

## Butter

*Butter was demonized by margarine and shortening manufacturers. Their goal was to change consumer's buying habits in order to gain a bigger market share, and it worked. They had help achieving this goal by medical doctors who do not study nutrition as a part of their training and believed the industry's advertising.*

### Kitchen tips for butter

*Have no fear-butter is a good fat. It can be used for baking, frying, and cooking, as long as the heat is kept low enough to prevent burning. When butter is heated too much it will burn, just like any other fat, and turn brown. If you accidentally burn butter you've turned good fat into bad, creating trans-fatty acids, so throw the butter away and start again.*

*Eggs can be fried in butter on low heat, as long as neither the eggs nor the butter turn brown. It's a good idea to use some water-containing vegetables such as onions, potatoes or a mixture of vegetables for stir fries when frying with butter, as they help to prevent it from burning. When preparing other vegetables, it is best to steam them and add butter just before serving. Butter enhances the flavor of any meal.*

### Enzymes

- *Eating more food than necessary for body functions uses up vast quantities of enzymes.*
- *Vitamin B6 is a precursor to at least 50 enzymes and is needed for the metabolism of all amino acids. Enzymes are built from amino acids, which makes vitamin B6 a very essential part of enzyme production.*
- *There are three ways to increase the enzyme content of your body.*
  1. *Eat less food in general*
  2. *Eat more raw food.*
  3. *Supplement with plant enzyme capsules. Plant enzymes ensure digestion of food and relieve the pancreas of its burden to produce 100 percent of the enzymes needed for digestion.*

### EFA's

*Essential fatty acids, EFA's help maintain the immune system in top form. Addition of flaxseed oil to the diet feeds that anti-allergic, anti-inflammatory pathways.*

*Essential fatty acid deficiency is probably the most common, but least recognized, nutritional deficiency. This deficiency leads to immune system breakdown setting the stage for allergy. People experiencing fatty acid deficiency are prone to allergies, sinus problems, hay fever, asthma, psoriasis, eczema, PMS, and other conditions.*

- Symptoms of deficiency include:*
- *bleeding gums,*
  - *dry, brittle or oily hair*
  - *cold hands and feet*
  - *lowered resistance to infection*
  - *dry, flaky skin*
  - *brittle nails*
  - *excess ear wax*
  - *hair loss*

*The immune system cannot function well without essential fatty acids. In fact, it has been shown that cells and organs will degenerate if essential fatty acids are not supplied by the diet.*

*Essential fatty acid deficiency can be created by common dietary practices such as:*

- 1. Chronic intake of alcohol*
- 2. High intake of refined sugar*
- 3. Excess intake of saturated fat*
- 4. Intake of hydrogenated, partially hydrogenated or deep-fried fats*
- 5. Smoking*
- 6. Use of drugs such as cortisone, or the overuse of antibiotics*

*Natural foods containing essential fatty acids include:*

- nuts (raw, unsalted)*
- seeds (raw, unsalted)*
- especially pumpkin*
- avocado*
- cold water fish*
- beans*
- sunflower, sesame and flax*
- green leafy vegetable*

*Suzanne Lawrence*

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## Allergies

### The Food Trial

*A food trial is a test to discover which foods affect you.*

- *For five days stop taking vitamins, drugs and all if possible allergenic foods.*
- *Eat only the safe foods.*
- *Once you stop showing symptoms, you can begin to add new foods carefully, one every two days.*
- *Watch carefully to see whether you develop any symptoms; if you do, cut that food out of your diet altogether and go on to the next food.*
- *You can treat vitamins as you would a food, and add in one at a time.*
- *You can have more than one food or vitamin that affects you.*
- *If the symptoms still persist, you could be allergic to the safe food.*

### Allergenic foods

- *Milk, wheat products, corn, soy, eggs, caffeine, spices, all fruits, and green, orange, or red vegetables. The most common allergen is cow's milk.*

### Safe foods

- *Meat (Lamb, beef, veal, or pork), poultry, rice, potatoes, and yellow vegetables such as squash. (The "safe" foods have all been statistically proved to be less allergenic)*



## Food Combining Chart

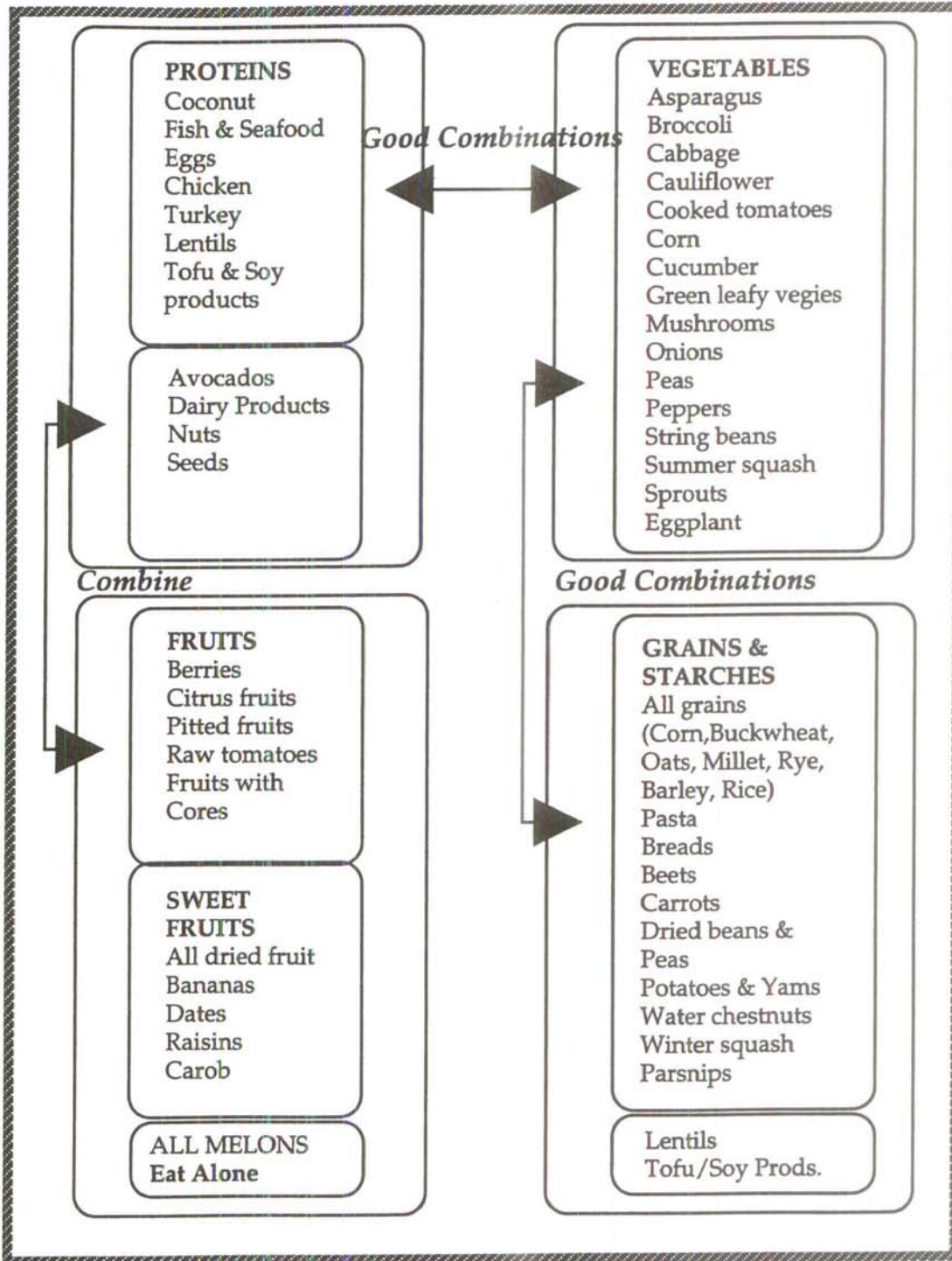
<b>※ ※ Excellent Combining ※ ※</b>		
High-Starch and Non-Starch Vegetables	High-Protein and Non-Starch Vegetables	'Healthy' Oils and All Types of Vegetables
<b>※ ※ Good Combining ※ ※</b>		
High-Starch and 'Healthy' Oils		
<b>※ ※ Poor Combining ※ ※</b>		
High-Protein and High-Starch	High-Protein and Fruit	High-Starch and Fruit

