

## The Blood Gas Theory and Weight Loss

This interview is an excerpt from Kevin Gianni's Renegade Roundtable, which can be found at [http:// www.RenegadeRoundtable.com](http://www.RenegadeRoundtable.com). In this excerpt, Matt Monarch shares on his path to becoming a raw vegan and the blood gas theory as it relates to weight loss.

### Renegade Water Secrets with Matt Monarch, a raw vegan and author of Raw Success.

**Kevin:** So let's get on to today's guest. Matt Monarch is 100 percent raw vegan. His diet consists of only raw vegetables, fruits, nuts, seeds and seaweeds. He has been eating this way for eight years now. And I believe it's 100 percent for eight years. Matt you went cold turkey, yeah?

**Matt:** Cold turkey, overnight.

**Kevin:** And he enjoys extraordinary good health, bountiful energy, clarity of mind and a deepened connection to nature. And you can tell by his pictures. Prior to going raw Matt worked in a demanding corporate environment and ate the Standard American Bachelor's Diet, which I think is probably worse than the Standard American Diet, including cooked meats, dairy, bread, greasy foods, candy. And despite all this he went raw, his overall health was good. Other than a few pimples he was in good shape. But Matt did not go raw to receive any major health issues. He simply embraced wholeheartedly the raw foods lifestyle. Something that made complete sense to him. He was particularly attracted to the fact that this lifestyle offered increased longevity and freedom from degenerative disease. So Matt Monarch, I want to welcome you to the show.

**Matt:** Thank you, thank you.

**Kevin:** Well let's get right into it. For those people who don't know who you are, let's give a brief little clip on your whole experience over the last eight years, where you came from and where you are now. And then we'll get right into everyone's questions here.

**Matt:** Okay, sounds great. Before I went 100 percent raw, I seriously did not have a spiritual path. I didn't even know that a spiritual path was an option. I didn't know it was possibility. I was president of my fraternity, like the number one partying fraternity at Cal State University at Northridge. And what happened was, I was educated about the 100 percent raw food diet. I didn't even know it was a possibility. I thought I kind of ate healthy. And when I went 100 percent raw, it just absolutely threw me into like a spiritual lifestyle. I can't explain exactly when it happened because it was just so profound. Many of you have probably read my book RAW SPIRIT where I said my third eye opened after a huge Psyllium Bentonite cleanse and being 100 percent raw for six months. But what had happened was it automatically just threw me into spirituality, a spiritual path. I became interested in it because I started to receive this huge flow of like Universal, cosmic energy in through this body. It was just automatically channeled. And I didn't do anything. I didn't meditate. It just automatically happened on its own. And what had happened was I started, it was profound to me, so I started reading different books on meditation, things like that, and I've just been growing ever since this moment. So from that aspect, it was actually life transforming. Quite amazing.

**Kevin:** Well, it sounds pretty good man. Let's talk a little bit about your latest book because there are some questions on it, your latest book RAW SUCCESS. The major question, what you talk about in the book is the blood gas theory. So one question was, "How does the blood gas theory impact weight gain and weight loss?" So in order to even address that question, you kind of have to talk about what the blood gas theory is and then move on into the question. So why don't you go ahead and explain that a little bit.

**Matt:** Okay. It's pretty in-depth here.

**Kevin:** Yeah.

**Matt:** The blood gas theory, okay, let's do it. When we eat food, through the natural process of digestion, fermentation happens. It's just a natural process of digestion. Depending on the kinds and quantities of food you eat, will determine the amount of fermentation that's produced. So if you eat a hamburger and baked potato, massive amounts of fermentation is going to produce a lot of gas. When you eat a pound of grapes, which is the on the total other aspect of this, very little fermentation is being produced and you're not going to get as much gas. So the blood gas theory is, let me explain a concept called gas diffusion real quickly.

