

A TREAT OF GOODNESS

TASTEE DELIGHTS



NATURAL HEALING
THROUGH THE LAWS OF HEALTH

Cookbook

Grains, fruits, nuts and vegetables constitute the diet
chosen for us by our creator.

These foods, prepared in as simple and natural
a manner as possible, are the most healthful and
nourishing.

Counsels on Diet and Foods p. 313

Who are we?

Natural Healing Through the Laws of Health is a ministry that believes the message of Health, Healing and Restoration should be available to every nation, kindred, tongue and people.

We believe that sickness comes upon us because of one of three reasons; either for:

1. the Glory of God,
2. the violation of Natural Laws,
3. the violation of Spiritual Laws,

once these issues are addressed, health springs forth speedily or God's grace will be sufficient for thee.

We teach from three perspectives: The Bible, Inspiration and Good Science, giving you by far, the most advanced teaching in health reform.

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THROUGH THE LAWS OF HEALTH

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Drinks

Drink liquids at least 15 to 30 minutes before eating solids at mealtime.

Avocado Banana Smoothie

Ingredients

1 large banana
1/2 avocado
1 cup water

Directions

Blend until creamy

Mango Smoothie

Ingredients

1 mango sliced and peeled (fruit of choice)
1/4 cup cashew nuts
1 tablespoon honey (optional)
1 cup of water

Directions

Blend until creamy



Almond Milk

Ingredients

3/4 cup water

1/4 cup blanched almonds (soaked for 2 minutes in hot water then remove skin)

1/4 teaspoon pink Himalayan sea salt

1 tablespoon honey

Directions

Blend all ingredients together until creamy

Add:

3 1/4 cups water and blend well.

Strain to remove grits (optional)

Refrigerate

Coconut Milk

Ingredients

1 cup fresh shredded coconut

3 cups pure water

Honey to taste

1/8 teaspoon pink Himalayan sea salt

Directions

Combine the coconut and hot water in a blend and allow to sit for several minutes to give the coconut time to soften.

Blend all ingredients together until creamy

Add:

1 cup water and blend well.

Strain and serve.

Store in the refrigerator for up to 4 days.

Rice Milk

Ingredients

1/2 cup cooked brown rice (cooked grain of choice)
3 tablespoons cashew nuts (washed and soaked for 3 hours)
1 1/2 cups pure water
1-2 teaspoon honey
1/4 teaspoon PH sea salt

Directions

Blend rice, cashews in 1 cup of water until creamy. Add 1/2 cup water and blend.

Sesame Milk

Ingredients

1/2 cup raw, organic tahini
2 cups water
Sweetener to taste

Directions

Blend together

Rich in protein, fiber, gut healing nutrients (magnesium, zinc, selenium, vitamin B1)

Salad

Raw Salad

Ingredients

Tomatoes
Olives

Directions

Slice and Serve

Papaya Salad

Ingredients

1 ½ cups Papaya
2 medium Apples
1 medium Pear
2 tablespoons Sesame seeds

Pineapple Salad

Ingredients

2 Tangerines
2 Oranges
2 cups Pineapple
1 handful Almond nuts

Tomato Avocado Salad

Ingredients

4 Tomatoes, sliced
1 Avocado, cubed
Honey-lemon zest dressing

Directions

Combine tomatoes and avocado and top with dressing.

Breakfast

Scrambled Tofu

Ingredients

1 12-ounce Mori-Nu Silken Lite Firm Tofu
2 cloves of garlic
1 medium onion
1/8 teaspoon turmeric
1 cubed carrot (optional)
1/2 teaspoon PH sea salt

Directions

Mash down tofu with a fork and set aside.
Combine onion, garlic, salt, carrots and turmeric in a non-stick pan and stir in a little water.
Add tofu and stir for about 5 minutes. Serve warm.

Seed Breakfast Recipe

Ingredients

2 tbsp of pumpkin seed
1 tbsp of sunflower seed
1 tbsp of chia seed
1 tbsp of flaxseed (opt)
2 tbsp of sesame seed
1 tbsp of Camu Camu powder
1 tbsp of psyllium husk
(optional/ occasionally)
2 tbsp of black strap molasses (choice of honey or maple syrup)
A little bit of freshly squeezed orange juice, you eat the rest of the orange.

Directions

Grind all seeds

Transfer to a bowl and mix with black strap molasses and orange juice or little of water.

Mix with a spoon to become a paste

Enjoy on toasted bread with fruits of your choice.

Vegetable Quiche

Ingredients

Pie Crust

1 cup white spelt flour

1 cup ground walnut

1/2 teaspoon pink Himalayan Sea salt

Directions

Mix flour and knead to a consistent dough and refrigerate for 30 minutes

Filling

12 ounces tofu

1 grated potato

1 teaspoon turmeric

1 medium onion

2 cloves garlic

1/2 teaspoon parsley

1 chopped carrot

Broccoli

Directions

Mash tofu with a fork

Add all other ingredients in a pot, cook and whisk until well combined and let cool

Roll pieces of pie crust dough to fit into cupcake pans

Fill pie crust with filling

Bake at 350°F for 20-30 minutes



Oat Burgers

Ingredients

3 cups water
1 tablespoon beef-like seasoning
1 teaspoon Italian seasoning
1 teaspoon garlic powder
1 1/2 teaspoons onion powder
1/2 teaspoon salt
1/4 cup diced onion
3 cups quick oats
1/2 cup finely chopped walnuts or pecans

Directions

Place all ingredients in a saucepan except oats, nuts and onions; simmer together for 3 minutes.

Remove from heat and stir in quick oats, nuts and onions while liquid is still hot.

Allow sufficient cooling to handle in the next step.

Shape into burger-sized patties using a desired cover, and place on a nonstick pan or greased cooking pan.

Bake at 350°F until brown on both sides.

Black Bean Burger

Ingredients

6 cups cooked black beans (any other kind of beans)
3 cups cooked brown rice
1 cup blended almond nuts
1 cup blended cashew nuts
4 medium chopped onions
2 bulbs chopped garlic
1 tablespoon cumin powder
1 tablespoon each ground oregano, rosemary, thyme
2 teaspoons pink Himalayan sea salt to taste

Directions

Take 3 cups cooked black beans and blend it. Take 3 cups cooked black beans and crush it.

Combine all ingredients and mix thoroughly.

Form into patties and bake in a pre-heated oven at 300°F for 30 minutes. Allow to cool and refrigerate or freeze.

No Oil Granola

Ingredients

7 cups rolled oats

1 cup quick oats

1 cup shredded unsweetened dried coconut

1 cup sliced or chopped raw almonds

1 teaspoon PH sea salt

3/4 cup raw sunflower seeds

1 cup water

1/2 cup honey or maple syrup

Directions

Mix well first 4 ingredients in a large bowl and set aside.

Blend in a blender, sea salt, sunflower seeds, water and sweetener until creamy.

Pour the liquid over the dry ingredients and mix well with spatula or hands.

Spread evenly onto a baking sheet and bake at 170° F for 3 hours turning every 30 minutes.

Quinoa Porridge

Serving: 6

Ingredients:

8 ounces – white quinoa (toasted brown rice, millet opt)
5 cups of almond or cashew milk
2 leaves – bay leaf or Christmas bush
1 teaspoon– cardamom
2 teaspoons – coriander
1/4 teaspoon – salt

Directions:

Wash quinoa in a small bowl. Strain.

Combine all ingredients in a small pot. Bring to a boil then lower to a simmer. Stir occasionally. Cook until grains are soft for about 20 minutes. Add water if needed.

For sweetener serve with option of your choice:

Honey to taste

Dried fruit e.g. cranberries, dates, raisin, figs

Fresh fruits e.g. blueberry, banana, strawberry, raspberry

Cream of Wheat Cereal

Ingredients

1 1/2 cup pure water
1 cup cream of wheat
1 cup almond milk
1/2 teaspoon cardamom powder (opt.)
Honey sweetened to taste



Directions

Bring water to a boil

Add cream of wheat and cardamom powder to milk and stir thoroughly then add to hot boiling water

Keep stirring until cooked.

Spreads & Dressings

Cucumber Dressing

Ingredients

1/3 cup raw cashew nuts
2 cucumbers, chopped
1 tablespoon lemon juice
1 tablespoon honey
1/4 teaspoon PH sea salt

Directions

Blend all ingredients together until creamy



Pumpkin Seed Dressing

Ingredients

1 cup pumpkin seeds
2 tablespoons chia seeds
1/4 teaspoon pink Himalayan Sea salt
1 teaspoon honey
1 cup water

Directions

Blend all ingredients together until smooth.
Keep refrigerated.

