Nourish Yourself
for
Health & Happiness

by
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Contents

Chapter 1. You Can Be Healthy 1
Chapter 2. Food Is Fuel 5
Chapter 3. Making Changes 17
Chapter 4. Your Energy System 25

The Food Guide 27
Beans & Rice ---------- 28
Beverages ---------- 29
Condiments & Sauces ---------- 31
Desserts & Snacks ---------- 32
Fats & Oils ---------- 33
Fruit ---------- 34
Grains & Grain Products ---------- 36
Herbs, Spices & Flavorings ---------- 37
Protein Foods ---------- 38
Meat, Poultry, Fish ---------- 39
Dairy & Eggs ---------- 40
Nuts & Seeds ---------- 41
Soy Products1 ---------- 41
Sugar & Sweeteners ---------- 42
Vegetables ---------- 43
Miscellaneous ---------- 45
The Food Index ---------- 46

Introduction

This book was originally written in 1987, which was thirteen years after I had discovered that I was hypoglycemic and started on the path to health.

The eating plan in *Nourish Yourself* was developed with the endocrinologist who helped me heal my blood sugar system. I find it interesting that the low-carbohydrate eating plan that I have been on since 1973 is now the latest rage. There's a big debate about whether or not it's healthy. I certainly think it is.

I have been following the guidelines in this book for almost thirty years and can personally attest to its effectiveness. Thousands of people have bought this book, and those who have followed the instructions have improved the way they feel.

No one nutritional plan will work for everyone. Each body is different and has different needs. However, if you have symptoms of hypoglycemia, such as those listed on page 5, you will probably find that you feel better using the suggestions in this book.

My personal belief is that physical dis-ease most often has an emotional base. To be your best, you may have to look at some of the emotional issues that keep you addicted to foods – and behaviors – that may be hurting your body-mind.

This book is not meant to be a quick fix. It's a guidebook for changing eating habits. If you read and understand the chapter on the body's energy system, you may be motivated to change – in order to keep yourself from getting sick as you get older.

My hope when I wrote his brief book was to raise awareness about the relationship between food and health. Even though nutrition has become a popular topic, there is still plenty of room for new understanding, especially in regards to the role that sugar and other foods affect mental health. If more people were on this diet, fewer would be taking Prozac.

I know that making life changes can be difficult. But take it from someone who has had to turn their life totally around – it is worth the effort.

I wish you the best on your journey to health.

Joan Sotkin
Santa Fe, NM
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Chapter 1. You Can Be Healthy

How have you been feeling lately?

- **Is your body free of aches and pains?**
- **Are your energy levels as high as you would like?**
- **Do you feel good about yourself?**
- **Are you enjoying your life?**

Chances are that your answer to one or more of these questions is no. But no matter how low your energy levels are now, no matter how miserable you feel, and no matter how bleak your life may look, I can assure you that you can feel dramatically better, both physically and emotionally, and the quality of your life can improve.

How can I be so sure? I know because it happened for me and for many other people with whom I have worked.

I was about as sick as any human being could be, physically, emotionally, and spiritually, and my life was totally unmanageable. My physical body had a long list of disorders that included colitis, gastritis, chronic bronchitis, anemia, eczema, and endometriosis. I was tired all of the time, I had frequent headaches, insomnia, and many undiagnosed aches and pains.

The doctors and psychiatrists to whom I went for help labeled me hypochondriacal and psychotic and told me that I would never be able to rid myself of my many physical and emotional conditions. But a life of inactivity controlled by a cornucopia of drugs did not appeal to me and I was determined to find another way.

Two things happened that changed the direction of my life. The first, in 1972, was that I learned to meditate. The second happened a year later when I saw a television documentary about hypoglycemia (or low blood sugar). I knew immediately that I had it and convinced a doctor who was treating me to give me a glucose tolerance test, the test for hypoglycemia. Even by A.M.A. standards I had a raging case of the disorder and when the doctor told me there really was a physical cause for all of my discomforts, I felt as if I had been let out of jail.

The doctor who gave me the glucose tolerance test knew very little about treating hypoglycemia but I found a nutritionist/endocrinologist, Dr. Harold W. Harper, who specialized in blood sugar disorders and he helped me understand that there was a relationship between the food I was eating and how I was feeling, both physically and emotionally. He told me that if I gave up sugar, alcohol, caffeine, and processed foods that I would no longer be depressed and my health would improve. I was so anxious to feel better that I immediately did what he suggested. Much to my amazement, within a few days, the depression that had been with me for 15 years began to lift and I could feel many changes occurring in my body.

That moment in 1973 was the beginning, for me, of a long and arduous journey back to health and happiness. Years of eating junk foods and using drugs (prescription and otherwise) had taken their toll on my physical body and, as it turned out, it took years for me to reverse the damage that had been done. But, with each step towards health and happiness I took, I learned more about my body-mind and how it worked – I learned about how the body-mind heals itself and what I could do to help it.

I read dozens of books and talked to many different health professionals. I studied bio-chemistry, endocrinology, psychology, nutrition, and Eastern medical techniques. I also spent many long hours in meditation tuning in to The Universal Consciousness where, I believe, all knowledge can be found.

Each time I came upon something that sounded right to me, I tried it. I was massaged and rebirthed, rolfed and hypnotized. I experienced reflexology and applied kinesiology, acupressure and acupuncture. I used herbs and aloe vera, ion generators and ultrasound, and many other therapies. Some helped me and others did not.

Because my condition was so serious when I started healing and because I had to figure out most of the answers to my problems myself, it took me ten years to reach a point that I considered healthy. The healing process was not always easy and was often frustrating because it seemed so slow. But I kept on going because I had an unshakable belief that the body-mind-spirit has the capacity to heal itself and that I could be perfectly healthy and happy.

At times, the results of my journey to health and happiness have seemed to be nothing short of miraculous. When I look at myself today, it is sometimes difficult for me to believe that this is the same body-mind which carried me around during the earlier years of my life. The basic shape of my body and personality are the same, but most of what fills in the space that is Joan seems to have been transformed. I can feel health and joy and love flowing through me and radiating from my being. I feel so incredibly alive!

And, it is not only my physical body-mind that has been transformed - my entire life has changed. Not only have I reached a point of inner peace and tranquility, but my entire life is characterized by comfort and satisfaction. I have everything I need, I can manifest anything I want, and there are very few rough spots in my life.

I feel that I have connected to my deep Inner Self that is now expressing itself creatively through the vehicle of my body-mind and I believe that I have allowed myself to tap into The Universal Force that aids me with this expression. I also have come to really feel the oneness of all creation and, as a result, the loneliness and emptiness I once had in my heart has been replaced by incredible feelings of fullness and a sense of being connected to people and The Planet Earth.

- Would you lie to feel better physically and emotionally?
- Would you like to discover and develop your creative potential?
- Would you like to improve your entire life?

There is no reason why you can't.

Anyone who wants to can be Perfectly happy and healthy!

We live in exciting times because for the first time in the history of human development people can choose how they wish to live their lives. For the first time, people are learning to expand their awareness to such an extent that they are able to reach into The Universal Consciousness to find the answers they need to heal their body-minds and to manifest comfortable lives. This knowledge is being passed along and shared as, slowly but surely, a positive consciousness of health and happiness is evolving on The Planet Earth.

People are beginning to understand that they do not have to be helpless victims of life's circumstances. They are learning that natural Laws of Manifestation can be used to consciously create a comfortable environment and life drama. People are also learning to look to the natural order for answers to life's challenges.

For the first time in the history of the human race, people are learning that they have the choice between dis-ease and health, between struggle and comfort, between frustration and satisfaction. However, the choice is not an easy one because choosing health and happiness often means breaking away from life elements which, as destructive as they may be, are familiar. Choosing a comfortable, positive life often means making a transition from the known to the unknown. Choosing health and happiness means being willing to change.

WILLINGNESS - THE KEY

Are *you* willing to change? Are you willing to try techniques which may not have been tested in laboratories or which may not have the approval of so-called authorities but which many people have experienced as effective? Are you willing to do what you have to do to help yourself to a better life?

If you do have the willingness to change, then you have the one ingredient that is essential for improving your life. *The willingness to take the necessary action is what you need to progress from your present point in life to a more comfortable one.*

How can a person develop willingness? This is a difficult question and one to which there is no real answer. The willingness to change is something that comes from deep inside a person. Sometimes it comes like a bolt of lightning out of nowhere, sometimes it develops gradually over a long period of time, and sometimes it comes only after a difficult battle with life's problems and challenges.

If you are reading this book, then you probably, at the least, have a *desire* to improve your life and perhaps you are looking for something to motivate you further in order that you might develop the *willingness* you need.

In order to improve your life, it is not necessary to make many changes all at once. As a matter of fact, the process of change is more effective if it is done gradually. So, *all you really need is the willingness to take little steps - to make small changes, one at a time.* Eventually, the effect will be cumulative and you will find that your body-mind feels better and your life has moved in a positive direction.

TWO CHANGES

What kind of changes will you have to make in order to improve your life? That depends on the condition of your life now and how much or how quickly you want to change it. However, it is pretty safe to say that if you are unhappy or unhealthy now and you want to improve the quality of your life, there are two things you will have to change - the way you think and the way you eat.

The way you think affects your approach to life and the way you eat affects the energy of your life. Both thoughts and food also have a direct affect on the health of your physical body-mind.

If you have a lot of negative thoughts, then it is difficult to live a positive, healthy life. For example, if you have a lot of anger and resentment inside of you, then you probably think a lot about how you are not getting what is due you or you become upset easily about what people around you are doing. This does not leave much space for peace, joy, or love.

Anger and resentment also cause hormonal changes, as you will see on page 38, and these hormonal changes cause excessive wear and tear on the body-mind. Negative emotions such as anger, fear, resentment, hostility, and grief are forms of stress that can lead to serious dis-ease.

On the other hand, positive thoughts lead to a healthy and comfortable life. People who see the goodness in others, who are open to love, and who can express themselves feel good physically and find satisfaction in their lives. Positive emotions such as joy, love, and compassion nourish the physical body-mind and allow it to heal itself.

As important as the quality of your thoughts is the quality of the food you eat because it is the source of fuel for your body-mind. High quality fuel, such as fresh, whole foods, provides your body-mind with the ingredients it needs to function efficiently and effectively. On the other hand, low quality foods, such as sugar, alcohol, caffeine, and other foods classified as Group 4 in *THE FOOD GUIDE* (see page 43) create hormonal imbalances and other conditions that lead to discomfort and dis-ease.

Chapter 2. Food is Fuel

THE SYMPTOM LIST

At this point, I would like to suggest that you take a few moments to go over The Symptom List below and place a check mark next to any of the symptoms that apply to you.

__Frequent headaches
__Insomnia
__Gnawing hunger, hungry all the time
__Uncontrollable urges to eat
__Loss of appetite
__Shaky when hungry
__Allergies, hayfever
__Wake up in the middle of the night, can't fall back to sleep
__Trouble getting started in the morning
__Tire easily
__Chronic fatigue, tired all the time
__The "blahs"
__Weakness, dizziness
__Blurred vision
__Night blindness
__Heart beats fast (palpitates)
__Frequent urination
__Constipation
__Diarrhea
__Night sweats
__Excessive perspiration
__Bad breath
__Body odor
__Post nasal drip
__Heavy ear wax
__Upset stomach, indigestion, nausea, gas
__Rashes, eczema
__Hyperactive (can't sit still)
__Reduced sex drive
__Impotence or frigidity
__Unexplained aches and pains
__*Burning feet, sore feet*
__Dry scalp, dandruff
__Oily hair
__Split ends
__Watery, bloodshot eyes
__Dark cricles under eyes
__Coated tongue
__Sores in mouth
__Dry or oily skin
__Blotchy, scaly skin
__Whiteheads, pimples, acne
__Splitting nails
__Frequent bruises
__Sores or boils
__Puffy ankles, swollen legs (edema)
__Depressed
__Fearful — overwhelmed by people or places
__Unexplained anxiety
__Poor memory
__Can't concentrate
__Can't decide easily
__Make mountains out of molehills
__Highly emotional
__Moody
__Can't work under pressure
__Don't like yourself, poor self-image
__Nightmares, confusing dreams
__Nervous
__Cry easily, feel like crying inside
__Feelings of hopelessness, suicidal thoughts
__Fits of anger
__Irritable before meals
__Feel like screaming inside
__Hostile, aggressive
__Shy, withdrawn

Would you believe that virtually every symptom on The Symptom List can be related, in some way to the food you eat?

Do you know, for example, that depression, insomnia, headaches, and irritability can be caused by eating sugar?

Do you know that processed foods and caffeine can lower your energy levels and cause chronic fatigue?

The reason why food has such a strong effect on how you feel is very simple. Your body-mind can be compared to a machine, and like any machine, it needs the right fuel in order to operate smoothly. Some machines need gasoline, others need electricity. Your body-mind needs food, water, and oxygen which it uses to manufacture the ingredients it needs to perform the tens of thousands of functions that sustain life.

If your body-mind is not nourished with the specific ingredients it needs, it will not operate at peak efficiency. It will work, but you will not feel healthy, physically or mentally. It is like trying to bake bread without one of the ingredients missing - the bread will be edible, but it will not taste quite right.

What kind of fuel does your body-mind need? It needs fresh, whole, natural foods like fresh vegetables and whole grains. It does *not* need sugar, white flour, caffeine, chemical additives, and alcohol, yet one or more of these ingredients can be found in almost every packaged food. The result is that people who use these health destroying foods experience physical and emotional discomforts that indicate the body-mind is not working properly.