**Kevin:** Okay.

**Matt:** It's a very simple, basic principle. As soon as I say it everybody's going to understand what it is. When you take gas in a very concentrated form, like you have all these high concentrations of gas molecules, like let's say in a balloon, and then you pop the balloon, what happens is there's space

now where the gas can dissipate and become equilibrium to where all the molecules just balance out. So it's pretty much gas molecules just reach an equilibrium, by going, just reaching equilibrium, pretty much. By lowering the molecules until it's all even, all around in that space area. So when we eat a Standard American Diet, all this fermentative gas is being produced from the food we eat. And from all the years and years of poor eating we're continually putting all these gases in our system. And what happens is our cells actually take on this gas and they actually start to grow inside. And they get bigger and bigger and bigger as the years go by. When you start to eat a 100 percent raw food diet, okay, one more thing, let me go back to. It's confusing. The reason why the cells grow bigger through the process of gas diffusion is because there's so much pressure against these cells, there's so much gas from the blood stream, that they actually grow and they inflate because there's so much pressure of gas. So when you start to eat a 100 percent raw food diet, you're putting less gas in the system. So what happens is through the same process of gas diffusion, the cells can actually contract and give off this gas within the system. And this is what detoxification is.

**Kevin:** Okay.

**Matt:** I hope that made sense to everybody.

**Kevin:** It made sense to me.

**Matt:** Okay, good.

**Kevin:** I understand. So as your body is eating these foods that are causing gas, what it's doing is that gas is diffusing through your body. So it's on a plane, almost an equal level diffusing throughout your body. And then as you're eating more raw food, or even 100 percent raw food, then those gases start to release.

**Matt:** Yeah, they release from the cells. Due to the process of gas diffusion there's less pressure against the cells, so now they can actually contract and give off that waste. And there's actually a direct correlation with how long someone has been 100 percent raw and how sensitive they become to their surroundings and old food choices that they used to eat.

For example, if you're a raw food eater, I think, if you were to eat a hamburger right now, I mean I've been doing this for eight years, I'd probably end up in the hospital, while most people outside could eat two hamburgers and be fine. And my mentor Dr. Fred Bisci who's been on a raw food diet for forty years, he's been detoxing for forty years, only doing a raw food diet, so his cells have been becoming tighter and tighter giving off these gases, and they're so small that what can happen is he can actually, if he were to have the same amount of hamburger that I ate, literally, I don't think he would make it.

And let me explain why this is with the blood gas theory. Just for visual purposes, we're going to say someone on the Standard American Diet eating fast food, we're going to say their cells are the size of a yoga ball. And since I've been on a raw food diet for eight years, my cells have been contracting and shrinking so they're the size of probably a soccer ball, while Fred's are the size of a ping-pong ball. Now the fermentative gas produced from a hamburger or baked potato would fit right inside that yoga ball. I mean the body's made up of trillions and trillions of cells. The gas would go through the body and all the cells would accommodate these new gases, but my cells are the size of a soccer ball, they're much more smaller so there's not enough space within the cell to where it can actually shock my system, I can end up in the hospital. And Fred, there's absolutely no space whatsoever and he just might not make it.

**Kevin:** Gotcha. So as, actually this can become dangerous to some degree, if that's what you call it. Yes?

**Matt:** Yes, yes let me just put this in a little more layman terms. I always talk about it's more important what you don't eat than what you actually eat. The more you leave out of your diet, the more you're going to cleanse. For example, if anybody goes on a water fast, you're eliminating everything from your diet except for water. And you're going to cleanse, you're going to be knocked out, you should close your eyes as you just go through healing. Now, the 100 percent raw food diet in my mind is like a life-long fast, because you're eliminating everything from your diet except for water-rich foods, raw food, and of course nuts and seeds. And what happens is a lot of people they go on a raw food diet and they go through a lot of cleansing, they don't understand what's happening, and it's an ongoing thing and that needs to be taken care of. So what is happening is, I mean there's a lot of factors involved but one of the factors is you're cleansing on a cellular level, and of course there's a massive cleansing period in the beginning that's going to be crazier than them all, but it's going to be an ongoing situation for the rest of our lives.

## About the Author

To read the rest of this transcript as well as access The Renegade Roundtable experts just like Matt Monarch please [click here!](#) Kevin Gianni is an

internationally recognized health advocate, author & film consultant. He has helped thousands of people take control of their own health naturally. For more information visit [raw food diets and holistic nutrition](#).

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