

Interview with eco-eating author Sapoty Brook

Held by René Amtenbrink in 2014

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Part 1

- Sapoty's background
- discovery of mineral balances
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René: Thanks for having you this morning.

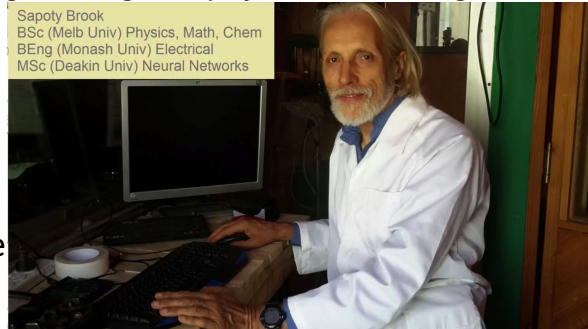
Sapoty: You are welcome.

René: So, Sapoty, may you give us an introduction just to yourself – so what's your background and what you are doing now?

Sapoty: Well, my background was in electrical engineering and physics – two degrees at Melbourne University and Monash University.

And then I did a master's degree in Neuron-Networks a few years later after working for about 8 or ten years in telecommunications in the early days when digital telephony was just being introduced – digital telephone exchanges. So that was quite interesting, but, that was in the 70s actually, quite early days for digital and then I decided to do my master's degree but I got caught up in robotics, I worked on a sheep-sheering robot at a University in Western

Sapoty Brook
BSc (Melb Univ) Physics, Math, Chem
BEng (Monash Univ) Electrical
MSc (Deakin Univ) Neural Networks



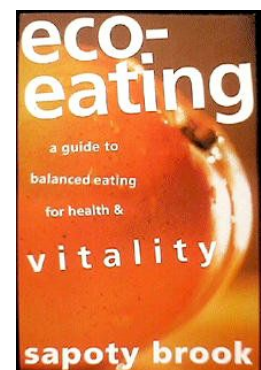
Australia, for a year, that was even more interesting – you know a little bit of innovation going on and then, at that time I came across raw food and I started to get involved with that and learned more and more about it over the years and did my master's degree and then I started to work more little – not so much full-time, but more ... well I used to go to Japan for a while and work in the summer in Japan and then come back to the Australian summer, so I have a summer all year around and I did that for a few years, working in the patent office in Japan, in Tokyo. And that was interesting, cause I always loved inventing things you know.

Sheep Shearing Robot Research



So I like to be exposed to inventions and ideas and around that time I also started writing my book eco-eating and then, when that was published I basically became a raw food promoter and promoting my book around Australia and to some extent around the world. But these days ... then I got more and more into business, I decided that I wanted to really learn more about business and I was doing massage as well but in the area where I was living I wasn't able to get a professional engineering work – so I had to really develop my own way of getting by by doing things that are technically interesting and challenging.

So I got into various businesses and most recently, the last five years I've been involved in electric bikes, which I know have really taken off in Europe - they are only just beginning to take roots in Australia. And in that you see my



main motivation is really, pretty much all my life I've been very very concerned about carbon emissions and even since the early 1970s when „limits to growth“ was published I was very concerned about that, so I've dedicated a lot of my life – besides to raw food nutrition – dedicated a lot of my life activities to **trying to stop climate change – trying to save humanity really.**



And, so that's been a major direction where I've worked with creating solar vehicles and so on and just recently I've created another solar vehicle which is ... which I really think I can get into

mass production and with helps from people in China and sell that possibly around the world as a new kind of electric bicycle ... a three-wheel bicycle, that's quite low cost and sheltered from the weather.



Cause a lot of electric bikes are not low cost ... if they got a body around them, they can be up around 10,000 or 6,000 dollars, so I'm looking at a price point of more like around 2.500 US-Dollar, say. So that will be really much more accessible to a wider range of people. So just to bring in electric transport as a contribution to reducing carbon emissions around the world. That's my main thing at the moment – it's doing that.

René: People can read also at your eco-eating website in english that your mission statement is, ... just ... I may read that: „Through innovative scientific thinking, I work towards structured solutions for energy challenges to the wellbeing of human health and mobility.“ So maybe, that's as you said is the one that combines maybe all the things you do, isn't it?

Sapoty: Yeah, thats right. Human health and mobility for sure.