Fortunately, however, your body-mind comes equipped with a self-repair system that is designed to maintain the health of your entire body-mind. You have seen the seemingly miraculous effect of this system in operation every time you have mended a cut or bruise or any time you have successfully fought an infection or viral dis-ease. If it is nourished properly, this self-repair system can alter the course of *any* discomfort or dis-ease and help you towards health and happiness.

DON'T RUSH

Remember I asked if you were willing to change? Well, unless you have found some secret formulas for health, if you want to feel better, you will have to think about exchanging some of the foods you eat for the health restoring foods your body-mind needs.

I can understand if the thought of giving up your favorite ice-cream sends shivers up your spine or if the thought of green vegetables makes you squeamish. I used to feel the same way.

If ever there was a junk food junkie, I was it! During the first 32 years of my life, I do not think a day went by without my eating chocolate chip cookies, strawberry jam, or white bread. I loved candy, cola drinks, lemon chiffon pie, and sugar coated cereals. If anyone would have tried to tell me that some day I would love baked squash with butter and cinnamon or that I would crave fresh vegetables I would have laughed at them.

The day that I found out that I had hypoglycemia was the moment in my life when I had to choose between all of my favorite foods or a healthy life, although for me, there really was no choice. I felt so miserable that I had to do something and I knew that I had better follow Dr. Harper's advice.

You may not be willing to change as quickly as I did, and that is fine. I do not even suggest such a sudden change. When I gave up sugar, alcohol, and all the foods listed as

Group 4 Foods in THE FOOD GUIDE, the change was such a shock to my body that it created other problems that had to be overcome. As you will see in this book, I suggest a gradual change that is done over a long period of time. So, please do not be frightened at the thought of giving up your favorite foods. A time will come when it will seem like the natural thing to do.

NATURAL vs PROCESSED

Your body-mind was designed to process the food you eat in such a way that it can extract the nourishment it needs from the food and eliminate the waste products that it cannot use. The Creator of the body-mind provided everything that the body-mind needs to function at peak efficiency *within the natural system.*

But, human beings, enamored by their technology, decided to try to improve upon what nature provided. Large corporations, whose motives are profit, not health, produce enormous quantities of food products that have had many of the natural elements removed and have chemicals, sugars, and excess salt added to preserve and "enhance" the products.

A great deal of energy is expended convincing people that these altered foods are as nourishing as those provided by the natural system. But all the advertising in the world does not change the fact that the body-mind needs specific nutrients, in the form that nature provides, in order to avoid dis-ease.

Many processed foods are touted as containing all of the nutrients that your body-mind needs. Vitamin enriched cereals, for example, claim to provide a large portion of your daily nutritional requirements. This might be true if all that mattered was the chemical composition of the vitamins. But everything that occurs in foods in their natural state occurs in combinations with other elements that can help the body-mind utilize the nutrients to their best advantage. There are also different forms of vitamins and minerals and those in processed foods are not necessarily the ones that are best for you. They are merely the least expensive to produce.

Processed foods such as cereals can also hurt you by placing a strain on the delicate glands that regulate body-mind processes. For example, foods that contain sugar, white flour, and caffeine cause many physical and mental discomforts because of the stress they cause in the blood sugar system.

These foods overwork the pancreas, the gland that produces insulin. Insulin is a hormone that helps deliver blood sugar, the body-mind's basic fuel to the cells where it can be used to power the chemical reactions that sustain life. A constant onslaught of processed foods sensitizes the pancreas to such an extent that it will either stop producing insulin, causing *diabetes,* or it will produce too much insulin, causing low blood sugar, or *hypoglycemia.*

Most people have experienced hypoglycemic episodes and many people have a chronic condition of hypoglycemia. A large number of the symptoms on The Symptom List can be caused by blood sugar levels that fluctuate and drop so low that cells are starved for fuel. Weakness, dizziness, irritability when hungry, trouble concentrating, insomnia, hungry all the time, chronic fatigue, and depression are all signs that the body-mind is not receiving the fuel it needs.

Your body-mind can also be hurt by food additives such as salt, preservatives, food coloring, and other chemicals. Excessive salt is a known factor in the development of high blood pressure and other disorders: chemicals of any kind can interfere with cellular reactions and, in many cases, can contribute to the development of dis-eases such as cancer.

IT CAN BE ENJOYABLE

But, because you can control what you eat, you can control your health and avoid dis-ease by eating fresh, whole foods and by eliminating processed foods from your diet. I know that it is a lot easier to say, "Eat fresh, whole foods," than it is to actually do it. In fact, giving up health destroying foods may be one of the most difficult tasks you ever undertake.

The reason for this lies beyond the food itself because in our culture there is more to food and eating than just what is scientifically correct. Food fulfills many psychological as well as physical needs. Sugar foods, for example, are often associated with pleasure because adults have traditionally rewarded children with sweets. When children grow up, they remain attached to the foods that were used as positive reinforcement. Ice-cream, for example, is one of the most universally loved foods and one of the most difficult to give up because it is one of the foods most often given to children as a reward.

Eating is also a highly sensual experience. Foods that taste good, feel good, smell good, and look good stimulate our pleasure centers. Food and the act of eating provide many pleasurable sensations and for people whose sexual lives are less than fulfilled, food becomes a primary source of sensual pleasure. A dish of steamed vegetables may be what a body-mind needs, but for the person who feels lonely or who has not been touched in a long time, an ice-cream cone or piece of gooey layer cake will probably be the food of choice.

This does not mean that eating fresh, whole foods means being sentenced to a life of boring meals. Quite the contrary. Once you learn to break away from the processed food consciousness, your taste buds will actually change and you will find yourself attracted to many foods that you probably never even noticed before. There are many interesting recipes available that utilize fresh, whole, health restoring foods. Also, once you have regulated your glands, it is possible to have occasional servings of reward foods without doing damage to your body-mind.

THE NUTRIENTS

Your body-mind has a complex processing plant that converts the food you eat into fuel and other usable by-products which are sent to your cells to help them do their work. You may not realize it, but literally *tens of thousands* of chemical and/or electrical reactions take place *within each cell* and for each of these reactions a specific proportion of certain substances is needed. These substances include:

Vitamins	Hormones	Fats
Minerals	Proteins	Oxygen
Enzymes	Water	Glucose

When enough of these substances are not available, your cells cannot do their work properly. Your body-mind will still function, but you will not feel up to par.

Some of the substances used in your cells, such as vitamins and minerals, come into the body-mind via food. Others, like hormones and enzymes, are manufactured in your body-mind from the raw materials that are contained in food. Therefore, in order to provide your body-mind with the substances it uses, you need food which contains certain nutrients and these nutrients must be available *on a daily basis.*

The most important nutrients that you need which come from food are:

Protein
Carbohydrates
Fats
Water

Following is a brief explanation of each of these nutrients. You will also find more information about them in other parts of this book.

PROTEIN

Your body uses protein to build and repair cells and it must have high quality protein from food sources in order to build cells for healthy muscles, bones, skin, and other body-mind parts. Amino acids, which are the basic components of proteins, are also used to manufacture hormones and enzymes and for many cellular reactions.

Protein foods are also a source of energy for your body-mind because a portion of your protein foods can be converted into glucose, or blood sugar, which is the basic fuel that powers the chemical/electrical reactions in your cells. Protein foods are digested at a slow rate, thereby providing the body-mind with a slow, steady supply of fuel.

The best sources of protein are fish, poultry, eggs, soy products, and daily products. Nuts, seeds, grains, vegetables, and fruits also contain protein, but these foods must be carefully combined in order to provide sufficient quantities of the complete proteins which the body-mind needs, especially during the healing process. Red meats, (beef, pork, lamb, etc.) are also a source of protein, but I do not consider them to be a high quality source. (See page 62.)

CARBOHYDRATES

Carbohydrates are sugars and starches and they are a major source of energy for your body-mind because they are rapidly converted into glucose and because 100% of the available carbohydrates are used for this purpose. Carbohydrates also aid in the digestive and metabolic processes and also provide fiber which helps the body-mind eliminate wastes.

Carbohydrates occur naturally in the greatest concentration in grains, grain products (flour, cereals, etc.), rice, legumes (beans), starchy vegetables such as potatoes, barley, and corn, and sweet fruits such as mangoes, bananas, cherries, and grapes. All vegetables and fruits contain carbohydrates, but in varying concentrations.

All of these naturally occurring carbohydrates are called *complex carbohydrates.* The sugars and starches in these foods are contained in a matrix, such as cellulose, which must be broken down during the digestive process before they can be used for fuel. So,

even though the carbohydrates are converted into glucose faster than proteins, the glucose is released at a steady, even pace over a period of time.

This is not true of foods that have been processed. The carbohydrates in these foods, called refined carbohydrates are sent into the blood stream very rapidly because there is no matrix that has to be removed. This places a strain on the glands which regulate blood sugar levels, especially the pancreas. You will experience a spurt of energy as these carbohydrates are used for fuel in your cells, but you can also experience a let down a few hours later because of the strain on the pancreas. (For a full explanation of the blood sugar system and how it is affected by food, see page 34.)

FATS

Fats are a source of energy for your body-mind and they also act as carriers for certain vitamins. Fats also help produce body fat which keeps organs in place and helps insulate the body-mind.

Fats contain substances called fatty acids which your body-mind needs for certain functions such as lubricating your skin and for the production of cholesterol. These fatty acids are found in both animal and vegetable sources, but those found in vegetable sources such as vegetables, nuts, seeds, and vegetable oils are the preferred source of fatty acids.

VITAMINS & MINERALS

Vitamins and minerals are necessary ingredients for each of the chemical reactions that take place in your cells. There are many different vitamins and minerals that you need and the best source of these important nutrients is *fresh vegetables.* Unfortunately, most people do not eat enough fresh vegetables and they eat mostly canned and frozen vegetables which often contain sugar, salt, and other additives.

Other good sources of vitamins and minerals are fruits, grains, nuts, seeds, and many of the protein foods. Fresh, unrefined foods contain the highest quality vitamins and minerals. Vitamin and mineral supplements also provide these nutrients, *but they are meant to be used along with food and not as a substitute for food.*

Vitamin and mineral deficiencies can cause many symptoms and long term deficiencies can lead to chronic and degenerative dis-ease. Symptoms that can be caused by vitamin and mineral deficiencies include:

Chronic fatigue	Digestive disorders	Constipation
Night blindness	Skin rashes	Muscle cramps
Weakness	Depression	Anemia
Rickets	Hair loss	Chronic infections
Warts	Frequent bruises	Mood swings

Vitamin and mineral deficiencies can be a contributing factor for all of the symptoms on The Symptom List.

WATER

Water is the most abundant substance in your body (about 2/3 of your body weight is water) and it is also one of the most important nutrients. Water carries other nutrients

throughout the body and is involved in nearly every body-mind process. Water also helps maintain a normal body temperature and helps eliminate wastes.

Nearly all food contains water. Fruits and vegetables are a good source of pure water. However, because your body loses about three quarts of water daily, you also need drinking water.

The purity and mineral content of water varies greatly from one source to another. Tap water, in many communities, is the least desirable because of the chemicals it contains. Softened water is also not recommended because of its high sodium content. Spring, well, or filtered water is best.

HOW MUCH?

When you give your body-mind the nutrients it needs, your energy levels will be good, without any major fluctuations, and you can avoid feelings of discomfort and disease. The logical question for you to ask now is, "How much of these nutrients do I need?"

This question cannot be given an exact answer because every body-mind has different nutritional requirements. Just as no two fingerprints are alike, no two body-minds need the same nutrients. For example, a thin woman who works at a desk has different needs from a muscular man who does construction work. She also has different needs from a muscular woman who also has a desk job. Even two people of the same body type can have different nutritional needs because other factor such as age, rate of metabolism, and genetic makeup affect nutritional requirements.

To complicate matters, nutritional needs within the individual can also change from time to time. For example, when you are under stress, your body-mind needs more Vitamin C and protein than it does when you are calm and peaceful. Also, you need more food on days when you are active than on days when you are quiet.

During the healing process your nutritional requirements will differ from your needs when you are healthy. In order to repair damaged body-mind systems and to eliminate toxic wastes and residues from your cells, you will probably need therapeutic doses of vitamin and mineral supplements as well as certain foods that can help you heal.

Because nutritional requirements vary so widely, no one book or authority can tell you exactly what to do in order to provide *your* body-mind with the nutrients it needs. If you have read other books on nutrition, you have probably discovered that even the so-called authorities disagree about what to include in the ideal nutritional program.

The reason for this is simple:

There is no one ideal program! The only way to find
out what is right for you is by trial and error
and by listening to your Inner Voice.

The big variables are the protein and carbohydrate foods. Some people do well on a moderate to high carbohydrate/low protein diet while others feel best on a high protein/low carbohydrate routine. Some people are so sensitive to any kind of sweeteners or

starchy foods that even small servings of foods such as grains, grain products, rice, beans, starchy vegetables, or sweet fruits can cause symptoms.

The type of protein body-minds need also varies. Some people need fibrous animal protein (meat, poultry, fish), while others can make do with dairy products and vegetable sources such as soy. You may find that the protein foods you choose to eat go through many stages as your healing progresses. You may find, for example, that sometimes you have cravings for fibrous animal protein and at others, no desire at all. When it comes to protein foods, it is a pretty safe bet to follow your cravings.

This is not necessarily true of the carbohydrate foods because these are the pleasure stimulators and the foods most people go to during times of stress. During such times, it is best to give your body-mind more protein and low carbohydrate vegetables (those listed as Group 1 and Group 2 Vegetables in *THE FOOD GUIDE.*)

THE FOOD GROUPS

Although individual nutritional requirements vary, there are some basic guidelines that you can follow in order to make choosing foods as simple a process as possible.

