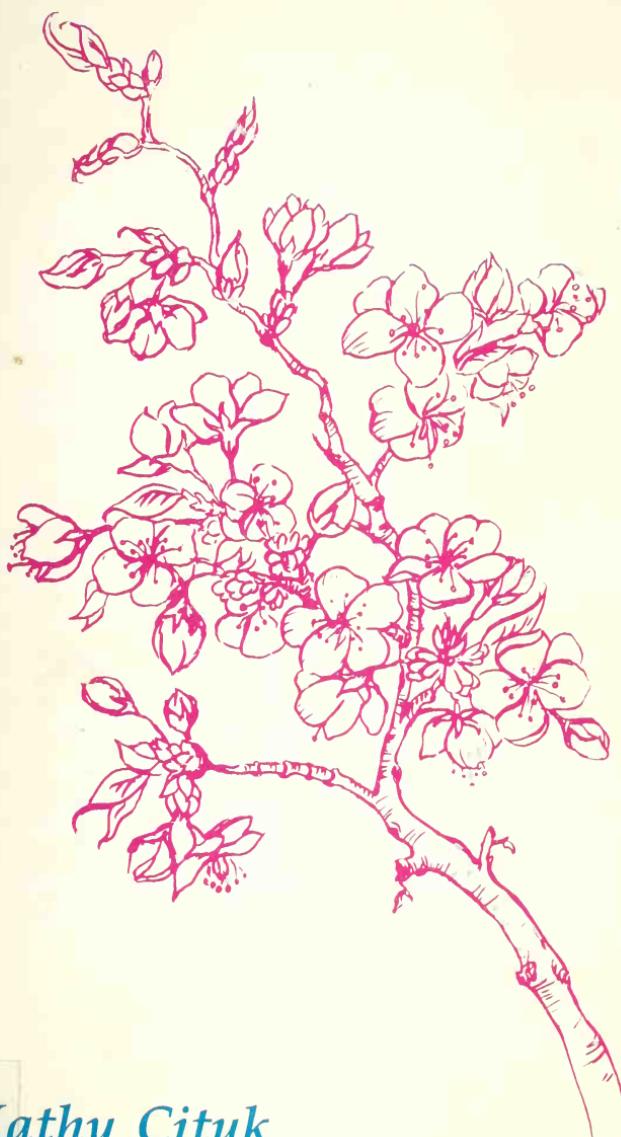
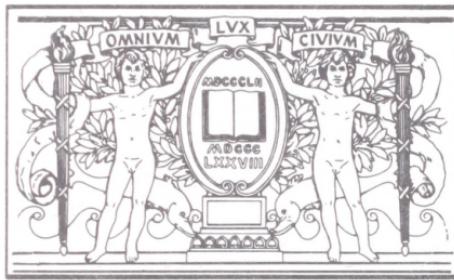


Natural Foods and Good Cooking



*Kathy Cituk
with John Finnegan*



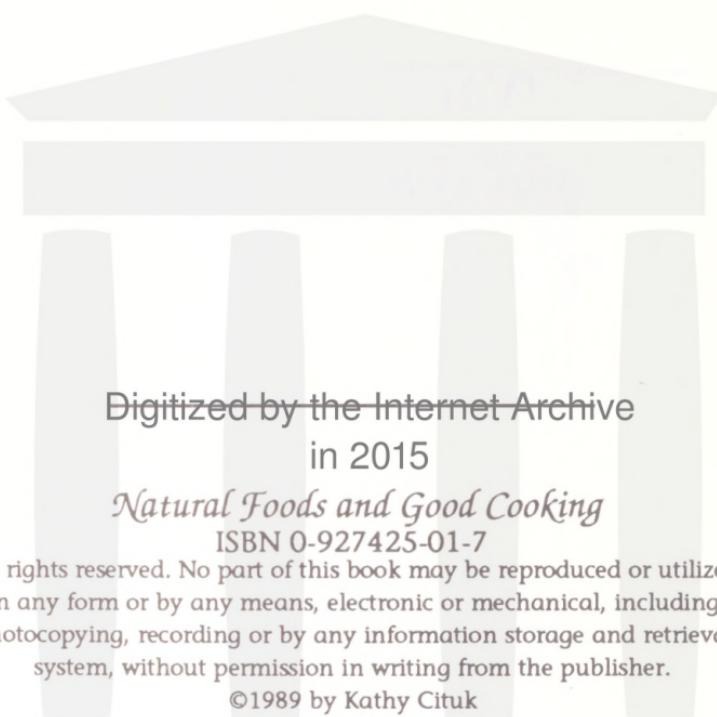
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Natural Foods and Good Cooking

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Finally, my deepest thanks go to my parents, who have supported and cared for me through all the changes that have made me into the person I am today.

This work is dedicated to the love that has created us and dwells within each of our hearts. It has been a joy watching it come together, and I sincerely hope that you enjoy it.



Introduction

It is ironic that the world of "natural foods" can seem so complex and confusing. Studies have shown that a natural foods diet drastically reduces the risk of cancer, heart disease, arthritis, and an array of other illnesses that plague us today.