René: Yeah and I think these are two major issues really we have to face these times

Sapoty: Yeah

René: And so, in speaking of eco-eating, in the book you also say there is quite a lot of background in terms of medicine from your parent's side

Sapoty: Yeah

René: ... which may also play a role that you got into a deeper level. Maybe you can explain how you got into this field?

Sapoty: Ok, well, I guess my father always wanted me to be a doctor and he was quite willing to explain lots of things to me when I was a young lad, and ... but I was very much into conventional diet until I was about 26 or something like that, but I realized that my health wasn't as good as it could be and so I decided to study more about nutrition and I basically learned what I now know about nutrition through a lot of reading and then thinking about it.

I wouldn't say I'm a deep nutritionist by any means but I did try and take a scientific approach to raw food nutrition which hadn't really been done very much at all at that time – we're talking (about) during the 80s - there wasn't much around. And so In the early 90s is when I started to work on it.

So, yeah, it was just the fact that I was interested in raw food but I wanted to do it in a way that I felt was going to be **completely nutritionally sound** rather than just diving off into whatever for example being a frutarian or being a vegetable eater or whatever. Some diets seem to be too high in nuts and so and so I really wanted to try get a real idea of what was more optimum in terms of the ratios of fats, protein and carbohydrates which wasn't really studied and it's only very recently that I've seen this, a research being done on that – the scientist doing it said that it was amazing that there was so little research had been done the ratios of proteins carbohydrates and fats. ... It was great, because they came to the same conclusion that I had, sort of come to just through thinking about it and reading various opinions on it and ideas – which was that ... a 60 % carbohydrate, 20 % fat, 20% protein diet is pretty close to what is optimum for most mammals. So it seems – and that is what I essentially recommended as being the main-diet in my book so, I was sort of happy about that – it being confirmed about 15 years or 20 years after I've written that.

René: So, yeah. You developed the first CaPNaK chart 88.

Sapoty: Late 1980s yeah

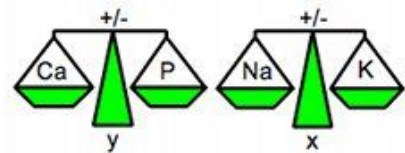
René: So what was that for an experience giving the idea of the CaPNaK to people around you and others that are (were) interested in nutrition?

Sapoty: Yeah, well, it came about ... I lived on a alternative community at that stage and it was a lot of discussion going on around nutrition and in particular I remember one old guy saying „Oh too many bananas is no good, they're too high in potassium and fruits too high in potassium“ so I really wanted to kept clear about that and so I investigated the whole potassium issue and on that stage I was working on my master's degree in neurophysics and so I was pretty conscious of the **sodium-potassium-balance** in the fluids in the body and so I was looking at sodium-potassium-balance in food. And that got me thinking about ... that was sort of macrobiotics' approach: yin/yang with yang as sodium and yin as potassium, so that got me thinking about the balance between minerals but at the same time I was quite concerned about the whole acid-alkaline balance and so I started studying that a bit more and looking at nutrition tables. I didn't want just to skew on what other people had said all that time. I wanted to go back to the nutrition tables and really see what was measured and what the measured quantities were and what that implied.

So I did that the more I thought about the acid-alkaline balance the more it occurred to me how **calcium and phosphorus** were the two major alkaline and acid minerals. You know it's phosphoric-acid being the acidic source and so then I just focussed on calcium-phosphorus balance and I had to come to terms in the fact that protein is a source of acidity as well with uric-acid in particular so, but I figured, well if I just focus on the mineral balance then the protein aspect could be taken into account as a separate issue.

So then I had sodium-potassium and calcium-phosphorus as two dimensions of nutrition: acid-alkaline as calcium-phosphorus balance relates to tissues, hard tissues and soft tissues, bones and muscles and so on, so whereas the sodium-potassium balance relates to fluids so we see it is a tissue and fluid balance issue that is essentially going on there. ... So then I thought well I got try and put this down on a chart and I thought about it quite a while and realized that I really needed to plot - rather than just a plain ratio of those nutrients / minerals, I needed to plot what was left over after the balanced ratio of those minerals was taken out of the food by the body.