Starting on page 43, you will find *THE FOOD GUIDE* which contains a complete listing of foods and you will see that all food categories are divided into four groups ranging from the most nutritious foods, called Group 1 Foods, to the least nutritious, called Group 4 Foods. If you work towards eating mostly Group 1 and Group 2 Foods, with occasional servings of Group 3 Foods, you can be sure that you will be providing your body-mind with the high quality nutrients that it needs.

For example, you will find fresh, low carbohydrate vegetables such as lettuce, cucumbers, tomatoes and asparagus listed as Group 1 while frozen vegetables prepared with sugar or starch, as many commercial products are, are listed as Group 4.

Group 4 Foods, generally, are not only low in nutritional value, they also can hurt your body-mind and often contribute to the development of discomfort and/or dis-ease. All foods that contain sugar, refined carbohydrates, caffeine, or alcohol are listed as Group 4 Foods.

Many Group 3 Foods can also cause symptoms, especially in people who are sensitive to carbohydrates. Included in Group 3 are starchy vegetables, beans, sweet fruits and grain products, all of which can create problems if used to excess.

Also included in Group 3 are sugar-free canned and frozen foods and commercially prepared foods that contain no Group 4 ingredients but which may have chemicals and/or salt. Although these foods will not usually cause immediate symptoms, they are inferior nutritionally and the chemicals and salt they contain can create problems over a period of time. For this reason, it is suggested that these Group 3 Foods be used to withdraw from Group 4 Foods and then, in most cases, phased out.

The Food Groups are designed to help you choose which foods, within a category, are best to use. You may not be aware, for example, that foods like grapes and watermelon (both Group 3), which have high sucrose content, are best passed over in favor of apples or grapefruit if you wish to rest your pancreas.

You will also find a complete Food Index at the end of *THE FOOD GUIDE* which lists all foods according to the page on which they are listed and the Food Group they occupy.

A GENERAL EATING PLAN

Basically, what you need is:

- Protein foods 2 to 3 times a day
- A variety of vegetables and fruit
- Occasional servings of high carbohydrate foods such as rice, beans, or Group 3 Vegetables
- 1 to 2 quarts of water a day
- Vitamin and mineral supplements

How much protein you need and how many high carbohydrate foods you can tolerate is something you will have to discover for yourself. By listening to your body-mind's signals and by developing a day to day awareness about your energy levels, you can find what is best for you.

In order to heal glands that have been stressed by diets that are high in sugar, refined carbohydrates, caffeine, and alcohol, I have found that it is best to limit or avoid starchy foods and sweet fruits for at least six months and to eat mostly Group 1 and Group 2 Vegetables and Protein. These health restoring foods have the greatest concentration of vitamins, minerals, fiber, and protein, but are relatively low in carbohydrates and, therefore, give stressed glands a chance to heal.

If you eat vegetables in a variety of colors at least three times a day, you will be getting a wide range of vitamins and minerals because these nutrients determine the color of the vegetables. Green vegetables, especially dark green, leafy ones, are packed with health restoring nutrients and they mix well with vegetables of other colors.

Most people are not accustomed to eating quantities of fresh vegetables. If you do not like these marvelous foods, it may be because you have never tasted vegetables that were cooked properly or in an interesting manner. Most people find that as they eliminate Group 4 Foods, they automatically start eating more vegetables.

I suggest that you try one new vegetable or vegetable recipe a week and, in time, you will probably find yourself growing to like these wonderful healing helpers. In the meantime, you can nourish yourself with the vegetables that most people are willing to eat such as lettuce, tomatoes, cucumbers, celery, carrots, and string beans.

Fruits also contain many nutrients and fiber, but it is possible to eat too much fruit. Although fruit contains fructose, or fruit sugar, which does not stress the pancreas, most fruits also contain other sugars such as sucrose or glucose which do. Grapes, for example, are high in sucrose. I suggest no more than 2 to 3 servings of Group 1 or Group 2 Fruit per day. If you are sensitive to carbohydrates, apples are the best fruit to use.

Most people think that the body-mind needs some sugar or starchy foods, but my personal experience has shown me that this is not true. Because I am extremely sensitive to carbohydrates, I basically eat Group 1 and Group 2 Vegetables and Protein. I rarely eat fruit and never eat grains or starchy vegetables. Every time I have tried to eat these foods, I have become depressed or my energy levels have been adversely affected.

EAT OFTEN

To help regulate blood sugar levels, thereby avoiding symptoms such as irritability, headaches, weakness, dizziness, fatigue, mood swings and trouble concentrating, and to provide your body-mind with a steady supply of fuel, it is best to eat three small main meals with snacks in between.

People are sometimes hesitant about eating 6 to 8 times a day because they are afraid they will gain weight. Actually, the opposite is true. Studies have shown that people who eat only once or twice a day can gain weight more easily than people who eat more often and that they have more trouble food help to regulate weight patterns, both overweight and underweight.

I am not suggesting that you eat a lot of extra food, but to spread out what you eat during the day. You will find some suggested serving sizes in *THE FOOD GUIDE.*

To find the time intervals between food servings that is best for you, watch your hunger patterns for a week or so. The idea is to eat about one half hour before you usually get hungry. So if you get hungry every 3 hours, eat every 2 1/2 hours. Snacks can be as simple as a glass of vegetable juice, some raw salad vegetables a piece of fruit, or an ounce or two of protein,. During the healing process, some people need protein each time they eat.

After your glands have had a chance to rest and heal, you will not need to eat as often. You will also be able to eat occasional servings of high carbohydrate foods without causing a stress reaction, unless you have a sensitivity to these foods.

Faithfully eating on time sometimes takes planning ahead in order to avoid finding only Group 4 Foods are available. Also, if you require protein for your snacks, you may have to take it with you.

A good basic piece of equipment to purchase is a small insulated thermos bag or cooler that you can use to carry snacks and/or meals to work or when you leave your house for more than a few hours.

There are many different foods that you can carry in your cooler. These include:

- Raw salad vegetables
- Protein salads such as chicken, tuna
- Leftover meat, poultry, seafood
- Hard boiled eggs or egg salad
- Cheese, cottage cheese, yogurt
- Nuts and seeds
- Fruit

If you are out in your car and do not have food with you, you can stop at a market and pick up cottage cheese, yogurt, cheese, nuts, fruit or raw vegetables.

If you eat in restaurants, do not be afraid to ask about the ingredients in food you want to eat. Beware of soups, stews, and sauces - they often have sugar, flour, cornstarch, or wine. Also be aware that foods made with mayonnaise are usually made with mayonnaise that contains sugar. Commercial tomato sauce also usually contains sugar.

SUPPLEMENTS

After telling you that you need fresh, whole foods, it might seem contradictory to recommend vitamin and mineral supplements. However, there are a number of reasons why you probably need them.

You might wonder why you cannot get all of the nutrients you need from the food you eat. You could, if you lived as humans first lived, in a simple, unpolluted environment, grazing all day on the foods that nature provided. Lives were uncomplicated then and free of the pressures of life as we know it.

Civilization has taken humans away from their natural environment. Lives are much more complex and people have to deal with many pressures and different kinds of stress. This creates a need for more nutrients as cells strive to cope with the added stress. For example, under stress conditions, adrenal glands need more B vitamins and more vitamin C. Vitamin E helps protect against the effects of air pollution and extra minerals are needed to counteract the effects of physical and emotional stress.

Also, the nutrients in foods vary greatly because they are affected by the environment in which they are produced. Vegetables, for example, which are grown in depleted soil, as they often are, cannot provide adequate nourishment.

Another reason why you need supplements is that not only do you need nutrients on a day to day basis, you also need extra nutrients to help your body-mind repair damage that has been done during the years that you ate health destroying foods. Your body-mind needs all the help it can get.

A final reason is that many people who are alive today, especially younger people whose parents were brought up on health destroying foods, have one or more "nutritional errors of metabolism". These can be minor, but even one small deficiency can upset the chemical balance of the cells and cause incomplete reactions to take place. By supplementing food with extra vitamins and minerals, these genetic deficiencies can be offset.

A BASIC PROGRAM

Because nutritional needs vary from person to person, it is impossible to suggest one vitamin and mineral program that is right for everyone. I am going to suggest a program that is a good basic one for the average city dweller who does not suffer from any serious dis-ease.

If you do have serious problems or if, after eliminating Group 4 Foods you still have physical or mental discomfort, I suggest that you see a nutritionally oriented practitioner.

VITAMINS

• VITAMINS A & D

-10,000 units A, 400 IU's D - One per day.

• B COMPLEX - 50 mgs of each of the B vitamins plus PABA, inositol, choline, and folic acid.(Yeast free.)

- One to two per day.
- If you take more than you need, you may have trouble falling asleep. Reduce the dosage if this happens.
- B Vitamins will color your urine bright yellow.

• C COMPLEX - 200 to 500 mgs. Vitamin C with 50 mgs. or more of the bioflavinoids.

- One per day.

• VITAMIN E - 200 to 400 IU'S.
- One per day.
- If you have high blood pressure, limit to 200 IU's per day unless you are under the supervision of a nutritionally oriented practitioner.

MINERALS

Most people are not aware of the importance of minerals in their daily diet. People have become aware of vitamins, but are only beginning to learn about minerals.

Minerals are not only used in many chemical reactions in the cells, they are also an important part of the body-mind's electrical system, which is a system scientists have just begun to investigate. Minerals help transmit energy through this system which is essential to life and the healing process.

I strongly suggest to people that they use minerals as supplements and that they keep mineral specimens in their homes. The mineral specimens react with the minerals in the body-mind and help to stimulate the electrical system. The minerals that I suggest as a basic collection are quartz, pyrite, fluorite, and agates. Minerals are available at lapidary stores and you can trust your instinct to help you choose the ones that will help you the most.

As supplements, I suggest a multi-mineral tablet or capsule that contains a variety of chelated minerals and which includes the trace minerals. Chelated minerals are easier for your body-mind to absorb and utilize than those that are not.

Be sure that the tablet or capsule you choose contains calcium, magnesium, iodine, manganese, chromium, selenium, iron, potassium, and zinc.

I strongly suggest that you consider having a hair analysis which will give you an analysis of the minerals in your body-mind. It will indicate which minerals you need and which ones may be seriously out of balance. Sugar and other Group 4 Foods often contribute to severe mineral imbalances.

NOTE: I suggest that you use sugar free supplements.

TO SUM UP . . .

If you have never paid much attention to the nutritional value of your food, and if you want to improve the way you feel, you will probably have to make quite a few changes in your eating habits. At first, the number of changes that must be made may seem overwhelming, but if you do it gradually, it can be easier to accomplish than you realize.

The goal is to reach a point where you are eating the following:

- Small frequent servings of Vegetables and Protein, with an emphasis on vegetables. Use mostly Group 1 and Group 2 Vegetables and Protein.
- A minimum number of high carbohydrate foods such as rice, beans, grains, grain products, Group 3 Vegetables, and Group 3 Fruits.
- No more than 3 pieces of Group 1 or Group 2 Fruits per day. If you are very sensitive to carbohydrates, limit the fruit you eat.
- 1 to 2 quarts of water per day.
- Vitamin and mineral supplements.

THE FOOD GUIDE will help you find the foods that are the most nourishing.

Chapter 3.Making Changes

By now you may be considering making some changes in the way you eat. But if you eat as most people do, the number of changes that need to be made may seem overwhelming. This is understandable. But, there is no reason why you have to make a lot of changes all at once. As a matter of fact, it is better to do it slowly.

Any kind of change, to be effective, is best when it is made gradually. In nature, change is always gradual - the turning of a bud into a flower, the growth of a child, the evolution of a new species. Changes that appear to be rapid, such as an earthquake or volcanic eruption are preceded by long periods of gradual building up and are followed by long periods of adjustment.

The same is true for changes that people make. Habits are established or broken over a period of time. If someone suddenly does something, like moving from one city to another or giving up cigarettes, it is usually preceded by a long period of thought and preparation and is followed by a long period of adjustment. If the decision to change is made without thought or preparation, the change is usually short-lived.

Therefore, before you make any changes in your eating habits, I suggest that you take a good look at the way you eat now to see what you want to change. Carefully look at the foods you eat - look at their color, freshness, and quality. Read the labels and see what is in them and what food groups they are in. See how many Group 4 Foods you use in proportion to the Group 1 and Group 2 Foods.

Also, look at how you prepare your food and how you eat it. Does love and caring go into the preparation of your food, or is it just an annoying chore? Do you savor your food or do you just gulp it down?

Take a week or more to look at everything that relates to your food, then decide what changes you want to make.

MAKE SMALL CHANGES

After you decide what needs changing, start the process by making one *small* change. It is important not to make too many changes at one time because if you do, you will become uncomfortable with the new routine and you will just go back to the old ways.

Start with very small changes. You can begin by choosing one Group 4 Food that you use now and replacing it with a similar food from another group. You do not have to do it forever, just make the change at least one time. When you are ready, you can do it again. Following are some changes you might want to consider.

- Buy a small quantity of long grain brown rice. Use it instead of white rice or pasta.
- Buy a loaf of whole grain bread and keep it in the freezer so that you can use it on occasion and gradually become accustomed to the taste and texture.
- Buy a fresh vegetable that you usually buy canned or frozen.
- Use an herb tea or coffee substitute (such as a grain beverage) to replace one

cup of coffee or tea each day. When you are ready, ease out of the coffee or tea.