This book synthesizes a broad spectrum of information, providing a simple guide to good nutrition. The recipes utilize the healing and nutritive properties of natural foods, combining them with herbs and spices that not only enhance the flavor, but add their own healing properties. It is intended for those in good health who want to stay that way, as well as for those who have been ill or who want to build up their strength and stamina.

Proper diet and nutrition are essential elements in maintaining or rebuilding good health. Unfortunately, in the United States, and increasingly around the world, convenience has become more important than nutrition. The top ten sources of calories in the U.S. diet are as follows:

1. White bread, rolls, crackers
2. Doughnuts, cookies, cakes
3. Alcoholic beverages
4. Whole milk
5. Hamburgers, cheeseburgers, etc.
6. Beef steaks, roasts
7. Soft drinks

8. Hot dogs, ham, lunch meat

9. Eggs

10. French fries, potato chips¹

The foods we eat are the building blocks our bodies use to create healthy organs and nervous systems, and keep them strong and functioning properly. The above list, however, does not provide much in the way of raw materials. Whole grains, beans, fish, poultry, fruits and vegetables are not even mentioned!

Studies of cultures that live on diets with complete nutrition provided by natural, unrefined foods show that these people usually live to a ripe old age, free of debilitating diseases and even tooth decay.² A far cry from the health statistics of the modern day industrial nations.

With our busy schedules, it's easy to skip meals or grab some fast food or a candy bar to hold us over. However, getting exhausted or going hungry puts stress on the body and nervous system which, over time, can seriously damage good health. Wholesome snacking during the day keeps blood sugar levels stable, and it's easy to keep some nutritional "treats" handy. Fad or starvation diets also wreak havoc on anyone who is serious about his or her health.

Wholesome, home-cooked meals are the best, and you don't have to make drastic changes in your lifestyle in order to eat natural foods. The recipes in this book are easy to follow, and most take less than 30 minutes to prepare!

What foods you select and how they are prepared is very important. Always use fresh vegetables, fruits, whole grains, fish, poultry and meats. If you can find them, use organic produce and meats, as these are free of harmful antibiotics and pesticides. Avoid frozen or canned foods, as canning and freezing destroy some of the key nutritional elements.

Processed foods provide more than we think. According to Samuel Epstein, M.D., in *The Politics Of Cancer*, "The average American eats nine pounds of chemical additives a year, including preservatives, flavoring agents, stabilizers, and artificial colors. Therefore, over several decades of such dietary practice, the individual will have received several hundred pounds of food additives. Chemical agriculture and fast food industries are generating a whirlpool of artificial chemical elements which is making the modern diet increasingly inappropriate for human consumption.

Could there be any correlation between the nine pounds per year average of food additives consumed (with the resultant nutritional deficiencies) and the incidence of cancer, heart disease, and a wide range of other maladies? This is a good question to keep in mind when selecting your food.

When you eat out, eat selectively, avoiding fried and junk foods. Most chicken and meats contain antibiotics and hormones. Lamb, on the other hand, is range fed and free from these substances. Many restaurants also offer a fresh catch of the day, which you can order baked or broiled, along with a potato or rice, salad and vegetables. A potato or rice with vegetables and salad can also be sufficient on occasion.

You can afford to skip the dessert. Most commercial desserts are made from refined sugar, flour, and processed fats, which for some people are very hard to digest, cause too rapid a change in blood sugar levels, and put a lot of stress on the pancreas and liver. For those with hypoglycemia or recovering from a serious illness, even excessive fruit can cause drastic changes in blood sugar levels, so be careful not to eat too much.

Cooking can be fun and a great creative outlet, and it is easy to prepare delicious, well-balanced meals quickly. You can make a pot of rice, for example, which

can be eaten throughout the week, either plain, sautéed with vegetables, or added to soups to make them a meal in themselves. Once you get used to preparing and eating only good quality fresh foods, it will be difficult to settle for less.

Preparing food for yourself and others is one of the ways you can truly love and honor yourself and your loved ones. Every meal can be another step towards a balanced, healthy life. Eat slowly, and chew your food well, so that your body will get maximum benefit from the food. Life is precious, and this is your chance to make a new start every day, to gain strength, vitality, and happiness.

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The Basic Foods

Whole Grains

Whole grains, such as brown rice, millet, quinoa, wheat, barley, buckwheat, corn, and oats, are high in vitamins, minerals, complex carbohydrates, and protein. Use only whole grains, as refining strips away the precious nutrients and fiber contained in the bran. Organic grains can contain twice as much protein and minerals as grains grown in poor soils.^{1,2}

Quinoa and amaranth are the only grains that provide complete protein. Combine other grains with a small portion of beans for complete protein. Wild rice has almost twice as much protein and iron as brown rice, and the starch in corn is the most easily digested of all the grains.

To wash grains, put them into a pot and add plenty of water. Swirl them around for a moment. The chaff will float to the top. Pour off most of the water, then catch the grains in a strainer.

Soaking grains overnight before cooking them starts the sprouting process, which substantially increases the protein, vitamin, and enzyme content. It also helps to break down the starch and protein, which makes them much easier to digest. You can cook the grains in this water, as it is rich in nutrients.

Boiling is the easiest way to cook grains. Combine 2 cups of water for each cup of grain, along with a pinch

of salt. Bring to a boil, then lower the heat. Cook until water is gone and grain is tender.