Pumpkin/Squash Spread

Ingredients

1/4 cup steamed Pumpkin/squash
1/3 cup Cashew nuts
1 tablespoon honey
6 tablespoons pure water (add more if required)
1/8 teaspoon cardamom powder

Directions

Blend until creamy

Red Bean Paste

SAVORY

1 cup cooked, crushed red beans
1/2 teaspoon onion powder
1 teaspoon garlic powder
1/2 teaspoon pink Himalayan Sea salt
Serve on bread or crackers.

SWEET

1 cup cooked, crushed red beans
Add Honey to taste



Watermelon Bowl

Ingredients

Watermelon

Directions

Slice watermelon into a bowl



Smoky Cheese Sauce

Ingredients

Combine in a blender until smooth.

2 red bell peppers, oven roasted

2 cups sunflower seeds or cashew nuts, rinsed

1 ½ cup water

1 tbsp PH salt

2 tbsp lemon juice

1 tbsp paprika

Keep refrigerated for up to 7 days.

Directions

Blend all ingredients together then stir in a saucepan and bring to a boil.

Reduce heat and simmer for 10 minutes

Hummus

Ingredients

1 cup cooked chickpea

3 tablespoons tahini butter (nut butter)

2 tablespoons lime/lemon juice

1/2 teaspoon ground cumin

1 clove garlic

1 cup water

1/2 teaspoon PH sea salt



Directions

Place all ingredients in a blender and blend until smooth.

Refrigerate.

Tip: You can add cooked beets for a pink color

Entrée

Mac & Cheese

Ingredients

Macaroni

Macaroni

Water

Cheese sauce

1 cup raw cashews

1 cup water

2 tablespoons sesame seeds, unhulled

1 cup water

1/3 cup steamed carrot

¼ teaspoon celery salt

½ teaspoon garlic salt

1 teaspoon onion salt

¾ teaspoon PH sea salt

2 tablespoons lemon juice



Directions

Macaroni

Bring macaroni to a boil

Cheese sauce

Add to a blender cashew, water and sesame seeds and blend until creamy

Add to blender steamed carrot, celery salt, garlic salt, onion salt, sea salt and lemon juice. Blend until creamy.

Add to cooked macaroni noodles and mix well.

Can serve right away or bake in the oven for 20 minutes to set.

Brown Rice

Ingredients

3 cups water
1 cup brown rice
1 teaspoon PH sea salt

Directions

Place all ingredients in a crock pot and cook on high for 3 hours.

Corn Pie

Ingredients

1 cup water
2 medium onions
5 cloves garlic
Mix ingredients in a pot and simmer until the onions are clear

Add

2 teaspoons PH sea salt
3 medium carrots cubed
1/2 cup celery, chopped
2 cups cream style corn
1 cup coconut milk or unsweetened Almond milk
Add all ingredients to a pot and simmer

Directions

Gradually add 1 cup toasted corn meal
Pour out into a baking dish

Bake at 350°F until firm



Creamy Potatoes

Ingredients

1 cup cashew nuts

1 cup water

1 1/2 tablespoons cornstarch

2 teaspoons pink Himalayan sea salt

Blend in a blender until creamy

Add:

10 medium potatoes, peeled and sliced

1 onion diced

1 tablespoon parsley, ground

Put into a Crock Pot

Pour creamy sauce over the potatoes. Add 3 cups water and stir. The potatoes should be covered with water. Cook on high temperature for 8 hours.

Zesty Potatoes

Ingredients

Cube potatoes

Cover with cheese sauce and parsley flakes

Or – water, turmeric, salt, parsley

Directions

Bake potatoes on 400°F until light brown



Coconut Curry with Greens

Ingredients

1 medium onion, chopped
2-3 cloves garlic, chopped
1 teaspoon PH sea salt
2 teaspoons cumin seeds
1 teaspoon coriander seeds
2 teaspoons turmeric powder
2 medium cubed carrots
2 cups chopped steamed spinach
2 cups cooked channa beans or lentils
1 cup coconut milk

Directions

Place onion, garlic, sea salt, cumin seeds, coriander seeds, turmeric powder, in 1/2 cup of water in a medium-sized pot. Cover and simmer for 3 minutes. Add the cubed steamed carrot; cover and simmer for 5 minutes. Add beans or lentils, coconut milk and simmer for 5 minutes. Add the steamed spinach and simmer on low heat for 3 minutes more.

Crock Pot Beans

Ingredients

5 1/2 cups water
2 cups beans (any kind)
1 tablespoon Italian seasoning (oregano, thyme, coriander)
2 teaspoon sea salt
1 teaspoon cumin
1 medium onion
6 cloves garlic

Directions

Place first 7 ingredients to a crock pot and cook for 6 – 8 hours. Add fresh onion and garlic after first two to three hours of cooking.

Roasted Cauliflower

Ingredients

1 teaspoon cumin powder
1 teaspoon turmeric powder
1 teaspoon pH sea salt
1 teaspoon ground coriander seeds
Chop two heads of cauliflower (broccoli opt)
Water



Directions

Combine all ingredients in a bowl
Add water to make a sauce
Work through the sauce all over the cauliflower
Bake at 400°F until tender

Carrot Stew

Ingredients

3 large carrots, grated
2 medium onions, chopped
6 cloves garlic, chopped
1/2 teaspoon pink Himalayan sea salt
Celery (opt.)

Directions

Sauté onion and garlic in water, add sea salt
Add grated carrots
Stir and let simmer to cook

Pumpkin Zucchini Stew

Ingredients

3 cups pumpkin, largely grated
1 large bell pepper sticks
2 large zucchini, largely grated
2 pimento peppers or 1/2 teaspoon paprika
Add pink Himalayan sea salt to taste

Directions

Sauté pimento in water, add sea salt
Add pumpkin, bell pepper, zucchini
Stir then cover and let simmer to cook

Bar'B'Que Eggplant

Ingredients

2 large eggplants
Bar'B'Que Sauce

Directions

Cut eggplant in cubes
In a bowl add Bar'B'Que sauce into eggplant and mix thoroughly
Place in a baking dish and bake at 3350°F until cooked

Cabbage Stew

Ingredients

1/2 large cabbage
1 head of kale
2 medium onions, chopped
6 cloves garlic, chopped
Add pink Himalayan sea salt to taste

Directions

Sauté onion and garlic in water, add sea salt

Add chopped cabbage and kale

Stir and let simmer to cook

Tip: can combine green herbs and chopped burgers to make a sandwich

Vegetable Mix

Ingredients

1 carrot

1/2 broccoli

1/2 cauliflower

1 medium onion

4 cloves garlic

1 teaspoon pink Himalayan sea salt

Directions

Squeeze Lemon juice over vegetable to retain the color.

Place vegetables in a steamer on low heat and steam until tender.

Cut cooked vegetables as desired.

Blend onion and garlic and simmer in little water and sea salt in a pot for 3 minutes. Add vegetable and stir for 3 minutes on low heat.

Baked Plantain

Ingredients

3 large ripe plantain

Directions

Cut plantain in slices

Place on baking tray and bake at 400°F

until golden brown



Tomato Salsa

Ingredients

8 tomatoes, cubed
2 cucumbers, cubed
1 large red bell pepper, cubed
1/2 teaspoon pink Himalayan sea salt

Directions

Mix all ingredients in a bowl

Pumpkin Soup or Carrot Soup

Ingredients

1 cup of steamed pumpkin (alternative - carrots)
1/2 teaspoon pink Himalayan sea salt
Add pimento pepper (alt. onions)

Directions

Blend all ingredients together

Sauté Cassava

Ingredients

4 cups chopped cassava
1/2 teaspoon pink Himalayan sea salt
1 medium onion
4 cloves garlic, 1 tablespoons parsley flakes

Directions

Sauté onions and garlic in water
Add salt, parsley and cassava
Mix all ingredients

Yummy Pumpkin Pie

Ingredients

- 1 cup cashew nuts
- 1/4 cup sesame seeds
- 1/2 teaspoon cardamom powder
- 1/2 teaspoon paprika, non-chili
- 2 teaspoons coriander seeds, crushed
- 1 teaspoon ginger, grated
- PH Salt to taste
- 1 1/4 cup water (start with 1 cup and add if more is needed)
- 1 large sliced pumpkin

Directions

- Grate pumpkin then place in a bowl and set aside (about 8 cups)
- Blended first eight ingredients and pour into grated pumpkin and mix together (leave a little cashew mix for topping)
- Place all ingredients in a baking dish and top with remaining cashew mix all over by spreading thinly with a spoon
- Bake at 350°F for 30 mins
- Let cool before serving

Tips: this dish cuts better after refrigeration. Pumpkin springs water when heated, so do not add any unnecessary water when preparing.