- If you usually eat a lot of beef or pork, try a new chicken or turkey recipe.
- Replace sugar coated cereals with shredded wheat, puffed rice, or other sugar free cereals. You might want to make the change more gradual by changing from sugar coated cereals with cereals with a lower sugar content.

Each of these small changes will bring you closer to the goal of complete withdrawal from Group 4 Foods. The whole idea is not to overwhelm yourself with too many changes at once. Start with a few small changes and work your way up to the others.

HAVE A GOOD ATTITUDE

Try to make food shopping and food preparation an adventure. If you have a positive attitude towards your future life style, it can be a pleasant experience.

Begin to develop an awareness for foods that you do not use because you do not know how to prepare them. For example, if you see an unfamiliar vegetable or fruit in the market, ask the produce manager what it is and how to prepare it. Be willing to take a few chances with new foods and decide that it is all right if you waste some food as you experiment. You may be surprised to find that foods you have avoided can be tasty when properly prepared.

ADAPT THE OLD

Many of the foods you prepare now can be adapted to your new eating style by replacing Group 4 ingredients with those from other groups. For example:

- In recipes that call for flour, use whole wheat flour instead of white flour.
- Use whole grain products such as whole wheat pasta instead of white flour products.
- Many recipes that call for sugar, such as salad dressings, cole slaw, and sauces, can be prepared without the sugar with only a minor change in taste. Or, use a Group 3 sweetener instead of the sugar.
- Replace processed cheese with natural cheese.
- For breading, instead of using bread crumbs or flour, use grated nuts, seeds or Parmesan cheese.
- If your salad oil has BHA or BHT, use one with no preservatives.
- If you use tomato sauce that contains sugar, try a sugarless brand.

COOPERATE

When making changes, if you live alone, you can follow your own inclinations and establish your own rate of change. However, if there are two or more of you who live together, then conscious cooperation will facilitate the process of change and it is best to discuss and decide what you want to do as a unit. You can decide together which food, or foods, will be phased out and when. The chosen food can be kept out of the house so no one will be tempted.

You can also decide together what new foods you would like to try. You can take turns looking for new recipes and choosing new food items. If you have never shopped at a health food store, you can do it together. You may also want to take turns reading books or magazines which have information about food and nutrition and you can share what you learn with each other.

If you have children and they are allowed to participate in the process of change, they will learn more and will be more apt to accept the change. It usually does not work very well when parents order children to change or forbid them to eat certain foods. The children need help to understand why they are changing and why they are being denied certain reward foods.

BE EASY ON YOURSELF

As you are making changes, be easy on yourself. It often takes three to six months after being introduced to a new idea to actually carry it through. The idea has to seep into your consciousness before you can act upon it. Some people are more ready for change than others and they might accept new ideas rapidly. For others, it takes longer.

The trick is not to be harsh or parental with yourself. There is no Cosmic Parent telling you what you have to do. It is entirely up to you to decide what you want to do and when you want to do it. It is up to you to decide if and when you want to feel better. There is not even a rule that says you have to be happy or healthy - you have every right to feel miserable if you want to.

But, if you do want to feel better, I would like to stress that you will feel better in direct proportion to the amount of fresh, whole foods you use to nourish yourself and the number of Group 4 Foods you eliminate from your life.

I know how hard it is to give up Group 4 Foods and in the process, you will probably have your share of binges.* That is fine. Once you learn to connect how you feel with what you eat, you will probably be less and less willing to eat the foods that cause you discomfort.

LISTEN TO YOUR INNER VOICE

Your body-mind will tell you what it needs and wants, but it does not shout, it speaks in subtle signs and signals. If you want to hear your body-mind and understand it, I suggest that you take some time to tune into it.

First of all, be aware that all sensations, both pleasant and unpleasant, are part of your body-mind's vocabulary. They tell you whether your body-mind is comfortable or not and if it is not, then something needs to be done. If you want to find out what you need to do to correct an uncomfortable condition, you can communicate directly with your body-mind to find out what action to take. How can you do this?

Fortunately, each of us comes equipped with an Inner Voice that is connected to The Universal Consciousness which tells us what we need. The problem is that most people ignore the Inner Voice or do not trust it. Part of the healing process involves getting in touch with and following the directions of the Inner Voice.

To begin the dialogue with your Inner Voice, you can use the following technique.

When you want to find out if you should eat a particular food or take a particular supplement, hold whatever you want to know about up to your solar plexus, close your eyes, take a deep breath, and say to yourself, "Should I use this?"

The response can come in any one of a number of ways. You may just get a feeling of yes or no or you might feel a heaviness or lightness. Your head might even move in a yes or no direction. Try it a few times and see what signal your Inner Voice gives to you.

Sometimes the answers come in the form of "messages". For example, suppose you are wondering how to correct a particular symptom that does not respond to the supplements you are taking or the diet you are following. You might be attracted to a book or magazine article that has the answer you need. Or, a person might come into your life who knows the answer to your question.

Tuning in to your body-mind also means learning to observe the connection between what you eat and do and how you feel. If you have a headache or feel depressed, for example, think back and see if you had any sugar or other Group 4 Foods in the previous 24 to 36 hours. You might be reacting to a high carbohydrate food, such as rice or beans, or too much fruit. By trial and error you will be able to determine which foods cause symptoms. The trick is not to ignore symptoms but to try to find their cause.

Symptoms can come from many things other than foods. Whenever I want to find out what is bothering my body-mind and what I can do to help it, I lie down and relax and imagine that I am travelling into the part of me that is uncomfortable. I often get an idea about a food or vitamin or a technique I can use to alleviate a symptom. Sometimes I feel that I need to go to a practitioner such as a chiropractor, massage therapist, or a nutritionally oriented doctor.

As I said, your body-mind will not shout the answers to your questions, but if you take the time to listen, you can develop a good line of communication.

A WORD ABOUT ALLERGIES

At this point, I would like to say just a few words about food allergies and sensitivities which can cause many of the symptoms on The Symptom List.

Many people are actually allergic or sensitive to the foods they crave or eat every day. Common allergies include sensitivity to wheat, corn, milk, eggs, chocolate, sugar, oranges, and other common foods. Symptoms can range from simple irritations to overwhelming depression.

If after establishing good nutritional habits you are still bothered by symptoms such as lack of energy, headaches, irritability, depression, respiratory ailments, or digestive disturbances, you may want to visit a practitioner who treats allergies and sensitivities.

Chapter 4. Your Energy System

Because blood sugar is the basic fuel used by your body-mind to power all of the chemical reactions that take place in your cells, and because an imbalance in this system can lead to so many disorders, I am going to briefly explain how the system works so that you can better understand it. If you understand the relationship between the food you eat and how you feel, you may be more apt to use the foods your body-mind needs to restore and maintain health.

YOU NEED GLUCOSE

As you saw in Chapter 3, your body-mind needs certain nutrients in order to function properly. One of the most important nutrients that it needs is glucose, or blood sugar, which is the basic source of fuel for energy for your body-mind. Without glucose, none of the reactions within your cells can take place.

Because all of your cells need glucose to power all of their chemical reactions, when there is not enough glucose, there is not enough energy for your life. Your body-mind will still work, but the reactions in the cells will be incomplete and, as a result, you might feel tired or lethargic or you might notice that certain body-mind functions just are not quite right.

For example, you may not be able to concentrate or make decisions, or your memory may not be sharp because your brain cells are not receiving enough fuel. Or, perhaps, you may feel weak or dizzy or shaky inside.

It might seem logical to say that if your cells need glucose, perhaps you should eat more sugar. Actually, this will provide your body-mind with glucose. That is why, after eating sugar, you feel a spurt of energy as the sugar is used by your cells. However, as you will see, the long term use of sugar can cause a severe strain on the delicate glands that regulate blood sugar levels and, in the long run, can cause blood sugar levels to fluctuate erratically.

When this happens, the results can be disastrous. Because the health of your entire being is determined by the health of your cells, if your cells are not functioning properly, neither can you. When cells do not function properly over a long period of time, this can lead to a breakdown in the cellular structure which allows for the invasion of foreign organisms, such as viruses and bacteria, and for the proliferation of mutant cells such as cancer cells.

Also, because glucose is used in every body-mind process, if there is not enough glucose, the body-mind's self-repair system also cannot function efficiently. It becomes more difficult to resist disease or to repair damages such as cuts, bruises, or broken bones.

It would be simplistic to say that a malfunctioning blood sugar system is the only cause for discomfort or dis-ease. However, if the blood sugar system is not functioning

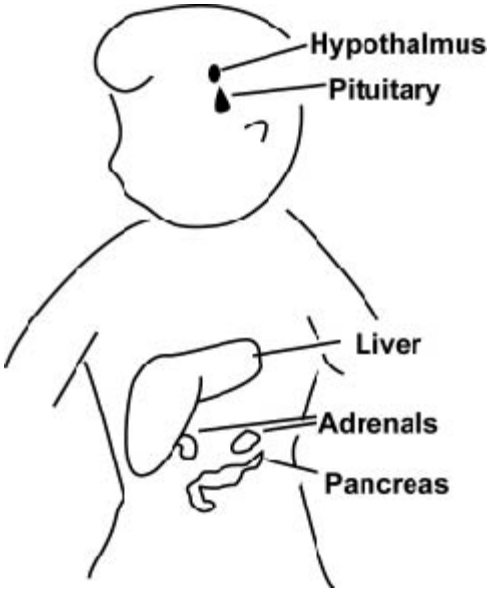
efficiently, then nothing else can work properly either. Therefore, if, like most people, you have stressed your blood sugar system, then by focusing on regulating your blood sugar levels, you can help yourself to better health, both physically and emotionally.

PARTS OF THE SYSTEM

First I will describe the different parts of your blood sugar system and how they interact to regulate your body-mind's energy supply. Then, we will look at what can go wrong. I hope this will help you understand why sugar, caffeine, alcohol, refined carbohydrates, and nicotine can have such a devastating effect on your health.

There are four glands which, along with your liver, regulate blood sugar levels. They are:

- The hypothalamus
- The pituitary
- The pancreas
- The adrenal glands



THE HYPOTHALAMUS

The hypothalamus is a small portion of your brain that acts as the body-mind's laboratory, measuring all of the body-mind's functions on a 24 hour basis. When anything is out of balance, the hypothalamus sends a *nerve* message to the pituitary gland, signaling the pituitary as to what needs correcting.

THE PITUITARY

Touch the bridge of your nose. Behind this, in your mid-brain, is your pituitary gland. This amazing gland is only about the size of a pea, yet it affects more functions than any other gland. It is called "the master gland" because it helps regulate all of the other glands.

When the hypothalamus sends its nerve message to the pituitary, the pituitary alters this nerve message into a *chemical* message, i.e. a *hormone,* which is sent to the gland or organ that can correct the condition that is out of balance.

When blood sugar levels are too high or too low, the hormonal message is sent either to the pancreas or to the adrenal glands.

THE PANCREAS

Put your hand on the center of your abdomen just above your navel. Right about there, towards the back of your abdominal cavity is your pancreas.

The pancreas is shaped like a bunch of grapes on its side. Enzymes which are used in the digestion of proteins, fats, and carbohydrates, as well as insulin, which is used for many metabolic processes, are produced in the pancreas. Scattered throughout the gland and concentrated in its tip, are a group of cells called the *Islets of Langerhans*. These are the cells that secrete insulin.

Insulin has many functions and one of them is to carry glucose across the cell membrane into the cell where it can be used for fuel. This, in effect, lowers blood sugar levels because the glucose is taken from the blood into the cell.

Whenever there is an excess of glucose in the blood, insulin is secreted and whatever glucose can be utilized is taken into the cells by the insulin. Then, whatever excess glucose remains is converted into *glycogen* and stored in the liver and muscles. When blood sugar levels fall too low, the glycogen is converted back to glucose and sent into the blood stream. Insulin is used for the glucose to glycogen and glycogen to glucose conversions.

The cells of your body-mind only need about two teaspoons of glucose at any one time in order to perform all of the body-mind's functions. Imagine how hard the pancreas must work to balance the system when two or three times the amount needed is brought into the blood stream.

When refined carbohydrates are eaten, sugar is rapidly released into the blood stream and it must be used immediately or stored as glycogen. A chocolate bar contains about six teaspoons, and a piece of chocolate layer cake about fifteen teaspoons of sugar. Each time foods such as these are eaten, the pancreas is stimulated to produce more insulin.

THE ADRENALS

Place your hands on the small of your back on each side of your spine. Your kidneys are here and perched on top of each kidney is a small gland called the adrenal. The gland is divided into two parts: the outer portion is called the *cortex* and the inner portion is called the *medulla.*

The adrenals produce many hormones which affect body-mind functions, such as cortisone, aldosterone, and cortisol, but the hormone that most affects blood sugar levels is adrenaline, which is produced in the adrenal medulla.

Adrenaline is known as the fight or flight hormone because it is secreted whenever there is a stress reaction or whenever negative emotions such as guilt, anger, or worry are experienced. Stress reactions can be either emotional, such as coping with job pressures, or physical, such as pain or injury. Caffeine and nicotine also stimulate adrenaline production.

When adrenaline is secreted, it signals the liver to convert glycogen, the stored form of blood sugar, into glucose, which is then sent into the blood stream, thus raising blood sugar levels.

THE LIVER

Your liver is located on the right side of your body-mind, under your rib cage. It is the largest organ by weight and is responsible for many body-mind processes. The liver acts as a metabolic factory, converting foods into glucose, glucose into glycogen, and glycogen back to glucose. The liver also filters the blood, produces bile, and causes important changes in many of the substances contained in the blood.