Grains may be eaten plain, sautéed with vegetables, or combined with vegetables into a casserole dish. Left-over grain will last several days in the refrigerator.

Bread

Fresh whole grain bread is an excellent, delicious food. It is a good source of protein, minerals, complex carbohydrates and fiber. However, some people who are very weak, have allergies, or are severely deficient should avoid bread and flour products, as they can be very difficult to digest. Those who are stronger should use only whole grain breads. Refined flours contain very little nutrition and put stress on the body as it tries to assimilate them. Some bread substitutes are found in the section on Breads and Sandwiches.

Beans

Beans, such as anasazi, azuki, black-eyed peas, soybeans, chickpeas, kidney, lima, lentils, navy, split peas, and pinto beans, are the best vegetable source of protein. When combined with whole grain or sunflower or sesame seeds, they provide all the essential amino acids that make a complete protein. Beans also contain an abundance of vitamins, minerals, carbohydrate, and fiber.

The anasazi bean is the easiest to digest. Compared with other beans, it contains one-fifth of the substances which produce gas. After anasazis, azuki beans and lentils are the most digestible, and all three are the best for those who are recovering from an illness or who have poor digestion.

Soaking beans overnight before cooking them starts the sprouting process, which substantially increases the

protein, vitamin, and enzyme content. It also helps to break down the starch and protein, which makes them much easier to digest. Adding spices such as cumin, ginger, and coriander also aid in digestion.

Most beans take 1-1/2 to 2 hours to cook, and will keep in the refrigerator for several days. Bean products, such as tofu and tempeh, are excellent sources of protein and are sometimes easier to digest than whole beans.

Vegetables

There is enormous variety to choose from in the vegetable kingdom. Vegetables are rich sources of easily digested vitamins, minerals, carbohydrate, and fiber. Recent studies have shown that people who eat a lot of carotene-rich vegetables have one-third the incidence of cancer.

Use organic produce as much as possible. These are grown without harmful pesticides, and can contain up to twice as much protein, vitamins, minerals, and enzymes.^{3,4} Select combinations of vegetables that vary in color and character, such as green leafy vegetables combined with carrots, broccoli, and red bell peppers. Be creative. Vary your cooking methods, sautéing a variety of vegetables for one meal, baking for another, and steaming for yet another. The combinations are endless.

For specific healing and nutritive properties of vegetables, see the section on Fruits and Vegetables.

Fruits

Fruits are rich in vitamins, minerals, and fiber. They are very cleansing, and contain large amounts of natural sugars, which provide quick energy. Stabilizing blood sugar levels is a key factor in regaining and maintaining health. Excessive consumption of fruit can

weaken health, and people with hypoglycemia and/or Candida need to be very moderate in their fruit intake. Citrus and tropical fruits (except lemons and limes) have a much higher sugar content, and therefore should be used more cautiously.

Combining fruit with heavy protein like meat or beans can cause a gas reaction in the stomach, so leave at least an hour between the two.

For specific healing and nutritive properties of fruits, see the section on Fruits and Vegetables.

Nuts, Seeds, Nut Butters

Nuts and seeds are high in nutrients. Raw almonds and pumpkin seeds are highly recommended. They make a great snack, providing protein, vitamins, and minerals, and help keep blood sugar levels stable. Natural almond butter, sesame butter, or sesame tahini are excellent sources of protein and vitamins, and make terrific snacks and sandwiches.

Seaweed

Seaweeds are among the most nutritious foods known to mankind. They are high in calcium, phosphorous, iron, vitamin A, B vitamins, iodine, magnesium, potassium, zinc, and many trace elements. Eating small portions of these sea vegetables is sufficient. Most health food stores have a variety of seaweeds available. It may take a while to acquire a taste for them. Try them in soups, stews, or sautéed with vegetables. Dulse and Nori are among the most tasty seaweeds, and can be used as condiments or even eaten as snacks.

Fish and Shellfish

Fish are an excellent source of protein, essential fatty acids, vitamins, minerals, and other key nutrients. Deep sea fish, such as salmon, halibut, red snapper, tuna, dolphin (the fish, not the mammal), and sea bass, are less likely to be polluted than bay or inland fish. Fresh fish should not have a strong fishy smell, and the flesh should be firm. If you are buying fish with the head still on, the eyes should be clear and bulging. If they are sunken and cloudy, the fish is old.

Shellfish, such as clams, oysters, scallops, mussels, shrimp, prawns, crayfish, lobster, crabs, and abalone, are also rich in easily assimilated protein, vitamins, minerals, and essential fatty acids. However, they sometimes come from polluted bay waters, in which case they should be avoided for their high mercury, heavy metals, and pesticide content. It is a good idea to ask where they were caught, and eat only those from non-polluted areas.

Poultry

Poultry is an excellent source of protein. Unfortunately, most chickens are fed a mixture of grains combined with high quantities of hormones and antibiotics. Residues of these additives are contained in the flesh. Range fed chickens are becoming easier to find. Some health food stores and specialty markets carry them.

Meat

For some constitutions, red meat is nourishing and strengthening, and is an excellent source of protein and B vitamins. However, meat can be very difficult for some people to digest. Animals (with the exception of lamb,

which are range fed) are fed hormones and antibiotics, which are then ingested when we eat them. Try to find a market that carries organic meats. If you are very weak or ill, it may be best to avoid all red meat for awhile.