**Fruit:** Best eaten alone on an empty stomach at least 30 minutes before other foods and not for 3 hours after other meals.  
Best to start your day with only fruit for the first 3-4 hours (with some exceptions)

**Fats/Oils:** Plant and fish oils rich in PUFA's are essential to good health. The best sources being ocean fish, flax, pumpkin, sesame, safflower and sunflower oils and their seeds. Any of these combine well with vegetable. High-starches are okay with the oils in sauces.

**Note:** The large majority of your diet (50%-60%) should be high-water-content, fresh fruit and vegetable, as these provide quick energy, body building nutrients and enough water, fibre and alkaline mineral salts to assist the body in cleansing and detoxification. The remaining portion of the diet (40%) should be comprised of the concentrated foods: seeds, grains, beans, peas, lentils, nuts, ocean fish, drug-free poultry, low-fat live culture dairy products and lean red meats (if you choose to include them in your diet).

## GOOD FOOD COMBINATIONS







## ■ About Food Combining

So much confusion surrounds this area of food preparation and eating that a brief discussion about how we see good food combining might be helpful.

We have all suffered indigestion at one time or another, and indeed our society spends over 2 billion dollars a year on antacids for this problem. Good food combining can help alleviate poor digestion naturally, and return more energy to the body for other needs.

***Food combining is only one factor in healthy eating. It will not guarantee good digestion.***

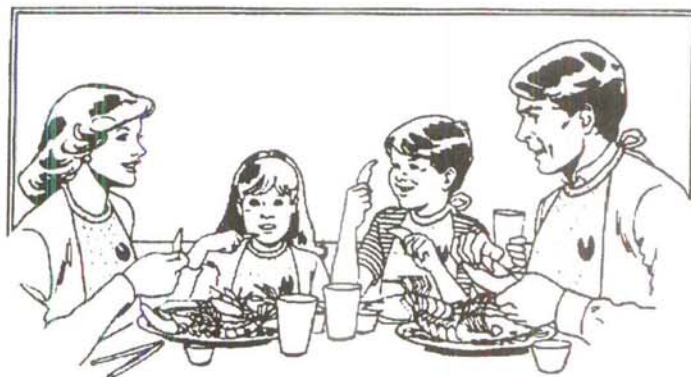
Different foods require different acid/alkaline mediums, different enzymes and different digestion times. Eating foods together that have drastically different digestive needs often results in poor or no assimilation. The body simply passes foods through with no digestion, or holds them back to wait for the proper enzyme medium. Sometimes this food decomposes in the digestive tract and then ferments, producing gas and toxins, with resultant heartburn or elimination problems.

Other factors can also reduce digestive capacity, such as overeating, eating under stress or when tired, eating before strenuous exercise, or during strong emotional experiences. Substances such as spicy condiments, vinegars, caffeine and alcohol all irritate and retard digestion considerably. Fever and inflammatory illness also partially suspend digestion to conserve energy.

As the diet incorporates more fresh, unprocessed foods, good food combining naturally becomes part of life style and eating habits. Good food combining rules can become part of meal planning almost subconsciously. You might look back on a particularly good meal and say "Oh yes, the combinations were right."

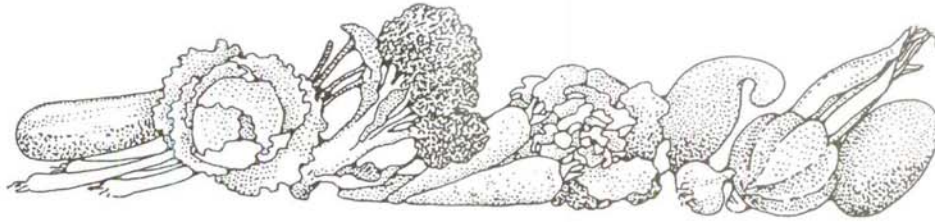
I have included a very simple chart on the basics of good food combining. (See next page.) In our own everyday use, and in this book, we have found three things to be true:

- 1) Small amounts of poor combinations don't seem to cause problems, and sometimes really enhance taste and enjoyment, such as a handful of raisins in a cake, or a whole grain cereal with a little apple juice or yogurt.
- 2) Fruits of all kinds are better eaten fresh, by themselves, in the first half of the day.
- 3) Don't let food combining rule your life. Most natural food recipes just work out as good combinations automatically.





# Diet Guidelines



**Eat a variety of foods** to minimize repeated exposure to food toxins, sprays, etc. All foods are handled differently in different parts of the country.

**Eat organic foods if you can.** Certain foods are laced with dangerous pesticides. Wash all fresh foods thoroughly especially melons, as there have been several cases of salmonella poisoning found from cutting into the melons before washing them. Grow your own if possible.

**Eat more fiber** to speed dangerous toxins through the intestinal tract and to bind and neutralize them before they can do any harm. Fiber should be part of every meal. It is found in whole grains, beans, legumes, vegetables, and fruits. Processed foods lack fiber, be sure and add fresh food to every meal. Fiber also cuts down on food reactions and blood sugar fluctuations, in addition to preventing constipation.

**Reduce fat consumption** since toxins are concentrated in the fat of an animal and saturated fats used in commercial cooking. These products are potentially dangerous toxins.

**Avoid old nuts, grains and seeds** that are not nitrogen sealed or kept under refrigeration. Aflatoxin, a mold that grows on these foods has been linked to cancer.

**Refrigerate all fresh foods or cooked foods** quickly so bacteria cannot form.

**Avoid highly processed foods** like ketchup, beef jerky, hot dogs and tomato based sauces, these have concentrated toxins.

**Avoid burned foods** because they contain carcinogens that are cancer causing substances.

**Buy only frozen fish,** "fresh fish" in a grocer's case may have been around many days. Do not eat raw fish. See Fats and Fish section.

**Do not consume liver.** Toxins from the body of the animal are left in the tissues of the liver after it has cleaned them out of the blood supply. Avoid all organ meats.

**Avoid foreign-made dinnerware,** glassware, etc. It could contain leaded glasses and glazes that may leach into our food. Also, avoid antique crystal dishes and other dinnerware made before the law was passed in the States against the use of lead in dinnerware.

