

**OWNER'S MANUAL:**  
**SOME FACTS ABOUT YOUR BODY** © 1995-2011

FOREWORD

This diet and lifestyle booklet will first discuss minerals and ions, or electrons, in your metabolism and show why they are important to you. There follows discussions of the basic principles of foods and how they should be prepared and used for the best response within your body. This is critical to your getting well, or staying well, as you can only maintain your body in repair by what you *assimilate* from what you *absorb*. This implies more than digestion, which of course should be in good working order.

It is quite clear that if you eat the usual supermarket food you will be malnourished, because these foods are minimally nutritious even by the standards of foods grown 60 years ago, and thus we are *obliged* to take corrective supplements. Accept this fact or go no further. That is, you can not get the nutrition you need by simply eating food. If you use organically grown food, it will be clean of hormones, pesticides, herbicides and antibiotics, but that does not mean the food is the ultimate in nutrition. The nutritional content of food depends ultimately on the soil on which it is grown: this you come to understand if you chose to study the control of your acid-base balance and as a corollary the acid-alkaline quality of the soil.

Even so, organic food is *safer* and has this merit to recommend it. Eagerly anticipate the day when food is both nutritious and clean, or open your mind to growing your own.

Nutrition in food is determined by the **quality** of oil or protein in it; not necessarily the **amount** but the quality. Equally important, nutrition depends upon the **variety and quantity** of minerals in food content. We eat well to obtain minerals, enzymes, and phytochemicals, which are plant contents with biologic value to us. We can obtain calories of sugar and fats eating very, very poorly. These we call "empty calories". However, we need calories from sugar, as our brain function requires it! The difference is, that in good foods, there will be mineral, vitamin, enzyme, and phytochemical mass, along with the carbohydrate and sugar. In fact, the carbohydrate, starch or sugar, develops in a plant food *in proportion to* the presence of minerals, especially calcium. We find, through measurements of sugar and minerals in a ripe and ready food, that the sweeter the fruit or vegetable the greater the amount of mineral therein. We prefer sweeter melons, tomatoes, and peppers, and less bitter beans, squash, and cucumbers. And for good reason after all. Consider the well worn example of the cardboard commercial tomato compared to the much touted homegrown. Consider that a bushel of wheat grown at the turn of the century weighed 15 pounds *more* than a bushel grown today. A bushel is a volume measure - not weight. This extra weight was protein and oil, and carbohydrates with minerals, and was usefully nutritious. Examples of old-day food compared to our modern foods are replete. They are fun to recount but take space. Have you read about the 13 acres with open pollinated corn versus the hybrid seed corn? Ask us someday about this! Or just plant open pollinated seeds from now on. Open pollinated is more nutritious!

Make a weekly menu and include as many different foods as possible. Food groups outlined below will help you understand choices, but these will vary by geographical location and yearly seasons. There is a shopping list at the end that will remind you of the less often chosen foods.

**DIGESTION**  
~ THE ELECTRONIC EXPLANATION ~

Digestion means the breakdown of complex food compounds into small units of the main types of foods that the body can then reassemble into parts of itself. This process involves the release of energy from mineral electronic ion transfer. The minerals : sodium, calcium, magnesium, zinc, chromium, etc. numbering at least 20, are elements in pure form and exist as single small units called atoms. These atoms are in turn made of smaller particles in various combinations, of electronically charged particles called positively charged protons and negatively charged electrons. The atoms will also have an overall positive or negative charge depending on the number of protons and electrons in the nucleus (center) and in the orbits whirling around the nucleus (shell).

If a mineral functions as a negative particle it is then called an *anion* which contains an overall excess of electrons. If it has an excess of protons making it positive it is called a *cation*. Minerals may exist in combinations with each other, making them compounds, such as sodium chloride (table salt), or ferrous oxide (rust). These compounds will have an *overall charge*, either anionic or cationic. If we combine more and more complex numbers of atoms into different combinations, we finally get an array that will include the food we eat, and the substance of ourselves. The food we eat is cationic or anionic and we ourselves are cationic or anionic.

If the anions are in predominance, they want to give up the negative particles they have and are said to function as an *acid*, or an electron donor. The cationic compound or *base* (alkali) will tend to accept this negative particle (electron); the energy is released in the process of this *change of status*. A measure of the strength of this donation-acceptance of particles is termed pH and measures, on a man-made number scale, 0 to 14. Zero is the very most acid. Familiar acids are vinegar and the hydrochloric acid of our stomachs (HCl); the mid-line of the scale is 7 which is neither acid nor base, called neutral and is the number for pure distilled water, containing nothing but water molecules; while 14 is the most basic, like lye soap or sodium hydroxide pellets. When the scale was set up, HCl was the acid for zero and Calcium was the mineral measured to fix the point of 14. Do you recall what vinegar and baking soda do when put in a dish? Energy is visibly released there. You might imagine that when HCl and elemental calcium are put together there is a much bigger reaction, and much more energy is released as anions and cations of maximum strength try to come to an equilibrium!

This process of anion-cation interaction is termed *resistance* and has to do with the frequency, or vibratory status of these particles. They seek to find a stable state, of lower, less excited or vibratory existence. In doing so, they give up the energy that it requires to stay in the higher energy state. Try to imagine that the energy on which our bodies function comes, not simply from the food we eat, but from the *energy released* during the *digestion* of that food!

A chain of energy release is first begun during digestion when cationic food meets anionic stomach acid, and this continues as the acid products of that digestion meet cationic (or alkaline) pancreatic secretions (bicarbonate). This continues, so that ever and ever smaller compounds react, until ultimately the energy release occurs inside the cell (smallest units of our body) and is available for the cells to use in performing the *work* of the body. This work on a perceptible level could be as minuscule as the brain moving thoughts around. Even complex thoughts take very little electrical energy, or this work could be as visible as muscle moving bone around (skeletal muscle), muscle moving blood around (heart), or muscle moving stomach and bowel contents around. The latter is our concern at the moment.

This very complicated process of digestion is accomplished by chemicals made in the digestive glands, the digestive *enzymes*, and by several fluids made by the stomach and glands that are *acidic* and *basic*. To recall acidic and basic (anions and cations), think of vinegar and baking soda, or in our digestive case, hydrochloric acid (HCl) and bicarbonate of soda ( $\text{NaHCO}_3$ ). When the breaking down of food has been completed inside the bowel, the lining of the bowel will absorb the broken down compounds of foods into venous circulation. They then go directly to the liver and are there rearranged into building blocks, or precursors, used by the various body cells to make more of themselves, to make products like hormones or enzymes, or to make special cells, like sperm, and ova, and so forth. The digestive enzyme production ultimately depends on the liver's ability to manufacture the precursors used by the glands and to make the enzymes and acid-base fluids of digestion. The *strength of digestion* is dependent on the health or *strength of the liver*.

But the liver has another equally important job. It must not only make precursors for our repair and all of our functions: but it must take apart and alter for excretion all the bad things we take into ourselves. It is our primary detoxication factory. It also reprocesses the broken parts of us that are reusable: like a rubber tire reclamation plant, the liver will salvage the iron from our worn out red blood cells, and the cholesterol matrix from our worn out old hormone molecules, and the glucosamine and chondroitin from our fragmented cartilage cells.

One becomes ill, then, when the liver becomes unable to provide the where-with-all for repair and detoxication. Many less notable systems fail along the way before there is a discernible end point. But the final end result is that foods are not changed into smaller food units, and their mineral energy is not available for the body's energy needs. The body becomes overloaded with unusable metabolic waste from dysfunctional body chemistry, and toxic reactions occurs that allow various disease states. It follows that the body lacks energy for the cells and systems of cells (organs) to work, so other systems begin to fail. The liver has tremendous reserve capacity, and slow failure can precede for years before detection. Standard blood tests are not very sensitive to liver decline. The rest of the body may decline considerably in the meanwhile and be very noticeable. Loss of liver is loss of living.

Note that mineral energy has been mentioned several times. The ultimate energy release is always from some mineral. Also, enzymes have in their chemical make-up, minerals. Helper chemicals called catalyst also carry in their structures, minerals. When the digestion fails and the release of minerals from new foods no longer replaces the small traces we lose, our energy transfers decline. Loss of mineral is loss of energy.

A further note is that all of these energy releasing reactions occur between minerals at certain *concentrations* of anions and cations, and recall that we measure the *strength* of the anion-cation energy transfers on the pH scale of numbers 0 to 14. The body has its best energy transfer when the pH scale is at a certain point. Energy production falls off above this point, and energy is produced and used too fast below this point. Energy is lower at a higher pH and is wasted at the lower pH. The optimal function is measured when both saliva and urine are at 6.4 pH. These represent the two phases of digestion: energy into the system before the liver processes the products of digestion, and energy used up in waste product excretion. Deviation from 6.4/6.4 represents some stage of body malfunction.

The body tries hard to maintain this pH status, and uses the bodies *most abundant* mineral to balance its energy-in and energy-out equation. This mineral is **Calcium**, and it can serve this unique function because it has the unique ability to serve as **both an anion and a cation**.

**THE MECHANICS AND CHEMISTRY OF DIGESTION**  
***YOU ARE NOT WHAT YOU EAT.***  
***YOU ARE WHAT YOU DIGEST AND ABSORB.***

***IN THE MOUTH***

When food is chewed, it is broken down into small particles and salivary glands secrete amylase, an enzyme that begins breaking down carbohydrate, which is the first part of digestion. This is why we generally should not drink liquids with meals - we need to chew food enough that it can easily be swallowed - not just washed down with liquid. The prerequisite is that we drink enough water all through the day, so that we are not so thirsty at mealtime that we fill the stomach with water before we begin the food.

***IN THE STOMACH***

When food arrives in a normal healthy stomach, cells there release hydrochloric acid (HCl) and protein digesting enzymes. But therein is the first problem. Making HCl requires a lot of energy and production declines after age 35 or so in most people. Also, certain conditions such as low salt intake or food poisoning or certain infections (notably the Helicobacter bacterium) can damage the cells that make HCl. So now when the food arrives in the stomach, there is little or no HCl to greet it. Proteins begin to putrefy and may feel like they just sit there. Carbohydrates begin to ferment producing gas and chemicals that are very irritating. There follows burping, reflux into the esophagus, and even into the throat, and sensations of heartburn. Correct treatment is to *supplement HCl* (betaine hydrochloride) at the end of each meal. After trying this, people often report how good they feel and how they enjoy being free of pain. It is important to start off with a small dose as your stomach may not be used to having normal acid there. Stop immediately if adding HCl causes pain. Treat for Helicobacter pylori, then try again.

Sometimes the stomach is irritated right away by the food, and it's muscular action, a rhythmic churning and one-way pushing from the esophagus to the pyloric valve (peristalsis) is disturbed because the food is allergenic, irritating the stomach. The muscles try to push the food back up and out the way it came, and reflux results. Further on in the bowel, more irritations occur because of the allergic rejection. In this case, diagnosis and food avoidance or limitation and rotation can ease the discomforts. Furthermore, without HCl secretion in the stomach, food allergies will be a likely consequence later on, as poorly digested food precedes allergy.

### **IN THE SMALL INTESTINE DUODENUM**

As the food moves into the upper end of the small intestine, the duodenum, the pancreas releases bicarbonate and other alkalinizing minerals to neutralize the stomach acid, and releases a new set of enzymes to continue digestion, now in an alkalinizing environment. When fat enters the duodenum, the liver releases bile which acts like detergent and reduces fats to small globules so that the pancreatic lipase (lipid enzyme) break down fats. Cells that line the small intestine release enzymes to break down starches and sugars, and activators that make the pancreatic enzymes work. Fermented and putrefied foods that arrive here can damage these cells, further upsetting digestion and making a person very sensitive to carbohydrates, and alter reactions to other foods in ways yet undefined, for example, most likely contributing to obesity.