A HEALTHY SYSTEM

When everything in the blood sugar system is working smoothly, there is a steady supply of fuel for the cells. This fuel, glucose, is produced from food sources and from the glycogen which is stored in the liver and muscles.

The hypothalamus monitors the system and when blood sugar levels are too high or too low, a nerve message is sent to the pituitary gland which then sends a hormonal message to either the adrenal glands or the pancreas.

If blood sugar levels are too low, the adrenal glands send out adrenaline which triggers the liver to convert some of its glycogen (stored glucose) into glucose. Then, with the help of insulin from the pancreas, the glucose is taken into the cells where it is used.

If blood sugar levels are too high, the pancreas secretes insulin which carries the excess glucose into the cells where it is used. Whatever glucose can not be used is converted into glycogen and stored in the liver and muscles.

THE UPS AND DOWNS

Blood sugar levels are lowered when glucose that is in the blood stream is taken into the cells and utilized. Any life activity requires glucose, so just being alive uses up the glucose.

Blood sugar levels drop *too low* when too much insulin is secreted, thus removing too much glucose from the blood stream, or when not enough glycogen is available to replace the glucose that is used.

Blood sugar levels are raised every time you eat and the food is converted into glucose or when the liver releases some of its glycogen and it is converted into glucose.

When you eat protein or fats, the blood sugar enters the blood stream at a slow and steady pace because these foods are digested slowly. Carbohydrate foods, on the other hand, are digested more rapidly and the glucose is sent out more quickly.

Fruits, vegetables, grains, and legumes have varying amounts of carbohydrates in different forms. Grapes and watermelon, for example, contain more sucrose (which is like table sugar) than apples or lettuce, and potatoes and beans
contain more starch than broccoli or peaches. However, all carbohydrates from whole, natural foods, i.e. complex carbohydrates, are contained in a matrix, such as cellulose,

which must be removed before the sugar or starch can be sent out into the blood stream.

On the other hand, refined, processed foods which contain sugar or starch, are converted rapidly into blood sugar. Candy, desserts, ice-cream, sugar and other sugar foods cause a flooding of the blood stream with sugar as it passes right through the wall of the small intestine into the blood stream, dramatically raising blood sugar levels. *Most Group 4 Foods cause this reaction.*

Blood sugar levels are also raised every time the body-mind is put on alert or under stress, causing the release of adrenaline. Caffeine and nicotine also stimulate adrenaline production, thus raising blood sugar levels.

IT CAN MALFUNCTION

Because the body-mind only needs about 2 teaspoons of glucose at any one time, each time you eat a food that is high in sugar or starch, the body-mind must take dramatic steps to remove the excess sugar. A large supply of insulin is released allowing the sugar to be taken to the cells and used, which is why you get a spurt of energy from high carbohydrate foods.

It is important to understand that many natural foods, such as rice, beans, and potatoes, that are considered complex carbohydrates contain enough sugar and starch to overburden some blood sugar systems.

If extra sugar come into the body-mind only once a day or on rare occasions, the system could handle the overload without any strain. **However, because of the constant onslaught of sugar and high carbohydrate foods that most people consume, the pancreas is overworked and oversensitized and sends out erratic or insufficient amounts of insulin.**

As a result, you might experience ups and downs during the day as blood sugar levels fluctuate erratically. A spurt of energy can be followed by a let-down a few hours later because the pancreas is sending out too much insulin. Or, you may experience fatigue, irritability, weakness, or other symptoms because your cells are not receiving adequate fuel. *When your cells do not have enough energy, neither do you.*

A malfunction in the liver can also adversely affect blood sugar levels. Such a malfunction can be created when excessive amounts of chemical residues must be filtered from the blood. Excess residues can become lodged in the tissues of the liver, thus interfering with glucose and glycogen production. The offending chemicals can come from foods, drugs, and environmental pollutants.

Your adrenal glands can also become exhausted, thus creating an imbalance in the blood sugar system. As you have seen, adrenaline is sent out every time the body-mind is put on alert and every time a negative emotion is experienced. Because of the nature of our society, adrenaline is constantly being secreted and the average person who has to drive in traffic, work under any kind of pressure, deal with the pressures of family life, and who smokes, drinks coffee, eats refined carbohydrates, and drinks alcohol places his or her glands under a tremendous amount of stress and strain.

When the adrenal glands are overworked, they produce insufficient or erratic

amounts of adrenaline and other important hormones. This can cause many disorders including fatigue, nervousness, anxiety, and some "itis" disorders.

YOU CAN FIX IT

As you can see, if you have eaten Group 4 Foods for long periods of time and if, like most people, you are subjected to stress, your blood sugar system is probably somewhat out of balance. Group 4 Foods and stress also affect other body-mind systems which is why they cause such a wide range of symptoms.

But, blood sugar levels can be regulated and cellular chemistry can be brought back into balance by resting the glands and giving them a chance to heal. This can be done by eliminating the cause of the problem, i.e., Group 4 Foods and stress reactions.

However, it takes time to establish a healthy communication with your body-mind. It also takes time to develop the discipline that is needed to replace destructive eating habits with those that will help your body-mind repair itself.

The suggestions offered in this book are meant to help you point yourself in a new direction and to give you a basic plan of action concerning changes you can make in order to create a more comfortable life for yourself. I hope you find something here that stimulates you to begin to develop an awareness about how you nourish yourself and the quality of fuel that you use to power your life.

The Food Guide

Because no two people have the same nutritional requirements, it is impossible to set out a definite eating program for everyone to follow. Therefore, in *THE FOOD GUIDE* we have established some basic guidelines that we feel will allow most people to develop a rational eating plan that satisfies their basic physical and emotional needs.

The information presented here was gathered over a twelve year period as a result of practical experience with many people. The ideas and suggestions may sound very specific (e.g., the suggested serving sizes), but keep in mind that these are meant to be general guidelines to help you design an eating plan that is best for you.

In *THE FOOD* GUIDE all foods are first divided into categories, such as Protein Foods, Vegetables, and Sweeteners. Then, within each category, foods are all divided into 4 Groups, going from the foods that art most nutritious and helpful for the body-mind, the Group I Foods, to-those that are the least nutritious and most harmful, the Group 4 Foods.

At the beginning of each category, is an explanation of that category, as well as suggested serving sizes for the foods within that category, The recommendations are for small to moderate servings with an emphasis on vegetables and protein.

I firmly believe that in order to rest and heal stressed glands and organs it is necessary to limit high carbohydrate foods and sweeteners of any kind for at least three to six months. If there has been severe damage to the glands, a longer healing period may be necessary.

Therefore, the basic plan presented in *THE FOOD GUIDE* is to gradually withdraw from all Group 4 Foods and to strive towards eating mostly Group I and Group 2 Foods with occasional servings of Group 3 Foods.

At the end *of THE FOOD GUIDE is* an index that lists all foods according to the Food Group that they occupy and the page on *which* they are mentioned.

THE FOOD GROUPS

Group 1:

Group I Foods are the highest quality foods, i.e., they provide the highest concentration of nutrients. Group I Foods contain no harmful ingredients and are considered low carbohydrate foods.

NOTE: When a listing in *THE FOOD GUIDE* mentions “sugar”, what is meant is sugar *of* any kind. The sugars are listed under Group 4 Sugars and Sweeteners on page 71.

Group 2:
Group 2 Foods are also high quality foods with no harmful ingredients. However, some Group 2 Foods have a higher concentration of carbohydrates than Group I Foods and it is suggested that these foods, such as long grain brown rice, soy beans, and whole grains, be used in limited quantities, especially while glands are healing. Serving sizes are indicated for each category.

Group 3:
Some Group 3 Foods contain chemicals or are not as fresh as Group I or Group 2 Foods and are best used only to withdraw from Group 4 Foods. Other Group 3 Foods, such as sweet fruits and beans, are concentrated sources of complex carbohydrates and are best used in limited quantities, as indicated.

Group 4:
Group 4 Foods contain sugar, starch, caffeine, alcohol, and/or other harmful ingredients. These are the foods that cause most nutritional disorders. Gradually withdraw from all Group 4 Foods.

BEANS & RICE

Beans and rice are high carbohydrate foods and are best used in limited quantities during the healing process. Group I and Group 2 are best.

SERVING SIZES OF BEANS AND RICE
Limit to 3/4 cup servings and do not use at the same meal with grains, grain products or Group 3 Vegetables.

WHEN TO USE BEANS AND RICE

Use beans and rice or grains and gain products or Group 3 Vegetables no more than three times per day. Use only once a day, or not at all, to rest stressed glands.

People who are sensitive to carbohydrates may have to eliminate these foods until their body-minds heal.

GROUP I

Sprouted beans

GROUP 2

Aduki beans
Long grain brown rice
Rice cakes
Short grain brown rice
Soy beans and soy bean products - except those with Group 3 or Group 4 ingredients.
Wild rice

GROUP 3

Beans - all kinds except green, yellow wax, aduki, and soy which are Group 2
Sweet rice

GROUP 4
All white rice
Enriched and parboiled rice

BEVERAGES

Americans consume large quantities of sugar laden beverages, milk, coffee, and tea, all of which cause problems in the body-mind systems. When people withdraw from Group 4 Foods, their craving for these beverages usually diminishes and they find that they are satisfied with drinking water and herb teas.

Milk is not recommended for many reasons and pasteurized milk is especially not recommended. First of all, cow's milk is designed for baby cows, not humans, and cows have different protein needs from people. Also, milk contains lactose, a rapidly metabolized sugar. (There is less of this sugar in cottage cheese, yogurt, and other milk products.) Pasteurized milk is missing many of the natural nutrients found in milk because they are destroyed by the heat of pasteurization.

Goat's milk does not contain as much lactose as cow's milk, although it has a high fat content. Many nutritionists suggest goat's milk as an alternative to cow's milk and some claim it has healing properties.

Decaffeinated coffee is not recommended because of the chemicals used in processing and because there is some caffeine in this beverage. However, it can be used to withdraw from regular coffee. There, is some decaffeinated coffee, available in health food stores that is made without chemicals.

There are many **herb teas** that are tasty and good for you which are good substitutes for other beverages. We suggest that you use a variety of herb teas, rather than the same one every day, and that you be aware that herb teas have medicinal properties. Herb teas can be used hot or cold.

Hot lemon water is also recommended, especially in the morning because it helps remove mucus residues. It also is mildly laxative.

Fruit juice is not recommended because it contains concentrated sugars. Fructose, or fruit sugar, changes to glucose when juice is stored. Therefore, any juice that is not fresh, contains mostly glucose. Many fresh fruits contain sucrose or glucose and juice from these fruits stresses the blood sugar system. If you do use fruit juice, limit to 4 ounce servings of Group I Fruits and count as a Fruit serving.

Diet sodas are best used sparingly. Although they do not contain sugar, they have many chemicals which can hurt the body-mind.

SERVING SIZES OF BEVERAGES

Group 1 - use freely
Group 2 - use in limited quantities
Group 3 - use in very limited quantifies and to withdraw from Group 4 Beverages
Group 4 - do not use. Eliminate gradually.

WHEN TO USE BEVERAGES

Beverages are best used between meals and snacks. Try not to use beverages for 15 minutes before or after eating solid food.
Drink 6 to 8 glasses of water each day.

GROUP I

Herb tea - except those with caffeine or highly medicinal herbs. Gota Kola and Mate contain caffeine.
Lemon water (rinse mouth after using to protect tooth enamel)
Mineral water - non-carbonated
Vegetable juice - fresh
Water - spring, well, or filtered

GROUP 2

Club soda - salt free
Fruit juice -*fresh only* - except juice from Group 3 or Group 4 Fruit. No more than 4 ounces per serving. Count 4 ozs. as a Fruit serving.
Mineral water non-carbonated
Seltzer
Water - distilled

GROUP 3

Bouillon - no sugar or starch
Club soda with salt
Coffee substitutes made from grains - Pero, Postum, etc. These beverages contain molasses, so use only to withdraw from coffee.
Decaffeinated coffee - use only to withdraw from regular coffee, then eliminate
Diet soda -except those made with caffeine
Orange or grapefruit juice with no added sugar, but not fresh squeezed (fresh is Group 2). Do not use every day. This includes:
- Frozen juice
- Pasteurized juice
- Reconstituted juice
- Juice from concentrate

NOTE: Juice labeled 100% fresh is usually made from concentrate.
Vegetable juice - canned or bottled. Tomato, V-8, etc.
Water in plastic containers
Water - tap, in most communities

GROUP 4

Alcohol of any kind. This includes:

Beer	Cordials
Champagne	Distilled spirits
Wine	Liquor

Apple juice - except fresh
Beefamato juice - Mott's
Bitter Lemon
Bloody Mary mixers - except Snappy Tom which is Group 3
Bouillon made with sugar or starch
Breakfast drinks such as Tang
Cocoa
Coffee - regular or instant - except decaffeinated which is Group 3
Coffee-grain beverages
Cola drinks - any kind including diet

Diet soda with caffeine. This includes:

Diet Rite	Mountain Dew
Dr. Pepper	Tab
Mellow Yellow	Diet colas- most brands
Egg Nog	

Food supplements - canned or powdered Nutrament, Metracal, Alba, etc.
Fruit juice - juice from Group 3 or Group 4 Fruits
Gatorade
Grape juice - all kinds
Herb teas with caffeine - Gota Kola, Mate. Also avoid highly medicinal herbs, except under the supervision of an herbalist. Choose herb teas carefully.
Hot chocolate
Iced tea mix
Juice drinks
Juice nectars
Lemonade - powdered or frozen
Milk - all kinds except raw. See "Dairy Products"
Orange juice - frozen or canned with sugar
Ovaltine
Powdered soft drinks. This includes:

Funny Face	Kool-Aid
Golden Crown	Lemonade
Hawaiian Punch	Squooze
Prune Juice	Wylers

Punch
Soda Pop - any kind with sugar
Tang (sugar free is Group 3)
Tea - all black teas contain caffeine
Tonic water
Water processed through a water softener (contains salt)

NOTE: Group 4 Beverages that are made with Nutrasweet are Group 3.