Looking at it in a brought brush way at **the whole body as a total system** – what's the ratio of sodium-potassium that is quite a good balance for the body and as a nutritional intake and similarly for calcium-phosphorus and then once I had sort of approximate figures on that I was then able to subtract those balance ratios out of the sodium-potassium-calcium-phosphorus amounts and had leftovers say an excess of sodium and an excess of phosphorus and so then I could plot on the graph the excess of ... in this case I plotted the excess of potassium and the excess of calcium ...excess potassium in the X direction and excess calcium in the Y direction. And so the negative X direction became the sodium direction and the excess sodium and the negative y direction became excess phosphorus. So then going through the nutrition tables I put them to a spread sheet and got the excesses of each mineral in the foods and plot them on the graph and that meant I then had a chart which enabled the distance from the center to represent the unbalancing effect of the food. So weather the food is going to increase acidity or increase alkalinity or increase yang or increase yin. And so by having that in that simple graphical format you could immediately see what effect the food was going to have.



Part 2

- CaPNaK-Chart
 - Early stages of development
 - How to handle
 - Early Feedback
- Social Conformity with food
- „10% conscious debauchery“-Rule
- Vitamin B12

Sapoty: So, does that answer your question?

René: Yeah, thanks for that. So, that's the part you were developing the chart and figuring out how it all works together in the body in terms of which type of nutrition or foods ...

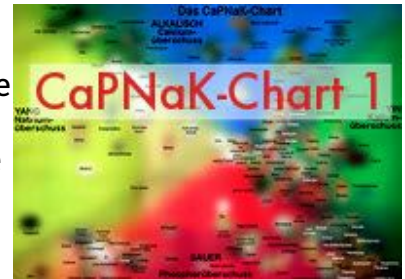
Sapoty: Yes, that was in the late 1980s when I figured that out. It was a bit of a eureka moment when I worked out how to calculate the residual amount of mineral in each food. I said **"Ah, right, that's the way to do it - yes good!"** (laughs)

René: Yeah, so what was the feedback then from people as you are introducing the CaPNaK-Chart to them?

Sapoty: Well, I had the CaPNaK-Chart in black and white form and without any pictures. There were lots of dots with the names of foods on them. I showed it people and they'd say "Is that a map of the earth or a map of the galaxy?" (laughs) You know - so I realized, that I really had to make it more accessible to people, by putting pictures of fruit on it and making it more colorful and so on. So the first time I went to Japan to work, I put down on a Tatami mat, some paper and crayons ...

René: What's that?

Sapoty: Tatami mat is a grassy/dried grass flooring that they have in Japan in traditional Japanese houses. It's a beautiful, smooth, woven floor covering system. Very special. I put down some paper and some crayons and started coloring it in and going to little libraries that I could find around Tokyo to get pictures of fruits and vegetables and so on and buying books that had pictures in them and cutting them out and put together the CaPNaK-Chart. So when I got back to Australia, I got it printed and got 5,000 copies of it printed I think, oh, 2,000 copies actually. Still got about 500 copies left. So, yeah, it was a big colored chart that people could hang up onto their walls. And then I worked out what the symptoms of excess in each direction were and therefore the reverse what the positive effects in each direction were on the CaPNaK-Chart. So if you ate more Calcium food for example then the positive effect might be that you get to sleep easier. And a negative effect might be that you feel more lazy.



So by getting all those symptoms that I could dig up in the nutritional literature around, I made a summary for the symptoms and another summary for the positive effects. And then that made it a lot more usable as a chart where people can actually go through and look at all the symptoms they got and say "ok, I got most symptoms over this side of the chart. And I look at the food there and I say "Yeah, well I do tend to have a preference for those kinds of foods actually. Also, what do I have to eat – or what's up in this side of the chart - Oh, right, yeah I don't like this food particular much" And I'd say "Well you know this is what you have to overcome. You have to overcome your conditioning, because that conditioning has created the body-mind-state that is creating the problems that you have got. So, you need to shift your body-mind state which then will rebalance your body and remove those negative symptoms and so on.

René: Yeah, I also just love to use it and it really was for me a big step towards getting my nutrition done. (maybe say it that way) I did read several books and first went into a vegan diet. I was feeling better, but for long term I had sort of an imbalance really in my body and I couldn't figure it out and then I came across eco-eating and this was really a good thing to explore and it's just really logical to see those balances and get it done to get the food groups in relation to what you are feeling in your body.