When a person eats raw food, the food itself contains enzymes. It has been estimated that raw food contains, on the average, enough enzymes to do about 60% of the digestion of that food. Cooked foods contain no enzymes, as enzymes are proteins destroyed in cooking. Most of us eat nearly all of our calories as cooked food. The body then has to provide *all the enzymes* needed for digestion. This is not a natural state. Eventually, fats, proteins and carbohydrates are not completely digested. Undigested foods can be absorbed and cause allergic reactions. Undigested proteins cause the red blood cells to stick together and this greatly reduces circulation, resulting in everything from headaches to fatigue. Every cell in the body is effected.

Undigested proteins also oxidize into uric acid crystals which can collect in the joints and cause joint pain and gout. Correct treatment for all this is to take an enzyme just before each meal. One capsule is enough for small meals, two for larger meals.

### **More on HEARTBURN REFLUX - HIATAL HERNIA**

One other thing: "acid reflux" may be related to hiatal hernia. A hiatal hernia distorts the shape of the stomach and allows backup into the esophagus. You may try to correct this with a physical maneuver. Have the person lie on their back and you kneel by their head. Place the bony spur on the heel of your right palm (near your wrist) just off the edge of the bottom of their breast bone in the soft area there. Place your left palm on top of your right hand. Apply firm pressure at a 45 degree angle toward their back and their feet. Hold this for one minute. This pulls the stomach back into position. If done correctly, relief will be noticed in a few hours. The correction may last for weeks to months, or forever. The digestive process should be free of pain and should go almost unnoticed.

### **VARIETY**

As you read this section, keep in mind that there is a definite need to have a vast variety of foods in the diet. **"In a variety of foods there is protection."**

We humans have a detrimental tendency to allow our taste buds to dictate our diets. We tend to eat the same things over and over again, which leads to a type of toxic reaction to foods construed as an allergy. Indeed this reaction must be treated as an allergy, with avoidance for a considerable time while healing occurs before the food may be reintroduced without recurrence of the toxic reaction.

As the unusable toxic compounds (allergens) accumulate, they function just like a drug triggering a chemical reaction that causes a person to crave the very substance that is toxic to them. The body develops a tolerance level which it interprets as a false need. This is common among those who are found to have "food allergy". It is far too common for allergic people to become more allergic to an ever increasing number of foods. It is then easy to predict that allergic people are in a trap of becoming more ill.

It follows that the foods eaten by a person who is allergic, or sick, need to be in a state of "predigestion" that will not tax the digestive enzyme capabilities: i.e., the more ill one is, the more the diet should consist of cooked foods, and as one becomes **well**, the more **raw** the foods can be. A common error made in nutritional advise today is to insist that very sick people eat mostly raw vegetables and fruits. You may benefit from ground up or juiced vegetables and fruits, and even ground raw meats, but this is still limited by the strength of digestion, while for the most part chewing and grinding has been by-passed.

Our taste buds lead us to foods that are far too concentrated and highly processed. These include cheeses, white vinegar, highly spiced foods, salty foods, and sugar-white flour based products. Concentrated and processed foods are toxic to the body, because they are difficult to digest and require excess effort and thus vital minerals are lost. Processed foods are depleted of minerals in the very preparation, and, even worse, leave behind toxic residues that initiate the above reactions.

Now it may seem logical to you that a variety of foods must be eaten. This provides the greatest variety of minerals, in the greatest number of forms, and gives the body the best opportunity to select what it needs for repair of cells and energy production, which is the very essence of good health.

Specific menus will not be made out for you. The purpose of this handbook is to provide important principles, both generally and specifically, to assist in the preparation of your own menus. Choosing to follow only parts of the recommendations may not give the desired results and could create a worsening of the original body symptom patterns.

It is understandable that it is not easy to follow these types of recommendations. This is because the information is designed to give you the maximum potential for realizing results in improving your health and well-being. If you have difficulty following what has been outlined in these pages, it may be because you have not clearly chosen what you really want. The abundant life of health takes commitment. Without a clear and determined ongoing choice to seek health with all your being, you will find that it is more convenient to compromise wellness and to continue to live in an unhealthy state. Yes, unfortunately some individuals find it more convenient to be sick than to make the effort to be well. The most beneficial course for any of us to take is to consciously choose to live healthfully.

## VEGETABLE GROUP

**Preparation:** Before you prepare any food, ask yourself is it alive? We were created to eat food that is alive. Harold Simpson, a consultant biochemist for Natural Foods Associates, classifies foods in three categories: alive, dead and oxidized. Oxidized foods should never be eaten. Always eat alive foods and *in season* when possible. Dead, meaning frozen or canned (even that which you process yourself) and meats are preferable to oxidized foods. An example of oxidized foods are store bought flour, milk, cheese and all processed foods.

Foods in the vegetable group can be used one of three different ways: **cooked, raw and juiced**.

There are seven major cooking techniques that can be a part of preparation of foods in all food groups. Those techniques are as follows:

boiling steaming sauteing (stir-frying) broiling	baking deep-frying pickling
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Of the forgoing list, the least favored are: deep-frying and pickling; while the better techniques on the list are steaming, baking, and boiling.

It is interesting that of the three best cooking methods, boiling has gotten a bad name over the last few decades. "Boiled to death" is a commentary often made about over-cooked foods. The fact is, boiling will sometimes make inedible and indigestible food edible, even though it could be at the expense of some apparently "lost" nutrients. A case in point is that of bitter greens such as kale, collards, mustard greens, even carrot, radish, and turnip tops.

Up until thirty years ago, it was customary to boil leafy greens and throw away the water. With the discovery of vitamins, and the fact that some of these substances are drawn into the water during boiling and thus discarded along with the cooking water, this practice came under attack. Today we are encouraged to steam greens, in small amounts of water, until they are bright green, still crunchy, and then preferably keep the water for other uses in cooking, so as to avoid losing the nutrients.

"Folk practices" like boiling and throwing the water away, however, are neither irrational nor mistaken. Discarding the water gets rid of certain medicinal and undesirable elements, which have a strong and bitter taste. The fact is, that mustard greens, turnip greens, collards, and similar vegetables, once staples of the hearty peasant cuisine, are not consumed much today, because the light steaming, now recommended as the ideal cooking method, leaves these types of alkaline leafy vegetables tasting too strong and unpleasant. Therefore, it is highly recommended to boil leafy greens, like kale, collard, mustard, etc. and put the water on the house plants.

The "fruit vegetables" such as tomatoes, squash, eggplant, etc., are usually done best with the steaming technique. Root vegetables seem to work best, in most cases, by being baked. Sautéing or stir-frying can, also, work very well if done in the oriental style.

### RAW FOODS

Contrary to popular belief *an all raw foods diet* is **not** good for very sick individuals. ***The sicker the individual, the weaker the liver - and the more cooked the diet should be.*** Therefore, in consideration of the person whose body chemistry has deviated from ideal to any great extent, a majority of the vegetables should be well-cooked. And, as pointed out above, steaming, boiling, or baking would be the best method to use. Cooking puts the food into a semi-digested condition for easier assimilation by the body.

Because of the continued mining of our agricultural land, the level of mineral nutrients continues to drop. In a four year study, involving 4000 plant samples taken from farms in the eleven Midwestern states, it was found that mineral levels in the plants had dropped anywhere from 8% to 68%. The use of N-P-K fertilizers was increased by 25% in that same time period. This means a higher level of acid-treated phosphates were being used on land that had a steadily decreasing level of the colloid minerals. When this happens the produce that is eaten **raw** for food, has a low colloid phosphate and a high level of non-colloid phosphates. The non-colloid phosphates are not utilized by the body well, so most are dumped in the urine. As this elimination takes place, it can contribute to body dehydration or water imbalance. For this reason it is very important to cook the regular commercially grown produce instead of eating it raw. Cooking releases the non-colloidal phosphate so that the body does not have to be stressed by releasing it. And also remember, do not ingest the water from cooking these vegetables. Put it on your garden, or houseplants.

When done correctly, steaming is the best way of rendering most vegetables (with the exception of some leafy types as pointed out earlier) into a nutritionally digestible form. This can be done in so called "waterless" cookware or in a steaming basket. These methods work with a small amount of water, with the water not touching the vegetables directly, thus keeping to a minimum the nutrients that would otherwise be leached out. *Vegetables cook fast and are considered done when a thin wire cake tester will penetrate without bending.* The vegetables will retain their bright color and have a very slight crispness to them. A modification of steaming is done in Oriental cooking. The vegetables are cooked fast, in a Wok or pan, with a minimum of oil and some water; they are actually steamed. The key is to cut vegetables into uniform sizes. The Oriental method is to cut the vegetables diagonally, which seems to increase the flavor, by preventing the natural juices of the vegetable from escaping easily, and thereby creating a greater surface area to speed up the cooking time.

Steamed vegetables are usually eaten at the noon meal. In cases where the best of the fresh vegetables are not available, use the best quality frozen and canned types available in your area. Remember, the cheapest is not always the best buy nutritionally. *It may be better to eat a good quality frozen or canned vegetable than a poor quality fresh one.*

Slow cooking (a variation of boiling) is another method of putting vegetables into a very digestible form. It is usually done in a large pot like a crock pot. There is no better method for making the vegetable broth and soups as recommended in this program.

### CHOOSING VEGETABLES AND FRUITS ~ HOW TO PICK 'EM ~

When choosing vegetables or fruits **remember that the greater the natural sugar or sweetness the higher the quality. The higher the sugar content the higher the mineral content; the higher the mineral content the higher the oil content and the higher the quality of protein.** Vegetables and fruits grown commercially are usually raised on soils that are low in mineral energy, especially the most important ones: Calcium and Phosphate. Then they are picked before ripening in order to ship them without bruising. The result is a vegetable, fruit, or grain that is not only sadly lacking in nutritive mineral & sugar value but also it does not digest well.

The nutritional value of vegetables can be enhanced, and at least partially restored by adding, while cooking, these items: *1/2 to 1 teaspoon of Blackstrap molasses*, 1 to 2 teaspoons of maple syrup, dark Honey or other liquid sweetener; plus 1/2 to 1 teaspoon of high grade cold pressed olive oil and sometimes a pinch of allspice.

While we have emphasized here the need of well-cooked food, for one who is weak or in very poor health, this does not mean that raw foods are not good. If your digestion is strong and you chew the food well, so that the digestive juices can pull the nutrients out of the cellulose structure of the plant tissue, then raw whole vegetables can work well as a part of the diet. But for those who come to see a doctor, not for health counseling, but because they are in serious trouble with their health, it is often the case that the person's chemistry has been malfunctioning for so long that the digestive enzymes are not of the right strength to get the energy out of the raw foods. Cooking, as pointed out earlier, is a form of predigesting the food which makes the minerals and vitamins accessible to a weaker digestion. Children actually do better with cooked foods because their digestion capability is not yet developed. Very old persons likewise do better in their decline.

### YOU MAY CHOOSE VEGETABLES FROM THE FOLLOWING LIST

*Do not use those to which you are, or suspect you are, allergic.*

ROOT	FLOWERS	GREEN LEAFY
Carrots	Broccoli	Kale
Beets	Brussels Sprouts	Spinach
Turnips	Cabbage	Swiss Chard
Parsnips	Cauliflower	Bok Choy

Kohlrabi	Artichoke	Beets Tops
Jicama	Collards	Oriental greens
Radishes		Mustard
Potato	Green, & Red Peppers	
		Turnip Tops
Red Skinned	Carrots & their Tops	Dandelion
White or Russet	Tomatoes	Watercress      Yams
Green Beans	Leaf Lettuce	Sugar Snap Peas
	Romaine	Scallions
	Snow Peas	
<b>BULBS</b>		
Garlic	Yellow Sq. & Zucchini	Stalk
Leeks	Chili Peppers	Celery
Onions	Eggplant	Rhubarb
	Pumpkins	Asparagus
	Crookneck Squash	Anise
	Hubbard Squash	
	Butternut Squash	
	Sprouted Grains of all	Spaghetti
	Squash types	Sweet Corn
		Acorn Squash    Okra

As the body chemistry comes into line, a higher percentage of whole raw foods may be used. However, even in perfect health the use of cooked foods are the important foundation of the diet.

In spite of digestive weakness, it is very important for all to have the benefit of some uncooked foods. Therefore we place a strong emphasis on raw vegetable juices. Although, at times it is even necessary to dilute the raw juices with distilled water. This will need to be done if there is any indication of the digestion wanting to reject the raw juices. These raw juices can and should be used at any stage of body chemistry. Be sure to look at the dietary recommendation for the juices recommended.