CONDIMENTS & SAUCES

Most commercially prepared products contain sweeteners, salt, and/or chemicals. This includes products found in health food stores. *Read labels carefully on all condiments and sauces,* On the lists below, I have not included the words "with honey". Many salad dressings and mayonnaises are now made with honey instead of sugar, as are other condiments. I consider honey a sugar and do not recommend these products. After your glands have healed and you begin to add additional foods to your diet, you may find that you can tolerate small quantities of foods made with honey.

GROUP 1
Homemade condiments and sauces made from Group I ingredients.

GROUP 2
Homemade condiments and sauces made from Group 2 ingredients.

GROUP 3

Commercially prepared condiments and sauces made without sugar or starch. This includes:

Mayonnaise - no sugar or honey
Mustard -most brands except Dijon and others made with wine
Pepper sauce - Red, hot, etc. - no sugar
Pickles and pickled vegetables - no sugar
Salad dressings with no sugar, no honey. There are only a few of these. Read labels carefully.
Spaghetti sauce - some varieties have no sugar
Soy sauce - no sugar
Tabasco sauce
Tamari - sugarless (Cook to burn off alcohol)
Tomato paste - sugarless
Tomato puree - sugarless
Tomato sauce -sugarless
Vinegar - all kinds except wine vinegar
Wine used in cooking. Use sparingly, if at all. Can cause sugar reactions.

GROUP 4

All condiments and sauces made with any kind of sugar, starch, or wine. This includes:

Barbecue sauce
Chile sauce
Chutney
Cocktail sauce for seafood
Dijon mustard
Dips - commercially prepared
Fruit syrup
Gravy - canned or dry mix
Ketchup
Maple syrup
Marinades
Mayonnaise - most brands
Pancake syrup
Pickled vegetables - most brands
Pickles - all sweet pickles, some others
Relish
Salad dressings
Soy sauce - most brands
Spaghetti sauce - most brands
Steak sauce
Taco sauce
Tartar sauce
Teriyaki sauce
Tomato sauce - some brands
Whipped topping
Worchestershire sauce

DESSERTS & SNACKS

Most desserts and commercially prepared snacks contain sugar, honey, corn syrup, white flour, and/or other Group 4 ingredients. Although the sweet dessert habit is difficult to break, it usually happens naturally as the body-mind becomes accustomed to health restoring foods.

For snacks, Group I and Group 2 Foods from other categories are best. Use Group 3 Snacks listed below only for occasional treats.

Read labels carefully on all desserts and packaged snacks.

GROUP 1

Desserts and snacks made from Group 1 ingredients.

GROUP 2

Desserts and snacks made from Group 2 ingredients. Some ‘health food products fall into this category.

GROUP 3

Desserts or snacks made with Group 3 ingredients. Many "health food" cookies, cakes, crackers, etc. fall into this category. However, it is easy to overuse these products. Use sparingly, if at all.
Candy - some dietetic
Fruit - canned or frozen with no sugar or syrup
Gelatin - dietetic or unflavored
Popcorn - use sparingly and watch for reactions
Potato chips - use sparingly and watch for reactions

GROUP 4

All desserts and snack foods made with sugar, starch, white. flour and other Group 4 ingredient. This includes:

Cake	Jello
Candy	Junket
Cheese Doodles	Pastry
Cookies	Pie
Corn chips - some "natural" brands are all right (Group 3). Read labels.	Pretzels
	Pudding - all kinds
Cup cakes	Sno cones
Flav-or-ice	Tapioca
Gelatin mixes - except dietetic	Whipped cream with sugar
Ice-cream	Whipped topping
	Yogurt - frozen or pre-flavored

FATS & OILS

If you eat meat, poultry, fish, eggs, or dairy products, you are probably consuming as much fat as your body-mind needs. If you use additional fats or oils, pure vegetable oils are recommended.

SERVING SIZES OF FATS AND OILS
Limit fats and oils to 1 tablespoon servings.

WHEN TO USE FATS AND OILS
No more than 3 servings a day. Count avocados as a serving of fat.

GROUP 1

All non-hydrogenated, cold-pressed or crude oils.
This includes:

Almond	Olive	Soy
Apricot kernal	Peanut	Sunflower
Avocado		Safflower Walnut
Corn	Sesame	Wheat germ oil

GROUP 2

Butter - raw
Salad oil - non-hydrogenated, but not cold-pressed
Vegetable oil - no preservatives, but not cold-pressed. Wesson, Crisco (liquid), Puritan, Hollywood, etc.

GROUP 3
Butter made from pasteurized milk
Margarine
Vegetable oil sprays

GROUP 4
Chicken fat
Lard
Salad oil - with preservatives or hydrogenated oils
Shortening
Suet
Vegetable oil - with preservatives or hydrogenated oils.

FRUIT

Fresh fruit contains many nutrients that your body-mind needs. However, fruit also contains sugars which can stress your blood sugar system. Even though it is in a natural form, many fruits contain sucrose, glucose and other sugars that cause an insulin response.. Although the sugar that is known as fruit sugar, fructose, does not cause an insulin response, it usually occurs along with other sugars. Also, an excess of fructose can raise triglyceride levels.

Therefore, it is best to limit the amount of fruit you cat while you are resting your glands. I suggest no more than 3 pieces a day and strongly suggest that you use the Group 1 fruits. Apples are best for people with severe sugar sensitivity.

Dried fruit is not recommended because it also contains concentrated sugars. Many sugar addicts start eating raisins and dried fruit when they decide to withdraw from sugar, but these fruits cause the same reactions as table sugar.

Fruit juice is also not recommended because it contains concentrated sugars. Most people find it difficult to limit themselves to the recommended serving size of 4 ounces. (Fruit juices are listed in the Beverages section.)

SERVING SIZES FOR FRUITS

Group 1 - the amount of pulp equal in size to a medium apple
Group 2 - the amount of pulp equal in size to a small apple
Group 3 - use only on occasion, not every day, and limit to small servings
Group 4 - do not use

WHEN TO USE FRUIT

No more than 3 times a day, only one serving at a time. Melons should be eaten alone (not with other foods.) Avoid mixing fruit and protein. If you do, use apples.

GROUP I

Apple	Cantaloupe	Honeydew melon
Apricot	Casaba melon	Lemon
Avocado	Cranberry	Lime
Blackberry	Cranshaw melon	Nectarine
Boysenberry	Grapefruit	Orange

Peach	Plum	Rhubarb
Papaya	Pokeberry	Strawberry
Pear	Raspberry	Tangerine

GROUP 2

	Blueberry	Kumquat Poha
Currant -fresh	Loganberry	Pomegranate
Elderberry	Loquat	Prickly pear
Kiwi fruit	Persimmon	Quince

GROUP 3

Acerola	Date - use sparingly	Lychee - fresh
Banana	Fig - fresh only	Mango
Cherimoya	Grapes	Mulberry
Cherry	Guava	Pineapple
		Watermelon

Applesauce - commercially prepared with no sugar Canned or frozen fruit with no sugar or starch Lemon or lime Juice -reconstituted (fresh is better)

GROUP 4

Breadfruit	Plantain	Sapadillo
Figs - dried	Prunes	Tamarind
Haws	Raisins	Sapotes

Applesauce - with sugar. This includes most commercially made brands
Candied fruit
Dried fruit - all kinds, except dates which are Group 3
Dehydrated fruit
Fruit canned or frozen with sugar or syrup
Fruit syrups
Fruit concentrates
Marachino cherries

GRAINS & GRAIN PRODUCTS

Most people who eliminate sugar and white flour will replace them with frequent servings of grains, rice, beans, or starchy vegetables. Although these foods are better for the body-mind and more nutritious than sugar/white flour foods, these concentrated carbohydrate foods can continue to place a burden on already stressed glands and organs.

In order to give glands that regulate blood sugar levels a complete chance to heal, I suggest to people that they gradually withdraw from high carbohydrate foods to the point where they are eating no more than one serving a day, or none at all, for three to twelve months. Then, after glands have healed and symptoms have disappeared completely, larger quantities of high carbohydrate foods can be introduced

SERVING SIZES FOR GRAINS & GRAIN PRODUCTS

Bread (whole grain) - 1 slice
Whole grains - 3/4 cup cooked
Hot cereal - 3/4 cup cooked
Cold cereal (sugar free) - 1 cup

WHEN TO USE GRAINS & GRAIN PRODUCTS

Use 1 to 3 times daily. Do not use with rice, beans, or Group 3 Vegetables. If you are very sensitive to carbohydrates, do not use at all.

GROUP 1

Sprouted grains
Sprouted grain bread - no flour

GROUP 2

Bran
Millet
Whole grains - buckwheat, kasha, rye, wheat, etc.
Wheat germ

GROUP 3

Cereal - cold - no sugar added. Puffed wheat, puffed rice, puffed millet, Shredded Wheat, Grape Nuts. Read labels carefully.
Cereal - hot - except "instant" or "Quick" varieties which are Group 4
Corn Tortillas
Couscous
Granola - except those made with brown sugar or other Group 4 ingredients. Read labels.
Grits
Rolled oats
Rye flakes
Sprouted grain bread - made with whole grain flour but no Group 4 ingredients
Whole grain flour - 100% stoneground or fresh ground is best
Whole grain bread - no Group 4 ingredients

GROUP 4

ALL FLOUR except soy flour and flours listed as Group 3. This includes:

Bleached	Pumpernickle
Enriched	Rye'
Gluten	Unbleached flour
White flour	

ALL PRODUCTS MADE WITH GROUP 4 FLOURS

Biscuits	Dumplings	Pizza
Bread	Macaroni	Pie
Breadcrumbs	Matzoh	Pita bread
Breading	Meat extenders	Pop Tarts
Cake	Noodles	Rolls
Cookies	Pancakes	Spaghetti
Cold cereal	Pasta	Stuffing
Crackers	Pastry	Tortillas -flour

Cold cereal with sugar (most brands)
Instant or "quick" hot cereal
Baby cereal
Granola - with brown sugar

NOTE: When the above listed flour products are made with Group 3 flours, such as stoneground whole wheat, they are considered Group 3 Foods.

HERBS, SPICES, FLAVORINGS

Many herbs used in cooking actually have a beneficial effect on the digestive system. Basil, tarragon, parsley, and dill, for example, are all digestive aids.

Spices can also be beneficial, but are sometimes more irritating than green herbs. For this reason, spices are listed as Group 2. Pepper is listed as Group 3 because it irritates the stomach lining.

Salt is a flavoring that is generally overused. Although salt is needed in the body-mind, there is enough natural salt in foods to provide an adequate daily supply. Excess salt can cause many health problems and it is best not to add salt to foods. If you use salt, use sea salt or kelp. Read labels carefully on salt - most brands, including some sea salt, contain dextrose.

SERVING SIZES OF HERBS, SPICES & FLAVORINGS

Group I and Group 2 - use freely to flavor foods
Group 3 - use sparingly, if at all
Group 4 - do not use

GROUP 1

Aromatic seeds - caraway, anise, celery, fennel, etc.
Green herbs - basil, dill, marjoram, oregano, rosemary, sage, thyme, etc.

GROUP 2

Essential oils
Kelp
Spices - allspice, cloves, cinnamon, cardamon, chili powder, nutmeg, mustard, etc.
Vanilla beans

GROUP 3

Carob (contains sucrose - use sparingly, if at all)
Flavorings and extracts in alcohol. Do not use in uncooked foods.
Gravy aids - Kitchen Bouquet, Gravy Master, etc.
Pepper - black and white
Pepper sauce - Tabasco, Red Hot, etc.
Sea salt - no dextrose
Soy sauce - no sugar. Kikoman has no sugar.
Tamari – sugarless (cook to burn off alcohol)
Vinegar - except wine vinegar which is Group 4

GROUP 4

Chocolate
Cocoa
Flavorings and extracts made with sugar
Imitation bacon
Imitation salt
Meat tenderizer
Milk flavoring - Carnation Malted Milk, Magic Cow, etc.
MSG (mono-sodium glutamate)
Salt - all sodium chloride. Use sea salt.
Sea salt with dextrose

Spice or herb mixtures with sugar - gravy mix, meat loaf seasoning, smoke flavoring, etc.
Wine vinegar

PROTEIN FOODS

You need a sufficient amount of high quality protein on *a daily basis* in order to build and repair cells. However, there is no exact amount that can be prescribed for everyone because individual needs for protein vary greatly.

Factors that affect protein needs include age, body weight, stress levels, and activity levels. Your present state of health also determines your protein needs. If you have been sick and/or weak, you probably need extra protein in order to help your body-mind heal.

The kind of protein that body-minds need also varies. At certain points in the healing process, fibrous animal protein (meat, poultry, fish) is needed while at other times, a combination of soy products, dairy products, eggs, and nuts will be sufficient.

The question of how much protein you need is one on which few "authorities" agree. Some believe that a high protein eating plan is necessary, others advocate low protein diets. My personal experience and observation has led me to the following conclusions:

1. The body-mind does not need red meats, pork, or other meats from. large animals. I believe that larger animals have more developed emotional systems than poultry, fish, and smaller animals and that the fear they experience when they are killed affects the meat that people eat. Also, studies have shown that there is a higher incidence of colon cancer among people who eat a lot of beef.