**Do not use plastic wrap in microwave ovens,** plastic containers, etc. Use only glass for food storage. Plastic leaches petro chemicals into food.

**Fat and spicy foods** put stress on the gall bladder and the liver, resulting in heartburn and indigestion, so avoid fried food, gravies, and dairy products.

**Overeating** overloads the stomach, pressure forces acid back up into the esophagus, leading to heartburn, gas, and bloating. The end result is obesity.

Last but most important---**eat all natural foods.** Additives aren't good for you, avoid them.

**President Jimmy Carter and his family ran a peanut plantation in Georgia and several of the family members died of pancreatic cancer. Is there a link between pancreatic cancer and dangerous aflatoxins found on peanuts?**



# For Wellness

<b>Beverages</b>	Alcohol, coffee, cocoa, sodas, pasteurized and sweetened juices, fruit drinks, black tea	Herbs, teas, fresh vegetable and fruit juices, coffee substitutes, cereal grains from health food stores, mineral or distilled water, bottled juices (without anything added)
<b>Dairy Products</b>	All soft cheeses, ice cream, all pasteurized cheese products with orange coloring, milk, sour cream, cream cheese (Avoid all dairy products to promote the healing process.)	Raw goat or soy cheeses, nonfat cottage cheese, kiefel, unsweetened plain yogurt
<b>Eggs</b>	Fried, pickled or raw	Boiled or poached (limit to 3 per week)
<b>Soups</b>	Canned with salt, preservatives, MSG, high-fat stock or creamed	Homemade (salt-free and fat-free) bean, lentil, pea, vegetable, barley, brown rice, onion, mushroom, potato, tomato
<b>Sweets</b>	White, brown or raw sugar, corn syrups, chocolate, sugar candy, fructose, all syrups, all sugar substitutes, jams and jellies with sugar	Barley malt syrup or powdered (preferred), rice syrup, small amounts of raw honey, pure maple syrup, un sulphured molasses, blackstrap molasses
<b>Fruits</b>	Canned, bottled, or frozen with sweeteners added	All fresh, frozen, stewed and dried without sweeteners, and un sulphured
<b>Vegetables</b>	All canned and frozen with salt or additives	All raw, fresh, frozen or home-canned, steamed, broiled, or baked (undercook slightly)
<b>Sprouts &amp; Seeds</b>	Seeds cooked in oil and salted	All sprouts, slightly cooked (except alfalfa), wheat grass, all raw seeds
<b>Seasonings</b>	Black or white pepper, salt, white vinegar, all artificial vinegar	Garlic, onions, dried parsley, Spike, all herbs, chives, dried vegetables, apple cider vinegar, tamari, miso, seaweed, dulse, all sea vegetables, vegetable bouillon
<b>Fish</b>	All fried fish, all shellfish, raw fish, salted fish, anchovies, herring, fish canned in oil	All white fish from deep, fresh cold waters, salmon, broiled or baked fish, water-packed tuna—eat 3 to 4 times per week (see Fat & Fish section)

# For Wellness

	Avoid	Enjoy
<b>Meats</b>	Beef, all forms of pork, sausage, bacon, lunchmeats, hot dogs, smoked, pickled, all processed meats, corned beef, duck, goose, short ribs, organ meats, gravies	Skinless turkey or chicken—limit meat to only 2 times per week
<b>Grains</b>	All white flour products, including spaghetti and macaroni, crackers, white rice, overly processed oatmeal and crackers	All whole grain products using unprocessed grains: cereals, breads, muffins, crackers, cream of wheat/rye/rice, buckwheat, millet, oats, brown rice, wild rice—limit yeast breads to 3 times per week
<b>Oils</b>	All saturated fats, hydrogenated margarine, refined processed oils, shortenings, hardened oils, saturated oil in mayonnaise, dressings	All cold-pressed or expeller pressed oils: safflower, canola, rice bran, flaxseed, sesame, olive, corn, sunflower, margarine, and salad dressing from these oils, eggless mayonnaise
<b>Nuts</b>	Peanuts, all salted or roasted nuts	All raw, fresh nuts (except peanuts)—be sure they aren't rancid and have been kept refrigerated or tightly sealed—cashews only sparingly
<b>Beans</b>	Canned pork and beans, canned beans with salt or preservatives, frozen beans with added salt, etc.	All beans and legumes cooked without animal fat, salt or preservatives





## Cleansing Fruit Drinks

*These are blender mixed drinks; add everything to the blender, blend it up, and drink it down.  
Use organically grown fruits whenever possible.*

### 1 GOOD DIGESTION PUNCH

*Natural sources of papain and bromelain for soothing and cleansing the stomach.*

- 1 PAPAYA, peeled and seeded; or 1 CUP PAPAYA JUICE
- 1 PINEAPPLE, skinned and cored; or 1½ CUPS PINEAPPLE JUICE
- 1 to 2 ORANGES, peeled; or ¼ to ½ CUP ORANGE JUICE



### 2 ENZYME COOLER

*An intestinal balancer to help lower cholesterol, cleanse intestinal tract, and allow better assimilation of foods.*

- 1 APPLE, cored and sliced; or ½ CUP APPLE JUICE
- 1 PINEAPPLE, skinned and cored; or 1½ CUPS PINEAPPLE JUICE
- 2 LEMONS, peeled; or ¼ CUP LEMON JUICE



### 3 BLOOD BUILDER

*A blood purifying drink with iron enrichment.*

- 2 BUNCHES of GRAPES; or 2 CUPS GRAPE JUICE
- 6 ORANGES, peeled; or 2 CUPS ORANGE JUICE
- 8 LEMONS peeled; or 1 CUP LEMON JUICE
- ♣ Stir in: 2 CUPS WATER and ¼ CUP OF HONEY



### 4 STOMACH CLEANSER & BREATH REFRESHER

*A body chemistry improving drink.*

- 1 BUNCH of GRAPES; or 1 CUP GRAPE JUICE
- 3 APPLES cored; or 1 CUP APPLE JUICE

- 1 BASKET STRAWBERRIES
- 4 SPRIGS OF FRESH MINT



### 5 PINEAPPLE CARROT COCKTAIL

*Natural sources of bromelain, beta carotene and vitamin A.*

- 1 PINEAPPLE, skinned and cored; or 1½ CUPS PINEAPPLE JUICE
- 4 CARROTS
- ½ CUP FRESH CHOPPED PARSLEY



Other good fasting fruit juices: black cherry juice for gout conditions; cranberry juice for bladder and kidney infections; grape and citrus juices for high blood pressure; watermelon juice for bladder and kidney malfunction, and apple juice to overcome fatigue.



## 8 KIDNEY FLUSH

*A purifying kidney cleanser and diuretic drink, with balancing potassium and other minerals.*

For four 8-oz. glasses:

4 CARROTS  
4 BEETS with tops  
4 CELERY STALKS with leaves

1 CUCUMBER with skin  
8 to 10 SPINACH LEAVES, washed  
♣opt. 1 teasp. Bragg's LIQUID AMINOS

**Nutritional analysis:** per serving; 69 calories; 3gm. protein; 15gm. carbohydrates; 5gm. fiber; trace fats; 0 cholesterol; 81mg. calcium; 2mg. iron; 62mg. magnesium; 760mg. potassium; 143mg. sodium; 1mg. zinc.

