

## Dietary Health Tips ~ Jeff's Library

*Some of the dietary information for the tips have been sourced from 'Nutrition Almanac' by Kirschmann & Kirschmann, 'Fit For Life' by Harvey & Marilyn Diamond, sundry Naturopaths and Homeopaths, and various Health Retreats such as 'The Golden Door' at Willowvale, Queensland and 'Living Valley Springs' at Kin Kin, Queensland. The latter is recommended for Detoxing.*

- ~ Try to eat around 80% organic food. Your body will have *fewer poisons to eliminate*. If it's not organic it is most likely grown with pesticides.
- ~ Do not drink with a meal, 30 minutes before or one hour after it, so you *don't dilute the digestive juices* of the stomach. Some flexibility is ok.
- ~ Eat three healthy, enjoyable meals a day and the body won't need to graze between meals. The body will have time to *properly digest what's in the stomach*. What we digest is even more important than what we ingest.
- ~ Create a habit of drinking *filtered water*. Two glasses before breakfast, two between breakfast and lunch, and two between lunch and dinner would help to *hydrate the body*. In a healthy body the urine should become clear daily.
- ~ *Flax oil* (organic) is a great *plant-source* of Omega 3 fatty acids (necessary in the diet). There is conflicting information that says flax oil may not be good for health of the male prostate gland because of possible rancidity yet *flax seeds are good*. I grind up flax seeds daily and take them with yoghurt.
- ~ *Good quality fish oils* are a great *animal-source* of Omega 3 fatty acids. Avoid the cheap ones and go for the likes of EPA/DHA. Fresh fish of course is high in omegas.
- ~ Store *all* oils under refrigeration once they have been opened to prevent oxidation and change of chemical composition. Rancid oils harm the body.
- ~ *Legumes* such as kidney beans, adzuki beans, mung beans, chick peas, or whole lentils may be eaten with brown rice for a highly balanced meal. You can soak rice, mung beans, lentils, chick peas and alfalfa seeds overnight so they germinate - they become living food. If you sprout them they are also a high source of Vitamin C. I sprout whole lentils for salads and in cooking.
- ~ You can boil say the soaked adzuki beans first then add soaked rice, then add chick peas and the lentils at the end. Add some coconut oil and garlic *after* cooking (to taste) so the gentle flavours and nutrients aren't destroyed.
- ~ Pepitas (pumpkin seeds) and sunflower seeds are rich in protein, B vitamins, zinc and other vitamins and minerals.
- ~ Nuts contain anticancer and heart-protective properties. Almonds help reduce cholesterol and brazil nuts are rich in the antioxidant selenium. It is useful to store nuts in the freezer or fridge to *avoid rancidity* - the process of the oil in the nut oxidizing.
- ~ Add the juice of a medium size lemon to your pre-breakfast water *to help alkalize* your system.
- ~ Add two teaspoons of apple cider vinegar to a little warm water 30 minutes before meals to reduce acidity – help alkalize the body – helps to heal ☺
- ~ *Fresh vege juices*, preferably organic, taste wonderful and provide valuable nutrition to the system. They help cleanse the body of toxins and improve bowel motion. A good juicer is a slow speed auger type that will not destroy the enzymes from heat. Juice is always best consumed fresh.

- ~ Eggs cooked with the yoke still runny (not fried) are said to *not induce high cholesterol*. They are a complete protein with many vitamins and minerals.
- ~ If you smoke cigarettes your body will protest – sooner or later.
- ~ Consider each day if the food you eat is more alkalizing or is it more acid-forming. ***Disease doesn't live in an alkalized, oxygenated body!*** Red meat and alcohol create an acid body while fruit and veges create an alkaline body. Don't ban everything – become mindful and learn to compromise.
- ~ If you *fry with water* in your wok etc it will do the job very nicely without changing the chemical composition of any oil you may have otherwise used.
- ~ Coconut oil is one of the best to use for frying as it withstands high heat without losing its integrity. As with other saturated fats such as butter, use in moderation. Also, butter is made from real ingredients unlike some spreads.
- ~ Organic vegetable oils such as olive oil are great to include into the diet and also contain either Omega 3's or Omega 6's. Cold-pressed, extra virgin oil is the best. Please read your labels.
- ~ Consider where your foods are coming from. Not everywhere has standards as high as Australia. Eating fish from Tanzania? I don't think so.
- ~ It is useful to have fruit 10-15 minutes before a meal rather than after. Fruit digests very quickly and if we consume it after a regular meal it tends to ferment what's in the gut and upsets the digestion process.
- ~ Garlic is a powerful antibiotic, immune-booster and anti-inflammatory. It is useful to eat it both raw *and* cooked. I add it in to meals *after* they are cooked so the delicate enzymes and properties are not destroyed.
- ~ Avoid or reduce food robbed of its Life-Force such as white flour products, or highly processed foods. Your body needs Fuel.
- ~ If possible eat your heaviest meals such as meat for breakfast or in the middle of the day and a lighter meal at night. Try to have dinner two to three hours before going to bed for the sake of digestion and a good night's sleep.
- ~ Organic sea salt or celtic salt is an electrolyte and is needed by the body however use sparingly. Avoid all refined table salts.
- ~ Use psyllium husk (from health shop) periodically with meals to aid as a natural fibre cleanser for the colon.
- ~ Experiment with the myriad choices of herbal teas on the market and coffee substitutes. *Reduce* coffee as too much is acid-forming and toxic for the body. Coffee that is caffeine-free may be harmful.
- ~ Try to have at least as much fruit and veges as other foods in your diet.
- ~ Soft cheeses such as quark, camembert and brie digest much better than solid cheeses.
- ~ Cayenne pepper is great for the blood and can be used instead of regular black pepper.
- ~ Kelp (granulated or powdered) is rich in iodine, B-complex vitamins, vitamins D, E, and K, calcium, and magnesium.
- ~ Try to get most of your vitamins and minerals out of your food rather than rely on supplement tablets. A health practitioner can test you from time to time to see if you are deficient of vitamins and minerals.