Bread

Whole Wheat Bread

Ingredients

4 cups whole wheat flour
1 ½ teaspoon pH sea salt
1 tablespoon yeast
2 tablespoons sweetener
2 cups warm water

Directions

Mix the flour and sea salt together in a bowl and set aside
Dissolve sweetener in the water then stir in yeast. Let stand 5-8 minutes.
Add one and a half cups of flour. Beat vigorously for one minute. Add remaining flour gradually.
Use only the amount of flour necessary to handle dough without it sticking to your hands.

Lightly flour table and knead dough for 5 minutes.

Place dough in a large bowl, cover with a clean towel. Let dough rise until double for 30-45 minutes then punch down, knead briefly.

Place shaped loaf in a medium size oiled loaf pan. Cover with a towel. Let rise until nearly double in size for 30-45 minutes.

Bake at 350°F for 30-40 minutes, until golden brown and bread slips from the pan. Cool on a rack.

Toasting Grains

What: Oats, whole rice, millet, wheat berries, corn meal, whole wheat flour.

How: These can be placed on a baking tray to be toasted in the oven on low heat i.e. 170°F for three hours.

Pull out the tray and stir every 30 minutes to spread the heat evenly.

Whole Wheat Crackers

Ingredients

2 cups toasted whole wheat flour
1/4 teaspoon pink Himalayan sea salt
1/4 cup ground flax seed
1 1/2 cups coconut milk

Directions

Mix the above ingredients until they are well blended and the consistency of pie crust. Roll very thin, place on cookie sheet and score with pastry cutter into 1 1/2 inch squares. Prick with a fork and bake at 375°F for 20 minutes or until crackers are dry and crisp. Cool and break into individual crackers and store in an airtight container.

Marble Whole Wheat Bread

Ingredients

4 cups pure warm water
4 tablespoons dry active yeast
1 cup raw cane sugar
1 1/2 tablespoons blackstrap molasses
4 cups flaxseed gel
1 large coconut chopped
8-10 cups white organic whole wheat unbleached flour
8 cups brown organic whole wheat flour
2 tablespoons pink Himalayan sea salt



Directions

White dough

1. Dissolve 2 tablespoon yeast in 1 cup of warm water with 1 teaspoon sugar in a large bowl and set aside to let rise.
2. Blend together – 2 cups of flaxseed gel with 1 cup sliced coconut, 1 tablespoon salt, 1/2 cup raw sugar
3. Pour all blended ingredients into a bowl
4. Add raised yeast to the mixture
5. Add 10 cups flour and knead for 8-10 minutes until smooth and elastic. Place into a large dough, cover and allow to rise
6. Pull apart dough in portions enough to make a loaf to match your baking pan size
7. Make dough into a circular shape, set aside and let rise

Brown dough

1. Dissolve 2 tablespoon yeast in 1 cup of warm water with 1 teaspoon sugar in a large bowl and set aside to let rise.
2. Blend together – 2 cups of flaxseed gel with 1 cup sliced coconut, 1 tablespoon salt, 1 1/2 tablespoons unsulphured blackstrap molasses, 1/2 cup raw sugar
3. Pour all blended ingredients into a bowl
4. Add raised yeast to the mixture
5. Add 10 cups flour and knead for 8-10 minutes until smooth and elastic. Place into a large dough, cover and allow to rise
6. Pull apart dough in portions enough to make a loaf to match your baking pan size
7. Make dough into a circular shape, set aside and let rise
8. Using a rolling pin, take a white circular dough and roll into a large pizza-like circle
9. Using a rolling pin, take a brown circular dough and roll into a large pizza-like circle

Sada Roti

Ingredients

- 3 cups Whole-wheat flour
- 1/4 cup nut milk
- 1 tsp Salt
- 1 3/4 cup Water
- 1/2 Oats or shredded coconut (optional)

Directions

Quantities of ingredients depend on amount of meal required. Knead all ingredients together and make small rolls. Use a rolling pin to roll each roll into a circle. Next on high heat plate or an iron platter, oil the surface then place rolled dough onto the platter to cook on both sides.

Bread which is two or three days old is more healthful than new bread. Bread dried in the oven is one of the most wholesome articles of diet.

Counsels on Diet and Foods p. 316

Condiments & Seasonings

Ketchup

Ingredients

1 cup tomato sauce
4 teaspoons honey
1/4 teaspoon pink Himalayan sea salt
1 small onion blended
4 cloves garlic blended
1/8 teaspoon celery salt
1 1/2 tablespoons lemon juice
1/2 teaspoon blackstrap molasses

Directions

Combine in a mixing bowl
Mix well and refrigerate.

Beef-like Seasoning

Ingredients

1 cup browned whole grain flour
2 teaspoon onion powder
1 teaspoon onion salt
1/2 teaspoon sage
1/2 teaspoon thyme
1/3 teaspoon marjoram
3 tablespoons parsley flakes, powdered in coffee grinder or rubbed to powder between palms of hands
1 1/2 teaspoon garlic salt
1 1/2 teaspoon celery salt
1/4 teaspoon savory

Directions

Mix together well over heat for 5 minutes. Pour in a small bowl. Let cool then store in an airtight jar.

Bar'B'Que Sauce

Ingredients

3 cups tomato paste, puree or sauce
5 tablespoons blackstrap molasses
3/4 cup honey
2 teaspoons pimento peppers
1 1/2 teaspoons parsley flakes
1 teaspoon pink Himalayan sea salt
2 tablespoons lemon juice

Directions

Combine all ingredients in a saucepan and bring to a boil.
Reduce heat and simmer for 10 minutes

Tip: Remove spices such as nutmeg, cinnamon, chilies, black and white pepper unless it is used as a medicine. Remove any condiment which contains eggs, preservatives, and vinegar.

Dessert

Black Bean Brownies

Ingredients

2 cups cooked black beans
½ teaspoon PH sea salt
1/2 cup pitted dates
1/4 teaspoon cardamom
2 tablespoons chia seeds
2 tablespoons sesame seeds
1 cup almond milk
1 cup cashew nuts
Stir in chopped dried fruits (optional)
Top with walnut halves



Directions

Preheat oven to 350° F.
Lightly grease a brownie pan with olive oil and set aside.
In a high-speed blender combine all ingredients except dried fruits and walnuts. Blend until smooth, add a little water if necessary.
Pour the ingredients into prepared pan.
Place the walnut halves on top.

Bake for 25-30 minutes. Allow to cool fully before cutting into squares.

Strawberry Yogurt

Ingredients

1/3 cup raw cashews
2 cups strawberry (other fruit of choice)
1/2 cup organic apple juice
1/8 teaspoon pink Himalayan sea salt
1 tablespoon lemon juice
9 tablespoons honey
1 12-ounce package Mori-Nu Lite Soft Tofu



Directions

Combine in a blender
Serve in small dessert dishes.

Raisin Rice Cracker

Rice cracker

Top with Almond butter and Raisins

Oatmeal Cups

Ingredients

1/4 cup almond butter (other nut butter of choice)

4 teaspoons agave nectar

1 cup granola

1/4 cup raisins

1/4 cup shredded coconut

2 tablespoons sesame seeds (other seeds of choice)



Directions

Combine almond butter and agave nectar then stir.

Add granola, raisins, coconut shreds and sesame seeds and mix together.

Form circle shapes and refrigerate for 30 minutes.

Pineapple Energy Balls

Ingredients:

1 cup chopped pineapple

1 cup raisins

3/4 cup walnuts

1/4 teaspoon sea salt

1/4 cup shredded coconut

Directions:

Put all ingredients except walnuts and coconut in a food processor. Whiz for about 1 minute.

Pour out ingredients into a bowl, then add walnuts and shape into balls with your hands. Roll over shredded coconut and place in a flat dish. Refrigerate.

You can try other fruit, dried fruit or nuts.

Preparation of Grains

*Grains used for porridge or mush should have several hours of cooking.
Counsels on Diet and Foods p. 314 a. 489*

All grains should be cooked for at least 3 hours. This is required to break down the phytic acid and other toxins in the bran, husk shell or skin which, if not greatly reduced can prevent the absorption of copper, zinc, calcium, iron, magnesium and interferes with the enzymes for digesting protein and starches. In addition, the high starch content in undercooked oats have led to brain scaring on the brain thus causing mini strokes or seizures in some individuals. Low slow consistent heat will reduce phytic acid and prevent mineral deficiency in these foods; therefore, proper preparation is important.