Eggs

Raw or lightly cooked egg yolks are an excellent source of many key nutrients that strengthen and regenerate the endocrine glands, liver, nervous system, and immune system. The whites are excellent for building up muscle tissue and strength. When included in a balanced diet, they do not necessarily raise cholesterol levels; however, those with high cholesterol levels should be cautious in their use.

The egg is one of the most nourishing foods and one of the best buys for the money. Many eastern sages recommend eating raw egg yolk every day to strengthen the entire system. Egg yolks have been recommended for those with nervous system and adrenal collapse. Add 1-2 egg yolks to soups or vegetables before serving. Be sure to wash eggs thoroughly before opening them, as Salmonella often collects on the shells.

Sweeteners

Everyone gets a "sweet tooth" once in a while. However, how you satisfy this yearning can have diverse effects on your health.

White sugar is devoid of protein, vitamins, and minerals. It requires B vitamins for assimilation, which can cause a B vitamin deficiency. It disturbs the calcium-phosphorus relationship in the body, puts stress on the pancreas, causes rapid changes in blood sugar levels, and causes tooth decay.⁵ Many authorities also feel that excessive use of white sugar creates addiction and metabolic disorders similar to those caused by addictive drugs.^{6,7}

Many people thought that **artificial sweeteners** were the answer to the dilemma of trying to satisfy the sweet tooth without a lot of calories, until tests showed these substances to be harmful and even carcinogenic.⁸

Brown sugar is white sugar with some added molasses and flavorings, and has practically no nutritive value.

Following are some natural alternatives:

Sugar cane juice contains vitamins and minerals and has been used for centuries by native cultures without the negative effects of white sugar. Studies of traditional cultures showed that these people were free of tooth decay and many diseases; however, when junk foods and processed sugar were introduced into their diets, tooth decay rapidly increased and general health deteriorated.⁹ Evaporated sugar cane juice is available in health food stores under the name of Sucanat. (Evaporated sugar cane juice is not to be confused with turbinado sugar, which is the same refined product as white sugar before the bleaching process.)

Honey is a nourishing food, as it contains carbohydrates, vitamins, minerals and proteins. It has a long history of being used as a medicine. Honey has antibacterial properties, and has been used to treat open wounds, burns, and diarrhea. It has reduced asthma and allergy symptoms, and has been found to help soothe a sore throat and cough. It has a sedative and soothing effect on the nervous system, and has been used to treat and prevent muscle cramping.¹⁰ A caution, however: honey should not be given to infants under one year of age. It can carry bacterial botulism spores that can germinate in a baby's immature intestine, causing deadly toxins, although the cases of infant botulism are rare.¹¹

Blackstrap molasses is a rich source of vitamins and minerals. It contains more calcium than milk, more

iron than many eggs, and more potassium than any food. It is also an excellent source of B vitamins.¹²

Barley malt contains the proteins, vitamins, and minerals of whole grain barley.

Maple syrup is made by boiling the sap of the maple tree, and is high in sucrose.

Corn syrup is processed from corn starch. It does not contain the vitamins and minerals of whole corn.

Fructose, which is found in fruits, is absorbed into the system more slowly than sucrose or glucose.

Brown Rice syrup is made from whole grain brown rice and contains vitamins, minerals, and protein.

The stevia plant, also called sweet leaf or sweet herb, has been used for centuries in South America and more recently in Japan, as a natural herbal sweetener. An extract is made of the leaves and flowers of this shrub called *Stevia rebaudiana*, which was first cultivated in Paraguay. The Japanese have conducted extensive research on its properties, safety, and effectiveness. It is used in Japan and South America today for sweetening a variety of foods. The liquid extract is much better tasting and easier to use than the powder. A few drops will sweeten a cup of tea, and it is delicious in yogurt, cereal, and baked goods. The extract is forty times sweeter than sugar, with only 1/300 the caloric value. It has been found to help normalize blood sugar, lower blood pressure, promote mental alertness, and facilitate digestion. Unlike sugar, it will not cause tooth decay. On the contrary, tests performed in Japan conclude that it helps fight tooth decay, and is used to sweeten chewing gum.¹³

Amazake Rice Nectar can also be used as a sweetening agent in cooking and baking, although it is mild, and you will probably need some additional sweetener.

Amazake is made from whole grain brown rice, contains vitamins, minerals, and protein, and will nourish the system causing less of an imbalance. Amazake lends a delicious moist texture to baked goods.

Note: Those with hypoglycemia and/or Candida should be cautious in their consumption of all sweeteners, with the exception of stevia extract.

Dairy Products

Dairy products are rich in calcium, vitamins, and protein; however, many people find them difficult to digest or are allergic to them. Cultured dairy products, such as yogurt, kefir, and cottage cheese, are easier to digest and contain beneficial bacteria, which help keep the digestive tract healthy. They are also an excellent source of easily digested protein and minerals. It is best to use raw dairy products, as these come from cows which are range fed and have not been fed antibiotics. Pasteurized dairy products are very hard to digest, and have very little nutrition compared to raw dairy products. Most people who are ill should avoid using dairy products, except yogurt, kefir, and butter, until they are stronger. Amazake Rice Nectar and soy milk are good milk substitutes.