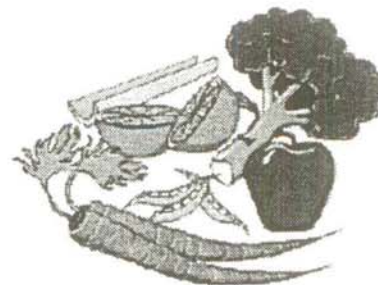


## 9 PERSONAL BEST V-8

*A delicious high vitamin/mineral drink for body balance. A good daily blend even when you're not cleansing.*

For 6 glasses:

6 to 8 TOMATOES; or 4 CUPS TOMATO JUICE  
1/2 GREEN PEPPER  
2 STALKS CELERY with leaves  
1/2 BUNCH PARSLEY  
3 to 4 GREEN ONIONS with tops  
2 CARROTS  
1/2 SMALL BUNCH SPINACH, washed, or 1/2 HEAD ROMAINE LETTUCE  
2 LEMONS peeled; or 4 TBS. LEMON JUICE  
opt. 2 teasp. Bragg's LIQUID AMINOS and 1/2 teasp. ground celery seed



**Nutritional analysis:** per serving; 57 calories; 2 gm. protein; 13gm. carbohydrate; 4gm. fiber; trace fats; 0 cholesterol; 43mg. calcium; 36mg. magnesium; 2mg. iron; 606mg. potassium; 63mg. sodium; 1mg. zinc.



## 10 STOMACH/DIGESTIVE CLEANSER

For one 8-oz. glass:

♣Juice 1/2 CUCUMBER with skin, 2 TBS. APPLE CIDER VINEGAR and a PINCH of GROUND GINGER.  
♣Add enough cool water to make 8-oz.



## 11 SPROUT COCKTAIL

*This high protein juice is particularly good for ending a cleansing fast.*

For 2 drinks:

♣Juice 3 APPLES with skin, cored, 1 TUB, (4 OZ.) ALFALFA SPROUTS and 3 to 4 SPRIGS FRESH MINT.

**Nutritional analysis:** per serving; 138 calories; 3gm. protein; 34gm. carbohydrate; 7gm. fiber; 1gm. fats; 0 cholesterol; 37mg. calcium; 1mg. iron; 26mg. magnesium; 303mg. potassium; 6mg. sodium; trace zinc.







## 12 CARROT JUICE PLUS

For 2 large drinks:

4 CARROTS  
1 TB. CHOPPED DRY DULSE

1/2 CUCUMBER with skin  
2 STALKS CELERY with leaves

Nutritional analysis: per serving; 84 calories; 2gm. protein; 20gm. carbohydrate; 6gm. fiber; trace fats; 0 cholesterol; 88mg. calcium; 1mg. iron; 52mg. magnesium; 706mg. potassium; 119mg. sodium; 1mg. zinc.



## 13 SKIN TONIC

*Deep greens to nourish, cleanse and tone skin tissue from the inside.*

For 1 drink:

1 CUCUMBER with skin  
1 TUB (4-OZ.) ALFALFA SPROUTS

1/2 BUNCH PARSLEY  
3 to 4 SPRIGS FRESH MINT



## 14 EVER GREEN

*A personal favorite for taste, mucous release and enzymatic action.*

1 APPLE with skin  
1 TUB (4-OZ.) ALFALFA SPROUTS  
1/2 FRESH PINEAPPLE skinned/cored

1 teasp. SPIRULINA or  
CHLORELLA GRANULES  
3 to 4 SPRIGS FRESH MINT



## 15 HEALTHY MARY COCKTAIL

*A virgin mary is really a healthy green drink when you make it fresh.*

For 4 drinks:

3 CUPS WATER  
2 TOMATOES  
1 GREEN ONION with tops  
1 TB. CHOPPED DRY SEA VEGETABLES,  
such as WAKAME or DULSE, or 1 teasp. KELP POWDER

1 SLICE GREEN PEPPER  
1 STALK CELERY  
12 SPRIGS PARSLEY



## 16 GOLDEN ENZYME DRINK

*A drink specifically for healing enzyme properties.*

For 2 drinks:

1 1/2 to 2 CUPS PINEAPPLE JUICE  
4 CARROTS  
1 teasp. HONEY







## Herb Teas For Cleansing Support

*Herbal teas are the most time-honored of all natural healing mediums. Essentially body balancers, teas have mild cleansing and flushing properties, and are easily absorbed by the system. Herbs and the important volatile oils in them, are released by the hot brewing water, and when taken in small sips throughout the cleansing process, they flood the tissues with concentrated nutritional support to accelerate regeneration, and the release of toxic waste. In general, herbs are more effective in combination than when used singly, providing a broader range of activity when taken together in a blend. I have listed several favorites in each area - blood cleansing, mucous cleansing, and bowel cleansing - that may be combined for your own particular needs.*

### ✿ How to Take Medicinal Teas for Therapeutic Results:

- 1) Pack a small tea ball packed with herbs.
- 2) Bring 3 cups of cold water to a boil. Remove from heat. Add herbs, and steep covered; 10 to 15 minutes for a leaf and flower tea, 20 to 25 minutes for a root and bark tea.
- 3) Use a glass, ceramic or earthenware pot. Stainless steel is acceptable, but aluminum negates the herbal effects, and the metal often washes into the tea and gets into the body.
- 4) Keep lid tightly closed during steeping and storage. Volatile herbal oils are the most valuable part of the drink, and will escape if left uncovered.
- 5) Drink teas in small sips over a long period of time rather than all at once, to allow the tissues to absorb as much of the medicinal value as possible.
- 6) Take two to three cups of tea daily for best medicinal effects.



### ✿ EFFECTIVE HERBS FOR BLOOD CLEANSING

Echinacea (Angustifolia and Purpurea), Red Clover, Chaparral, Pau d' Arco, Licorice, Burdock Root, Oregon Grape Root, Dandelion, Garlic.

**A sample tea combination for blood cleansing might include:** Red Clover, Hawthorn, Pau d' Arco, Nettles, Sage, Alfalfa, Milk Thistle Seed, Echinacea, Hoesetail, Gotu Kola, and Lemon Grass.

### ✿ EFFECTIVE HERBS FOR MUCOUS CLEANSING

Garlic, Chlorella, Mullein, Elecampane, Ephedra, Comfrey Root, Pleurisy Root, Fenugreek Seed, Ginger, Cayenne, Hawthorn, Licorice.

**A sample tea combination for mucous cleansing might include:** Mullein, Comfrey, Ephedra, Marshmallow, Pleurisy Root, Rosehips, Calendula, Boneset, Ginger, Peppermint, and Fennel Seed.

### ✿ EFFECTIVE HERBS FOR COLON BOWEL CLEANSING

Psyllium Seeds, Flax Seed, Butternut Bark, Cascara Sagrada, Rhubarb, Fennel Seed, Acidophilus, Senna Leaf and Pod, Peppermint.

**A sample tea combination for cleansing the bowel and digestive system might include:** Senna Leaf, Papaya Leaf, Fennel Seed, Peppermint, Lemon Balm, Parsley Leaf, Calendula, Hibiscus, and Ginger Root.