Sapoty: Yeah, I have a lot of very good feedback from lots and lots of people saying that it has changed their life and I've had several naturopaths, probably over the years about 10 naturopaths or nutritionists write to me and say that they just use it in their work quite a lot in terms of helping people make corrections to their diet and so on. So, yeah, it's been

a very positive thing getting lots of good feedback from people all around the world who use it. Obviously it's a fairly sophisticated concept and not everybody can get into it straight away and so it does need a bit of help and guidance, maybe that's something that you can do in Germany, is to guide people how to use the chart. Obviously you've learned how to use it and found great benefit for yourself and so if you can then start to work with people that would be great.

René: Yeah, I started to do so. Giving some lectures and telling people.

Sapoty: Great.

René: One thing over here, people just tell me after they doing it they just also say "Well, it really helps me and I'm feeling better" but what is really a negative effect that many people around them are making maybe a fool of them by making laugh at ... well "Is something wrong with you that you're just eating salad right now? So what's happen to you, are you mad?" So it's also a big part of the social ...

Sapoty: Yeah, especially young people. I mean, **the younger you are, the more conforming to the norms of the social circles that you move in is important**. So there is an element of ... you have to be the sort of person who is willing to stand by what you believe in and do it. But I think that in my opinion it's best to minimize ... like I don't go out of my way to sort of proselytize my ideas to people. I wait for them to show an interest or if somebody's actually got something wrong with them then they are much more open to hearing new ideas and trying new things.

So obviously, if you kind of are advertising then the people who will come are going to be more open but the people who you know in your everyday life I prefer to just play it lucky and even ... that's why in my book - a part of the reason why in my book I have a idea of **10% conscious debauchery**. That's up to 10% of the time you just do what you've need to do or what your cravings tell you to do, but do it consciously and learn from that. So for example if you are going out to dinner with a whole bunch of people I suppose I would, say order some salad with some baked vegetables - something like that or ...

If I wanted to have some animal food - which I do use from time to time because I've started to go low in **(Vitamin) B12** and I just wanted to get B12 from animal sources rather than from capsules, so in that case I might have some fish and salad and so then it looks completely normal to people but they don't realize that I only have that once every week at the most and it's not something where I really go out of my way to get to often. I don't want it to do it / I want to minimize my flesh intake as much as I can but at the same time take care of any issues that I have that require or that I believe might require some animal foods. So, finding a way to not make it a big issue and so that it just becomes something that's not necessarily brought up as a boring tip topic of conversation "You're eating rabbit food" or whatever. You know, it's a hard one.

It depends on which people you do associate with obviously too. If you associating with people who just have no understanding of good nutrition at all then you are likely to get that sort of stuff whereas if you with people who have a good understanding then they much more likely to appreciate what you are doing.

Part 3

- nutrition trends
- doctors as friends
- development of raw food movement
- essence of being a raw-fooder

René: Yeah, I think so as you said. I can imagine there will be some sort of shift in awareness maybe of/in the years to come or whatever.

Sapoty: Well, yeah. It has been happening over the last 20 years, it's been enormous ... Like 20 years ago it was very different to what it is now (you know) and now ...

René: Yeah, also in Germany in most Restaurants you can order some vegetarian dishes and that's perfectly fine. You don't have to ask for an extra treatment or whatever and so that's right now just happening and now the new hype is maybe the vegan diet and a lot of rumors is going on on that right now.

Sapoty: Vegan?

René: Yeah. And it's sort of becoming a bit more popular it's still quite new and especially the older people are the one's who just don't have a clue about nutrition are very anxious about it.

Sapoty: Yeah

René: What is your opinion of / in Australia, what has happened in the last decades and where is it going?

Sapoty: Ok, well obviously everybody kind of wakes up at a different point in time depending on where they are born (you know) in terms of what's going on in the world and it's easy to sort of think „Oh well, this is the start of something new“ but which is actually going on for a hundreds of years (you know).

