Writing this book in English, from the perspective of my mother tongue, Russian, felt like running the Boston Marathon in stiletto heels.

I've read that many writers learn to speak perfect English but spend the rest of their lives trying to find something worth saying. Me — I'd rather have something valuable to say even if I say it imperfectly. I write fearlessly. I feel that the information that I have is so powerful that, even if

my English stilettos sometimes disrupt my balance, the message itself will get me to the end of the race.

One thing I do know about writing... You must lead people to the truth even if it means baring your heart in the process. It's true that "there is nothing new under the sun." However, it's equally true that each of us is a unique human being with unique life experiences and knowledge.

If you filter an idea through your very soul, there is a great chance you'll come up with something original. But this happens only on one condition: You must be completely honest. You must say what you genuinely feel — even if it contradicts mainstream opinion or you lose some popularity points. I strive to maintain such honesty in this book.

When I announced at my local raw food group that *Quantum Eating* was about to be released, a lady asked me: Who is going to write the foreword? I was stunned, then speechless (which does not happen to me often). Later I gave it some thought and came to two important revelations.

A foreword is usually written by a compatriot, an expert in the field. I wish there were someone who had gone before me to turn to for advice and clarification. But I am in uncharted waters. What I am presenting here has not been presented by anyone else.

My second revelation was that I wished I could have the philosopher-mathematician, Pythagoras, write it. His diet was very similar to the one I advocate in this book. His contemporaries commented on his vitality and especially youthful and beautiful appearance even though sources say he lived to be 100.

Since he is currently unavailable, I will struggle on alone. No foreword, but hopefully no backward either.