## Therapeutic Alkalizing Broths

Clear soups and broths are a satisfying form of nutrition during a cleansing fast. They are simple, easy, inexpensive, can be taken hot or cold any time, and provide an uncomplicated means of "eating" and being with others at mealtime without going off your liquid program. This is more important than it might appear, since any solid food taken after the body has released all of its solid waste, but before the cleanse is over, will drastically reduce the diet's success. Broths are also alkalizing, and contribute toward balancing body pH.

### 17 PURIFYING DAIKON & SCALLION BROTH

*Daikon, a cleansing diuretic food, and scallions, a sulphur-rich digestive vegetable are synergistic together.*  
For one bowl.

- ♣ Heat gently together for 5 minutes
- 4 CUPS VEGETABLE BROTH
- ONE 6" PIECE DAIKON RADISH, peeled and cut into matchstick pieces
- 2 SCALLIONS, with tops
- 1 TB. TAMARI, or 1 TB. BRAGG'S LIQUID AMINOS
- 1 TB. FRESH CHOPPED CILANTRO
- PINCH of PEPPER

**Nutritional analysis:** per serving; 25 calories; 1 gm. protein; 2gm. fiber; 0 fat; 1 gm. carbo.; 0 cholesterol; 31mg. calcium; trace iron; 15mg. magnesium; 172mg. potassium; 194mg. sodium; trace zinc.



### 18 ONION & MISO SOUP

*A therapeutic broth with anti-biotic and immune-enhancing properties.*  
For 6 small bowls of broth:

- ♣ Sauté 1 CHOPPED ONION in 1/2 teasp. SESAME OIL for 5 minutes.
- ♣ Add 1 STALK CELERY WITH LEAVES, and sauté for 2 minutes.
- ♣ Add 1 QUART WATER or VEGETABLE STOCK. Cover and simmer 10 minutes.
- ♣ Add 3 to 4 TBS. LIGHT MISO. Remove from heat.
- ♣ Add 2 GREEN ONIONS with tops, and whirl in the blender.

**Nutritional analysis:** per serving; 42 calories; 7gm carbohydrate; 1gm. fat; 2gm. protein; 2mg. iron; 0 cholesterol; 27mg. calcium; trace iron; 12mg. magnesium; 121mg. potassium; 410mg. sodium; trace zinc.



### 19 ONION/GARLIC BROTH

*A therapeutic broth with anti-biotic properties to reduce and relieve mucous congestion.*  
For 1 bowl:

- ♣ Saute 1 ONION and 4 CLOVES GARLIC in 1/2 teasp. SESAME OIL until very soft.
- ♣ Whirl in the blender. Eat in small sips.



**Nutritional analysis:** per serving; 103 calories; 3gm. protein; 18gm. carbohydrate; 3gm. fiber; 3gm. fats; 0 cholesterol; 56mg. calcium; 1mg. iron; 20mg. magnesium; 315mg. potassium; 7mg. sodium; trace zinc.





## 20 COLD DEFENSE CLEANSER

*Make this broth the minute you feel a cold coming on.*

Heat for 2 drinks:

- 1 1/2 CUPS WATER
- 1 teasp. GARLIC POWDER
- 1 teasp. GROUND GINGER
- 1 TB. LEMON JUICE

- 1 TB. HONEY
- 1/2 teasp. CAYENNE
- 3 TBS. BRANDY

♣ Simmer gently 5 minutes. Drink in small sips for best results.

**Nutritional analysis:** per serving; 95 calories; trace protein; 19gm. carbohydrate; trace fiber; trace fats; 10mg. calcium; trace iron; 6mg. magnesium; 53mg. potassium; 7mg. sodium; trace zinc.



## 21 COLDS & FLU TONIC

*This drink really opens up nasal and sinus passages fast. We tried a version of this in Morocco several years ago. It was something not easily forgotten.*

For 2 drinks:

- ♣ Toast in a dry pan until aromatic
- 4 CLOVES MINCED GARLIC or 2 teasp. GARLIC/LEMON SEASONING (page 644)
- 1/4 teasp. CUMIN POWDER
- 1/4 teasp. BLACK PEPPER
- 1/2 teasp. HOT MUSTARD POWDER

♣ Add 1 TB. OIL and stir in. Toast a little more to blend.

♣ Add

- 1 CUP WATER
- 1 teasp. TURMERIC
- 1/2 teasp. SESAME SALT.
- 1/2 teasp. GROUND CORIANDER or 1 TB. FRESH CILANTRO
- 1 CUP COOKED SPLIT PEAS or 1 CUP FRESH FROZEN

♣ Simmer gently for 5 minutes, and whirl in blender. Very potent.



## 22 MUCOUS CLEANSING BROTH

*Your and grandmother were right. Hot chicken broth really does clear out chest congestion faster.*

For 4 bowls:

♣ Use 1-QT. HOMEMADE CHICKEN STOCK (boil down bones, skin and trimmings from 1 fryer in 2-qts. water, and skim off fat).

♣ In a large pot, saute 3 CLOVES MINCED GARLIC, 1 teasp. HORSERADISH, and a PINCH of CAYENNE until aromatic for 5 minutes.

♣ Add chicken stock and simmer for 7-10 minutes.

♣ Top with NUTMEG and SNIPPED PARSLEY.







## 23 CHINESE MAMA'S CHICKEN SOUP

*All over the world, people have found that chicken really works. This is a clear, healing oriental version.*  
For 2 large bowls of broth:

♣ Combine and bring to a simmer

3 to 4 CUPS OF STRAINED HOMEMADE CHICKEN BROTH  
1/2 CUP BEAN SPROUTS

♣ Add and simmer for 10 minutes

1 CUP SHREDDED CHICKEN  
2 TBS. TAMARI

2 THIN SLICES GINGER

1/2 CUP CARROTS, in thin matchsticks

♣ Add 1/2 CUP FRESH TRIMMED PEA PODS and 1/2 CUP SHREDDED CHINESE CABBAGE and heat for 3 minutes.

♣ Serve with more dashes of tamari or Bragg's LIQUID AMINOS BROTH.

**Nutritional analysis:** per serving; 98 calories; 13gm. protein; 7gm. carbohydrate; 2gm. fiber; 2gm. fats; 29mg. cholesterol; 36mg. calcium; 1mg. iron; 31mg. magnesium; 275mg. potassium; 251mg. sodium; 1mg. zinc.



## 24 HERB & VEGETABLE HEALING BROTH

For 4 cups of broth:

♣ Heat 3 CUPS OF HOMEMADE VEGETABLE STOCK (see page 652) in a soup pot.

♣ Add and heat gently

1 to 2 TBS. MISO dissolved in 1 CUP WATER  
1 TB. CHOPPED GREEN ONIONS

1 TB. BREWER'S YEAST FLAKES  
1/2 CUP TOMATO JUICE

1/2 teasp. each: DRY BASIL, THYME, SAVORY, and MARJORAM



## 25 ALKALIZING APPLE BROTH

*This drink alkalizes, gives a nice spicy energy lift and helps lower serum cholesterol.*  
For 4 drinks:

♣ Sauté 1/2 CHOPPED RED ONION and 2 CLOVES MINCED GARLIC in 1 teasp. OIL until soft.

♣ While sautéing, blend in the blender

1 SMALL RED BELL PEPPER  
2 TART APPLES cored and quartered  
1 LEMON partially peeled, with some peel on  
2 TBS. FRESH PARSLEY  
2 CUPS KNUDSEN'S VERY VEGGIE-SPICY (or any good spicy tomato juice)

♣ Add onion mix to blender and puree. Heat gently and drink hot.





