

PREVENTION DIET

NUTRITION RULES TO FOLLOW

*“All Foods
Should Be
Health Foods”*

DO:

1. Eat natural foods and eat them raw when possible.
2. Eat only foods that will spoil and eat them before they do.
3. See that 30% of your calories are proteins, 20% fats and 50% unrefined carbohydrates.
4. Use naturally raised meat including fish, seafood, poultry, beef and lamb.
5. Eat organically grown fruits and vegetables if at all possible. (Can you grow your own?)
6. Obtain good fresh produce in season and freeze for later use. Eat kernels of fruit. Sprout seeds and use daily.
7. Eat fertile eggs, as they provide more nutrients. Eggs from range hens that have access to green grass are the best.
8. Eat whole grains. Make your own bakery products. Buy a flour mill and make your own flour.
9. For shortening in baked goods use raw dairy butter or coconut butter.
10. Use extra virgin olive oil, raw dairy butter or coconut butter for sauteing. Use flax oil or olive oil for salads.
11. Eat only fresh, non-rancid foods. Rancidity can be detected by its characteristic odor.
12. Drink certified raw milk and eat natural ice cream, yogurt and cheeses made from raw milk where available. (Can you make your own?)
13. Drink spring water and natural unsweetened juices in place of other beverages. Use a juicer.
14. Drink herb teas and coffee substitutes. Drink no more than 2 cups of organically grown coffee a day. Regular (light roasted) is best.
15. Drink only natural organic red wine made from unsprayed grapes fermented with the skins without the presence of sulfites and fining agents. Drink no more than 1 glass a day.
16. Shop in a Health Food Store and wisely in a Supermarket. Be a label detective.

DON'T:

1. Don't eat highly processed foods such as sugar, white bread, cookies, crackers, TV dinners, etc.
2. Don't eat foods containing chemical preservatives, dyes, artificial colors, etc.
3. Don't eat “foodless” snacks. Plan for proper balance.
4. Don't eat commercial meat that has stilbestrol (DES), antibiotics or other chemicals or from animals that have been inhumanely raised.
5. Don't eat sprayed, fumigated, dyed, waxed or irradiated fruits and vegetables.
6. Don't eat canned fruits and vegetables. Most fruits are over-sweetened and many vegetables are overcooked.
7. Don't eat eggs produced by hens that have been inhumanely raised in small cages, force fattened and treated with chemicals and antibiotics.
8. Don't eat commercial white bread or other bakery products. Don't eat white rice.
9. Don't use heat-treated oils with preservatives or hydrogenated shortenings such as margarine.
10. Don't use deep fat frying as fatty acids break down at high temperatures. Avoid fried foods.
11. Avoid rancid seeds, nuts, grains and foods cooked in rancid fats as they contain carcinogens.
12. Don't drink processed milk such as pasteurized, homogenized, dried or canned or eat pasteurized milk products which contain artificial flavoring and sweeteners, etc.
13. Don't drink soft drinks with or without sugar. Avoid stimulating drinks which exhaust the adrenals and pancreas.
14. Don't drink commercial tea or coffee. Do not drink dark roasted coffee, as it has more carcinogens.
15. Don't drink distilled liquor or wine as this process separates the alcohol from the minerals, vitamins, antibiotics and other important therapeutic agents.
16. Don't buy junk foods in a Supermarket.

BASIC INSTRUCTIONS

1. Cook only in stainless steel, corning or enamel-ware or glass. Do not use aluminum.
2. Use drinking water liberally, preferably well or spring water. Use soups often.
3. Use a natural sea salt sparingly and watch labels for hidden salts in foods.
4. Use a variety of herbs and spices in cooking—thyme, rosemary, sage, nutmeg, cinnamon, etc.—for food interest and for stimulating the appetite and the gastric juices.
5. The use of apple cider vinegar aids in maintaining good gastric acidity.

In addition, don't forget the importance of taking supplements, minimizing stress, having positive thoughts, and getting plenty of sleep, exercise and natural light (full spectrum)!