The *Nutritional Almanac* states the following: "Unsweetened yogurt contains the B-complex vitamins and has a higher percentage of vitamins A and D than does the milk it was made from. It is also high in protein. The beneficial bacteria in yogurt make it a natural antibiotic. Yogurt has been found to be beneficial in treating high cholesterol levels, arthritis, constipation, diarrhea, gallstones, halitosis, hepatitis, kidney disorders, and skin diseases."¹⁴

Fats and Oils

Next to oxygen, the nutrients used in the largest amounts by the body's metabolic processes are the Omega 6 and Omega 3 fatty acids. The body uses these two nutrients to produce energy and heat; to build strong cellular membranes that are resistant to pathogenic yeast, bacterias, and viruses; to absorb and transport oxygen across the lung membranes into the bloodstream and into the cells; and to produce the essential prostaglandins that regulate immune system, glandular and nervous system functioning. These are just a few of the key functions these fats play in health and disease.

A healthy mother's milk is high in essential fatty acids, GLA and other precursors to prostaglandins. Cow's milk is low in essential fatty acids, as well as prostaglandin precursors, and is high in saturated fats. For this reason, cow's milk is not an adequate substitute for mother's milk.¹⁵ Neither is baby formula. At a recent international symposium on "Dietary Omega 3 and 6 Fatty Acids" Dr. Neuringer, an authority on infant milk, stated that the low Omega 3/high Omega 6 content in infant formulas is of great concern because of the imbalance it causes among the resultant prostaglandins. These imbalances could impair the immune system and could dispose the infant to cancer and heart trouble later in life. Feeding a non-nursing baby small amounts of flax seed oil will provide the essential Omega 3 and Omega 6 fatty acids.

The Health Protection Branch of the Canadian government, which is the equivalent of the U.S. F.D.A., is considering requiring all infant formulas to contain adequate amounts of the Omega 3 fatty acids.

Flax seed oil is the highest source of Omega 3 fatty acids, a good source of the Omega 6 fatty acids and has no cholesterol. It is good tasting and can be poured

directly onto protein dishes, vegetables, salads, grains, soups, etc. It is a very delicate oil and should not be used for cooking.

The best flax seed oil is produced by Omega Nutrition.¹⁶ It is extracted by a specially developed low heat, oxygen excluded method, and bottled in light-insulated plastic containers. Omega Nutrition is a high quality, ecologically minded company. They are one of the first companies to seek F.D.A. approval to use a plastic that is 100% biodegradable, allowing their bottles to completely break down within three years after coming into contact with earth or sea water. We hope that other companies will soon produce their plastics by the same method so they will all become biodegradable. Omega Nutrition also produces high quality sunflower and hazelnut oils.

Authorities recommend that 2% of daily calories be composed of Omega 3 fatty acids, which can be provided by the following amounts of flax seed oil:

1/4 teaspoon for non-nursing infants under 3 months

1/2 teaspoon for non-nursing infants 3 to 12 months

1 teaspoon for 1 to 2 year olds

2 teaspoons for children over 2 years

2-3 tablespoons for adults

Note: Since most adults today are deficient in the key Omega 3 fatty acids, nursing mothers may not have sufficient amounts to pass along to their infants. It is especially important, therefore, for pregnant and nursing women to supplement their diets with flax seed oil.

Caution: Some flax seed oil (also called linseed oil) is the same product used by the paint industry and is poisonous. Udo Erasmus, recognized authority and author of *Fats And Oils* recommends not using flax seed oil which is labeled as linseed oil or that which is packaged in a glass bottle, as light turns it rancid. He recommends using only cold processed, light and oxygen excluded oil which is packaged in an opaque black plastic bottle.

Butter and ghee (clarified butter) or virgin olive oil are the best oils to use for cooking. Cold processed high oleic safflower and sunflower oils are best used in salad dressings, but can also be used for cooking. These oils are lighter tasting, have good amounts of the Omega 6 and Omega 3 fatty acids, but burn and oxidize quicker than butter, ghee, and olive oil. It is very important to use only high quality vegetable oils, as the commercial processed oils and margarines are very poisonous to the body's health. The best oils are produced by Flora, Spectrum Naturals, Arrowhead Mills, Omega Nutrition, and others.

Butter

Butter is a wholesome, nourishing food. It is the best fat to use in cooking, because it can withstand exposure to oxygen better than other oils. It burns easily, however, and must be cooked over a low flame. In the East, ghee (clarified butter) is used as a key ingredient in many herbal formulas.

Butter has many nourishing substances, among the foremost of which is butyric acid. Butyric acid is a short chain fatty acid, found only in butter, that has powerful antiviral and antifungal properties. It is also an excellent fuel for the body's basic metabolic functions. Some studies have shown that nutrients in butter strengthen nervous system function and reduce inflammation in arthritis.¹⁷

Butter is also an excellent source of high quality cholesterol, which is an essential raw material the body uses to make some of its most vital hormones, as well as to build strong cellular membrane walls.

A lot of the misunderstanding about butter has resulted from people lumping butter, lard, and animal tissue fat all into the same category. Butter has a different composition of fats than animal tissue fat, and it is much easier to digest and metabolize.