Blackstrap molasses is the left over phosphated mineral sugars from the sugar making process. It is a very concentrated form of mineral, suited ideally for adding to your cooking as a way of replacing minerals that were lost during the commercial processing or, more than likely, was not there in the beginning because of poor farming practices. Because of its strong taste, use other lighter sweeteners with it, at about double the amount of blackstrap used.

### CEREAL - GRAIN GROUP

#### YOU MAY CHOOSE CEREALS AND GRAINS FROM THE FOLLOWING LIST.

*Do NOT use those to which you are allergic.*

Brown Rice	Millet
Buckwheat	Oatmeal (regular or instant)
Whole Wheat (steamed or instant)	Roman Meal (regular or instant)
Cracked Wheat	Shredded Wheat
Dried Corn	100% Bran (reservation)
Corn grits	Wheat Germ
Yellow Corn Meal	Mixed Whole Grain Cereals
Blue/Black Corn Meal	4 or 7 grain types
Farina	Granola
Cream of Wheat	Triticale
Rye (meal or flakes)	Mueselli
Spelt	Barley
Wild rice	Quinoa

Some granolas are acceptable, however, many have a high content of sugar and fat; often more than many of the other commercial cereals. It is important to read the labels to know what you are getting. Better yet, make your own and cut the sugar in most recipes at least in half. You should be aware that when making Granola, the nuts that are usually used are raw. The roasted raw nut is not preferred for easy digestion. It would be better, for those who want to include nuts as a part of the recipe, to boil or pressure cook the raw nut first. Then put them into the Granola just before it is roasted.

For those with a weaker digestion (Average pH >7.0 or <6.0) when eating dry commercially prepared cereals, it is best to soak them overnight in skimmed milk. It is better not to eat dry cereal without adding an extra amount 100% bran, especially if there are any problems with constipation. Any variety of bran would be valuable. Do not over do the bran just because some is good for you. Your digestion needs both soluble as well as insoluble fiber. Leafy salads, when chewed well, give the soluble fiber, as well as fresh and cooked fruit. Grains give more of the insoluble fiber.

It is very valuable to use fresh whole ground corn made into a corn bread. This is very good for children every day during the week. Another good way to use fresh ground corn is in Tamale Pie. It will be of interest to you, that whole pop corn is in many ways far superior in mineral content to the usual grain corn, and may be ground into corn meal and made into corn bread or other corn dishes in the same way. The colored corns are far superior to yellow and white corns.

If you use Baking Powder, look in the health food store for a healthful type such as Featherweight, Rumford, or one that is buffered with an acid. The better brands of baking powder are made with ingredients in the right ratios, which allows their reactions to go to completion, without having any left over substances except mineral salts and water. The best brands will have acid-reacting compounds, like Calcium Phosphate and/or Tartaric Acid, in combination, with alkaline substances, like Potassium or Sodium Bicarbonate. The ordinary baking powders contains aluminum. They are used in commercial baking, even in yeast risen breads, and are the primary reason to avoid eating commercially prepared baked goods.

Commercially produced corn, and other cereal meals, are degermed. The germ is the source of the oil, and the oil goes rancid very rapidly. Degermination assures a longer shelf life. If you cannot grind your own, get it at a health food store where it is ground whole, and the turn over is fast enough to ensure freshness.

Fresh fruit may be added to all breakfast cereals. Raisins are a good addition and are more digestible, when soaked in water, in the refrigerator for 48 hours before using. The soaking allows all dried fruit to rehydrate so that the water-sugar ratio is restored making the fruit digestible. Other dried fruits, such as peaches, pears, apples, nectarines, prunes, etc., may be cut up fine and added to whole grain cereal, just as you begin to cook it, so that they will have time to rehydrate fully during the cooking.

## **COOKING CEREAL**

Add to the boiling water: 1/2 to 1 teaspoon of Blackstrap molasses (cut back if molasses flavor is too strong), and 1 to 2 teaspoons of maple syrup, dark honey, or sorghum. Add a little cold pressed liquid corn oil or olive oil (1/2 to 1 teaspoon). Then add the cereal and cook as directed. This serves to replace minerals and lubricant oils that were removed by processing, or were not in the grain in the beginning due to poor soil.

## **FRUIT GROUP**

A variety of fresh fruits in their proper season, is of the greatest benefit to your health. Be sure that you use only the best quality ones that have the highest sugar content and are showing no signs of decay or spoilage. Fruits are best when fresh but, when not in season, home canned and rehydrated-dried fruits are acceptable. In canned fruits, those that are processed, with just enough sugar (light syrup) to keep the natural fruit sugars from being leached into the canning liquid are the best choice.

**Dried fruits are best used when Hydrated** by soaking in lemon water (1 part of lemon juice to 9 parts of distilled water). When dried fruits are rehydrated this way, they more closely resemble their fresh counter parts and also improve their digestibility.

Sulfur is added to many dried fruits, in order to prevent oxidation (browning). **Fruits that have been sulfured, should not be used by those whose test showed them to be in an acid range.** If not sure, check with the doctor. Sulfur is a strong acidifier. When in an alkaline body chemistry range, sulfured dried fruits are very excellent to use. Just remember to rehydrate them, before use, for better nutrition.

A delightful way to use dried fruits is to make what is commonly called Fruit Soup. Combine several dried fruits such as apples, peaches, nectarines, prunes, raisins, pears, papaya, etc. Rinse, place in a pan, cover with distilled water, and bring to a boil. Let boil a few minutes. Turn the heat down to the lowest setting, and let simmer for 2 hours or so. Add water as necessary. Tapioca may be added to thicken.

Fresh fruits can be used anytime, throughout the day, for individuals that have a sugar reading on office pH testing between 2.0 - 4.9. Fruit juices are very good to use and are best used when freshly made. Remember, that even fruit juices must be diluted if the digestion is too weak. For example, a young child should not have straight juice. Instead it should be diluted by one-half to two-thirds. The same for a sick adult. Their liver will be weak, so dilute the fruit juices with water by one-half or two-thirds. Do not allow the child to have juice right before bed time, unless you attend to rinsing their mouths of the sugar. Their teeth will suffer.

Persons with an acid chemistry or too rapid a digestion (tending towards diarrhea) should avoid acid fruits. However, they can use acid fruit juices, if they add 1/8th to 1/4th teaspoon of baking soda per 4 ounces of juice before they drink it. This will neutralize the acids in the juices so it is acceptable to the digestion.

It is also important to stay away, from small seeded fruit, when the chemistry is showing too acid on the pH scale. This includes all the berries such as raspberries, strawberries, blueberries, etc.. They further the acid condition, as they remain acid past digestion.

**Anyone who has a high (>4.9) Sugar (Brix) range should not have any fruits after 2 p.m. in the afternoon.**

**USE ANY OF THE FOLLOWING FRUITS THAT ARE NOT SPECIFICALLY EXEMPTED**

APPLES APRICOTS AVOCADOS BANANAS BLACKBERRIES BLUEBERRIES BOYSENBERRIES PLUMS , PLUCOTS CANTALOUPE	CASABA MELON CHERRIES HUCKLEBERRIES KIWI KUMQUATS MANGOS MUSKMELONS (CANTALOUPE) CRANBERRIES DATES FIGS	GRAPES NECTARINES OLIVES ORANGES PAPAYA PEACHES, NECTARINES PEARS PERSIMMONS PINEAPPLE POMEGRANATES
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**PROTEIN FOOD GROUPS**  
**Nuts and Seeds**

This group provides a very excellent source of protein and minerals if prepared properly. In following these nutritional recommendations, it is best to use nuts and seeds, either boiled, steamed, or baked in bread or casseroles. **The few that may be eaten raw are highlighted in the following list.**

Regular roasted nuts or raw nut butters should not be used by those with a weak digestion, or children under 9 years of age.

Almonds (raw)	Filberts	Pine nuts (raw)
Brazil Nuts	Macadamia Nuts	Pecans
Butternuts	Pistachio Nuts	Walnuts
Cashew Nuts	Peanut Butter	Pumpkin Seeds (raw)
Chinquapins	Roasted Peanuts	Chia Seeds
Chufas	Boiled Peanuts	Sun Flower Seeds
Coconut (fresh)	Raw Peanuts	Sesame Seeds
Hazelnuts		

**Nut Milks:** Any of the above nuts can be used, if desired, to make nut milks especially almonds. To make nut milks, take approximately 1 cup of the desired nut and place in a blender adding 1 quart of distilled water. (Start with a cup or so of water at first until well blended, then add the remainder of the distilled water). Blend and then strain out the pulp. What is left is the nut milk, to which may be added a pinch of salt, a little molasses and honey or brown sugar to taste, and sometimes a little vanilla. Or it can be used plain, as a base, for adding such things as fresh or frozen fruit, bananas, protein powder, etc., and blending into smoothies.

Nuts, seeds and grains may be combined in ways that are very nutritious. The following is a delightful and healthful way, as an example, to combine grains, nuts, seeds, eggs, etc., in a steamed loaf.

**Recipe: Oatmeal Nut Loaf.**

Mix into a smooth paste: 4 T Peanut Butter, 6 T Olive Oil  
To this mixture gradually add; 2 cups of Tomato Juice (V-8 is excellent)  
To this mixture add:  
1/2 tsp. Sage  
1/2 tsp. Salt  
2 cups Old Fashioned Rolled Oats  
1 small Onion grated  
4 Eggs slightly beaten  
1/4 Cup of Sesame Seeds  
1/4 Cup of Sunflower Seeds

Place in a covered utensil, inside a steamer, and steam for 1 1/2 hours. Slice and serve while warm. Or after cooling, slice and sauté lightly in olive Oil.

**Note:** If you do not have a regular large double kettle and steamer arrangement, you may use a canner, with a small can as a platform, that holds a covered stainless steel or glass ovenware casserole dish above the water line.

## COOKED NUT BUTTERS

Keep in mind that nuts are a very concentrated food and if your digestion is too weak they can be very aggravating. Therefore, nuts that have been thoroughly cooked, so that they can be mashed easily like potatoes: they can be made into delicious spreads that are very easy to digest as well as being tasty and nourishing for any age.

## LEGUMES

Legumes provide another important group of mineral carrying proteins. These may be slow cooked, or pressure cooked, and then eaten plain. They can be made attractive by adding tomatoes, onions, garlic, and herb seasonings. They may also be made into soups by adding liquid, or by blending in a blender

until smooth. The latter is especially good for those with a weaker digestion. They should be well cooked and have plenty of liquid with them so they are not so concentrated.

Lentils, all colors: green, orange, brown Black Eyed Peas Garbanzos, or chickpeas Red Beans Green Peas (fresh or frozen) White Beans	Black Beans Green Peas (dried as in split pea, Horticultural Beans, or Fava Beans <u>soup</u> ) Navy Beans Southern peas, e.g. Blackeyed, Purple-hulled etc.
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If beans cause gas for you, add a meat tenderizer, like papaya enzyme, before cooking and cook in a pressure cooker until well done. Our friends, south of the border, solve the gas problem by using a little Castor Oil (about 1 tsp. per medium pot) in the beans while they are cooking. Also, it can be very valuable to soak the beans in distilled water for 48 hours. This seems like a waste of distilled water, but this will allow the beans to begin the germination process. As the germination process takes place, excess nitrogen gas is released, altering the chemistry of the bean to that of a sprouting seed. Sprouted seeds are very easy to digest. Use the water on the house plants.

Legumes, along with nuts, seeds, olives, dairy and eggs provide excellent alternatives to animal flesh meat products, if one is of the genetic type to eat *less* meat. That would be blood type A, in particular.

Lentils, while not being used by very many people here in America, have an interesting history reaching back into antiquity, and are excellent, both in taste and in quality. They should be used as an alternative to the repetitious common bean and are easy to use in soups. They are widely used in other countries. They are available, in most grocery stores in the dried beans section. They cook quickly, in about 15 minutes, and require no resoaking.