It is best to withdraw gradually from Group 4 meats in order to avoid a sudden release of stored mucus.

2. Most people need fibrous animal protein during the healing process. Poultry and seafood provide the best animal protein with the least amount of fat.

3. Most city dwellers and/or people in high stress jobs need fibrous animal protein.

4. Most people respond best if protein is used at least 3 times a day during withdrawal from Group 4 Foods. Some people need protein at every meal-and snack until their blood sugar system is regulated.

As you will see in the Beverages section, I do not believe that milk is a good food to use. There are better sources of protein. Actually, all dairy products are best used in moderation because they stimulate the formation of mucus.

Eggs are. a good source of high quality protein. Because they contain lecithin, which is a substance that helps the body-mind assimilate cholesterol, eggs can be used in moderation without fear of excess cholesterol. However, eggs are a food to which many people have a sensitivity than can cause unpleasant symptoms.

Soybeans and soy products such as tofu are a good source of protein, but some people have difficulty digesting soy. You will have to determine for yourself how you react to these protein foods.

Nuts and seeds can provide valuable protein and other nutrients, but I do not believe they should be used as a main source of protein. They are hard to digest and can strain the liver. They are also high in calories. Use nuts, seeds, and nut butters sparingly.

Protein foods are divided into four categories.

Meat, Poultry, and Fish
Dairy Products and Eggs
Soy and Soy Products
Nuts and Seeds

SERVING SIZES OF PROTEIN FOODS

Use minimum serving sizes for snacks, maximum for main meals.

Meat	2 to 6 ounces
Poultry	2 to 8 ounces (weight without bone)
Fish	2 to 8 ounces
Cottage Cheese, yogurt	4 to 8 ounces
Cheese	1 ounce
Eggs	1 to 2 eggs
Milk	4 to 6 ounces (only once a day, if at all)
Soybeans	1/2 cup cooked
Tofu	2 to 4 ounces
Nuts & Seeds	No more than 2 ounces per day

WHEN TO USE PROTEIN FOODS

Protein Foods can be used 2 to 6 times per day, using serving sizes as indicated above. Use Protein Foods at least twice a day and, if you need it, use more. Milk and soybeans are often not tolerated well, so be careful with these foods.

MEAT, POULTRY, FISH

GROUP 1

None

GROUP 2

Use fresh killed rather than frozen Protein Foods
Chicken
Duck
Fish - except canned which is Group 3
Poultry - all kinds
Shellfish
Turkey - not pre-basted. Read labels on all packaged turkey products.

GROUP 3

Fish - canned
Hot dogs or cold cuts made from Group 2 or Group *3* ingredients but without sugar or starch.
Liver and other organ meats - from Group 2 animals

Rabbit
Turkey, pre-basted, but with no sugar

GROUP 4
Bacon - all kinds
Beef - all cuts
Beef stew or chicken stew - canned
Fish - breaded
Goat meat
Herring in cream sauce with sugar or in wine sauce
Hot dogs made with sugar, beef, or pork
Lamb
Luncheon meats
Meats cured with sugar
Pork - all cuts, including ham Pressed meats
Turkey - pre-basted with sugar, dextrose, etc.
TV dinners, all kinds unless made without sugar or starch
Veal
Wild game

DAIRY & EGGS

GROUP 1
Eggs - fertile or farm fresh preferred

GROUP 2
Cheese - rennetless, preferably salt free and from raw milk
Raw milk products (not-raw milk which is Group 3)
This includes:
Cottage cheese - plain
Cream

GROUP 3
Cheese - with rennet. This includes most commercially available cheese except those labeled "made with vegetable enzyme".
Milk - raw only. Goat's milk preferred
Milk products made from pasteurized milk
This includes:
Cottage cheese - plain
Cream cheese
Kefir
Sour cream
Yogurt - plain

GROUP 4
Cheese - Processed cheese of any kind. Label will be marked "processed". This includes Velveta, Cheez Whiz, Wizepride, cheese spreads, cheese foods, and many brands of sliced or brick cheese.
Cottage cheese - pre-flavored
Eggnog
Milk - all pasteurized and processed
This includes:
Buttermilk
Condensed milk

Evaporated milk
Low fat milk
Non-fat, dry milk
Skim milk
Whipped cream with sugar
Yogurt - pre-flavored or frozen

NUTS & SEEDS

GROUP 1

Almonds	Pignola nuts
Brazil nuts	Pine nuts
Buttenuts	Pistachio Nuts
Cashew nuts	Pumpkin seeds
Filberts	Safflower seed kernels
Hazelnuts	Sesame seeds
Macademia nuts	Squash seeds
Peanuts	Sunflower seeds
Pecan	Walnuts

Nut and seed butters made without salt
Tahini
Coconut - fresh. Use in limited quantities.
Chestnuts
Dry roasted nuts and seeds - no sugar or starch
Nut and seed butters made with sea salt

GROUP 3
Coconut - dried, no sugar
Nuts and seeds - canned and salted
Peanut butter, nut butters, or seed butters made with no sugar but made with regular salt

GROUP 4
Dry roasted nuts made with sugar - Planter's, etc.
Koala nuts and Koala nut extract (contain caffeine)
Peanut butter made with sugar, dextrose, etc. - Jiffy, Peter Pan, Skippy, etc.

SOY PRODUCTS

SERVING SIZES OF SOY PRODUCTS

Miso - contains a lot of salt, use sparingly
Tofu - 2 to 4 ounces
Soy beans - 1/2 to. 3/4 cup servings
Soy flakes, flour, grits - 1/2 to 3/4 cup servings Soy sprouts - 3/4 to I cup
Soy powder (protein powder products) I to 2 tablespoons

WHEN TO USE SOY PRODUCTS

Use at meals and snacks. Do not mix Group 2 Soy Products with servings of grains, rice, beans, or Group 3 Vegetables. Use soy protein powder (90% protein, 0% carbohydrate) for protein drinks as needed.

GROUP 1
Protein powder - 90% protein, 0% carbohydrate
Tofu

GROUP 2

Miso	Soy flour
Soy beans	Soy grits
Soy flakes	Soy sprouts

Protein powder with carbohydrates

GROUP 3
Commercially made soy products with Group 3 ingredients, but no Group 4 ingredients.

GROUP 4
Commercially made soy products which contain Group 4 ingredients.

SUGARS & SWEETENERS

Use Group 3 Sugars and Sweeteners to withdraw from Group 4 Sugars and use sparingly. The chemicals they contain can hurt the body-mind. Some people do have sugar reactions to products with sorbitol, mannitol, or dextrin. Other kinds of reactions have been reported with Nutrasweet. Be aware that EQUAL contains lactose, which is a sugar.

GROUP 1
None

GROUP 2
None

GROUP 3

Dextrin	Non-nutrative sweeteners
Equal	Saccarine
Fructose	Sorbitol
Mannitol	Sprinkle type substitutes
Nutrasweet	Xylitol.

GROUP 4

Brown sugar	Maple sugar
Caramel	Maple syrup
Corn syrup	Molasses
Corn syrup solids	Raisin syrup
Dextrose	Raw sugar
Glucose	Sorghum
Heavy. syrup	Sorghum syrup
Honey	Sugar of any kind
Invert sugar	Syrup
Lactose	Turbinado sugar
Malt	Whey
Maltose	Whey solids

VEGETABLES

Most people do not eat enough fresh vegetables because advertisers have touted as healthy canned and frozen vegetables that are prepared with salt, sugar, preservatives, and other additives.

People have come to believe that fresh vegetables are more trouble to prepare than canned or frozen vegetables. But this is not true - it takes the same amount of time to steam fresh vegetables as it does to heat frozen ones and interesting vegetable dishes can be prepared with a minimum amount of cooking expertise and a minimum of time.

Vegetables are an essential part of any nutritious eating program. They provide many nutrients that the body-mind needs, especially vitamins, minerals, and complex carbohydrates. Group I and Group 2 Vegetables are low in calories and carbohydrates and can be eaten freely without adding weight or stressing dyed glands.

Vegetables can also help you change your eating habits. If you eat more vegetables, you are bound to cut down on other foods which may be hurting your body-mind.

THINK VEGETABLES AND YOU WILL BE THINKING YOUR WAY TO HEALTH!

SERVING SIZES FOR VEGETABLES

Group 1 - use freely

Group 2 - Limit to I cup servings. Use only one Group 2 Vegetable per meal.

Group 3 - These vegetables are fairly high in carbohydrates. Use in place of grains or grain products and limit to 3/4 cup servings. Use only one Group 3 Vegetable per meal. Canned and frozen vegetables are only recommended if nothing else is available and when they are prepared with no sugar. Most canned vegetables have salt added, which is not recommended.

Group 4 - We suggest that you replace these vegetables with those from other groups.

WHEN TO USE VEGETABLES

Use Group I and Group 2 Vegetables as often as possible. We suggest one or two at each meal and small servings as snacks. Use Group 3 Vegetables sparingly, if at all, during the healing process.

GROUP 1

Anise	Carrots	Dandelion greens
Asparagus	Cauliflower	Dock (sorrel)
Bean sprouts	Celeric	Eggplant
Beets	Celery	Endive
Beet greens	Chard	Escarole
Broccoli	Chickory greens	Fennel
Broccoli rabe	Chives	Garlic
Brussel sprouts	Collards	Jicama
Cabbage - all kinds	Cress	Kale
Cactus	Cucumber	Kohlrabi

Leafy green vegetables
Leek
Lettuce - all kinds
Mushrooms
Mustard Greens
Okra
Onions
Parsley
Pepper - all kinds
Pickling cucumbers
Pigweed
Purslane
Radish
Rutabaga
Seed sprouts
Spinach
Summer squash
Tampala leaves
Tomato
Turnip
Turnip greens

GROUP 2

Artichoke - globe
Bamboo shoots
Chayote
Chervil
Ginger root - fresh
Green beans
Horseradish
Lotus root
Olives-no preservatives
Pumpkin
Sea vegetables - kelp, dulse, hijiki wakimi
Shallots
Snow peas
Squash - winter
Water chestnuts
Wax beans

GROUP 3

Barley
Olives – w/ preservatives
Burdock
Chick-peas
Corn
Dasheen
Hominy
Jerusalem artichoke
Parsnips
Peas
Pimento
Poi
Potatoes - all kinds
Salsify (oyster plant
Sweet potatoes
Taro root
Yam
Yucca root

Canned and frozen vegetables - no sugar or starch Dehydrated vegetables

GROUP 4

Vegetables that are canned or frozen with sugar and/or starch. This includes virtually all prepared vegetables in sauces such as those made by Green Giant Birdseye, Stouffer's, Weight Watchers, etc.

MISCELLANEOUS

GROUP 1

Agar-agar - a seaweed gelatin

GROUP 2

None

GROUP 3

Baby foods - commercially prepared with no sugar, salt, or chemicals
Baking powder
Broths, instant - no sugar or starch
Jam and jelly - dietetic
Soups - commercially prepared with no Group 4 ingredients. Most commercially prepared soup has sugar or starch.
Vegetable cubes, broth powders - no sugar or starch

GROUP 4

Baby foods - made with sugar, salt, starch, or chemicals. This includes many infant formulas.
Food coloring
Imitation dairy products - eggs, non-dairy creamer, sour cream, etc.
Instant breakfast foods - Carnation Instant, Breakfast Squares, Conchola, Food Sticks, Granola Bars, etc.
Jam and jelly - except some dietetic brands which are Group 3
Soup - made with sugar, starch, or flour. Most commercially made soup is in this category
Starches - all kinds - arrowroot, tapioca, cornstarch, food starch, modified food starch, etc.
TV Dinners - virtually all brands have Group 4 ingredients.

The Food Index

How to Us the Index

Look up the food you are interested in checking. If it is not listed, then look up the ingredients of a more general listing. For example:

- For pot roast, look under beef
- For cashew butter, look under nut butters
- For Rice Krispies, look under cereal, or check each ingredient

In front of each food listing is a number that indicates which food group the food occupies and in the far column is the page number on which you will find the food. Until you are familiar with the foods, it is a good idea to check The Food Guide to see what recommendations are made concerning serving sizes and frequency of use.