The serious problems of heart disease today have not arisen from the consumption of butter. Actually, the average U.S. citizen's intake of butter is less than one-third of what it was in 1900, while the incidence of heart disease has increased significantly. Coronary heart disease, which did not exist in 1900, now affects 66% of the population.¹⁸ There are cultures, such as the Bedouins', which have lived for centuries on diets of mostly meat and dairy foods, and they never developed heart disease.

Today's conditions of hardening of the arteries arise from other factors, including low thyroid function,¹⁹ lack of exercise, insufficient dietary fiber, inadequate intake of key nutritional elements such as the Omega 3 and Omega 6 fatty acids, poor cooking methods, use of old food, chemicals in foods, free radical damage to blood vessel walls caused by poisons in water and food,²⁰ and especially the consumption of processed, devitalized fats contained in margarines, vegetable shortening, and the highly-heated, oxidized oils used in restaurant cooking.²¹ People with high cholesterol should follow their doctors' recommendations and consider some of the previously mentioned factors as causes of their conditions.

Fiber

Our diets today contain less than one-third the amount of fiber of that of our grandparents and the diets of people in more rural areas of the world. The average western diet contains 10 to 20 grams per day of dietary fiber, while the diets of most rural societies contain 40 to 60 grams a day. According to the now classic paper that Dr. Denis Burkitt published in *The Lancet* in 1969, entitled "Related Diseases-Related Cause?", the intestinal diseases which are prevalent throughout the civilized nations are almost unknown in rural Africa and many other societies.

According to Dr. Burkitt, most leading degenerative diseases are partially caused by an insufficient intake of dietary fiber. These diseases include coronary heart disease, diverticular disease, appendicitis, hemorrhoids, varicose veins, obesity, and diabetes. The second most common cause of death from cancer is cancer of the colon, which has been firmly linked to a low fiber diet. Even Candida overgrowth is associated with low fiber diets, and today we are seeing many articles about using oatbran to reduce cholesterol. Although this information is just recently being released, nutritional healers have been saying these things throughout history.

There are five known functions that fiber in the diet performs:

- 1) Reduces intestinal toxicity and pathogenic bacterial and yeast overgrowth.
- 2) Improves bowel functioning and transit time.
- 3) Stabilizes blood sugar. Many medical tests have shown that fiber helps regulate both diabetes and hypoglycemia.
- 4) Lowers cholesterol.
- 5) Protects against other chronic degenerative diseases, such as cancer of the colon, hemorrhoids, varicose veins, etc. Proper use of fiber has been firmly established to be the most effective therapy for clearing up hemorrhoids.

There are several ways to improve your dietary intake of good quality fiber: reduce consumption of overly refined foods; eat a salad every day with plenty of lettuce, grated carrot and other fibrous vegetables; use a liberal amount of whole grains and legumes in your diet; and, when needed, take some kind of high quality fiber supplement.²²

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Fruits and Vegetables

The evidence is clear. Natural foods help prevent and heal a wide variety of maladies. One hundred years ago, when diets consisted of whole foods grown in rich soils, heart disease was non-existent, and the incidence of cancer, arthritis, diabetes, and yeast disorders was minor.

Nature, in its bounty, provides the raw materials necessary to build strong, healthy bodies, and keep them that way. Below are just a few of the nourishing, healing, and strengthening properties found in fruits and vegetables. This information is not meant to be medical advice. If you are ill, please consult your doctor or health practitioner.

Apples* help keep the cardiovascular system healthy, reduce blood cholesterol and blood pressure, and are instrumental in preventing cancer. They are high in fiber and are good for both elimination and diarrhea. Apples are an excellent food for people with most types of arthritis, and especially for those whose bodies produce insufficient stomach acid, in which case the Pippen and sour apples are the best. They are also high in vitamin C, which helps keep the bones and teeth sound. Apples are powerful blood purifiers and benefit the lymphatic system. A tea made from the peelings is helpful for the kidneys. Some diabetics and hypoglycemics find apples help to stabilize their blood sugar.

Apricots* are high on the list of foods likely to help prevent certain cancers, especially of the lung and possibly of the pancreas. They contain highly concentrated amounts of beta carotene, a form of vitamin A that is especially successful in thwarting certain cancers, including lung and skin. Apricots also work as a laxative, and contain cobalt, which is helpful in anemic conditions.

Artichokes have been found to lower cholesterol, stimulate production of bile, and work as a diuretic. They are high in calcium and iron, and contain vitamins A and C, which help fight off infections. They also have been used in treating liver and kidney ailments, are high in fiber and aid digestion.

Asparagus is a good blood builder, and is a general stimulant to the kidneys. If there is kidney inflammation, however, it can be irritating if eaten in excess. Green asparagus tips are high in vitamin A, as well as elements that build the liver, kidneys, skin, ligaments, and bones. Green asparagus also helps in the formation of red blood corpuscles.

Avocado is rich in minerals which regulate body functions and stimulate growth. It is especially high in iron and copper, which aid in red blood regeneration and the prevention of nutritional anemia. Unlike most fruit, it is low in carbohydrates, contains no starch, and little sugar. It has a high fat content, however, and those with liver trouble find it difficult to digest.

Bananas* and especially plantains have been shown to heal ulcers and strengthen the wall of the stomach. They are high in potassium, which benefits the muscular system, and pectin, which lowers cholesterol.