### EGGS

Eggs contain one of the best types of easily assimilable protein and enzyme combinations known. They contain remedial agents that counteract certain toxins. Thus, they are an extremely important part of a nutritional program.

When a person has a B-12 deficiency, a raw egg in 5-6 ounces of Concord Grape juice is a good food. This combination makes an extremely high quality nutrient and its effect on the body can be compared to the benefits of a blood transfusion. Extreme anemia and weakened conditions are readily helped by this combination. A word of caution is needed, however. We suggest you use only those eggs, from hens that are fed natural grains, without the addition of animal waste products. Chicken feed, containing animal slaughter waste, is a serious source of disease. If you are concerned about the disease factor in eggs, that you would like to use raw, make sure you buy or obtain organically produced eggs. If you wish to use eggs in your diet, and if after searching you cannot find a source of eggs from hens that are suitably fed, we suggest you raise your own. How to feed chickens for producing high quality eggs is found in Dr. Beddoe's home garden book *Nourishment Home Grown*, available from Dr. Braun for \$30.00. Ask us if you would like to purchase this book.

### DAIRY PRODUCTS : MILK AND CHEESE

**Those with cancer must avoid all dairy products until certified over the crisis**

Dairy products are an important source of protein, as well as a source of calcium, and natural fatty acids. Thus they can form an important part of a good nutritional program, providing there is not a true allergy to them, or lactose intolerance. The last paragraph of discussion in this section will discuss intolerance. However, we realize from the mineral analysis of soft tissue, that dairy products are probably consumed in too great a quantity by most people. If the body storage of calcium in soft tissue is too great, they should be moderated or eliminated for a while, based on the mineral analysis.

There is only one type of purchased cows milk that is acceptable: that is skimmed or nonfat milk, either fresh, powdered, or raw. It is actually best to use raw milk pasteurized prior to your use by bringing it to a boil and immediately removing it from the heat.

Please note that homogenized milk is *not* acceptable, because the homogenization process forces the fat around the milk molecule, which inhibits the picking up of calcium (the most important mineral) by the body. A lot of the calcium is thus unavailable and we then draw calcium out of the bones storage for buffering our pH. Also, homogenization microsized the fat globulin, which make them small enough to cross the bowel lining (mucosa) intact, leading to all sorts of fat-in-the-blood-stream problems. Atherosclerosis is probably the first to consider. The incidence of heart disease in this country started to rise, only after the introduction of commercially homogenized milk.

Goats milk is very good to use. Tofu milk is not an acceptable milk, first because soy itself is NOT to be consumed, but also because it is a poor source of calcium. When Tofu milk is made, calcium, in the form of calcium carbonate is usually added. Calcium carbonate is a high energy calcium, for a stronger digestion, but it should not be used by an individual who has an alkaline chemistry pattern. Almond milk is best, if a substitute is needed for milk in adults, when none of the others can be used. Almond milk is a good source of vitamin B-17 also known as Laetrile. It is very helpful in assisting the body to utilize vitamin C. Rice milk, in moderation, is acceptable to use on dry cereal.

In the list below, the items in *italics and underlined* are foods which we believe should *not* be used, by anyone, unless specifically recommended. This is especially true of the hard cheeses, which are too concentrated, tend to cause constipation, and are very hard to digest, especially for a person in an alkaline pH range.

If you have been having problems with fast digestion and diarrhea then the hard cheeses can be a big help, for a period of time, to slow the food going through the digestion. Boiled milk is also good for slowing a diarrhea condition. Bring the milk to a boil then let cool and drink a small amount (2 to 4 ounces) every hour or so until diarrhea is under control.

Cow Milk ( <u>non-fat</u> )	Yogurt	Goat Milk (best)
Milk (powdered skim)	Cream Cheese	<u>Hard Cheese</u>
<u>Milk</u> (1 or 2% lowfat)	Neufchatel	<u>Jack</u>
<u>Milk</u> (homogenized)	Whipping Cream	<u>Swiss</u>
Buttermilk	<u>Half and Half</u>	<u>Cheddar</u> types
Cottage Cheese	<u>Sour Cream</u>	Mozzarella
Ricotta Cheese	Farmers Cheese	American

Because of increasing disease among animals, the use of dairy products is a source of concern to many health minded people. Some, in seeking to leave these out of their diet, however, have brought serious health problems on themselves. A person without a great deal of health knowledge should not attempt it - especially when children are involved.

A person may seem to get by for several years because of the rather large reserves of Vitamin B-12 held in the liver, then suddenly trouble develops, and they do not realize the source of the problem.

We consider the non-use of dairy products in the diet to be a radical one but one which may be necessary at some point in the future. **When it is necessary, the time will be very obvious to those who are concerned.** Studies and experimentation are continuing with alternative products, but we have not found anything to this point that we consider fully satisfactory. We believe it will be an emergency measure when it happens. In the mean time, it must be recognized that, good nutrition is the greatest deterrent to disease. Dairy products form an important part of a good nutritional program. Without them, especially without special nutrition knowledge or help, a person is opening a door fraught with nutritional dangers.

For those who have chosen not to use dairy products, a wide variety of foods is especially important. Properly prepared green leafy vegetables, fruits, nut milks, seeds, legumes, green ripe olives, along with the addition of B-12 and the proper calcium are absolutely essential. Milk is very allergenic. About half the people we test for immunoglobulin mediated allergy, are allergic to milk. Others have different reactions to it, that are not immunoglobulin mediated. It commonly causes stuffy noses and sinus drainage: sometimes just a few minutes after drinking it, and yet a person is not truly making allergic immune globulin against it. There are those with lactase deficiency. Lactase is the enzyme that splits the lactose, or milk sugar, down. If deficient in lactase, the unsplit sugar is split by bacteria lower in the bowel, causing gas, bloating, cramps and so on. Goat milk is frequently tolerated in those with lactase deficiency.

Soy milk may seem of use to some who can not tolerate any other type of milk. However, it is best to avoid the soy milks. In no cause should an infant be fed soy milk! There are a great many forms of hormones in soy. In addition, the soy oil is difficult to digest. Soy oil is **used in all fast food**, to fry and bake. That is what is usually meant by vegetable oil. The waiters and even the cooks in good restaurants rarely know what oil is used in their salad dressing or used in their cooking. That is one prime reason not to eat out! Note that many people are allergic to soy oil: and 35 % of allergic people are reactive to soy, in all forms, as for example, newsprint.

## MEATS

A no-meat diet, based on Lacto-ovo vegetarian principles, is sometimes considered the *sine que none* for good health. However, we now understand that some people will have to eat meat to be healthy and others can do with a lot less meat. Whether a person will do well on a vegetarian or a meat based diet is a function of their *genetic heritage* and related to their *blood type*! If a preponderance of the diet is to be vegetarian, some small amount of meat is still advisable.

An abundance of high quality proteins are available, without the use of flesh meats, as can be seen from the other protein groups. However, if you do need to use flesh meat in your diet, it should be used only in conjunction with the instructions that are a part of this section. Stay absolutely away from the **toxic** meats. These will be detailed in the sections to follow. When your *metabolic rate* is discussed, the types of meats to chose will be detailed for you.

In no case is there an excuse for eating large ocean fish: tuna, sailfish, blue-fin marlin, and shark. These have very high concentration of heavy metals, particularly mercury in the tissues. Tuna fish is a very popular fish: nonetheless, it has no scales, denoting that it is a scavenger, eating dead fish, and concentrating toxins. Many people do react very badly to it. The EPA has stated that one may have a serious acute mercury poisoning from eating two small cans of tuna in one day.

You may choose **fish** from the following list, if allowed in your recommendations (and if certified mercury free.) They have fins and scales: pike, mullet, cod, freshwater carp, anchovies, trout, perch, bream, bass, flounder, red snapper, haddock, and orange roughy. Most of these are oily and can be prepared with little to no fats or oils, and are suitable for salads or chowders and soups.

You may choose **flesh foods** from the following animals if allowed in your recommendations: chicken, turkey, lamb, beef, goat, buffalo and lamb.

Prepared meats such as cold cuts, all beef franks, corned beef (take off all fat) and canned corned beef (remove fat by washing in hot water), may be used to some degree, but **remember** that it is best to **avoid the majority of prepared meats because of the nitrates** that are used for a preservative. Be sure to read the labels to see if nitrates are used.

Some believe that meat should be chosen with the very whitest fat. The color of the fat around the meat, may be an indication of the health of the animal, but usually this depends also on the specie of the animal, the diet it consumed, and the age. Older animals have darker fat, but buffalo at any age has fat the color of the highway stripe!

Remember the weaker the digestion or more toxic the system, the less flesh meat is allowed. Also note, that in Biblical times, children under the age of 12 years did not have meat in their diet at all! They seemed to grow pretty big and strong, too. There is some thought that this is because a child's digestive enzymes may not be mature or strong enough to properly break down the meat. I reserve opinion on this until someone has the resources (funds) to study the digestion of children better.

## VEGETARIAN MEAT SUBSTITUTES

In general we *do not recommend soy products*, from which most vegetarian meat substitutes are made. Review the notes on soy at the end of the milk discussion, and avoid all soy.

## MEATS TO AVOID

Certain types of meats contain high levels of phosphate compounds that tie up calcium so that it is lost before digestion. Also, in some of these meats, the make-up of the mix of amino acids contain those, called purines, which are difficult for the body to break down and assimilate. The purines were classically avoided when one had gout and are the "rich foods" such as game meats, etc. AVOID:

**Pork**, or any of its products: ham, ribs, bacon, sausage, chops, jowls, cracklings, chitterlings, or anything that contains pork fat or lard.

**Skin Fish**, i.e. fish without scales :cat fish, tuna Tuna also is high in mercury, as are all very large fish from the ocean: bluefin, swordfish, shark, etc. Seafoods are also very high in arsenic.

**Shell fish**: fish or crustacean animals that have neither fins or scales; such as, shrimp, lobster, crab, scallops, mussels, crawfish, clams, etc.

**Reptiles and amphibians**, such as frogs, turtle, snake, lizard.

**Game meat**: rabbit, squirrel, horse, mule, bear, and any processed meats containing any of these products.

**Please Note**: The *reason to avoid the meats*, mentioned above, is because they release too much ionic, or electrical, energy when processed in the digestion. The meats that are high in phosphorus will cause the body to dump mineral, especially calcium, just as if the individual were consuming a very excessively high protein diet. It is just like burning very high test fuel, in an engine that is not built for it; the excess heat of combustion causes burning and breakdown of vital internal structure, such as the rings and valves.

**Also note**: a *valid use* of these meats, is to slow the metabolic processes as in the rampant hyperthyroid and adrenal excess situation: i.e. the FAST metabolizer. The use of these meats to slow the metabolism will be *short-term only*.

Those acceptable for this purpose are: venison (deer), moose, caribou, duck, goose, Cornish hen. If one is well adjusted in metabolism, the game meats and some shell fish can be used on an *occasional* basis, if the persons metabolism is understood, if their heavy metal status is known and controlled, and if one does not have a religious prescription against them.

Note, as of June of 1996, the EPA stated, in a report to the United States Congress, that all shellfish and all fish should be avoided because of the heavy metals, especially mercury, found in the ocean and fresh water streams, rivers and lakes.

## FATS AND OILS

Some, in lacking a true understanding of the body's needs, have advocated a totally fat free diet. This is a serious mistake. Oil, lipids, or fats, if you will, play an extremely important role in enzyme reactions, cell membrane structure, synthesis and regulation of certain hormones, maintenance of the proper structure of blood vessels, nerve impulse transmission, all brain functions, including memory storage, in gastric secretion, pancreatic functions, and in many other things too numerous to mention here. Read this book: *Good Fats, Bad Fats* by Udo Erasmus.

You should realize there are certain fats needed in the human body, in each cell membrane and in the nervous tissues, that the body *can not make*. These are called essential fatty acids, EFAs.

Because of current commercial practices in the agricultural system of America, our foods are very mineral deficient. When they are mineral deficient, they are also deficient in protein, sugars, and **oils and fatty acids**.