Group	Page
3 .. acerola	35
2 .. aduki beans	28
1 .. agar-aga	45
4 .. alcoholic beverages	30
1 .. almonds	41
1 .. almond oil	33
1 .. anise—fresh	43
1 .. apple	34
4 .. apple juice—not fresh	30
2 .. apple juice—fresh (see Fruit Juice)	30
3 .. applesuace—commercial, no sugar	35
4 .. applesauce—with sugar	35
1 .. apricot	34
1 .. apricot kernal oil	33
1 .. aromatic seeds	37
2 .. artichoke, globe	44
3 .. artichoke, Jerusalem	44
4 .. arrowroot	45
1 .. asparagus	43
1 .. avocado	34
1 .. avocado oil	33
3 .. baby food—no sugar, salt chemicals.	45
4 .. baby food—w/sugar, salt, chemicals	45
4 .. bacon	40
3 .. baking powder	45
2 .. bamboo shoots	44
3 .. banana	35
4 .. barbecue sauce	32
3 .. barley	44
3 .. beans	28
2 .. beans, aduki	28
2 .. beans, green	44
2 .. beans, soy	42
1 .. beans, sprouted	28
2 .. beans, yellow wax	44
4 .. beef	40
4 .. beer	30
1. . beets	43
1 .. beet greens	43

Group	Page
4 .. biscuits	33
4 .. Bitter Lemon	30
1 .. blackberry	34
3 .. Bloody Mary mixer	30
4 .. Bloody Mary mixer	30
2 .. blueberry	35
3 .. boullion—no sugar	30
4 .. boullion—with sugar	30
1 .. boysenberry	34
2 .. bran	33
1 .. brazil nuts	41
4 .. bread, refined flour	33
1 .. bread, spouted grain, no flour	33
3 .. bread, sprouted grain	33
3 .. bread, whole grain	33
4 .. breadcrumbs	33
4 .. breadfruit	35
4 .. breading	33
4 .. breakfast foods, instant	45
1 .. broccoli	43
1 .. broccali rabe	43
4 .. brown sugar	42
1 .. brussels sprouts	43
2 .. buckwheat	33
3 .. burdock	44
2 .. butter, raw	33
3 .. butter	34
1 .. butternuts	41
1 .. cabbage	43
1 .. cactus	43
4 .. cake	33
3 .. candy, diatetic	33
4 .. candy	33
1 .. cantaloupe	34
4 .. caramel	42
3 .. carob	37
1 .. carrots	43
1 .. casaba melon	34
1 .. cashew nuts	41
1 .. cauliflower	43
1 .. celeric	43
1 .. celery	43

3 .. cereal 33
4 .. cereal 33
4 .. champagne 30
1 .. chard 43
2 .. chayote 44
2 .. cheese—renetless 40
3 .. cheese—with rennett 40
3 .. cheese—processed 40
4 .. cheese doodles 33
3 .. cherimoya 35
2 .. chervil—fresh 44
3 .. cherry 35
4 .. cherry, marachino 35
2 .. chestnuts 41
2 .. chicken 39
4 .. chicken fat 34
1 .. chickory greens 43
3 .. chick-peas 44
4 .. chili sauce 32
1 .. chives 43
4 .. chocolate 37
4 .. chutney 32
2,3 club soda 30
4 .. cocoa 30
2,3 cocoanut 41
4 .. coffee 30
3 .. coffee—decafeinated 30
4 .. coffee/grain beverage 30
3 .. coffee substitutes 30
4 .. cola 30
1 .. collard greens 43
4 .. cookies 33
4 .. cordials 30
3 .. corn 44
4 .. corn chips 33
1 .. corn oil 33
4 .. cornstarch 45
4 .. corn syrup 42
2,3 cottage cheese—plain 40
4 .. cottage cheese—flavored . 40
3 .. couscous 33
4 .. crackers 33
1 .. cranberry 34
2,3 cream 40
3 .. cream cheese 40
1 .. cranshaw melon 34
1 .. cress 43
1 .. cucumber 43
2 .. currant—fresh 35

1 .. dandelion greens 43
3 .. dasheen 44
3 .. dates 35
3 .. dextrin 42
4 .. dextrose 42
4 .. diet cola 30
3 .. diet soda—no caffeine 30
4 .. diet soda—with caffeine . 31
4 .. Dijon mustard 32
4 .. distilled spirits 30
1 .. dock (sorrel) 43
2 .. duck 39
2 .. dulse 44

4 .. dumplings 33

1 .. egg 40
4 .. eggnog 31
1 .. eggplant 43
2 .. elderberry 35
1 .. endive 43
1 .. escarole 43
2 .. essential oils 37
3,4 extracts 37

1 .. fennell—fresh 43
3 .. fig—fresh 35
4 .. fig—dried 35
1 .. filbert nuts 41
2,3 fish 39
4 .. fish—breaded 40
3,4 flour 33
4 .. food coloring 45
4 .. food starch 45
4 .. food supplements—Ensure, Slimfast 31
3 .. fructose 42
4 .. fruit—candied 35
4 .. fruit concentrate 35
2,4 fruit juice 31
4 .. fruit syrup 32
3 .. fruit, canned/no sugar 35

4 .. game,wild 40
1 .. garlic 43
4 .. Gatorade 31
3 .. gelatin, unflavored 33
3 .. gelatin—diatetic 33
4 .. gelatin, flavored 33
2 .. ginger root 44
4 .. glucose 42
4 .. goat meat 40
2 .. grains, whole 33
3 .. granola 33
4 .. granola, with sweetner 37
4 .. grape juice 31
3 .. grapes 35
1 .. grapefruit 34
3 .. gravy aids 37
4 .. gravy—canned 32
4 .. gravy—dry mix 32
2 .. green beans 44
3 .. grits 33
3 .. guava 35

4 .. ham 40
4 .. Hawaiian Punch 31
4 .. haws 35
1 .. hazelnuts 41
1 .. herbs, green 37
1 .. herb teas 37
4 .. herb teas w/caffeine 31
4 .. herring—in cream or wine sauce 40
3 .. hominy 44
4 .. honey 42
1 .. honeydew melon 34
2 .. horseradish 44
4 .. hot chocolate 31

3 .. hot dogs 39
4 .. hot dogs 40

4 .. ice cream 33
4 .. iced tea mix 31
4 .. imitation bacon 45
4 .. imitation dairy products 45
4 .. imitation salt 45
4 .. instant breakfast foods 45
4 .. instant cereals 36
4 .. invert sugar 42

3,4 jam 45
3,4 jelly 45
3 .. Jerusalem artichoke 44
1 .. jicama 43
4 .. juice drinks 31
4 .. juice nectars 31
4 .. junket 33

1 .. kale 43
2 .. kasha 36
2,3 kefir 40
2 .. kelp 37
4 .. ketchup 32
2 .. kiwi fruit 35
4 .. koala nuts 41
1 .. kohlrabi 43
4 .. Kool Aid 31
2 .. kumquat 35

4 .. lactose 42
4 .. lamb 40
4 .. lard 33
1 .. leafy green vegetables 44
1 .. leek 44
1 .. lemon 3
3 .. lemon, reconstituted 35
4 .. lemonade 31
1 .. lettuce 44
1 .. lime 34
4 .. liquor 31
3 .. liver 39
2 .. loganberry 35
2 .. loquat 35
2 .. lotus root 44
4 .. luncheon mats 40
3 .. lychcees—fresh 35
1 .. macademia nuts 41
4 .. macaroni 36
4 .. malt 42
4 .. maltose 42
3 .. mango 35
4 .. maple sugar 42
4 .. maple syrup 42
4 .. margarine 34
4 .. marinades w/sugar 32
4 .. matzoh 33
3,4 mayonnaise 31-32
4 .. milk—pasteurized 41
4 .. milk-processed (evaporated etc.) 41
3 .. milk—raw 40
2,3 milk products 40
4 .. milk flavoring 37
2 .. millet 36
1,2 mineral water 30
2 .. miso 42
4 .. molassas 42
4 .. MSG 37
3 .. mulberry 35
1 .. mushrooms 44
3 .. mustard—no wine 32
4 .. mustard—with wine 32
1 .. mustard greens 44

1 .. nectarines 35
4 .. non-dairy creamer 45
3 .. non-nutritive sweetners 42
4 .. noodles 36
1 .. nutbutters—no salt 41
2,3 nutbutters—with salt 41
4 .. nutbutters—with sugar 41

3 .. oats—rolled 36
2 .. oils—essential 37
1 .. oils—vegetable, cold pressed 33
3,4 oils—vegetable 33
1 .. olive oil 33
2,3 olives 44
1 .. onions 44
1 .. orange 35
2,3 orange juice—no sugar . 4,30
4 .. orange juice—with sugar .. 31
3 .. organ meats 39
4 .. Ovaltine 31
3 .. oyster plant (salsify) 44

4 .. pancakes 36
1 .. papaya 35
1 .. parsley 44
3 .. parsnips 44
4 .. pasta 36
4 .. pastry 36
1 .. peach 35
1 .. peanuts 41
1 .. peanut butter—no salt 41
2,3 peanut butter—with salt ... 41
4 .. peanut butter—with sugar 41
1 .. peanut oil 33
1 .. pear 35
3 .. peas 44
1 .. pecans 41
1 .. peppers 44
3 .. pepper—black and white .. 37
3 .. pepper sauce—no sugar .. 32
2 .. persimmon 35
3,4 pickles 32
3,4 pickled vegetables 32
1 .. pickling cucumbers 44
4 .. pie 36
1 .. pignola nuts 41
1 .. pigweed 44
3 .. pimento 44
3 .. pinapple 35

1 .. pine nuts 41
1 .. pistachio nuts 41
4 .. pita bread 36
4 .. pizza—white flour 36
3 .. pizza—whole wheat flour . 36
4 .. plantain 35
1 .. plum 35
2 .. poha 35
3 .. poi 44 .....
1 .. pokeberry 44
2 .. pomegranate 35
3 .. popcorn 33
4 .. Pop Tarts 36
4 .. pork 40
3 .. potato 44
3 .. potato chips 33
2 .. poultry 39
4 .. powdered soft drinks 31
4 .. pressed meats 40
4 .. pretzels 33
2 .. prickly pears 35
1,2 protein powder 41
4 .. prunes 35
4 .. prune juice 31
4 .. pudding 33
2 .. pumpkin 44
1 .. pumpkin seeds 41
4 .. punch 31
1 .. purslane 44

2 .. quince 35

3 .. rabbit 40
2 .. radish 44
4 .. raisins 35
4 .. raisin syrup 42
1 .. raspberry 35
4 .. raw sugar 42
4 .. relish 32
1 .. rhubarb 35
2 .. rice—long grain, brown .. 28
2 .. rice—short grain, brown . 28
3 .. rice—sweet 28
4 .. rice—white 29
2 .. rice—wild 28
2 .. rice cakes 28
3 .. rolled oats 36
4 .. rolls—white flour 36
1 .. rutabega 44
2 .. rye—whole 36
3 .. rye flakes 36

3 .. saccarine 42
1 .. safflower oil 33
1 .. safflower seeds 41
3 .. salad dressings 31
4 .. salad dressings w/sweetner 32
2 .. salad oil 33
4 .. salad oil 33
3,4 salt 37
3 .. salsify (oyster plant) 44
4 .. sapadillo 35
4 .. sapotes 35
2 .. sea vegetables 44
1 .. seeds, aromatic 37
1 .. seseme oil 33
1 .. seseme seeds 41
2 .. seltzer 30
2 .. shellfish 39
4 .. shortening 34
4 .. sno-cones 33
2 .. snow pea pods 44
3 .. soda 31
4 .. soda 31
4 .. soft drinks—powdered 31
3 .. sorbitol 42
4 .. sorghum 42
4 .. sorghum syrup 42
1 .. sorrel (dock) 44
3,4 soup 45
2,3 sour cream 40
4 .. sour cream—imitation 40
2 .. soybeans 42
1 .. soybean curd (tofu) 42
1 .. soybean paste (miso) 42
2 .. soy flour 42
2 .. soy flakes 42
2 .. soy grits 42
1 .. soy oil 33
3 .. soy sauce 31
4 .. soy sauce w/sugar 32
2 .. soy sprouts 42
4 .. spaghetti—white flour 36
3 .. spaghetti sauce 32
4 .. spaghetti sauce w/sugar 32
1 .. spinach 44
1 .. sprouted grain bread 36
1 .. sprouts—bean 44
1 .. sprouts—grain 36
1 .. sprouts—seed 44
2 .. spices 37
4 .. spice mixes—with sugar .. 37
1 .. squash seeds 41
1 .. squash—summer 44
2 .. squash—winter 44
4 .. steak sauce 32
4 .. starch 45
1 .. strawberry 35
2 .. string beans (green beans)44
4 .. stuffing 36
4 .. suet 34
4 .. sugar 42
3 .. sugar substitutes 42
1 .. sunflower oil 33
1,3 sunflower seeds 41
3 .. sweet potato 44
4 .. syrup 42
4 .. syrup—fruit 42

3 .. tabasco sauce 32
4 .. taco sauce—with sugar .. 32
3 .. taco sauce—no sugar 32
1 .. tahini 41
3 .. tamari sauce 32
4 .. tamarind 44
1 .. tampala leaves 44

4 .. Tang—with sugar 31
1 .. tangerine 35
4 .. tapioca 45
3 .. taro root 44
4 .. tartar sauce 32
4 .. tea—black 31
1,4 tea—herb 30
4 .. tenderizer 37
4 .. Teriyaki sauce 32
1 .. tofu 42
1 .. tomato 44
3 .. tomato paste—no sugar . 32
3 .. tomato puree—no sugar 32
3 .. tomato sauce 32
4 .. tomato sauce w/sugar 32
4 .. tonic water—no sugar 31
3 .. tortilla—corn 36
4 .. tortilla—flour 36
4 .. turbinado sugar 42
1 .. turnip 44
1 .. turnip greens 44
2,3 turkey 40
4 .. turkey-prebasted w/sugar . 40
4 .. T.V. dinners 45

2 .. vanilla bean 37
4 .. veal 40
1,3 vegetable juice 30
3 .. vegetable juice, canned or
bottled 30
1 .. vegetable oil—cold pressed 33
2 .. vegetable oil 33
4 .. vegetable oil 33
3 .. vegetable oil spray 33
3 .. vinegar 37
4 .. vinegar, wine 38

1 .. walnuts 41
1 .. walnut oil 33
1 .. water 30
4 .. water—tap 31
1,2 water—mineral 30
2 .. water chestnuts 44
3 .. watermelon 35
2 .. wax beans 44
2 .. wheat germ 36
1 .. wheat germ oil 33
4 .. whey 42
4 .. whipped cream—
with sugar 41
4 .. whipped topping 33
4 .. wine vinegar 13
4 .. wild game 40
2 .. white rice 28
4 .. Worcestershire sauce 32

3 .. yams 44
2,3 yogurt—plain 40
4 .. yogurt—pre-flavored 41
4 .. yogurt—frozen 41
3 .. yucca root 44

1 .. zuccini 44