René: Ok

Sapoty: But, I think I became aware of serious medical approaches to nutrition well, vaguely when I was an adolescent and seeing my father's friends – he is a doctor – dropping dead from heart-attacks and so on and saying „hang on, these are the doctors who are really meant to know what's healthy and yet they are dying younger than anybody else“ (you know) (laughs) „What's going on here?“

René: hm

Sapoty: And so, my father luckily was pretty aware. He has just died at the age of 90. He was pretty aware of having a reasonable good nutrition, he did very well but hm, sorry. Where were we? Sorry I lost the track of it there.

René: Yeah, what was ...

Sapoty: Oh yeah, what was happening in Australia and what the history was of it of what I was aware of. Yeah ok.

René: Yeah

Sapoty: When I first got into raw food, it was basically because there was an airline pilot called „Ross Horne“ who lived in Australia, he was a Quantus Airline Pilot, and he was able to fly around the world and visit health experts and Hunzas and places where people lived a long time. And he was really a good scientific mind as far as nutrition and physiology was concerned. And he wrote a book called „The health revolution“ which was an amazing book, published in about 1979 I think first. And I got a copy of that and I spent a month or two studying it. And found it absolutely amazingly informative and there was also the classic sort of Hippie-Rawfood-book survival into the 21st Century, which was a fun one to read and had some quite good information in it. And that's a bit of a classic.

So that's the very early 1990s and so I – sorry 1980s. And over the 80s I just read more and more and different. The old masters in raw food at the early 19th century and so on, early 20th century I mean. And ah, so, I just broadened my view and realized, a lot of people were saying a lot of crazy things and some people were saying some good things and so it was during the 80s I just really tried to thrash through what worked and what didn't. And I tried a whole lot of different foods like lots more sprouts and so on at some stages, sprouting cereal grains like oats and so on as well. And trying that and finding, until finally when I actually dropped the whole idea of feeling a need to eat grain. That was a real breakthrough for me and my intestinal digestion just smoothed right out and that was really ... became a very pleasant experience to eat and to digest (you know) – by getting the carbohydrates from fruit basically and not mixing grain in and getting the fermentation. That's a serious one.



So know when I step back and say „ok, what does it really mean to be a raw-fooder“ I really think the essence of it is to say, well, to be willing to replace the grain carbohydrates with the fruit carbohydrates. I think that's the big step that a lot of people find difficult.

René: mhm

Sapoty: So and that obviously means overcoming the idea of „with grain you only have to eat one or two bowls of grain a day and you are sustained in terms of your calorific needs“. And you compare that with fruit, you need to eat one or two kilos of fruit. Basically because most of the fruit is ... 80-90% of the fruit is water.

René: mhm

Sapoty: But on the other hand you can't just eat the fruit in dried form because the cellular system/ cellular structure is being destroyed and so the sugar has come up/out too quickly so you gotta have the fruit as a whole fruit with its water-content and all, so you got to get used to eating up to 2 kilos of fruit a day depending on how active you are.

So, along with all the vegetables, nuts and seeds as well obviously. To keep the balance. So I think that ... but it's ever since ... oh I suppose ... yeah the nineties ... David Wolfe's

works came out, they really happened in the mid 90s, late 90s, and I made contact with him back then and that's when he took on my CaPNaK-Chart and wrote it up in his book „Sun food diet success system“. So I think that it was during that time in the 90s that there a lot more depths of understanding of raw food came about. And I hope I contributed to that to some degree.

Part 4

- Public becoming more informed
- Problems
 - Vitamin B12
 - Calcium (Sapoty has got only one kidney)
 - Zinc (australian soil)
 - Vitamin D
 - Cholesterol / chocolate
- Benefits of fruit-based nutrition

Sapoty: So, I think that in the mid 90s/late 90s it was when it seemed that people became a lot more informed – Gabriel Cousins and the other people who've taken a much more nutritionally orientated approach in a really sensible way rather than just licking the finger and feeling which way the wind blows – making decisions that way.

René: Yes. I read the german version of the Sun Food Success System

Sapoty: Right

René: This is basically how I got into eco-eating

Sapoty: Right

René: Looking at your chart in the appendix of this book.

Sapoty: Right

René: And, yeah, this is how I got into eco-eating.

Sapoty: Great

René: Over here there is also a raising consciousness about avoiding grains really there are several books out there one translated in english would be „dumb as bread“ and I'm looking forward to the read of that book. (and yeah) Was there any bad experience as well – some things that went not so as expected maybe or some trouble?