## 26 MINERAL RICH ENZYME BROTH

For 6 cups of broth:

♣Put in a large soup pot

3 SLICED CARROTS

1 CUP CHOPPED FRESH PARSLEY

1 LARGE ONION, chopped

2 POTATOES, diced

2 STALKS CELERY with tops

♣Add 1 1/2 QTS. WATER, and bring to a boil. Reduce heat and simmer for 30 minutes. Strain and serve with 1 TB. Bragg's LIQUID AMINOS.

Nutritional analysis: per serving; 40 calories; 1gm. protein; 3gm. carbohydrate; trace fiber; trace fats; 0 cholesterol; 21mg. calcium; 2mg. iron; 18mg. magnesium; 146mg. potassium; 21mg. sodium; trace zinc.



## 27 GOURMET GAZPACHO

*A classic gourmet favorite with healing properties. Whirl all in the blender and chill.*

For 6 servings:

4 TOMATOES

4 GREEN ONIONS with tops

1/2 GREEN PEPPER

1/2 CUCUMBER

4 SPRIGS PARSLEY

2 TBS. LEMON JUICE

1 teasp. BRAGG'S LIQUID AMINOS

1 CUP WATER

1 teasp. CRUMBLD WAKAME or DULSE

2 CLOVES GARLIC

Nutritional analysis: per serving; 46 calories; 2gm. protein; 10gm. carbohydrate; 3gm. fiber; trace fats; 0 cholesterol; 39mg. calcium; 1mg. iron; 28mg. magnesium; 443mg. potassium; 48mg. sodium; trace zinc.



## Mono Diets For Specific Problems

*Mono diets are sometimes effective for particular problems where specific body areas need alkalizing/balancing. Use them for 1 or 2 days, at the end of an all-liquid fast, and before other solid foods are taken.*

♣Carrots/Carrot Juice: for stomach and digestive balance; very beneficial when incorporated into a diet for arthritis and colon inflammation.

♣Grapefruit/Citrus Fruit: to stimulate an exhausted liver for better metabolism, and for heavy mucous elimination from the lungs.

♣Apples/Apple Juice: for digestive and colon problems; beneficial in lowering blood pressure and cholesterol, and balancing body pH.

♣Grapes/Grape Juice: may be used for an entire fast as a primary blood cleanser, heart tonic and source of energy.







## Simple Raw Salads & Dressings For Cleansing

*A simple fruit or vegetable salad is the best way to begin and end a liquid fasting diet.*

*A small salad the night before prepares the body gently for light food, and starts the cleansing process.*

*A salad on the last night of a fast begins the enzymatic and systol/diastol activity of digestion again.*

*The following salads are light combinations that may be used any time you want to put less strain on your system.*

### 28 LETTUCE POTPOURRI

For one salad:

♣ Make a mix of your favorite lettuce greens.

♣ Then mix together

2 TBS. FRESH LEMON JUICE

1 TB. FRESH LIME JUICE

1 teasp. HONEY

1 TB. OLIVE OIL

1 teasp. ITALIAN HERBS

A PINCH OF GROUND PEPPER

♣ Toss with the lettuces until they glisten.



### 29 SWEET & SOUR CUCUMBERS

For one salad:

♣ Slice 1 CUCUMBER and 1/4 CUP RED ONION.

♣ Mix together

2 teasp. OLIVE OIL,

2 teasp. HONEY

3 teasp. CIDER VINEGAR.

♣ Chill, and top with 1 tablespoon of plain yogurt



### 30 NO OIL SWEET & SOUR SALAD

For one salad:

♣ Slice very thin

1 CUCUMBER

1/2 GREEN or RED BELL PEPPER

♣ Heat together until aromatic

1 teasp. HONEY

1/4 CUP TARRAGON VINEGAR.

3 THIN SLICES RED ONION

♣ Toss with veggies. Chill and serve on lettuce with 1 teasp. fresh DAIKON RADISH chopped on top.



**Nutritional analysis:** per serving; 91 calories; 3gm. protein; 23gm. carbohydrate; 5gm. fiber; trace fats; 0 cholesterol; 61mg. calcium; 1mg. iron; 42mg. magnesium; 665mg. potassium; 9mg. sodium; 1mg. zinc.





### 31 SPROUTS PLUS

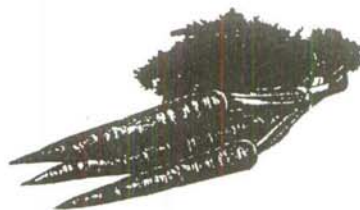
For 2 salads:

- ♣ Toss together
- 1 TUB ALFALFA SPROUTS
- 2 CUPS GRATED CARROTS
- 1 CUP MINCED CELERY

- ♣ Stir together to make a dressing
- 6 TBS. OLIVE OIL
- 4 TBS. TOMATO JUICE

♣ Toss with veggies. Delicious!

**Nutritional analysis:** per serving; 332 calories; 4gm. protein; 19gm. carbohydrate; 7gm. fiber; 28gm. fats; 0 cholesterol; 83mg. calcium; 2mg. iron; 47mg. magnesium; 680mg. potassium; 449mg. sodium; 1mg. zinc.



- 4 TBS. LIME JUICE
- 1 teasp. SESAME SALT

### 32 CARROT & LEMON SALAD

For 2 salads:

- ♣ Grate 2 CUPS CARROTS

- ♣ Mix together
- 1 1/2 TBS. LEMON JUICE
- 1 1/2 TBS. LIGHT OIL
- 1/4 teasp. 5 SPICE POWDER
- 2 teasp. FRESH CHOPPED MINT

♣ Toss dressing with carrots and chill.



- 2 teasp. FRESH CHOPPED PARSLEY
- 1 teasp. MAPLE SYRUP
- 2 TBS. RAISINS

### 33 CARROT & CABBAGE SLAW

For 2 salads:

- ♣ Whirl 1/2 HEAD CHINESE CABBAGE and 1 CARROT in a food processor.

- ♣ Mix together for dressing
- 2 teasp. HONEY
- 3 TBS. TARRAGON VINEGAR,
- 1/2 teasp. FRESH MINCED GINGER,
- 1/4 teasp. SESAME SALT
- 1 GREEN ONION minced with tops.

♣ Toss with veggies. Cover and chill for an hour to marinate flavors.







## 34 SUNNY SPROUTS & CARROTS

For 2 salads:

- ♣ Grate 2 to 3 CARROTS into a bowl.
- ♣ Add 1 LARGE HANDFUL OF SUNFLOWER SPROUTS or a SPROUT MIX.
- ♣ Add 2 or 3 MINCED SCALLIONS with tops.

♣ Mix together for a dressing

2 TBS. OLIVE OIL  
1 TB. CIDER VINEGAR  
1 teasp. HONEY

1 teasp. DIJON MUSTARD  
1 teasp. DRIED DILL  
PINCH PEPPER

♣ Toss with veggies and chill.

**Nutritional analysis:** per serving; 198 calories; 3gm. protein; 18gm. carbohydrate; 5gm. fiber; 14gm. fats; 0 cholesterol; 62mg. calcium; 2mg. iron; 34mg. magnesium; 464mg. potassium; 76mg. sodium; 1mg. zinc.