The low amounts of natural oils, contained in our foods, is contributing to slowed digestion, constipation (due to a lack of lubrication particularly in the grains), cell membrane stiffness and damage, and hormonal deficiencies and imbalances. Natural oils contain free fatty acids that are very important hormone precursors. However, we must point out that **grease**, which is animal fat such as lard, mutton, or beef fat, should not be used. Watch your labels! Also, the use of hard vegetable oils such as margarine and shortening should be absolutely avoided.

Corn oil is a hot climate oil and it has different physical properties than cold climate oils, such as olive and Canola oil. Corn oil should not be used.

The rape seed plant currently grown in Canada thus, Canola, or *oil of Canada* is a weak hybrid that can not compete with the weeds when first sprouted, so herbicides are routinely used. It is susceptible to insects (as hybrids tend to be) and so pesticides are used. At this time there is no organically grown Canola oil, despite the labeling. Avoid it.

High quality butter, on the other hand, has been shown to have *beneficial* effects on the immune system. However, if you are concerned about calories, take it easy. Remember, fats have twice the calories per unit measure as sugar.

To make up for the general lack of proper oils in our foods you are encouraged to use primarily, 100% olive oil, and to some degree sunflower seed oil. Avocado, walnut and other rarer oils may be used in moderation for special purposes. They should all be cold pressed. These oils are the easiest for the body to digest. Since these rarer oils are expensive, for all purpose use, olive oil is preferred.

Other oil rich foods such as olives, avocados and dairy cream may be used. Nuts are a good source of oil, when eaten fresh.

You can now obtain fresh processed flaxseed oil in the refrigerator section of your health food store. This is probably the most important single supplement to your diet. Some feel that freshly crushed whole flax seed is the only acceptable way to consume flaxseed oil. This is probably correct. Capsules of flax oil are a compromise, but advised if fresh seeds are not eaten daily.

Cream is actually quite digestible. Do not use homogenized milk. In the process of microsizing the fat globule, the globules gains an electric charge and alter the potential for transgressing the bowel membrane, putting undigested fat into the blood stream. Skim milk with real heavy cream stirred into it gently to add oil back, to suit the taste, is a better way to get whole milk. The cream is not homogenized.

Using skim milk, is an good way to increase calcium while preparing vegetables. Add the milk to the vegetables during the cooking process. Do not boil, but simmer.

Caution : milk is very allergenic. About half the people we test for immunoglobulin mediated allergy, are allergic to milk. Others have different reactions to it, that are not immunoglobulin mediated. It commonly causes stuffy noses and sinus drainage: sometimes just a few minutes after drinking it, and yet a person is not truly making allergic immune globulin against it.

There are those with lactase deficiency. Lactase is the enzyme that splits the lactose, or milk sugar, down. If deficient in lactase, the unsplit sugar is split by bacteria lower in the bowel, causing gas, bloating, cramps and so on. In some with lactase deficiency goat milk is frequently tolerated when cow milk is not. It may require a different enzyme to split the sugar.

## SUGARS AND SWEETENERS

In order to increase the energy in your food, during the preparation you may use sweeteners from the following list. They will not only increase the mineral and sugar content of the foods, but may aid in digestibility because more mineral energy is available.

Blackstrap Molasses	White Grape Juice
Cooking Molasses	Brown Sugar
Grandma's Molasses	Pineapple Juice
Maple syrup, and sugar	Malt Syrup
Date Sugar	Honey
Sorghum	Rice Syrup
Apple Juice Concentrate	Sucanat
Dark Karo (worst choice)	

**Sugar substitutes** are absolutely never to be used. If the doctor has not covered this issue, ask for the reason. In no case, use man-made fats or sweeteners. (e.g. Aspartame, Saccharine, Olestra, etc..)

**Most beverages in bottles and cans** should be avoided, because of the addition of high fructose corn sweeteners and corn syrup solids. This form of sugar is the most detrimental of all.

The use of white sugar, as the only sweetening agent, should be kept to a minimum. White sugar can be used as long as you add the mineral back to it; making it similar to the way the white sugar was before it was refined into the white state. However, this can be better accomplished by using Blackstrap Molasses in the first place. Blackstrap Molasses is the left over substance from the sugar refining process after the white sugar is removed. It has all the mineral sugars within it that would have been associated with the white sugar before refining. By using Blackstrap, primarily or with the white sugar, you can put the mineral and the sugar back together.

In a great deal of moderation, desserts can be used providing that they are made with mineral sugars or natural sweeteners. This means that the desserts, almost without exception, must be home made. Obviously those with diabetes, persons with rising blood carbohydrate patterns, and those with sugar and carbohydrates showing in the urine, those with a hypoglycemic mineral pattern (low chromium, manganese, vanadium), and those with overt symptoms of sugar sensitivity should avoid desserts entirely. Most all people should avoid sugars or desserts after 2 p.m. in the afternoon. Fruit counts as a sugar food. It should usually be avoided late in the day too. **Never allow desserts to replace meals.**

Today, many are substituting honey for white sugar. We recommend that you be cautious about the over use of honey. If used regularly many people will become truly allergic to honey. It is very sensitizing. Honey, in some person's chemistry, is overstimulating to the pancreas, as it is fully twice as sweet as white table sugar. We do not customarily recommend honey as one of the natural sweeteners on your diet recommendations.

## BEVERAGES

The following beverages do not contain caffeine, nor any other known harmful ingredients:

### COFFEE SUBSTITUTES MADE WITH ROASTED GRAINS : HERBAL TEAS

Pioneer	Alfalfa
Pero	Sassafras
Breakfast Cup	Clover
Postum	Mint
Cafix	All herb teas like
Roma	chamomile, etc.
Decopa	

**Caffeine is definitely a health negative.** When your life is going well and you are feeling stable, give it up. We will not require you to stop it until you are able and become aware that you can. In some cases we may strongly advise it (e.g. with any heart condition, cancer, fast metabolic state). You must however, immediately moderate it to no more than 4, 8 oz. cups per day. If you are a heavy coffee drinker (more than 4, 8 ounce cups per day), you should taper off over a 1 to 2 week period. This will prevent the discomfort of caffeine withdrawal. Coffee upsets the stomach's acid balance, unnaturally stimulates the adrenal, aggravating high blood pressure and over stimulating the heart. Caffeine causes blood sugar to rise, stressing the pancreas, and further adding to the adrenal burden for steroid hormones that help control sugar in the blood.

**Decaf** is not considered a moderately healthy beverage. There is a lot of controversy over the method of caffeine removal. Some methods leave carcinogenic compounds in the bean. And, by all methods, 3 % caffeine is still left in the bean.

Black tea, such as Lipton's, etc., have some caffeine and many other toxic compounds. They are now said to be antioxidant, and thus good for you! Only the green tea (before roasting) could possibly qualify. The black teas do cause stress on a toxic person and will eventually on a person who is well. Also, be aware that many teas sold as herb teas, can have some Black (tree) teas in them. Read the labels.

## MECHANICS

**Chew Your Food!** Digestion begins in the mouth! Inadequate chewing sets the stage for poor digestion. The rule is to chew each bite 30 times ! Give yourself time to eat so that you do not have to rush. Eating slowly *does* aid digestion. And you feel full on less food.

If you can't chew, buy a Vitamix and blend it. Douglas does this often and has more energy, better digestion and better bowel function.

### AVOID THESE FOODS AS MUCH AS POSSIBLE

Cocoa, chocolate, coffee and black tea (Lipton, Nestea, etc.)

White flour and white sugar products, as mineral and vitamins are lost in refinement

Homogenized Milk

Alcohol, because it damages the liver and the brain. Slick arteries with no liver or brain is not a smart choice.

### GENERAL RECOMMENDATIONS FOR CHILDREN

These recommendations are for children under the age of 12 years.

Drink a lot of distilled water between meals.

No **salt shaker** on the table. Use in cooking.

Plenty of vegetables, with much **variety**.

- Use vegetable-protein substitutes, (homemade or commercial) every other day.
- Avoid white potato products more than 4 times weekly as they upset the blood sugar balance.
- No fried foods. Especially, no commercially fried foods.
- No nuts or nut butters until age 8 unless nuts are well steamed or boiled
- No fish or meat until 12 yrs: if you really adhere to the protein substitutes. If not, do use meat.
- Eggs can be used about 4 times per week.
- Evening meal should be no later than 6 p.m. so they can expend some energy before bed.
- Buckwheat pancakes once a week for breakfast, and use only whole grain waffles.
- One slice of toast per day for breakfast, except on the days of pancakes.
- About twice a week, have breakfast type meat substitute with a scrambled egg for breakfast.
- Eat a different fruit each day: apple, banana, orange, grapes, cantaloupe, pears, etc.
- Whole fruit is always preferred to juice. The pulp is bulk. The sugars are released more slowly.
- At breakfast, eat citrus fruits first, before other foods.
- Eat banana or pear last. Have a fresh pear as often as possible for breakfast, for bulk.
- Millet, Grits (yellow), Rye, Buckwheat, Oatmeal, Cracked wheat, Quinoa, Amaranth, etc.
- Do not eat Watermelon late in the day, it is diuretic, causing one to void more urine.
- Use raisins, soaked for 2 days in cold water for breakfast about 3 times/week.
- All other dried fruits, should only be used after rehydrating: see the Fruit Group heading.
- Use a vegetable type of spaghetti (spinach, artichoke) with vegetable protein and tomato sauce.
- Raw salads every day; eat leafy salad first at dinner or supper.
- Plenty of radishes (if your child will eat them).
- Fresh tomatoes, if possible, every day.
- Should have asparagus once per week.
- Pickles without vinegar may be used occasionally as a special treat with meals only.
- Have 4-6 ounces of prune juice *diluted* with hot water, at evening meal 2 times per week.
- Yogurt after noon meal for dessert, 2 to 3 times per week (homemade preferred).
- Limit sweets at evening meal, or at most to a healthful type of cookie for dessert.
- Homemade ice cream, occasionally, at evening meal: made with milk, eggs, and a little honey).
- Boston baked and any beans are excellent: also Green Beans.
- Corn-on-the-cob, fresh or frozen, may be used about 3 times/week at noon or evening meal.
- Fresh, homemade corn bread every day, for lunch, is excellent.
- Brown Rice may be used often.
- Olives, used regularly, especially green olives.
- Learn to make the foods tasty with various Herbs
- Blackstrap Molasses, Honey, Allspice, Dark Karo, etc.
- Avocado, Spinach, Celery, Turnips, Carrots - a wide variety of types as listed in the vegetable section.
- Carrot juice and Green drink should be included in the food planning.
- Corn Starch, Rice Polishings, Barley, Eggplant or Arrowroot flour may be added to soups, as needed, to make creamy or to thicken.

### **GIRLS - IN ADDITION TO THE ABOVE**

Girls need more calcium in their diet. Over their life span, girls need twice the minerals that boys need. Calcium Gluconate in powder form is mild, good and should be used as a supplement - especially if no milk is used. It should be added to cooking whenever possible.

- Wheat bran is good on cereals, and in cooking.
- Raisins, rich in iron, should especially be used by girls 2 to 3 times per week.

### **CHANGING YOUR CHILD'S DIET**

Change a child's diet very slowly over a period of six months or so. If it is changed too quickly they may rebel and that is worse than the poor food. To keep peace in the home, and to not provoke the children

to anger, the changes should be made gradually, while substituting good desserts for candy and home made ice cream for store bought.

Teach the children the whys and where fore's, of the changes being made, to help them make the transition easier and encourage their interest and cooperation. Allow them to make decisions and choices among the good new things.

Most children are ill because their diet is too rich for their body chemistry. They are often constipated and calcium deficient. They seldom drink enough water, and rarely have enough variety in their diet. Healthy children are happy children and will usually be better behaved and more cooperative.

The amount of distilled water they drink should be according to their weight. Put the allotted amount into a container so that they can tell how much needs to be drunk during the day.

When all else fails to correct constipation in your children, use peanut butter and cheese! For this reason, these products, should be used rarely for children under the age of 8.

Eat all raw salads first, thus the cellulose will be introduced into the digestion at the beginning of the meal, from which the bowel will extract gelatin. This will help reduce the tendency for constipation. Also, made from scratch gelatin made with natural plant gelatin, which has fruit and fruit juices put into it, without the artificial color and flavor, makes a very good food for children.