Examples of grains that require low, slow consistent heat are: rice, corn, wheat, oats, rye, barley, spelt, kamut, millet or teff. Quinoa, buckwheat or amaranth are pseudo grains and do not require long cooking.

PREPARATION OF GRAINS

Boil grain in sufficient water and simmer on low heat for at least 3 hours.
or

Toast grain in oven at 170° - 200° for 2 1/2 hours
Store in container for later use when it will be cooked on low heat for at least 30 minutes.
or

Bake grains in baking dish at 300 degrees for 3 hours.
7 cups water
3 cups grain
1 teaspoon sea salt
Be sure to watch how fast the grain is cooking and turn the temperature down if it is cooking too fast. Cover with a foil and remove 30 minutes before the 3 hours is finished.

OLD FASHIONED OATS

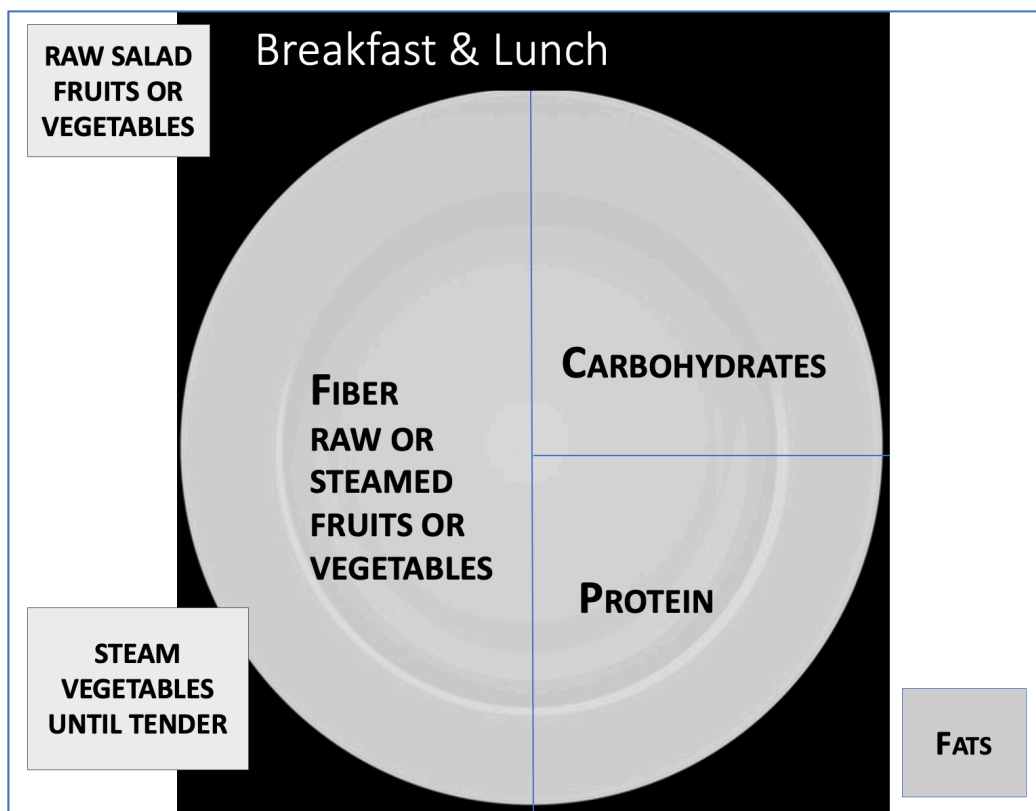
Toast oats in oven at 170° - 200° for 2 ½ to 3 hours
Cool and store for later use when it would be cooked for another 30 minutes in another meal preparation.
or
Slow cook oats for several hours.

PULSE

Pulses such as blackeye peas, soybeans, adzuki, red beans, black beans, kidney beans etc. should be cooked for long hours (not pressure cooked) in order to break down the phytic acid in the skin and make them easily digestible.

SEASONINGS

- Onions
- Garlic
- Turmeric
- Ginger
- Cilantro
- Mint
- Olives
- Parsley
- Paprika
- Celery seed
- Basil
- Thyme
- Coriander
- Cumin
- Oregano
- Bell peppers
- Sea salt
- Lemon juice
- Marjoram
- Rosemary
- Tomato Paste



My Plate

Whole-Grain, Plant-Based Food List

This is not an exhaustive list as there are many more natural and wholesome foods.

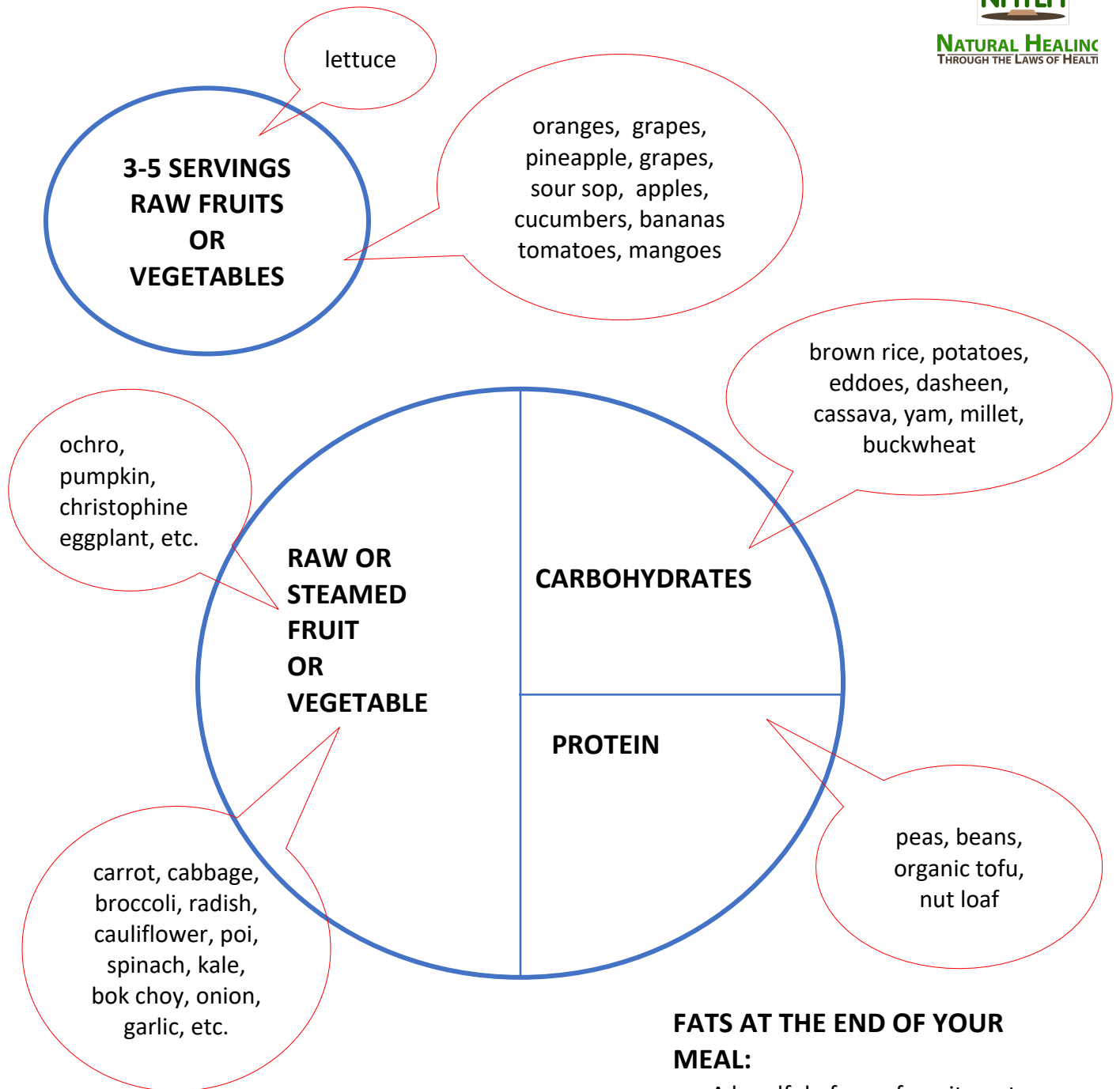
GRAINS	Whole grain: Brown rice, Wild rice, Millet, Oats, Barley, Bulgur (cracked wheat) Rye, Spelt, *Amaranth, *Quinoa , *Buckwheat, (*Seed -psuedo grain) Organic Whole wheat pasta, Whole grain Couscous, Emmer wheat, Einkorn wheat flour, Organic Corn, Cornmeal, Corn flour
FRUITS	Apples, Oranges, Bananas, Kiwi, Watermelons, Honeydew, Melons, Cantaloupes, Pears, Grapes, Peach, Nectarine, Grapefruit, Tangerines, Pineapples, Mangoes, Papaya, Pomegranate, Cherries, Carambola, Sapodillas, Sour Sop, Sugar Apples, Raisins, Prunes, Currants, Apricots, Dates, Figs, Pineapples, Cranberries, Pears, Peaches, Star Fruit, Blueberries, Raspberries, Blackberries, Lemons, Limes, *Strawberries (*psuedo fruit)
	Tomatoes, Cucumbers, Avocadoes, Red, Orange, Yellow bell pepper, Olive (green or black), Pumpkin, Squash, Zucchini, Yellow Acorn, Eggplant, Plantain, Bodi, String beans
VEGETABLES	Asparagus, Garlic, Onion, Scallion, Leek, *Cruciferous: Broccoli, Brussels Sprout, Cabbage, Collard Greens, Kale, Horseradish, Turnip, Chinese Cabbage, Cauliflower, Bok Choy, Radish, - <i>*Use Dulse or Kelp to protect your thyroid when using items from this family.</i>
TUBERS	Beets, Potatoes, Sweet Potatoes, Dasheen, Carrots, Yams, Radishes, Edoes, Cassava, Lotus root
GREEN LEAFY	Arugula, Spinach, Water Spinach, Cylon Spinach, Purslane, Watercress; The Lettuce Family, Including Loose Leaf, Romaine, Red Leaf, Green Leaf, Poi, Dasheen leaf
LEGUMES	Red, White, Pinto, Navy beans, Black beans, Board beans, Black eye peas, Chickpeas, Lentils, Green Beans, Peanuts, Peas, Soy beans, Adzuki, Tofu
NUTS	Almond nuts, Cashew nuts, Pecan, Walnuts, Coconut, Brazil nuts, Hazel nuts, English nuts, Pine nuts, Macadamia, Pistachio, Chestnuts

