

**BEYOND HEALTHY EATING**

Here are some simple guidelines to help you eat healthily and an explanation of why some things don’t enter a picture of health.

* Eat only when you are hungry
* Eat food that came from nature, not from a factory.
* Eat foods the way nature intended, not overcooked or processed.
* Eat some raw foods at every meal.
	+ Breakfast – Fruit or vegetables
	+ Mid-day – Salads, fruits, vegetables, beans, sprouts or nuts
	+ Evening meal – Salads, vegetables, beans or sprouts
* After eating fruit, wait an hour before eating from another food group.
* After eating starch / carbohydrates, wait 2 hours before eating from another food group.
* After eating protein, wait 3 hours before eating from another food group.

FOODS TO AVOID

Processed and synthetic foods should not be a part of any diet, nor should any items in the following list. These foods should be ***ELIMINATED*** from the diet slowly…one at a time!

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| COFFEE | TABLE SALT | FRIED FOODS | HAM | WHITE SUGAR |
| TEA |  **NON HERB TEAS** | **MARGARINE** | **BACON** | **PIES** |
| STIMULANTS | **PROTEIN PRODUCTS** | **COWS MILK** | **HOT DOGS** | **BISCUITS** |
| CARBONATED DRINKS | **ARTIFICIAL SWEETNERS** | **PROCESSED MEATS** | **SALAMI** | **CAKES** |
| ALCOHOL | **JELLY SWEETS** | **ICE CREAM** | **PORK** | **WHITE PASTA** |

**PORK** – Have you ever wondered why they call it the other white meat? Its because its loaded with colourings, preservatives, nitrates and salt. Pigs are also the closest DNA match to humans in the animal kingdom. This is very stimulatory and almost impossible for the body to digest. Energetically speaking it literally flips us upside down, which takes some serious coming back from.

**SHELLFISH/CRUSTACEANS** – Most in this category are bottom feeders and scavengers. Anything that dies in the ocean falls to the bottom and becomes debris; this is what bottom feeders consume! Alongside all the terrible things that are being dumped into our oceans, (industrial waste etc.), you can see why they might be bad for your health. Prawn can be an exception as they swim and feed on plankton.

**MARGARINE PRODUCTS –** This is man made and produced by taking something good and liquid and abusing it until it becomes a solid. New studies show that it can increase cholesterol and vascular and cardiac stress. Things like Crisco, any ‘light’ butters and commercial peanut butters also apply. These products don’t ever spoil…***bacteria won’t even eat it! Why would you?***

**ARTIFICIAL SWEETENERS –** Aspartame, Splenda, Canderel etc. are essentially neurotoxins. This literally means that they are toxic to the nervous system. In 1988, 80% of complaints by the FDA were due to sweeteners. ***Studies are showing them linked to brain tumours and many other cancers alongside serious degenerative halth conditions.***

**JUNK FOOD –** Soft drinks, processed snacks, pizza, fast food: They are all made with parts of food and prepared with margarine, mayo and other artificial ingredients. To try and utilize these foods, our body has to use up vitamins, minerals and enzymes because the food is almost totally void of these things. Then the body has to try and find replacements from somewhere else in our system. Soft drinks are incredibly acidic and will make your system very acid. ***Studies have shown that teenage girls drinking several sodas a week are especially at risk of bone fractures.***

**MAYONNAISE –** Made up of mainly fat and artificial ingredients, we should look for our fats in cold pressed virgin olive oil as it contains 3 essential fatty acids. Avocados are also a good source of fat. The ideal fat to consume is cold pressed extra virgin coconut oil in a glass container.

**CAFFEINE –** Coffee, colas and teas are stimulatory! That means they rev up the body when it doesn’t need to be. More outside stimulation = less internal regulation, and it will take more and more of the same substance to get the same effect. ***Two cups of coffee a day increases the change of heart disease by 50%!*** *Cut* it down, then cut it out!

**CHLORINE & FLUORIDE –** The UK doesn’t suffer like the USA with these chemicals in our water. Chlorine oxidizes and kills bacteria that we need in our colon. Fluoride is simply poison. It assaults our defense system and causes fluorosis – rotting of the bones!

**MSG, MONOSODIUM GLUTAMATE –** This is a flavor enhancer and is very addictive and stimulatory to the body. Some people have extreme allergic reactions to it because it is an inorganic salt that the body ***cannot break down.***

**HIGH FAT DAIRY PRODUCTS –** If you don’t drink enough milk you will not get enough Calcium and end up with Osteoporosis. ***WRONG!!!*** Countries that drink the most milk have the ***most*** Osteoporosis and hip fractures. Milk is high in Calcium, but it is also high in protein and phosphorus, which has a negative effect on calcium in the body. We should find our Calcium in vegetables. If you were to pasteurize and homogenize milk and then try to feed it to a calf, ***the calf would not live for more than 6 months!*** The way we alter milk, it is not even fit for the species it is designed for!

**ALCOHOL –** High in energy, low in vitamins, minerals and enzymes necessary for digestion. Alcohol is one of the substances that can be absorbed directly into the blood stream from the stomach. Water is the only other. ***All alcohol is the product of decay!***

**ALUMINUIM –** Make sure you don’t cook your food in man-made Aluminium cookware. When you eat food consistently cooked in Aluminium, you accumulate it in your body. It is also found in most over the counter antiperspirants and deodorants. ***Studies show Aluminium linked to Alzheimer’s disease.***