It is the lack of minerals (particularly calcium), the lack of sufficient water, the use of junk food and the eating between meals that lays much of the ground work for ill health later on.

When children get sick with colds or flu, give them plenty of fluids to drink. Hot foot baths are also good. Soak the feet in water as hot as the child can stand. This has a reflex effect, to increase the blood flow in the whole body and thus through the liver and kidneys, for helping clear the blood system of toxins. A tablespoon of yellow mustard powder is an excellent additive to the hot water.

### **LISTEN TO YOUR BODY DEALING WITH THE HEALING CRISES**

It has been said that one does not always "see all that he looks at" or "listens to all that he hears". As far as your body is concerned, the above statements are very appropriate. During the days, weeks, and months ahead, your system will be making many adjustments and changes. It is very important that you be aware of what can happen so you do not get caught by surprise.

Now the question comes, what are some of the things one might expect if they choose to follow the recommendations? We do not want to predispose you to experience things you might not ordinarily experience. Some people move on quite smoothly to increased vigor and health. Others find the road more rocky. A lot depends on the effects from one's faith, their mental attitudes, determination, and their own individual physical make-up.

We will list a few things, that some people have experienced, so that if any of these things might happen to you, you will know that it is not unexpected. As the body chemistry changes it can effect your feelings.

The body has adjusted itself gradually, over a period of years, to its much less than ideal chemistry. As it begins to change back toward the more ideal some unusual things sometimes happen.

Some people do not understand and they become frightened, at how they are momentarily feeling, and will stop the program. This only delays the changes that are good and necessary.

When the body starts taking up calcium some people get hives, or break out with pimples and even cold sores. Or they might feel "funny," or a bit strange - particularly in the area where energy has been lost. Old injuries of many years ago may flair up sprained ankles or wrists, old surgeries, fingers hurt in

basketball, leg injuries, back injuries, etc. They may hurt just as badly as they did originally; then suddenly it's gone. This is the body doing its house cleaning. The liver activity is coming up, and the toxins that have accumulated in the body for years begin to be stirred up and cleansed from the body.

A person might get headaches, run a fever for a few days, become nauseated, feel like laying down, run completely out of energy all of a sudden - these are all typical experiences.

In many of these cases - especially headache and fever, etc., the eliminative organs have not been able to keep up with the cleansing that is going on, and an enema or colonic is the best and quickest relief to be had. Walking in the fresh air, with deep breathing, is also helpful to many. When the change is more severe, it is best to take a lot of rest to conserve all the body energy available, for the body to make the changes necessary.

When one chooses to go on a lemon water fast, for three days, at the doctors advise, in order to speed up the chemistry changes, often they will go through a very deep change, in which the liver reverses itself, causing vomiting (even of bile) and great discomfort. It lasts but a short time and then the body makes a quick, big change, and the person feels a great deal better than before. This type of thing is very likely to happen to someone who is quite a bit over weight. This is because the fat in the body has stored up so many toxins that when the body starts mobilizing the fat it frees the toxins also. Thus the individual can become very ill.

During any of these potential symptoms one should stay right on the program. Don't back away from it, go right through it. You will only delay the process if you stop the program during the worst of the healing crises. You need not be frightened. Rather, you can know that healing is taking place and the crisis will pass.

When you sense that there is a critical change taking place - a healing crises - and you feel you need counsel, or just reassurance, get in touch with the doctors office. Sometimes you need additional things done to encourage the body in its chemistry changes. After a major chemistry change, it is usually necessary to adjust the program to the new chemistry pattern. If that all sounds a bit gloomy be assured that most people feel better most of the time. However, everyone needs to understand that there will be a bad day along with the better ones, and they shouldn't be bewildered by them.

Even when a healing crises takes place, long after the time it would be expected, don't be surprised. Everyday, that you faithfully follow the program, is a day closer to freedom from discomfort and difficulties. Everyday you forget, or goof off, is a day lost. Sometimes many days are lost, as it takes the body time to readjust again even though the program has been renewed.

Some people forget how much better they are feeling until they go off the program for a few days. Suddenly, the old discomforts, they had forgotten about, come creeping back and take over once again. We suggest you *not go off*, for a few days, just to see the difference. Going on and off the program can create a situation where the body may not respond later on. An on again- off again pattern can effect the body similarly to the way heat and cold temper metal. It hardens it. Likewise, a hardening or resisting effect can be produced, in the body, so it may decide at a point in the future not to respond. Therefore, in order to gain the benefits you so desire, a real commitment needs to be made to stick with the program. Face the future with confidence, with great anticipation

**RECIPES TO AID IN pH NORMALIZATION**  
**THIS PAGE IS ALSO SUPPLIED SEPARATELY**

**FRESH GREEN DRINK RECIPE**

Place 2 cups of distilled water, or an organic juice, such as unsweetened pineapple juice, in a high speed blender. Add 2 to 4 large handfuls of greens chosen from the following:

Cucumber	Pea pods and vines	Beet leaves	Dandelion leaves
Bean leaves	Carrot tops	Parsley	Clover leaves
Romaine lettuce	Spinach leaves	Celery leaves	Blackberry leaves
Nasturtium leaves	Rye grass	Alfalfa leaves	Raspberry leaves
Wheat grass	Barley leaves		

and any other edible greens. If your greens are sweet, you may omit any juice and use distilled water. Use at least six different greens and blend until smooth. Do not use the *cole* family of vegetables: cabbage, kale, broccoli, mustards, etc., as they are bitter until cooked. Pour through a kitchen strainer to remove pulp. Consume to your specific directions, given by the doctor after your pH testing. You will come to understand how much to drink. Use that day. Do not freeze.

**Onion Soup:** Place 1-2 cups of distilled water and add 1 pound of green onions, tops and all. Blend well and then simmer with other herbs, soups, or vegetables, seasoning to taste, for 30-45 minutes, until all parts are soft. Strain . Consume the liquid that day. Mash the vegetables and eat, if needed.

**Herbal Teas:** Bring to a boil the total amount of water for the day's supply of tea. Turn the heat low and add 1 teaspoon of herbs for each 10 oz. of water. Cover and steep on low for 20-30 minutes. Cool to room temperature . If several herbs are prescribed, combine but do not increase the total volume of water recommended.

**Vegetable Broth:** To the recommended volume of distilled water, add a wide variety of root, green leafy, fruit, and stalk vegetables, and edible flowers. Add onion and garlic and season to taste. Add 1 tablespoon of Blackstrap Molasses for a richer mineral-sugar base. You may also use Dr. Bronner's "Balanced Mineral Bouillon" or Jensen's "quick-sip" as a base or when traveling.

**Coffee Enema:** see the complete 3 pages elsewhere.

**Chiropractic Therapy:** The function of spinal adjustments is to straighten the spinal canal and allow an unhampered flow of cerebral spinal fluid to travel normally from the brain, where it is made, to the caudal equina (near the "tail" bone), where it is absorbed into the lymph and then recirculated via the blood and liver. As you will be establishing proper mineral ratios, especially calcium, your need for chiropractic will diminish. The adjustments actually alter the pH surrounding the injured tissue, helping it heal for a time.

**Music Therapy:** Sing for 10-15 minutes, twice daily. Along with singing, you can play the harmonica for 20-30 minutes each day. Singing helps increase oxygen exchange, which happens only when you exhale. Forced and controlled diaphragmatic breathing benefits in the pumping the cerebral spinal fluid and lymph. Laughing does the same. The vibration of the vocal cords during singing and laughing actually enhance circulation to the thyroid. You could hum or whistle.

### HYDROTHERAPY, FOMENTATIONS & POULTICES

Hydrotherapy may be defined as the use of water, in any of its three forms (solid, or ice: liquid, as water: and vapor, as steam) , internally or externally, in the treatment of disease or trauma.

There are complete books written on the subject. However, it is only necessary to point the individual to a few of the benefits, that can be simply applied, to help promote the healing of disease.

Bathing is a form of hydrotherapy; two types will be considered; external and internal.

**External Bathing** is to be used to promote equalization of blood flow within the body. When the body chemistry is not functioning properly there is set up over a period of time an increase in toxic waste because the cells are either not functioning properly and/or not being supplied properly to carry on

metabolic needs. By taking hot baths you will promote an increase in the blood circulation so that the congested areas will sustain considerable relief as toxins are moved out by the extra blood flow. Equalization of body temperature is another aspect of bathing. Your body is like a refinery furnace in that all the actions and reactions, chemically, are meant to be carried on at certain temperatures. If the temperature is not maintained, then the biochemical functions suffer. Bathing creates this equalization, in the body temperature, for promoting the healing response.

Baths should be taken at least once per day. The temperature can be regulated according to the individual's likes. However, don't overlook the use of lukewarm temperatures; tepid, as lukewarm is called, can be very relaxing and will also promote circulation.

Showers should be mentioned, since many are much more accustomed to them than baths. Showers are excellent for cleansing, but for hydrotherapy purposes a bath is much preferred. Showers should be used in conjunction with baths, because it is well to scrub off in the shower first, so that the bath water is kept cleaner.

The subject of soap may seem strange, but it is necessary. There is a strong tendency, with exposure to the many soap commercials, to overuse soap when bathing. The problem that arises, with too much soap, is the loss of Vitamin C through the skin. When the body oils are removed you lose the insulation layer that keeps Vitamin C from coming out through the skin. Use soap, only, in the pubic areas and underarms and avoid, as much as possible, use on the rest of the body. Your skin will be just as clean from thorough rinsing without the use of soap.

**Internal bathing**, or as it is referred to - colonic therapy. Many assume that the large bowel, or colon, is nothing more than a body sewer waste holding site. If this is the case, it should not be so! Yet with the types of foods that are consumed today, and the types of stresses, along with lack of exercise, the colon has truly degenerated into a stagnant cesspool, filled with everything from parasites to asphalt like compounds. The collection of corruption actually becomes a source of auto-intoxication, or self-poisoning. It becomes imperative, many times, that some type of home colon therapy be used in order to help the body respond. There have been many cases where all other therapy has failed until home colon therapy has been instituted.

A cross between a colonic irrigation, by a therapist, and a good high enema at home, may be achieved by using what is called a Colema Board. This is a device, that fits over the toilet, so that a person can lie down on their back, with their buttocks over a hole in the board. The board is designed, so that a tube is used, to deliver a supply of gravity fed distilled or de-chlorinated, ozonated water to the colon. The person allows the water to run in while giving themselves a proper colon massage. Elimination is done, while right on the board. It just empties directly into the toilet because of the position of the Colema Board. This is probably one of the best and most accessible procedures for colon hydrotherapy.

**Fomentation** (hot and cold contrast therapy) is another very helpful procedure for stimulating circulation, to relieve congestion, within particular areas of the body. Fomentations, in the past, were a very involved operation. However, with the development of a heating pad, called the **Thermophore 7** it has made it much simpler. The trick is to use the Thermophore to heat the desired area of the body surface, to the degree the person can tolerate. At that point, the heat should be removed and, ice packs should be applied for a minute or so. Then the Thermophore is placed back in position to reheat the area again. This hot and cold contrast should be continued for about 4 to 5 cycles. This procedure is very effective in stimulating and increasing the activity of the immune system (white blood cell activity) as well as hyper-dilating blood vessels.

**Charcoal packs** can be used very successfully along with the Thermophore. When there is pain, due to toxins, make a charcoal pack to place under the Thermophore while it is heating. Just go down to your local plumbing or building supply and get a charcoal filter, to take apart, and remove the charcoal. Make a pillow, about 8 to 12 inches square, out of a material similar to a heavy bed sheet and fill it loosely with the charcoal out of the filter. This pillow of charcoal can then be soaked in herb tea, like Chaparral, and

laid over the area to be treated with the Thermophore. It will help draw out toxins that may be a part of pain and infection.

**Hot Mustard Foot Bath** is another procedure that can help relieve the symptoms, of upper respiratory, sinus, and head congestion. Just bathe your feet in as hot a water as you can tolerate along with one heaping tablespoon of yellow mustard powder placed in it. Keep water hot and keep your feet in the water for at least 30 minutes. The mustard is easily used as a vitamin C source, for the lungs, and the blood circulation leaving the lungs is so stimulated, that more mucus is moved to and out the kidneys from the lungs via the blood.