Beets and especially their leafy green tops improve liver and gall bladder function. They are high in minerals, vitamin A, and blood building nutrients. They are of benefit to the digestive and lymphatic systems.

Broccoli is one of the foods which help prevent cancer, particularly cancers of the colon, lung, stomach, prostate, and cervix. It is high in vitamins A and C, and is beneficial to the digestive system.

Brussels Sprouts are particularly good in preventing colon cancer. They are also effective in preventing cancer of the rectum, stomach, lung, bladder, and esophagus.

Cabbage is a leader in foods that help to prevent cancer, especially colon cancer, and has been shown to extend life. It is an excellent source of vitamin C. Cabbage stimulates the immune system, helps fight infection, and promotes growth. The dark outside leaves are high in calcium, potassium, and minerals. Raw cabbage juice has been shown to be helpful in healing ulcers of the stomach. Cabbage is also very helpful for constipation, and contains sulfur which is helpful in maintaining a clear complexion.

Carrots strengthen adrenal function, and are one of the best foods for the liver and the digestive tract. They help kidney function, and help prevent and treat cancer, especially smoking-related cancers. Carrots help lower cholesterol, and are high in vitamin A, which improves eyesight. They are high in fiber, are helpful for constipation, and are also high in minerals.

Cauliflower, a cousin of the cabbage, is also high on the list of anticancer vegetables, especially colon and stomach cancer. Cauliflower is also a good source of fiber. The leaves surrounding the head are high in calcium, although most people throw them away.

Celery is a good source of vitamins A and B1, and is high in minerals. Celery is high in natural sodium, which helps stiffness and creaking of the joints. It also helps keep calcium in solution, which helps prevent hardening of the tissues, joints, and arteries. Celery is a good blood cleanser, benefits both the brain and the nervous system, and helps clear up high blood pressure. It is an excellent food for those who suffer from arthritis, neuritis, and rheumatism. Celery is high in fiber, which promotes a healthy digestive tract.

Cherries* are very therapeutic for the gall bladder and liver, are high in iron, and are an excellent laxative, as well as a blood builder. Many have found them helpful for relieving gout. Cherries have been found to be a potent antibacterial agent against tooth decay.

Coconut* is high in minerals; however, it is also high in fat. Because of the fat content, those with poor digestion or liver trouble should avoid it. Coconut milk can be made by liquefying the meat.

Collards are very rich in calcium and a good source of vitamins A and C. Collards are beneficial for the respiratory system, the digestive system, the skeletal system, and the lymphatic system, the eliminative and urinary system, and the nervous system.

Corn is very high in fiber, is one of the best balanced starches, and its carbohydrate is the easiest of all the grains to digest. It has been shown to prevent some cancers. Corn is high in magnesium, and is an excellent bowel regulator. It also helps prevent tooth decay. Yellow corn is helpful in building bone and muscle, and is excellent food for the brain and nervous system.

Cranberries* increase the acidity of the urine and are therefore very helpful for urinary tract infections. They also help prevent and dissolve calcium-type kidney stones. People with urinary tract or bladder infections often obtain great benefit from drinking several cups a day of unsweetened cranberry juice.

Cucumbers are a wonderful digestive aid, and have a cooling effect. Cucumbers are also excellent cleansers of the kidneys and urinary tract.

Dandelion greens have more vitamin A than almost any other vegetable. They are a wonderful liver cleanser and are helpful in gall bladder function. They stimulate the glands and help detoxify the body.

Eggplant protects the arteries from cholesterol damage, and has been shown to help prevent certain cancers, especially stomach cancer. Eggplant has a soothing and stabilizing effect on the nervous system, so may be helpful for those with convulsive nervous system disorders.

Endive (narrow leaf) and **Escarole** (broad leaf) are both very high in vitamin A, and help the body throw off infection. They are also high in iron and potassium, and escarole helps to activate the bile.

Figs* contain anticancer agents, are a natural laxative, and are high in calcium and potassium. Their laxative property has been used to help clean toxins from the body.

Garlic has been found to kill many types of bacteria, is useful in warding off infections, including tuberculosis, and contains cancer-preventive chemicals. Raw garlic is antibacterial, antifungal, antiparasitic, and antiviral. It stimulates the immune system. It lowers blood cholesterol, helps prevent blood clots from forming, and lowers blood pressure. It has a favorable effect on the mucous membranes of the throat and air passages of the lungs, and works as a decongestant and expectorant, making it extremely helpful in cases of bronchitis, asthma and hay fever.

Grapes* are high in magnesium, which helps promote good bowel movements; however, the skins and seeds can sometimes be irritating to those with colitis or ulcers. They work to cleanse the liver and aid in kidney function. They are high in iron, and are good blood builders.

Grapefruit* helps lower blood cholesterol and may even clean out plaque from the arteries. It contains anti-cancer agents, is a powerful cleanser, and is helpful in preventing stone formations.

Green Peppers are high in vitamin A, which helps build up resistance to colds and infections, and in B vitamins, which aid food absorption and normalize the brain and nervous system by increasing metabolic processes. Peppers are also high in vitamin C and silicon, which helps build strong teeth, nails, skin, and hair.