SEEDS	Pumpkin seed, Sunflower seed, Sesame seed, Flaxseed, Chia seed
SWEETENERS	Honey, maple syrup, molasses, dates, raisins, bananas, apple sauce, apple juice, cane juice, prunes
SEASONINGS	Onion, garlic, turmeric, ginger, pink himalayan sea salt, cumin, parsley, coriander, cardamom, cilantro, mint, thyme, rosemary, oregano, basil, marjoram, dill, bay leaf, celery, celery seed, lime, lemon, sweet peppers, paprika, pimento, fenugreek, leek, chadon beni, tomato paste, tomato puree
AVOID	<p>All flesh and its by-products (cheese, ice cream, milk, butter, eggs, etc.).</p> <p>All refined items, such as white rice, white bread, crackers, pastries, cakes, etc.</p> <p>All alcohol, vinegar, vinaigrette dressings, soy sauces, miso, tempeh, tamari, apple cider, vinaigrette dressings, mustards, mayonnaise, vegennaise, nayonnaise, vinegar, ketchup, Worcestershire sauce, barbecue sauces</p> <p>Tobacco</p> <p>Caffeine: Tea, coffee, decaf tea, white tea, green tea, chai tea, black tea, sweet tea, Lipton iced tea, all energy drinks, vitamin water, and all carbonated drinks.</p> <p>Hot spices: hot peppers (chili, black, and white peppers), ginger, mauby, curry, nutmeg, mace, cinnamon, cloves</p> <p>Baking powder (sodium bicarbonate)</p> <p>Sugar and artificial sweeteners</p> <p>Fried foods as well as highly processed foods or cooking with oils</p> <p>Artificial flavors and preservatives</p>
USE MODERATELY	<p>BPA-free Canned, dried or frozen vegetarian meat substitutes,</p> <p>Unrefined salt: sea salt with iodine, Fats: avocados, oils,</p> <p>Natural Sweeteners: Honey, etc.</p>

BREAKFAST & LUNCH



NATURAL HEALING
THROUGH THE LAWS OF HEALTH



FATS AT THE END OF YOUR MEAL:

- A handful of your favorite nuts
- A piece of dried coconut
- A slice or two of GF bread with nut butter on it

SUPPER

- Fruits or fruit juice
- Bread (gluten-free) with natural fruit spread or
- Grains or Lemon water or Cold water

Gluten/Allergies Free List

GLUTEN-FREE/WHEAT-FREE/INFLAMMATION-FREE/FREE FROM ALLERGIES/ASTHMA/SINUS DIET

Using this food guide, you will clear your body of sinus, allergies, asthma, migraine, skin rashes and other skin conditions, mucus, inflammation, joint aches and pain, arthritis, yeast infection, small intestinal bacterial overgrowth and more.

Eat **organic** as much as you can.

Meat

No flesh at all. This includes fish, chicken, turkey, beef, pork, cattle, goat, sheep, shrimp, lobster, conch, crab, all shellfish products and all of their byproducts: milk, cheese, butter, eggs, ice-cream, sausage

Grains

These can be eaten: Rice, Organic cornmeal, Millet, Spelt, Buckwheat, Sorghum, Teff, Quinoa, Amaranth, Emmer wheat, Einkorn wheat, Gluten-Free organic Whole Wheat flour or Oats
No wheat, rye, barley, oats

Ground Provision / Roots / Tubers

All can be eaten

Beans

All can be eaten except soy and it's by products like chunks, soy curls, mince, lecithin. Make sure you watch lentils and red beans: if there is an allergic reaction with their use, you might have to use an organic form or eliminate completely

Vegetables

All veggies can be used except for Carrot and Celery. Lettuce and water cress leaves can be eaten raw but ALL VEGETABLES MUST BE STEAMED UNTIL TENDER

Fruits

All fruits can be used except:

Banana and its family - plantain, finger rose, bugament

Melon and its family - Watermelon, honeydew, cantaloupe, cucumber, pumpkin, zucchini, butternut, table squash,

Papaya, avocado, kiwi, strawberry, currant, raisins

Nuts

All nuts can be used except: peanut and walnut

Restriction on the flesh, grains and their by-products should be maintained, as they are not the best food for humans. Restriction on the nuts, fruits and vegetables are for 3-4 months then they can be reintroduced into your diet one at a time and see if there are any adverse reactions, if yes, hold off on that food for a while longer, if no reaction, keep in the diet.

Menu Plan - Gluten-Free, Allergy-Free

DAY	BREAKFAST	LUNCH	SUPPER
SUNDAY	Tomato Potatoes, boiled Pinto Beans 2 Tablespoons flaxseed, ground Pecans	Lettuce Brown rice, OG Kidney beans Callaloo Dried Coconut slices	Pears
MONDAY	Beets, steamed Quinoa Porridge 2 Tablespoons flaxseed, ground Cashew nuts	Lettuce Brown rice Cabbage and Cauliflower Chickpeas Brazil nuts	Oranges
TUESDAY	Tangerine Wild rice Okra Olives, 7 Lentils, OG 2 Tablespoons flaxseed, ground Brazil nuts	Tomatoes Eggplant Quinoa Red beans Almond nuts	Apples
WEDNESDAY	Pineapple, Coconut Smoothie Brown rice String beans Eggplant 2 Tablespoons flaxseed, ground Almond nuts	Watercress leaves Broccoli, steamed Dasheen, boiled Blackeye beans Cashew nuts	Mangoes

DAY	BREAKFAST	LUNCH	SUPPER
THURSDAY	Apples Rice Porridge with Almond Milk 2 Tablespoons flaxseed, ground Coconut slices, dried	Tomatoes Eggplant Breadfruit Black beans Almond nuts	Tomatoes with Olives, chopped Gluten-free Bread
FRIDAY	Pomegranates Cassava Blackeye Peas 2 Tablespoons flaxseed, ground Almond nuts	Lettuce Asparagus Quinoa Pigeon peas Pecans	Pineapple
SATURDAY	Tangerine Gluten-free Bread Beans Olives, 7 2 Tablespoons flaxseed, ground Pecans	Tomatoes Okra Olives, 7 Brown rice Red beans Cashew nuts	Tomato Olives, chopped Potato, steamed