Sapoty: Yeah, all along the way there's been little things that I'd have to correct. I think that the initial one during the late 80s was just my bad digestion until finally I was willing to drop trying to eat grain or weather it was sprouted grain with the fruit and so on. That then solved that problem I was just getting way too much gas and it was terrible. But then there was the **B12-crisis** where I really had to make a decision as to weather I was going

to eat fish and a little bit of chicken. And so I decided to ... look: I work on a basis of about maximal 200g of fish or chicken a week as being an amount that, when I do that I don't have any B12 problems.

(So uhm) Then, let's see ... I actually had a kidney out when I was 5 years old and so that has created some problems with **calcium**-metabolism for me. So my bones aren't as strong as they could be, unfortunately. Cause the Vitamin D is converted to Calciterol ... Calciterol - I've forgotten how to say / how it is exactly pronounced. But it's the version of Vitamin D that mobilizes Calcium and enables Calcium to be deposit into the bones and so. Now I'm almost 62 and I need to start really looking at maintaining my bone-density by taking some nutrients like calciferol ... calci... I forgot how it's...

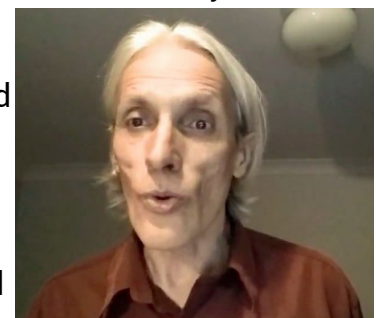
René: Yeah, it is in german Calciferol. So... fine.

Sapoty: Right. So, for me, that's just a personal issue because I only got one kidney. But I think that the positive of **eating a fruit based diet** – I'm talking about, I suppose 70% of what I'm eating is fruit – just the fantastic clarity and happiness and lightness of being, the lack of pain in my body – all those things are fabulous.

René: Mhm.

Sapoty: I can't really ... oh **zinc** has been an issue. I've had to supplement with zinc. Zinc is actually particular low in australian foods unfortunately – australian soils are low in zinc – so it's quite difficult to maintain good zinc levels eating australian foods. So, and because I'm such an indoor-person – (sunlight is) – because sunlight here is so intense – you can end up getting skin cancers – we're the skin-cancer-capital of the world here – so you have to be careful about how much sunlight you get. So **Vitamin D**, Zinc is to some extent an issue from time to time I need to supplement on. So I personally think it is a good idea to go and get tests. Just check how things are going ...

Oh there was one interesting thing that came up about two/three years ago where my **cholesterol** started to climb where ... My cholesterol is normally quite low, but about three years ago, I was getting into eating a bit of chocolate and it turned out when my cholesterol started to go up – and that was the only thing I changed – so I thought „what's going on over here?“ I thought, well, maybe it's the saturated fats in the cholesterol. So, I started making my own chocolate using macadamia-butter, rather than the cacao-butter and within six months, my cholesterol went back down again. So that was good, because my cholesterol was starting to go into a level where a doctor is meant to say something about it. Now it's back down into the area where he'd say „wow – how did you get that low cholesterol?“



I mean, I know cholesterol is not considered to be a cause-and-effecter now – it is still an indicator of risk of heart-disease and may not be the cause-and-effecter. That way it turned out that the saturated fats are the more important cause-and-effect. They actually just push the cholesterol up as well – a side effect of also creating a cardiovascular disease or contributing to it next to other factors. But yeah I got low blood pressure and low blood-sugars and everything is behaving quite nicely on that level. All the

conventional cardiovascular-disease, cancer-indicators who are all really quite good, yeah.

René: Ok, yeah, sounds very good. So, yeah, maybe we take a break here and I just wish you all the best for your future and hopefully we'll keep going for a long time.

Sapoty: Yeah, yeah, and I hope one day I can come over and work with you a bit and help you out and talk to people in europe about raw food a bit more

René: Yeah, looking forward to do that with you!

Sapoty: Yeah, great Rene! Ok, ciao!

René: So, have a nice time!

Sapoty: You too, bye, bye

René: Ciao!

Get started to use Sapoty's more than 30 years of experience and raw wisdom:

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Preview CaPNaK-Chart 2.0 (german version)

