

## 25 General Dietary Suggestions For Your Health

**1. Eat natural, organic foods and eat them raw when possible, or steamed**

Avoid processed foods such as sugar, white flour, crackers, wheat, TV dinners, cookies, packaged cereals, etc.

**2. Eat a balance of organic proteins, fats and carbohydrates**

Avoid empty-calorie snacks. Instead snack on fresh veggies such as sugar snap peas, jicama, celery and organic peanut butter with raw nuts.

**3. Eat fresh food that doesn't have a long shelf life such as canned foods**

Avoid foods containing chemicals or irradiation, preservatives, dyes, artificial colors, etc.

**4. Eat only organic and hormone free meat, including fish, chicken, poultry, beef and lamb**

Avoid commercial meat that has chemical preservatives, hormones, and antibiotics. Everything that has been given to the animal will be passed to you when eaten.

**5. Drink 1/2 ounce of "clean" water per pound of body weight per day such as distilled, purified or reverse osmosis**

Avoid substituting coffee or cokes for drinking good water as this is a very critical component to good health. Do not drink tap water or distilled water. Drink water at room temperature as ice-cold water can harm the delicate lining of your stomach.

**6. Use organically grown fruits and vegetables**

Avoid fruits and vegetables which have been sprayed, fumigated, dyed, waxed or irradiated.

**7. Use fresh produce in season and freeze for later use. Sprout your own seeds for salads and snacking such as mung beans or peas**

Avoid canned fruits and vegetables. Most fruits are over-sweetened and many canned vegetables are over cooked as well as have preservatives in them to keep their shelf life. These canned goods have very little nutrients.

**8. Use organic eggs that do not contain antibiotics**

Avoid eggs produced by hens in small cages, force-fattened, and treated with chemicals and hormones.

**9. Eat whole-grained bakery products and bake your own when possible**

Avoid commercial "enriched" or white flour bakery products. Try other healthier flours such as almond flour, hazelnut flour, brown rice flour and quinoa flour.

**10. Use real organic butter in baked goods instead of shortening or margarine**

Avoid hydrogenated shortenings and heat-treated oils with preservatives.

**11. Use coconut oil for cooking**

Coconut oil has been mistakenly described as not healthy. The fact is coconut oil is cholesterol-free and rich in medium-chain “good fats”. Be sure it’s organic, unrefined, not bleached, not deodorized and doesn’t contain chemicals used in processing.

**12. Use unsweetened carob which has its own sweetener for chocolate-like flavor**

Avoid commercial, processed chocolate as it interferes with mineral utilization.

**13. Make your own ice cream, yogurt and cottage cheese. Or buy organic, natural high-quality dairy products**

Avoid commercial products which contain artificial coloring, flavorings, emulsifiers, sweeteners, etc. and have been highly heated, thus eliminating most nutrients.

**14. Drink certified raw milk where available**

Avoid processed milk; pasteurized, homogenized, dried and canned. Pasteurizing milk destroys enzymes, diminishes vitamins, denatures fragile milk proteins, destroys vitamin B12 and vitamin B6, kills beneficial bacteria and promotes pathogens. California is the only state where you can legally buy raw milk in a store. All other States you have to buy directly from the dairy to purchase. Be sure to buy your raw milk from a good clean source with no hormones or steroids and make sure the cows are grass fed which is the way they were designed to eat.

**15. Drink clean water, milk, natural unsweetened juices in place of other beverages.**

Avoid soft drinks with or without sugar and avoid other stimulating drinks. These drinks exhaust the adrenals and pancreas. Here’s another sobering fact: If you’re struggling with your weight just one extra can of soda per day can add as much as 15 pounds over the course of a year.

**16. Drink herbal teas**

Avoid coffee or caffeinated tea. Try Nature’s Sunshine Herbal Beverage as a great coffee substitute and reduce your coffee consumption gradually each day by drinking 1/2 the amount of coffee and adding some warm water to the other half and adding herbal beverage to it. This helps avoid headaches, etc. from caffeine withdrawal. A study showed that even decaffeinated coffee increased LDL (“bad”) cholesterol showing decaf coffee as not a good alternative.

**17. Eat small amounts of a wide variety of natural foods. Eat at least three times per day**

Avoid junk food that alters and pollutes the mind and body. Try to snack at least every 2-3 hours to keep your blood sugar regular and your metabolism going. People who wait for longer periods in between meals had a tendency to gain more weight than those who at smaller snacks and meals more often.

### **18. Use sea salt, tamari and natural herbs in season**

Avoid ionized or aluminum-treated salt that pours easily. Avoid commercial seasonings that contain harmful chemicals.

### **19. Use Stainless Steel or Glassware when cooking**

Avoid aluminum in all food preparation and storage. Get rid of teflon and other potentially dangerous cookware.

### **20. Chew your food slowly and until you can swallow it as a liquid**

Avoid rushed or gulping habits of eating. Your stomach doesn't have teeth so be sure you chew your food well before it gets there. This will predigest your food with the enzymes in your saliva.

### **21. Relax and enjoy your meal**

Take time to relax and eat while eating; not while driving or attending to other matters. This will aid in digestion. Stress prepares you for challenge, not digestion so take time and enjoy your meal. Undigested food is not nourishing to the body.

### **22. Try Xylitol or Stevia instead of Sugar**

Xylitol is an all-natural substance that looks and tastes like regular table sugar but has 40% fewer calories and 75% fewer carbohydrates. Unlike sugar, xylitol produces only minimal insulin response. Stevia is another natural alternative to sugar and widely used in many foods and drinks. These are great alternatives for diabetes or hypoglycemia.

### **23. Avoid microwaving your food and use a convection oven instead**

Radiated food from microwaves have been shown in multiple studies to cause cancer. Top researchers have known for years that microwaved food is a bad idea, yet most Americans aren't aware of the truth. Microwaving destroys nutrients and alters molecular structure so the brain doesn't recognize food.

### **24. Avoid low-fat or non-fat products**

Low-fat and non-fat products have far more sugar and calories even though the perception is that they are better for you. These low-fat and non-fat products have less nutrition and are less satisfying so the tendency is to eat more to feel satisfied. For years we've been told that we should avoid fat as much as possible yet two-thirds of adults in the US are classified as overweight. Now we are learning about the dangers of low-fat diets.

### **25. Eat your colors**

Colorful foods such as yellow squashes, red peppers, leafy greens, blueberries and sweet potatoes are nutrient and antioxidant rich, sustaining energy for a longer time and building immunity to disease. Eat them whole, seasonal, fresh, organic and as close to raw as possible. Try not to overcook them as you lose so many nutrients by doing so.