**Tent steam baths** can be of tremendous benefit for helping clear the body of excess salts and toxins. Take a large piece of plastic, such as a plastic drop cloth, and cut out a hole in the center of it just big enough to allow your head to go through. Sit in a high wooden chair, with the plastic over you, and your head out in the air. Have someone place a hot plate with boiling water on it under the chair. The boiling water will fill the plastic tent with steam and give you a steam bath. Take the bath about 20 to 30 minutes. *Be sure to keep your head cool with cold towels or ice bags if need be.*

**Raw Potato Poultice** is one last procedure that can be very valuable for drawing out infection in the body tissue as well as reducing swelling, due to injury or inflammation. Just take a raw potato and grate it. Place the grated potato over the inflamed or infected area and then place a piece of thin plastic wrap over the potato. Then take a wide bandage, similar to an Ace, and wrap the area to hold in the potato. Do not wrap too tight. An onion sliced in half and laid over an infection can be valuable in the same way as the potato.

Other poultices can be made for various local effects. It is suggested that you consult available herbology books for further details.

We cover colonics elsewhere.

## EXERCISE

We can not ignore exercise, as it is widely recognized to benefit wellness. Your body is a precision machine and cannot maintain proper function without proper use and adjustments. Physical exercise has the effect of contributing to the adjustments, or fine tuning so to speak. Without it all systems become slowed and congested, and aged.

First, let us look at your blood circulation. Your blood vessels are flexible channels which supply cells with nutrients as well as remove wastes which are given off from regular cell functions. The less demand put on these channels the less they are able to respond to optimum demands in the future. Exercise will keep the channels at optimum flexibility, by requiring them to be flexed beyond the usual, and to keep them in tone. The walls of the blood vessels are made of smooth muscle. Like any muscle it must be kept in tone, by being flexed and by not being exposed to excessive salts within the body fluids. With the lack of exercise and poor body chemistry, the stage is set for heart and blood vessel problems. As the vessels become irritated, by excessive salts in the blood stream and lack of proper flexing, poor and uneven circulation with increasing blood pressure will begin to show up.

A second area of body function that is benefited by exercise is digestion. Exercise massages the organs of digestion to increase the quantity of enzyme released. It also helps in the mixing of the food so that better contact is made between the digesting food and the intestinal villi. As one eats, the digestion is started in the mouth. Food is mixed with saliva and the saliva begins to react on the starches in the food. If the food is not mixed well enough, with the saliva, then the beginning phase of digestion is not sufficiently under way when the food ends up in the stomach. This means that the stomach's reactions to the food can become very explosive. In other words, excessive amounts of gas are released so that bloating and indigestion may result in the stomach. When the food is well-chewed, the predigestion process of the mouth is able to get started to the point that when the food enters the stomach the reaction there will not be as explosive. The saliva tempers the reaction only if well mixed with the food. As the

process continues throughout the meal, the brain is telling the system that an increased supply of blood is needed for digestion. However, if the circulation is stagnated, from lack of exercise, then there is a strain put on the blood system to supply the amount of blood needed.

**Exercise will supply a better quantity of digestive enzymes from the liver and pancreas.** Light walking after a meal has a massaging effect on the organs of digestion; which will not only help the peristaltic movement of the bowel, but also have a "milking" effect to the digestive enzyme-producing organs like the liver and pancreas.

**Exercise promotes oxygen transfer** in the blood by stimulating the size and number of respirations in conjunction with increased blood circulation. Oxygen is one of the primary ingredients the liver needs for proper function. Since the liver is the primary organ we are focusing on, in bio-nutrition therapy, the only way that the total body chemistry can be directed toward optimum function is to make sure that the liver receives the proper amount of oxygen and mineral energy necessary.

**Exercise balances blood sugar.** When the activity of the body increases, the adrenal glands raise their level of activity. Thus hormones, that effect a better blood sugar response between the liver and pancreas, are then released.

**Exercise reduces stress.** This is a big picture to talk about., so it will just be said, that proper liver function can be inversely related to the amount of abnormal stress encountered. In other words, the greater the abnormal stress the potentially poorer the liver function and vice-versa. This is also why we want you to make exercise a time to look forward to, just like you were going to take a nap. Exercise then becomes a tranquilizer to promote good liver function, and in turn, good overall tranquil health.

You are aware of the emphasis on jogging. The problem is that a lot of people who are into exercise, have confused fitness with wellness. They have conditioned themselves into a certain rigorous routine but are, unfortunately, still sick. It is possible to be fit and still be unhealthy. *Proper exercise must be a part of the overall health program, not in place of it.*

In consideration of all the possible exercises that can be done today, there is one that stands out far above the others. That exercise is walking. Yes, walking, done as

briskly as possible, for a measured period of time, is still the best exercise. It does not take special training, nor does it require any special equipment (only good fitting and functioning shoes). There are fewer injuries than with any other type of exercise; and most people are able to begin a program of walking.

If exercise (walking) is included as a part of your total health program, we strongly suggest that you note the time and amount recommended and then include it into your program just as if it were a food supplement being taken at regular intervals.

During your walking, note how many different things of nature are around you. When you get through with your walk, immediately sit down and see how many you are able to list. This is one of the best ways to help you take your mind off your problems and allow it to begin dwelling on nature. Make sure that during your exercise time no other pressing issues concern you. Exercise, with your mind on stressful matters, cannot have the beneficial effect as when done with joyful expectation.

## A WALKING PROGRAM

Walking is fun, easy, and flexible. This may explain why walkers tend to continue their regimen, while other exercise programs have a high drop out rate. A regimen is essential. To be effective, walking must be done regularly for 45 to 60 minutes, at least 3 times per week. At the beginning of the program it is recommended that there be a six-week conditioning program, especially for older people or those

unaccustomed to exercise. Begin with a 15 minute walk every other day for two weeks, then 30 minutes the next two weeks, gradually working up to four 45 to 60 minute sessions a week.

The pace isn't important as long as you're comfortable. Two miles an hour (slow) or three miles (moderate) is acceptable. Four miles an hour (fast) is too demanding and exhausting for most people, and is not suitable for a lifetime program. Besides, the time you spend walking is more important than your pace in most cases. Strive for regularity and consistency. If it's easier to walk for a half hour every day rather than an hour every other day, that's fine. Similarly, 15 minutes morning and evening and 30 minutes at lunch time bring the same results as a continuous one hour walk. For best aerobic benefits, however, try not to make any session shorter than 15 minutes. Adapt your schedule to your own busy day, but make every effort to follow it. Enjoy flexibility, but never walk less than three days a week.

### **FURTHER GUIDELINES**

1. Although a walking program is one of the safest and least strenuous forms of exercise, it's wise to consult your doctor before beginning if there are any concerns about present medical conditions that should be considered.
2. Avoid walking immediately after meals or in extremely cold, hot, windy, or humid weather.
3. Don't push your body until you're gasping for breath. If you become tired, stop and rest. If you can talk, without difficulty, while you are walking then you are usually not over pushing yourself.
4. Wear properly fitted, low heeled shoes for maximum comfort and safety.
5. Walk smoothly, putting energy into each step. After a while, you will develop the rhythm and stride most natural for your height and weight.

### **MASSAGE**

Massage is mentioned right after exercise because if you cannot get any exercise you need to get massages regularly. Massage has two primary effects. One is the relaxation of the muscles. As the muscles are worked by a squeezing pressure massage stimulates small sensory fibers, in the muscle, that makes the muscle relax. Two is the effect on circulation. Manipulating the muscles increases the circulation, because it pumps blood vessels as the muscles are squeezed, just like the muscles do themselves when they are contracting and relaxing during regular activity.

### **REST AND RHYTHM**

When exercise is discussed, rest is not far behind. Rest is a period of time set aside, during which the body and the mind are put in neutral gear, so that the body's systems are allowed to catch up with the demands that have been put upon them. The mind is taken off all fears, anxiety, concerns, worries, stress, etc.. The focus can then turn to achieving health.

Few people understand what rest means. To some it means a break from the routine, to others it means sitting and watching television, and to still others it could mean some strenuous activity. Yet most do not realize that mental rest and physical rest are both necessary to rest.

Realize that when rest is prescribed in your program, that the body is in need of rest and cannot get by without it. If there is any confusion as to how much rest, just ask. To help your body achieve wellness you cannot be burning up "energy" in everyday work and worries. There is no amount of food supplement that can compensate for lack of rest!

Rest is very important to acquire on a regular schedule. This is because when God gave us the "laws of nature" biologic life was given cycles and rhythms to help establish habits and patterns that promoted health. Man is the most intelligent of all beings yet he abuses himself, the most, when it comes to irregular schedules and lifestyle habits. With today's air transportation it is common to see individuals who are very ill only because the rest cycle is altered by a "round the world" jet trip.

What are these rhythms and why should you have some understanding about them and their relationship to rest?

One of the major contributing factors to sub optimal health in humans today is the lack of schedules. We observe that the poorer the health, the more disorganized the lifestyle. You should eat at the same time every day: go to bed at the same time: get up at the same time. The bowel movements should be regular. Exercise habits should be regular. It is regularity in everything that allows the body to function at its peak.

It is well known that there are daily body biorhythms to which the systems are tuned. Much has been recorded regarding the cycles of the body - even of the universe in general. Recognizing the importance of these biorhythmic cycles is similar to a musician recognizing the particular "A" on the music scale to which his instrument is tuned -not just any "A".

When the body has established cycles, the known hormonal cycles function better. Even the liver function has been shown to have cycles. They are from 30 to 60 minutes apart. Taking the Lemon Water can be a help to reestablish those cycles. Do not neglect the Lemon Water.

Dr. Halberg of the *Chronobiology Laboratories of the University of Minnesota* is the dean of biorhythm research in America. He showed, by putting a man in a cave and controlling conditions, where nothing in the external world would interfere with the persons internal body rhythms, that a mans heart rate clearly reveals a Seven-Day Rhythm.

Other researchers have discovered over a 15 year period that healthy men excrete hormones like ketosteroids on a Seven-Day Rhythm.

Another team found that postoperative inflammatory swelling after oral surgery came on a regular predictable Seven-Day Rhythm.

A Seven-Day Rhythm has been found related to the cortisol binding protein production in lactating mothers.

In serious rejection of transplanted kidneys after surgery, seven days after the operation a variety of immune reactions that complicates the postoperative outcome sets up a Seven-Day Rhythm.

Mathematical studies of attempted suicides and completed suicides show that they tend to follow a Seven-Day Rhythm in incidence. Fewer occur on weekends, and more occur in midweek, on a regular repetitive Seven-Day pattern.

And, of course, the Seven-Day rhythms have also been found in monkeys, dogs, rats and other non-mammalian organisms.

In overview let us outline the pertinent principles of rhythm and rest:

1. Start the night's sleep period at the same time, or as close as possible.
2. Eat your meals at the same time each day, or as close as possible
3. Do not eat within 3 hours of going to bed at night. And for some people it is well not to eat the evening meal at all.
4. Drink your distilled water, as directed, on the hourly or half-hourly schedule.
5. Sleep with good ventilation at night and air out the bedrooms in the daytime. Air out the bedding as well.
6. If complete bed rest, for a period of time, is suggested, that is just what it means. Do nothing but get up to go to the bathroom.

## AIR

We can live for weeks without food, days without water, but only minutes without air. Yet air as used in health, is so little understood. Most people think of air as oxygen, little realizing that air is almost 80% nitrogen. Yes, air is more than oxygen. In fact, the air you breathe is more than even the oxygen and nitrogen just spoken of. Would you believe that your air is food. A German doctor of agriculture demonstrated, in the 1930s, by spectrum analysis, that most of the trace elements are present in the atmosphere in proportions of parts per million and parts per billions.

Even though these trace elements are very important, along with the nitrogen, we are going to limit our brief discussion to oxygen. Oxygen is produced by the process of photosynthesis which takes place in all green plants. It is required by the body in amounts second only to water. Unfortunately, in the last 100 years we have developed many problems with air.