## 35 FRESH FRUITS & YOGURT

For 4 salads:

♣ Slice or chop together in a bowl

1 BANANA  
1 PEACH OR PEAR  
1 APPLE  
1/4 FRESH PINEAPPLE  
1 MANDARIN ORANGE

♣ Add and mix through

2 TBS. RAISINS  
2 TBS. TOASTED SUNFLOWER SEEDS  
1/2 CUP LEMON/LIME YOGURT

♣ Toss together and serve in lettuce cups. Top with 2 TBS. COCONUT/ALMOND GRANOLA.

**Nutritional analysis:** per serving; 177 calories; 4gm. protein; 35gm. carbohydrate; 5gm. fiber; 4gm. fats; 1mg. cholesterol; 74mg. calcium; 1mg. iron; 35mg. magnesium; 431mg. potassium; 13mg. sodium; 1mg. zinc.



## 36 SPINACH & BEAN SPROUT SALAD

*An excellent protein and greens salad to end a fasting diet.*

For 2 salads:

♣ Wash, drain, and toss together

1 SMALL BUNCH FRESH SPINACH  
8-OZ. FRESH BEAN SPROUTS  
2 CAKES OF FIRM DICED TOFU or 4-OZ. FRESH SLICED MUSHROOMS

♣ Toss with 2 TBS. SESAME OIL, 2 TBS. BROWN RICE VINEGAR, 2 teasp. TAMARI, 1 teasp. chopped fresh GINGER (or 1/4 teasp. GINGER POWDER) and 1 teasp. SESAME SALT. Chill before serving.





## Light Dressings For Cleansing Salads

### 37 NO OIL TAMARI LEMON

For 1 salad:

♣Mix

2 TBS. LEMON JUICE  
1 TB. TAMARI  
1 TB. HONEY

1 teasp. SESAME SEEDS  
1/4 teasp. GINGER ROOT

Nutritional analysis: per serving; 101 calories; 2gm. protein; 22gm. carbohydrate; trace fiber; 2gm. fats; 0 cholesterol; 11mg. calcium; 1mg. iron; 21mg. magnesium; 105mg. potassium; 178mg. sodium; trace zinc.



### 38 LOW FAT NORTHERN ITALIAN

For 1 salad:

♣Blender blend

1 TB. FRESH CHOPPED PARSLEY  
A PINCH GARLIC/LEMON SEASONING  
2 teasp. OLIVE OIL

2 teasp. WINE VINEGAR  
2 teasp. LEMON JUICE  
1 TB. WATER or WHITE WINE

Nutritional analysis: per serving; 86 calories; 2gm. protein; 2gm. carbohydrate; trace fiber; 9gm. fats; 0 cholesterol; 8mg. calcium; trace iron; 3mg. magnesium; 44mg. potassium; 72mg. sodium; trace zinc.



### 39 HERBS & LEMON DRESSING

For 1 salad:

♣Mix

1 teasp. CIDER VINEGAR  
1 teasp. LEMON JUICE  
2 teasp. OLIVE OIL  
1/4 teasp. LEMON HERB SEASONING  
1/4 teasp. DIJON MUSTARD  
1 teasp. FRESH MINCED BASIL  
1/4 teasp. DRY TARRAGON  
1/4 teasp. DRY OREGANO  
1 TB. FRESH CHOPPED PARSLEY  
1/4 teasp. HONEY



Nutritional analysis: per serving; 96 calories; trace protein; 3gm. carbohydrate; trace fiber; 9gm. fats; 0 cholesterol; 35mg. calcium; 1mg. iron; 10mg. magnesium; 81mg. potassium; 195mg. sodium; trace zinc.





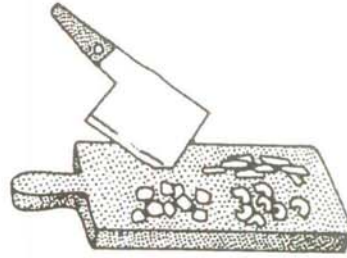


## 40 SESAME VINAIGRETTE

For 3 salads:

♣ Mix together

1/4 CUP TAMARI  
 3 TBS. RICE VINEGAR  
 1 TB. WHITE WINE or SPARKLING WATER  
 2 teasp. HONEY  
 1 teasp. SESAME SEEDS  
 1 TB. SESAME OIL  
 PINCH SESAME SALT



**Nutritional analysis:** per serving; 78 calories; 2gm. protein; 7gm. carbohydrate; trace fiber; 5gm. fats; 0 cholesterol; 7mg. calcium; 1mg. iron; 13mg. magnesium; 68mg. potassium; 258mg. sodium; trace zinc.



## 41 ORIGINAL HONEY FRENCH

For 6 salads:

♣ Mix together

1 CUP BALSAMIC VINEGAR  
 2 TBS. HONEY  
 4 TBS. OLIVE OIL

PINCH SESAME SALT  
 PINCH DRY MUSTARD  
 PINCH PEPPER

**Nutritional analysis:** per serving; 106 calories; trace protein; 8gm. carbohydrate; trace fiber; 9gm. fats; 0 cholesterol; 3mg. calcium; trace iron; 1mg. magnesium; 45mg. potassium; 13mg. sodium; trace zinc.



## 42 GINGER LEMON/LIME DRESSING

For 4 salads:

♣ Blend in the blender

1 CUP LEMON OR PLAIN YOGURT, OR YOGURT CHEESE (see page 392)  
 1 TB. LIME JUICE  
 1 TB. LEMON JUICE  
 1/2 teasp. GINGER POWDER  
 1/4 teasp. TAMARI

**Nutritional analysis:** per serving; 36 calories; 3 gm. protein; 5gm. carbohydrate; trace fiber; trace fats; 3mg. cholesterol; 105mg. calcium; trace iron; 11mg. magnesium; 145mg. potassium; 23mg. sodium; trace zinc.



## LIVER DETOXIFICATION

A simple diet for liver detoxification is fresh organic fruits and vegetables - especially artichokes, chicory, dandelion, carrots, zucchini and beets. Try fruits like apples, mangoes and pears. In addition, eat whole grains and legumes, and cut out red meat, caffeine, sugar and alcohol while detoxifying. This will take the load off the liver. Vitamin B3 and B6, zinc, calcium, selenium and L-cysteine are all needed for liver detoxification. Cysteine is a precursor to glutathione, found in detoxification enzymes like glutathione-S transferase, peroxidase and -reductase. High dose vitamin C is said to be as good as L-cysteine in supporting the detoxification enzymes (18). Vitamin C helps to protect glutathione, and selenium is essential to the formation of these enzymes.

Herbs that help are turmeric, dandelion root, artichoke and milk thistle. Important liver supporters are vitamin B<sub>6</sub>, C and A and beta-carotene. Flaxseed plus pelagic fish all provide the EFAs needed for normal cellular (hepatocyte) function.

The active ingredient in milk thistle (*silybum marianum*) is a mix of antioxidants or flavonolignans called silymarin. It protects the liver from free radical damage and promotes the synthesis of DNA in hepatocytes. It protects the liver from toxins (10p139-143). It alters cell membranes and inhibits the toxins from entering the hepatocytes.