Menu Plan – Week 1

DAY	BREAKFAST	LUNCH	SUPPER
Sunday	<p>Tomatoes</p> <p>Pimento mashed Yam Chickpeas 2 Tablespoons flax meal</p> <p>Gluten-free bread with nut butter</p>	<p>Lettuce</p> <p>Callaloo Brown rice Kidney beans</p> <p>Walnuts</p>	<p>Cucumber, Tomato pink Himalayan sea salt</p>
Monday	<p>Cucumbers</p> <p>Organic Cornmeal Pie Pigeon peas 2 Tablespoons flax meal</p> <p>Cashew nuts</p>	<p>Lettuce</p> <p>Steamed Cabbage with Cauliflower Brown rice Chickpeas</p> <p>3 Brazil nuts</p>	<p>Oranges</p>
Tuesday	<p>Tangerine</p> <p>Okra stew Wild rice Lentils 7 olives 2 Tablespoons flax meal</p> <p>Pecans</p>	<p>Cucumbers with Cucumber dressing</p> <p>Christophine Quinoa Red beans</p> <p>Pumpkin seeds</p>	<p>Water melon</p>
Wednesday	<p>Pineapple</p> <p>Brown rice Yellow Split peas 2 Tablespoons flax meal</p> <p>Almond nuts</p>	<p>Lettuce</p> <p>Sautéed Broccoli and onions Boiled Dasheen Blackeye beans</p> <p>Cashew nuts</p>	<p>Mango</p>
Thursday	<p>Lettuce</p> <p>Sautéed Carrots with celery Sweet potatoes Black beans 2 Tablespoons flax meal 7 olives</p> <p>Pecans</p>	<p>Tomatoes</p> <p>Roasted Eggplant Steamed breadfruit Black beans</p> <p>Walnuts</p>	<p>Lemon water</p>

DAY	BREAKFAST	LUNCH	SUPPER
Friday	Avocado Cassava topped with pumpkin seed sauce Baked tofu Pumpkin 2 Tablespoons flax meal Almond nuts	Banana Pumpkin stew Green Banana Salad Black beans Pecans	Pineapple
Saturday	Tomatoes Cucumbers salsa Gluten-free Bread Lentils 2 Tablespoons flax meal Pecans	Mixed Green Salad: Lettuce, radish, sautéed onion rings, Alfalfa Sprouts, 7 olives, Creamy Lemon dressing Walnuts	Coconut water

Menu Plan – Week 2

DAY	BREAKFAST	LUNCH	SUPPER
Sunday	<p>Pineapple</p> <p>Steamed Potato Stewed tomatoes Scrambled tofu 2 Tablespoon flax meal</p> <p>Pecans</p>	<p>Lettuce</p> <p>Callaloo Dasheen Pigeon peas</p> <p>Walnuts</p>	<p>Apples</p>
Monday	<p>Mangoes</p> <p>Millet Porridge with Almond Milk, Pumpkin seeds, chopped walnuts, cranberries</p> <p>2 Tablespoons flax meal</p> <p>Almond nuts</p>	<p>Avocado</p> <p>Stewed Eggplant Brown rice Curried Chickpeas 7 olives</p> <p>Brazil nuts</p>	<p>Cucumber salad</p>
Tuesday	<p>Cucumbers</p> <p>Pumpkin Brown rice Lentils 2 Tablespoons flax meal</p> <p>Brazil nuts</p>	<p>Lettuce</p> <p>Steamed cauliflower Basmati brown rice with Corn Red kidney beans</p> <p>Gluten-Free whole wheat bread with Tahini butter</p>	<p>Pineapple</p>
Wednesday	<p>Guava</p> <p>Boiled plantain Brown rice String beans 2 Tablespoons flax meal</p> <p>Walnuts</p>	<p>Mangoes</p> <p>Spinach Brown rice Red beans</p> <p>Almond nuts</p>	<p>Cucumbers</p>

DAY	BREAKFAST	LUNCH	SUPPER
Thursday	Pineapple Quinoa Porridge Pumpkin seeds, Cranberries 2 Tablespoons flax meal Almond nuts	Lettuce Soup: Pumpkin, squash, sweet potato, coconut dumplings, kidney beans Pecans	Pears
Friday	Oranges Steamed Okra Wild rice Red beans 2 Tablespoons flax meal Pecans	Tomatoes Eggplant Curry Spaghetti Pasta with Parsley and Corn Red Lentils 7 olives Walnuts	Oranges
Saturday	Tomatoes Steamed Cassava Stewed eggplant Sweet and Sour Tofu 2 Tablespoons flax meal Walnuts	Watercress leaves Beet and Onion Salsa Brown rice Pinto beans Almond nuts	Coconut water

Botanical Families

GRAINS BOTANICAL FAMILY	
This botanical family is the most important in the world for human nutrition. These are true grains. These require long cooking for at least 3 hours.	
GRAMINEAE	Bamboo shoots, Oats, Adlay, Teff, Teosinte, Barley, Rice, Millet, Rye, Sorghum, Wheat, Emmer, Kamut, Spelt, Corn, Maize, Cornmeal, Wild rice
PSEUDO GRAINS	
These hold similar use and nutritional value to grains. However, they belong to other botanical families than Gramineae which are the true grains. These do not require long cooking for 3 hours. Simply cook until it is tender.	
AMARANTHACEAE	Amaranth seeds
CHENOPODIACEAE	Quinoa
POLYGONACEAE	Buckwheat

LEGUMES BOTANICAL FAMILY	
This botanical family consists of more than 13000 species spread across the world. Only 50 species of legumes are of dietary interest. Legumes “Together with grains they are the richest in nutrients of any that grow on the earth, and those that contribute the most to the proper nutrition of humanity.” EFHP Vol. 1.90	
LEGUMINOSAE	Pigeon pea, Jack bean, Chick pea, Guar, Lablab, Yard-Long bean, Soybean, Lathyrus pea, Lentil, Lupine, Alfalfa, Tepary bean, Common bean, Adzuki, Mung bean, Bambara groundnut, Black bean, Tofu

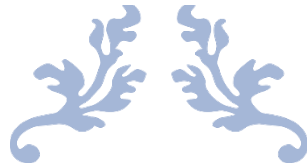
FRUIT BOTANICAL FAMILY	
ACTINIDIACEAE	Kiwi
ANACARDIACEAE	Gandaria, Mango, Ambarella (Golden apple), Yellow mombin, Red mombin, Imbu, Cashew apple
ANNONACEAE	Cherimoya, Soursop, Custard apple, Sugar apple, Pawpaw
BROMELIACEAE	Pineapple
CACTACEAE	Prickly pear
CAPRIFOLIACEAE	American elderberry, Elderberry
CARICACEAE	Papayuela, Papaya
CUCURBITACEAE	Watermelon, Melon, Cantaloupe melon, Kiwano, Cucumber, Honeydew, Persian melon, Pumpkin, Acorn squash, Buttercup squash, Squash, Zucchini, Bottle gourd, Luffa, Sponge gourd, Bitter melon, Chayote (christophine), Squash seed
EBENACEAE	Persimmon, Date plum
ERICACEAE	Arbutus berry, Blueberry, Cranberry, Bilberry, Cowberry
EUPHORBIACEAE	Rambai fruit, Otaheite apple (pommerac), gooseberry
GUTTIFERAE	Garcinia, Mangosteen, Mamey, Madrono
LAURACEAE	Avocado
LEGUMINOSAE	Purging cassia, Carob, Guama (padoo), Tamarind
MALPIGHIACEAE	Acerola
MALVACEAE	Okra (ochro)
MORACEAE	Breadfruit, Jackfruit, Fig, White mulberry, Black mulberry
MUSACEAE	Banana, Plantain, bugament
MYRTACEAE	Feijoa, Para guava, Wild guava, Guava, Brazilian guava, Water rose, Rose apple, Pitanga, Java apple
OLEACEAE	Olives
OXALIDACEAE	Bilimbi, Carambola
PALMAE	Peach palm, Beach palm, Date, Salak
PASSIFLORACEAE	Passion fruit, Curuba, Giant granadilla
POLYGONACEAE	Garden sorrel, Rhubarb, Sea grape
PUNICACEAE	Pomegranate
ROSACEAE	Cocoplum, Azarole, Quince, Loquat, Strawberry, Medlar, Pear, Apple, Apricot, Cherry, Sour cherry, Plum, Peach, Sloe berry, Brier hip, Blackberry, Andes berry, Raspberry, Loganberry, Serviceberry, Dewberry, Wineberry, Quince, Rosehips
RUTACEAE	White sapote, Lime, Seville orange, Bergamot, Sweet lime, Lemon, Citron, Calamondin, Grapefruit, Tangerine, Orange, Kumquat
SAPINDACEAE	Akee, Longan, Litchi, Genipa, Rambutan
SAPOTACEAE	Sapote, Caimito, Chicosapote (sapodilla), Lucmo
SAXIFRAGACEAE	Black currant, Red currant, Gooseberry
SOLANACEAE	Pepper, Tomato, Eggplant, Potato (all varieties),