We have polluted air externally by our industrialization, and internally by our smoking. We have stagnated it by confining ourselves, in rooms, without ventilation during 8-to-5 working hours, and the whole of our sleeping hours.

If you can imagine each cell, in our body as a small factory that is manufacturing a product. In order to produce, our cells it must have raw materials. In like manner, just as the factory, they then must give off a certain amount of waste. By thinking of this analogy, we can then realize that oxygen is a fuel needed by the cells. Without it there is no function; or if the oxygen is cut down then the cell's factory can only function at part of its capacity.

Even though oxygen enters the lungs, the lung is not the organ of primary concern to oxygen. The liver uses the most oxygen, even more than the brain. The reason for this is that the liver uses oxygen to make all the primary building blocks and maintenance material for the rest of the body's tissues and organs. When oxygen is inhibited from getting to the liver, then the ability of the liver to produce needed enzymes is impaired. Therefore, two factors are of concern in your health style program. One is to get the oxygen into the blood, and the other is the blood's ability to carry the oxygen to the liver. The first is a factor of lung function, and the second is a function of certain blood chemistry factors. These factors are discussed in your personal program.

Have you ever been made aware of the tremendous lung control and development that a trained singer has? The professional singer has to attain the ability to regulate the amount and rhythm of breathing in order to sing. One of the side benefits of voice training is the tremendous ability to incorporate oxygen into the lungs with each breath. This happens because the singer is more concerned with the exhaling than the inhaling. And interestingly, it is the *exhalation process* that pumps the oxygen into the blood stream, not the inhalation. Therefore, we want you to use a method similar to singing, to increase oxygen to your lungs. What you will be doing is using the diaphragm like a singer - diaphragmatic exercise.

All you do is purse your lips and blow through them like you were blowing up a balloon. Better yet, you can get some balloons and use one to blow up 56 times per day, about 10 minutes worth of blowing each time. Another way is to get a harmonica and blow on it that many times per day, for about 10-15 minutes each time. You may want to learn to play one if you enjoy it. If you're a singer and enjoy it, spend the same amount of time singing each day. This diaphragmatic exercise is simple and will help assure the maximum oxygen levels of your blood will be maintained.

Make sure that you are sleeping with good ventilation in your bedroom. If you cannot open a window in your bedroom, then open one in the nearest room and keep the doors between open. Fresh outside air contains oxygen and just as important, the incoming air contains fresh supplies of electrical energy called negative ions.

## **SUNLIGHT**

Without sunlight there would be no life in this world. The majority of energy that our bodies utilize, comes via the sunlight and the atmosphere around us. This may seem like a gross overstatement, yet, if one could understand the energy that comes into our system, that we cannot see, it would overwhelm us. For example: The eye sees only a very small amount of the electromagnetic spectrum. Just as the ear hears only a certain frequency range, the eye functions within a certain frequency ranges it. The number of frequencies we do not see far outnumber the ones we do see.

The unfiltered sunlight, on the body, produces enzyme reactions, in the skin, which help greatly in calcium uptake for proper liver function. It is the long wave ultraviolet light on the skin that makes the body produce more of its own Vitamin D. Sunlight will help a person, with an acid system, to pick up the calciums needed to move their chemistry in an alkaline direction.

It is recommended that a person should be out in the sunlight for 15 minutes, twice daily. A swim suit should be worn so that as much surface area of the body be exposed to the sun as possible.

In the absence of real sunlight, it is appropriate to use a sun lamp. However, it should be emphasized that, there are all types of sun lamps available, and each has its strengths and weaknesses. Read and follow manufacturer's directions on exposure time and use.

## **WEIGHT CONTROL**

Many people, who seek help with their health, seek it because of a weight problem. When working with body chemistry, dealing with symptoms, like obesity, is not the primary goal. The main concern will be to get the individuals body chemistry, through the liver, to start functioning as ideally as possible for their weight and age. When the liver and the related organs of digestion begin to respond to the program, changes in weight will take place. It will be more rapid in some individuals than in others. Working with body chemistry will mean that usually the changes in weight will be slow.

At times the weight changes may not be in the desired direction. Some will complain that they are gaining weight, while on the program, and they consider themselves overweight all ready. When weight gain is a problem keep these principles in mind. First, if your program is being followed to every detail and you are being tested regularly and the body chemistry is responding properly, then it is a matter of cutting down on food quantity and calorie. Cut the portion size down and leave out the higher calorie foods in the dairy section like cream cheese and sour cream. Do not eat second helpings and no between meals other than what you are directed to use. Remember, that as your chemistry improves you will be getting more mileage out of the food you eat, so keep the quantity down without sacrificing variety. Also, remember not to eat the last meal of the day late at night. The body cannot use the food eaten at that time of day, so it stores the energy resulting in weight gain. Second, make sure that your exercise program is not exercise that interferes with the flow of electricity from the brain to the organs, especially the liver, and set the stage for the beginning of close to 90% of degenerative disease. In order then to accomplish the proper ongoing improvements in wellness, I have discovered that, it is valuable to incorporate some mental-spiritual introspection. I have realized that the past and present, if not dealt with according to true principle, will short circuit and undermine my purpose, and effect my desire of perfect health and well-being.

## **WORDS FOLLOW THOUGHTS**

A survey indicated that the average person comes in contact with 67 people every day of his life; that we speak and hear 19,874 words each day; 434,640,600 words in an average lifetime.

For each word that is spoken we utilize 73 muscles. Enough energy is expended each day, in muscular action in talking, to raise a locomotive 22 inches off the ground.

Remember, 19,874 words spoken and heard each day. Of these the survey tells us: 3,124 are slang, 1,978 are used improperly, 1,731 are not even heard, 1,960 are mispronounced, 2,213 are unnecessary, 1,642 are unkind words, 3,716 are misunderstood or misinterpreted.

Did you know that about 81 percent of what we hear is actually forgotten in 6 minutes? Thoughts are things and words express our thoughts. Words, wisely chosen are a valuable tool to reinforcing the effect our words have on attitude and daily experiences.

### **DIVINE HEALTH**

#### **The ultimate personal development**

Yes, there is more interest in health today than possibly at any other time in history. Yet, it is not difficult to see more evidence of degenerative disease than ever before. Why is this so? Could it be that many are trying to have health without the God of life and health: It's sort of like trying to defy the law of gravity without a parachute. There is no neutral ground. If you are not actively choosing God, your life will be directed much like a computer. That is, it will default (automatically switch) from God's program to programs of disease, unhappiness, unfulfillment, which operate in the false beliefs and misunderstandings of your mind. In effect, that is just like choosing to pull the plug on your own power supply. The state of things change. Instead of life without end, there is an end to life. Separation from God-truth-is the separation from the source of life. If we separate from the source of life we begin our process toward losing life. Choosing to separate from God and going it alone is to cut yourself off thus beginning the process of suffocation.

But how should you get started knowing and believing truth. Well, it is like anything that is worthwhile, it is a process of re-orientation or changing the direction of your life away from the default mode. This changing of directions is based on your ability to choose.

Start by spending some time each day in silence. Listen to the still small voice that is there guiding you. Oh yes, to some it may not seem palatable or tasty, just like some new foods on your dietary recommendation, but don't give up. As the truths reveal the understanding and enjoyment will follow. Fame, genius, talent all are powerless to satisfy our true desires. God's life in us is the only reality in which to function. In it alone are our highest energies roused to activity. 'Men are we one with God-all there is. We are one! Nothing earthly can destroy this state of being. We are free and complete.

### **HOW LONG IS THE PROGRAM GOING TO TAKE?**

As the age increases it takes not only more time but also more mineral energy to accomplish the same thing. If we were to consider that the average life of a cell in the human body is about 6 months, at the maximum liver maturity at the ages of 18 to 22 years, then at age 40 it takes 2 times the amount of energy and time to accomplish the same thing as at 20 years. At age 60 it takes 3 times the amount of energy and time to perform the same rebuilding as at age 20 years. And at age 80 it will take 4 times the energy and time as at age 20. This now can be used as a rule of thumb. Some people, for their ages, will respond faster than the average and others will respond slower and this is due to the reserve energy available at the time. The higher the reserve, the faster they will respond for their age.

So, the speed of response to the program is dependent on several factors. First, how closely the individual follows the recommendations. The closer they are followed the faster the potential response. Second, the reserve energy level. The higher it is the faster the response. Where there is more mineral, the greater the attraction there is for mineral. Like attracts like. Third, the age of the person. As we said above, the older the person the slower the response because the oxidative cycles that produce the friction of aging, causes the volume to increase within the molecular structure. This volume increase reduces the magnetism. Hence, it takes longer to magnetically attract the mineral into the molecule. We could say that the volume increase means a reduction in the efficiency of the energy intake.

So how long will it take? After understanding the above you will see that a track record of tests will begin to give a better answer. But until that time, the age of the individual will give a rough idea. If a 20 year old response is at the maximum then it would be at 6 months. A 40 year old, 2 times that and so on.

*This, like my office, is a work in progress..... The Owner's Manual pertains especially to understanding Biological Ionization, that is, pH and your manipulation of your pH for establishing and maintaining health. Thank you, sincerely to Dr. Sande Beddoe, D.D.S. for his teaching course, including the bulk of this material. As usual, most useful nutritional information, initiates with an informed dentist.*

## ALTERNATIVE FOODS & EQUIPMENT SHOPPING LIST

### EQUIPMENT

- Blender
- Coffee Grinder
- Juicer
- Steamer
- Wok
- Stainless, glass, cast iron  
Pots and pans

### NUTS AND SEEDS

- Flax Seeds
- Sesame Seeds
- Sunflower Seeds
- Pumpkin Seeds
- Almonds
- Pecans
- Walnuts

### FRUITS

- Apple (sour)
- Apricot (fresh)
- Blackberries
- Blueberries
- Cherries
- Figs (fresh)
- Huckleberries
- Loganberries
- Mango
- Mulberries
- Nectarine
- Papaya
- Peach
- Pear
- Raspberries
- Plums and Prunes
- Kumquat
- Lemons, Lime
- \_\_\_\_\_

### BEVERAGES

- Distilled Water
- Lemon juice in water
- Herbal Tea
- Red Clover Tea (JW, JWD)
- Kombucha (mushroom) tea
- \_\_\_\_\_

### NON-GLUTEN GRAINS

- Brown rice
- Wild rice
- Amaranth
- Quinoa
- Millet
- \_\_\_\_\_
- \_\_\_\_\_

### VEGETABLES & HERBS

- Asparagus
- Celery
- Dandelion Greens
- Zucchini
- Green and Yellow Beans
- Snow peas Chinese Lettuce
- Spinach
- Okra
- Endive
- Bok Choy     Bamboo  
Shoots
- Swiss Chard
- Watercress
- Beet Tops
- Artichoke
- Kale
- Sea Veg. (seaweed, kelp)
- Red Leaf Chicory
- Broccoli
- Cauliflower
- Brussels Sprouts
- Red, Green, Yellow Peppers
- Kohlrabi
- Nappa Cabbage
- Chives
- Onions
- Tomatoes
- Winter squash, pumpkin

### HEALTHY OILS

- Flax Seed Oil
- Sesame Oil
- Olive Oil
- Sunflower Oil
- Walnut Oil
- Avocado Oil
- \_\_\_\_\_

### HEALTHY FLESH FOODS

- Free-range Chicken
- Free-range Turkey
- Free-range Beef
- Goat
- Lamb
- Wild Game, Venison, etc.
- Note; all fish is suspect*
- Pacific Salmon (Alaskan, wild)
- Ocean Chad
- Halibut
- Haddock
- Cod
- Sole
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### NATURAL HERBS AND SPICES

- Anise
- Bay Leaf
- Basil
- Cardamom
- Cayenne
- Celery
- Cinnamon
- Cumin
- Dandelion
- Dill
- Dry Mustard
- Fennel
- Garlic
- Ginger Root
- Marjoram
- Oregano
- Parsley
- Rosemary
- Saffron
- Savory
- Sea Salt
- Tarragon
- Thyme
- Tumeric
- \_\_\_\_\_