## COLON CLEANSING

Colon cleansing is best done with a mix of soluble fibre such as psyllium mixed with Aloe vera powder, bentonite clay and acidophilus. Sodium alginate from seaweeds helps to bind heavy metals and apple cider vinegar in water helps to reduce mucus. Be sure to replace lost minerals like magnesium and potassium, and taking a nutrient-rich blue-green algae, Chlorella or spirulina will provide important nutrients. There will also be many more free radicals during detoxification, hence the need for higher amounts of antioxidants.

## BLOOD CLEANSING

Cleansing herbs include garlic, red clover blossoms, echinacea, dandelion root, paparral, cayenne pepper, ginger root, licourice root, yellow dock root, burdock root, rosaparilla root, parsley leaf, and goldenseal root (12).

Of course, one would not do *all* of these recommendations for detoxification, but will choose a combination that fits one's circumstance and needs.



*Parasites*

*Probably no other factor has been so overlooked by doctors in North America as the incidence of parasites. This is in spite of the fact that the World Health Organization estimates that there are 1.2 billion people with roundworm, 1 billion with hookworm and 700 million with tapeworm worldwide. Although many of these statistics reflect high levels of infestation in underdeveloped countries, it is becoming evident that parasitic infection is far more common in North America than previously suspected. Regardless the type of parasite that resides in the tissues, the end result of this parasitic infection is toxicity, tissue damage and immune system suppression.*

*Some of the common symptoms are:*

- forgetfulness*
- slow reflexes*
- gas and bloating*
- loss of appetite*
- heart pain*
- pain in the navel*
- blurry or unclear vision*
- pain in the back, thighs, shoulders*
- grind teeth while asleep*
- chronic fatigue*

*All chronic parasitic infections tend to lead to allergic states in the body since they overwork the immune system. Many also give off poisonous waste products which alter body functions. When lodged in a specific tissue, parasites can damage or destroy that tissue.*

## C. PARASITES

A parasite is an organism that lives in or on another host organism at the expense of the host and competes for nutrients. The host is injured from this relationship. When we think of parasites, we typically are referring to helminths (worms) and protozoa.

### i. HELMINTHS

Worms can live in the bowel, lymph or blood, or migrate around the body. They can cause elephantiasis (gross swelling of a limb) when they block the lymphatic system.

#### • CESTODES OR TAPEWORM

These are flatworms found in raw fish, pork (*taenia solia*) or beef (*taenia saginata*). In humans, the tapeworm hooks its head or scolex into the gut mucosa and feeds off gut nutrients. They can cause intestinal obstruction. The excretory products can be absorbed and have toxic effects on nerves. The cysts can also get into the brain, blocking the flow of cerebrospinal fluid. They can produce anaphylaxis, jacksonian epilepsy, blindness and behavioural changes.

Persistent parasitic infestations can cause mineral imbalances, thyroid problems, intestinal gas, an imbalance in blood sugar, bloatedness, jaundice and oedema.

Recommendations: pumpkin seeds, garlic, cramp bark, capsicum and thyme.

#### • NEMATODS OR ROUNDWORMS.

This includes threadworm, pinworm (*enterobius vermicularis*), whipworm, hookworm (*strongyloides*), *ascaris*, and trichanosis

*Ascaris lumbricoides* is a long, tapering, pinkish-white cylindrical worm about 20 to 35 cm long. It can cause pneumonitis (lung inflammation) with a dry cough, intestinal discomfort, allergy with asthma, urticaria and conjunctivitis. The passage of worms can perforate the oesophagus or the intestinal wall, causing peritonitis. They can block the bile duct and cause obstructive jaundice and liver abscess, or lead to acute appendicitis.

Hookworm is cylindrical and brownish-white. They are about a centimetre long or less. Hookworm bites off the end of a villus and sucks the blood, causing a microcytic hypochromic anaemia (refer anaemia in chapter 13).

Pinworms are tapering and from 2 mm to 10 mm in length. The adults hang onto the mucosa of the caecum, colon and appendix. The female migrates to the anus to deposit her eggs. This causes perianal itch, especially at night. Children with these worms don't sleep well and the irritation makes them grind their teeth (bruxism) at night. Other symptoms include intestinal gas, allergies, asthma, snoring and anaemia.

Recommendations: wormwood, black walnut leaves, quassia, cloves and male fern

#### • TREMATODS OR FLUKES

These flatworms include liver and lung flukes, and schistosomes, which cause bilharzia.

The liver fluke is 25 mm by 10 mm and is leaf-shaped. It can cause inflammation and necrosis of the liver, with blockage of the bile duct. There is mild fever, an enlarged liver and eosinophilia, or many eosinophils (a hallmark of parasitic infection). A heavy infestation causes biliary colic, diarrhoea and toxæmia (severe systemic symptoms due to toxins circulating all over the body).

The lung fluke causes coughing productive of a blood-tinged purulent fluid. There is fever, night sweats, chills and weight loss. In the brain, eggs can cause jacksonian epilepsy, hemiplegia and aphasia.



## *Weight Management*

*There may be several reasons you aren't achieving your desired weight. The following conditions encourage the body to store food as fat instead of using it as fuel and energy:*

- *sluggish thyroid*
- *lazy metabolism*
- *glandular malfunction causing a pear-shaped figure*
- *overeating*
- *cellulite*
- *habit hunger*
- *stress eating*
- *bloating, excess fluid retention*
- *constipation*
- *poor liver function circulation*
- *hyperinsulinism*
- *poor assimilation of foods*
- *food sensitivities and intolerances*
- *too much food*
- *lack of exercise*
- *diet composition*
- *lifestyle*

*For weight loss to be real and permanent, four essential things must happen:*

- 1. The body must be detoxified. Maintained weight loss depends on body cleansing and detoxification.*
- 2. The craving for excess sweets and salts must be overcome. A chromium supplement should be included in the diet if cravings persist.*
- 3. Continual hunger must be curbed by better balance and use of nutrients. Low fat, mineral-rich complex carbohydrates are the key.*
- 4. Metabolism must be increased, so that the calories taken in are burned and used efficiently. Metabolic processes can often cause weight gain. All metabolisms are different. Men lose weight easier on whole grains and beans for instance, women lose easier on a diet of fresh and cooked vegetables.*

*Suzanne Lawrence*

*Healthy Steps to Successful Weight Management*

1. *Take one step at a time.*
2. *Make gradual changes, change takes time and patience.*
3. *Have a natural and wholesome diet, that consists of 70% raw fruits, vegetables, seeds and nuts, and 30% grains, eggs, fish, poultry and meat.*
4. *Substitute refined foods with natural foods. Succana, stevia or maple syrup for refined white sugar; rice flour, soya flour, whole wheat, for refined flour products; healthy snacks instead of junk food, etc. Take the time to go to health food stores to browse, compare and read the labels.*
5. *Follow the "Food Combining Chart" as much as you can.*
6. *Exercise, be active, find a sport that you enjoy.*
7. *Take digestive enzymes with your meals to ensure proper digestion*
8. *Pay attention to your body's digestive system transit time.*
9. *.Chew, Chew, Chew your food until it is liquefied.*
10. *Take your basal temperature test to check your Thyroid gland.*
11. *Detoxify your body to remove impurities and promote healing.*
12. *Eliminate foods that may cause allergies and addiction.*
13. *Relax, play, laugh, have fun and have a positive attitude towards yourself and everything you do.*