	Pepino (melon pear), Bell peppers, Sweet peppers, Cayenne peppers, Chili peppers, Paprika, Pimiento, Tobacco, Tamarillo, Winter cherry, Cape gooseberry
VITACEAE	Grape, Currant, Raisin

VEGETABLES BOTANICAL FAMILY	
ALGAE	Agar-agar, Carrageen, Kelp, Dulce
AMARANTHACEAE	Amaranth leaves
ARACEAE	Taro, Malanga, Dasheen, Poi, Yautia
BORAGINACEAE	Borage
CHENOPODIACEAE	Chard, Red beet, Marsh samphire, Spinach
COMPOSITAE	Sea aster, Endive, Belgian endive, Radicchio, Chicory, Cardoon, Artichoke, Jerusalem artichoke, Lettuce, Scorzonera, Salsify, Jicama, Sweet potato
CRUCIFERAE	Cabbage, Brussels sprouts, Cauliflower, Kohlrabi, Broccoli, Romanesca, cauliflower, Chinese cabbage, Turnip (leaves), Scurvy grass, Arugula, Watercress, Radish
CYPERACEAE	Chinese water-chestnut
DIOSCOREACEAE	Yam, Sweet yam
EUPHORBIACEAE	Cassava, Sweet cassava
GRAMINEAE	Bamboo shoots, Sugarcane, Lemongrass, Citronella
IRIDACEAE	Saffron
LABIATAE	Chinese artichoke
LAMIACEAE	Basil, sage, rosemary, thyme, marjoram, oregano, savory, winter savory, lavender, lemon balm, self-heal, bergamot, hyssop, teak
LILIACEAE	Shallot, Onion, Welsh onion, Leek, Garlic, Chive, Bear's garlic, Asparagus
MARANTACEAE	Arrowroot
MORINGACEAE	Benoil tree
OXALIDACEAE	Lucky clover, Oca
PALMAE	Dwarf palm, Heart of palm
PORTULACACEAE	Winter purslane, Purslane
UMBELLIFERAE	Celery, Peruvian parsnip, Turnip-rooted chervil, Carrot, Fennel, Parsnip
VALERIANACEAE	Lamb's lettuce
ZINGIBERACEAE	Cardamom, ginger, turmeric

NUTS BOTANICAL FAMILY	
ANACARDIACEAE	Cashew, Pistachio
BETULACEAE	Hazelnut or Filbert
BIXACEAE	Annatto
COMPOSITAE	Sunflower seeds
CUCURBITACEAE	Squash seeds
CYPERACEAE	Tiger nut
FAGACEAE	Chestnut, Beechnut, Acorn
JUGLANDACEAE	Pecan, English walnut
LAMIACEAE	Chia seed
LECYTHIDACEAE	Brazil nut
LEGUMINOSAE	Peanut
LINACEAE	Flaxseed
PALMAE	Coconut, King coconut, Sea coconut, Sago starch
PEDALIACEAE	Sesame seeds, Sesame oil, Tahini butter
PINACEAE	Chile pine nut, Pine nut
PROTEACEAE	Macadamia
ROSACEAE	Almond

FUNGUS BOTANICAL FAMILY	
FUNGUS	Baker's yeast, Nutritional yeast, Citric acid



Principles of Eating

∞ Proper Health Requires Proper Digestion ∞



In order to have good health we must eat foods that will build up the body by supplying all the necessary nutrients that it needs. Properly digested food is also important in determining how well we benefit from the food placed on our table.

Let us look at a few principles of eating to avoid fermentation of the meals in our stomach which not only prevents adequate intake of nutrients but also plays a huge role in indigestion, acid reflux, gastritis, belching, bad breath, headaches, heartburn and other gastrointestinal disorders.

Eating too fast

Food should be eaten slowly, and should be thoroughly masticated so the saliva may be mixed with it to help with digestion.

In order to secure healthy digestion, food should be eaten slowly. ...If your time to eat is limited, do not bolt your food, but eat less, and masticate slowly. ...Those who are excited, anxious, or in a hurry, would do well not to eat until they have found rest or relief; for the vital powers, already severely taxed, cannot supply the necessary digestive fluids.

Counsels on Diet and Foods (CD) (CD p.107)

Eating on the Go

Always eating in a hurry? Slow down when you eat if you're concerned about heartburn symptoms. At mealtime cast off all care and troubled thought; do not feel hurried, but eat slowly and with cheerfulness.

Overeating - this applies even to good food

The habit of overeating, or of eating too many kinds of food at one meal, frequently causes dyspepsia (*indigestion*). (CD p.139)

Overeating also causes the digestive organs to be weakened and diseased as well as headache, colic, excessive blood to the brain, depression and feeling of hunger.

Eating meals too close together

For most people, spacing the meals 5 to 6 hours between meals is needed.

After the regular meal is eaten, the stomach should be allowed to rest for at least five hours. In no case should the meals be irregular. If dinner is eaten an hour or two before the usual time, the stomach is unprepared for the new burden; for it has not yet disposed of the food eaten at the previous meal, and has not vital force for new work. Thus the system is overtaxed.

Neither should the meals be delayed one or two hours, to suit circumstances, or in order that a certain amount of work may be accomplished. The stomach calls for food at the time it is accustomed to receive it. If that time is delayed, the vitality of the system decreases, and finally reaches so low an ebb that the appetite is entirely gone. If food is then taken, the stomach is unable to properly care for it. The food cannot be converted into good blood. (CD p.179)

Eating between meals - weakens the stomach

Eating between meals slows the emptying of the stomach and increases hydrochloric acid. Drink only water between meals, no healthy fruit or snack.

Not a particle of food should be introduced into the stomach till the next meal. In this interval the stomach will perform its work, and will then be in a condition to receive more food. (CD p.179)

Eating a large evening meal or late at night

Avoid late night snacks.

The stomach, when we lie down to rest, should have its work all done, that it may enjoy rest, as well as other portions of the body. The work of digestion should not be carried on through any period of the sleeping hours. (CD p.175)

Eating vegetables and fruits at the same meal

Genesis 1:11 defines a fruit as: "... fruit after his kind, whose seed is in itself...". Vegetables do not have seeds within themselves, but fruits do.

It is not well to eat fruit and vegetables at the same meal. If the digestion is feeble, the use of both will often cause distress, and inability to put forth mental effort. It is better to have the fruit at one meal, and the vegetables at another. Fruit and vegetables taken at one meal produce acidity of the stomach; then impurity of the blood results, and the mind is not clear because the digestion is imperfect. (CD p. 112)

Eating unripe or spoiled fruit

Nicely prepared vegetables and fruits in their season will be beneficial, if they are of the best quality, not showing the slightest sign of decay, but are sound and unaffected by any disease or decay.

More die by eating decayed fruit and decayed vegetables which ferment in the stomach and result in blood poisoning, than we have any idea of. (CD p. 309)

Eating fruits and vegetables at the end of a meal

Eat raw fruits and vegetables at the very beginning of a meal, not the end of the meal as a desert as some usually do. Eating raw food before the cooked food provides digestive enzymes, which is only present in live foods and aids in digestion of protein, carbohydrate and fats. It also prevents the formation of inflammation in the intestines, which leads to inflammation in other areas of the body.

If watermelon is eaten at the start of a meal, because of its high water content, it is best to wait for at least 15 minutes before eating the rest of your meal.

Eating bread which was not well baked

If the inside of your bread can be squeezed into a dough, do not eat it. New raised bread is difficult to digest and is more healthful if eaten two or three days old.

Use of baking soda or baking powder

Baking soda or baking powder in bread, pastries, cakes, deserts or other items are harmful, unnecessary, causes inflammation of the stomach and often poisons the entire system. (CD p. 342)

Water

Water that is too alkaline can affect the digestive system as it keeps the PH level in the stomach too high and foods that require an acidic stomach (proteins) remain in the stomach too long thus causing fermentation and lead to nutritional deficiencies such as vitamin B₁₂ and anemia or weakening the kidneys.

Drink 2 to 4 8oz-cups of warm water upon awaking early on mornings. One of the cups can have lemon juice in it and always use a straw when drinking lemon to protect the enamel of your teeth. Drink this warm water as a bolus to flush your blood and tissues.

During the day, drink mouthfuls of water at a time to allow your cells to absorb the water and keep you hydrated.

Drink water 15 to 30 minutes before meals and 2 hours after you have finished eating.

Eating milk and sugar together, as in ice-cream, shakes etc.

Sugar ferments quickly, yet is enfolded in the milk, which digests slowly.

Some individuals use milk to ease a burning stomach, as it causes the secretion of stomach acid. However galactase a form of sugar in dairy milk is often difficult to digest as well as it can cause the milk to ferment in the stomach and in time it can result in acid reflux among other health issues.

Milk and sugar.. clog the system, irritate the digestive organs and affect the brain. ... sugar and milk combined are liable to cause fermentation in the stomach, and are thus harmful. (CD p. 113)

Sugar

Sugar is not good for the stomach. It causes fermentation, and this clouds the brain and brings peevishness into the disposition. Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. (CD p. 327)

Concentrated sugars, even good sweeteners like honey, cane juice and molasses should be used sparingly.

Sugar is also linked to cancer of the colon, rectal, breast, ovaries, uterus, prostate, kidney and nerves.

Allergies/Gluten Sensitivity

Some individuals can be allergic to foods high in gluten (wheat, rye, barley, spelt, kamut). This can cause malnutrition, which results in a weakened esophagus, and reduced muscle tone throughout the digestive tract.

Leaky Gut

Individuals with abnormal gut flora most times have low stomach acid production. A comprehensive treatment of sealing the gut will work wonders in reversing indigestion.

Adrenal Gland Fatigue

Adrenal insufficiency may also affect the digestive function, and is a major cause of GERD or IBS.

Undercooked coarse vegetables

Increasing fiber in our meal is great, however, coarse vegetables when eaten raw are difficult to digest, and therefore, they should be cooked until tender. Examples are: carrots, beet root, broccoli, cabbage, Brussels sprouts, cauliflower, kale, watercress, endive or spinach.

Eating too much liquid food

Too many soups are unhealthful. Frequent liquid meals weaken the stomach and place a great burden upon the kidneys. In addition, soups should rather be a stew or pureed to avoid eating and drinking at the same meal.

Drinking with meals

Drinking and eating dilutes the much-needed stomach juices.

Many make a mistake in drinking cold water with their meals. Food should not be washed down. Taken with meals, water diminishes the flow of saliva; and the colder the water, the greater the injury to the stomach. Ice water or ice lemonade, taken with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again. Masticate slowly, and allow the saliva to mingle with the food. (CD p. 106)

Digestive enzymes reach their peak performance in body temperatures, therefore adding cold within a meal prevent them from working for you until the stomach is warmed up. This delays digestion time.

Eating and drinking produces as much as 32oz of alcohol in the gut, giving that lethargic feeling

and beclouds the brain.

Hot or cold food

While it is advisable to take something warm into the stomach on mornings, hot drinks should be used for medicinal purposes and not in the diet.

The stomach is greatly injured by a large quantity of hot food and hot drink. Thus the throat and digestive organs, and through them the other organs of the body, are enfeebled. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place. Cold drinks are injurious for the same reason; while the free use of hot drinks is debilitating. (CD p. 106)

However, for those who choose to have two meals a day, a cold drink can be used to stop the desire for a third meal - "If you feel that you must eat at night, take a drink of cold water, and in the morning you will feel much better for not having eaten." (CD p. 177)

Eating too great a variety at a meal

Keep meal combinations simple, to at least two or three kinds at one meal.

Do not have too great a variety at a meal; three or four dishes are a plenty. At the next meal you can have a change. There should not be many kinds at any one meal, but all meals should not be composed of the same kinds of food without variation. (CD p. 110)

The habit of overeating, or of eating too many kinds of food at one meal, frequently causes dyspepsia (indigestion).

Serious injury is thus done to the delicate digestive organs. In vain the stomach protests, and appeals to the brain to reason from cause to effect. The excessive amount of food eaten, or the improper combination, does its injurious work. In vain do disagreeable premonitions give warning. Suffering is the consequence. Disease takes the place of health. (CD p.111)

Use of Vinegar

Mustards, mayonnaise, vegennaise, nayonnaise, vinegar, apple cider vinegar, ketchup, Worcestershire sauce, barbecue sauces, vinaigrette dressings. All these contain vinegar which is a fermented stage of alcohol.

“Vinegar ferments in the stomach and the food does not digest but decays or putrefies; as a consequence, the blood is not nourished, but becomes filled with impurities, and liver and kidney difficulties appear”. (CD p. 345)

Alcohol increases the risk of breast cancer, liver and brain impairment.

Eating fried foods

Foods should be prepared in a simple manner free from grease. Avoid fried food, hydrogenated fat. “Grease cooked in the food renders it difficult of digestion”. (CD p. 354)

Use of spicy mixtures

Hot pepper, chili, black, and white peppers have been shown to cause hemorrhaging of the stomach.

Spices irritate the tender coating of the stomach and finally destroy the natural sensitiveness of this delicate membrane. Irritating spices are ginger, cloves, cinnamon, nutmeg, caraway, all spice, vinegar, and anything made with vinegar.

Use of Nuts

Nuts are a great source of iron, magnesium, phosphorous, potassium, protein and fats. Not all people can tolerate nuts and if recipes were combined with nuts, they would find that it better harmonizes with them.

Peanuts need to be combined with grains to make them nourishing and digestible. In any event, do not use too large a portion of nuts.

Food triggers of Indigestion

Some foods are known to contribute to heartburn by bringing additional acid into the stomach or by relaxing the lower esophageal sphincter. Stay away from food that may give you problems. Your symptoms may improve if you avoid tomatoes, onions, garlic, chocolate, peppermint, fatty foods, leeks, cabbage, radishes and citrus fruits, including oranges and grapefruit.

Drink triggers of Indigestion

Beverages that cause heartburn, acid reflux or indigestion include animal milk, coffee, tea, sodas and alcohol.

Chewing gum increases stomach acid

This causes too much air to get into the stomach and keeps stomach acids flowing, thus causing bloating, indigestion and increasing stomach acid.

Tea and Caffeine

Tea, coffee, cocoa contain tannin and other substances that is poisonous to the body. They are nerve irritants, causes indigestion, heart palpitations, impairment to cellular structure and cyst formation.

Avoid tight belts and tight-fitting clothes

This prevents free action of the organs and superficial breathing is a result. Therefore, the insufficient supply of oxygen is received and the waste and poisonous matter, which should be thrown off in the exhalations from the lungs, is retained, and the blood becomes impure. Those who do not wear belts and girdles have less indigestion.

Maintain a healthy weight

Extra pounds put pressure on your abdomen, pushing up your stomach and causing acid to back up into your esophagus. If your weight is healthy, work to preserve it. If you are overweight or obese, work to slowly lose weight — no more than 1 or 2 pounds a week.

Heartburn during Pregnancy

More than half of all pregnant women report symptoms of severe indigestion and heartburn, especially during their second and third trimesters. Changing hormone levels and increased abdominal pressures during pregnancy increase the risk of acid reflux and heartburn.

Mild symptoms should be treated with lifestyle changes, including eating at set times, avoiding fried and spicy foods, and not lying down after a meal.

Avoid vigorous exercise immediately after a meal

Neither study nor violent exercise should be engaged in immediately after a full meal... this hinders the digestive process; for the vitality of the system, which is needed to carry on the work of digestion, is called away to other parts. (CD p. 103)

However, to aid indigestion, take ... a short walk after a meal, with the head erect and the shoulders back, exercising moderately, is a great benefit. (CD p. 104)

The casual 15 to 30 minutes' walk after a meal massages the stomach and enhances digestive enzymes for better digestion of food.

DAILY SCHEDULE

Time to get up: _____

Time for lunch: _____

Time for morning devotion: 1 hour

Time for digestive walk: 15-30 mins

Time for exercise: 1 hour

Time for Supper: _____

Time for food preparation: daily

Time for digestive walk: 15-30 mins

Time for breakfast: _____

Time for evening devotion: _____

Time for digestion walk: 15-30 mins

Time for rest: _____



“And God said, Behold, I have given you every herb bearing seed,
which is upon all the face of the earth, and every tree,
in the which is the fruit of a tree yielding seed; to you it shall be for food.”
Genesis 1:29