Kale, along with its cousins cabbage and broccoli, is one of the cancer preventing foods, especially lung cancer. It is very high in calcium, vitamin A, and iron. It helps build strong teeth, and is beneficial to the digestive and nervous systems.

Leeks are good for throat disorders and acute nasal discharges, purify the blood, and are good for the liver and the respiratory system. They are also soothing and healing for the digestive tract.

Lemons are high in vitamin C, and contain agents that help prevent cancer. They are very cleansing, and aid liver function. Lemons aid digestion, and are very effective in the treatment of sore throats and colds. They have a cooling effect on the body by increasing elimination through the skin, and will help to bring down a fever.

Lettuce, especially leaf lettuce, is high in vitamins A and C, and is good for the liver. Leafy greens are notable for preventing cancer. The fiber also helps keep the digestive tract healthy.

Limes are high in vitamin C, which is helpful in treating arthritis. They have also been used to help soothe the brain and nervous system.

Mangos* have been used as a blood cleanser and to help reduce a fever. They are very high in beta carotene.

Melons* are a good source of minerals, and are helpful for elimination. Cantaloupe is one of the highest sources of beta carotene.

Mushrooms are high in niacin and protein and are rich in germanium, which increases oxygen efficiency, counteracts the effects of pollutants, and increases resistance to disease. **Oriental mushrooms** (shitake, oyster, enoki, mo-er or black tree fungus) have been found to thin the blood, which lowers cholesterol and helps prevent strokes and heart attacks. They also stimulate the immune system, help prevent cancer, and possibly help conditions such as rheumatoid arthritis and multiple sclerosis.

Mustard greens are high in calcium and other minerals. Leafy greens have been shown to help prevent cancer, and are good for the liver.

Okra is high in sodium, and has a soothing and healing effect on the intestinal tract.

Onions are one of the earliest known food medicines, and have been used for centuries for colds and for cleansing toxins from the system. They are a strong natural antibiotic, and are helpful for bronchial inflammations. Onions help lower blood sugar, and have been found to be helpful to diabetics. They lower blood cholesterol, and help prevent clotting. Onions are especially good for the liver. Preliminary research indicates that they may help prevent and fight cancer.

Oranges* are high in vitamin C, which helps fight cancer. They lower blood cholesterol, fight viral infection, help build strong teeth, and are cleansing to the digestive tract.

Papaya* is rich in vitamins A, C, and E, and is high

in calcium phosphorus, and iron. It is rich in digestive properties, and is very soothing to the stomach. It is used in the treatment of stomach ulcers and fevers.

Parsley is rich in iron, copper, and manganese. It is excellent for the kidneys, builds the blood, and stimulates brain activity.

Parsnips improve bowel action, and have a beneficial effect on the liver.

Peas are an outstanding source of vitamins A, B1, and C, and help reduce harmful LDL cholesterol levels. They help control blood sugar and may lower blood pressure. The pea pods are very high in chlorophyl, iron, and calcium-controlling properties. Peas contain anti-fertility agents, and may help prevent cancer. Puréed peas help relieve ulcer pains.

Peaches* are an excellent cleanser for the digestive tract and kidneys.

Pears* have a fairly high amount of vitamin C and iron. They are good digestive tract cleansers.

Plums* and Prunes* have a laxative effect, and when dried are especially high in phosphorus, which is of value to the nervous system.

Potatoes are considered to be a complete food. They are high in vitamin C and have been used to prevent scurvy. Potatoes are also high in potassium, iron, and vitamin B1. Most of the nutrients are contained in the skin or very close to the skin, so they should not be peeled before cooking. Potato soup is good for kidney and stomach disorders. The high potassium level is good for

the liver, tissues and muscles, and is helpful in heart conditions. Potatoes may help prevent cancer, and help fight viral infections.

Pumpkin helps prevent cancer, particularly lung cancer. It is high in potassium and sodium, vitamins B and C.

Radishes are strongly diuretic, stimulate the appetite and digestion, and are helpful in expelling gallstones from the gall bladder and cleansing the liver.

Raspberries* are considered good cleansers for the mucous membranes and for removing toxins from the body. They are a good source of vitamins A and C, and stimulate the appetite.

Spinach is one of the most effective cancer fighting foods, especially lung cancer. It is an excellent source of vitamins C and A, iron, and potassium, and lowers blood cholesterol. Spinach is good for the lymphatic, urinary, and digestive systems. It is high in oxalic acid, however, and can be hard on people with some types of arthritis.

Squash lowers the risk of cancer, especially of the lung. It is high in potassium and sodium, and is good for the eliminative system.

Strawberries* have been shown to be antiviral, may help prevent cancer, are a good source of vitamin C, and are cleansing to the digestive tract.

Sweet Potatoes* are good for the eliminative system, contain a great deal of vitamin A, and are a good

source of niacin.

Swiss Chard is high in vitamins C and A, potassium, sodium, and calcium. It helps ward off colds, and is good for the digestive tract.

Tomatoes may help prevent cancer, and help cleanse the digestive tract, the liver, and the blood. They are very high in vitamins and minerals, and have been found to help prevent appendicitis.

Turnips lower the risk of cancer, are high in sulfur and vitamin C. They have been used for bronchial disturbances, including asthma. The leaves are especially high in calcium.

Watercress is high in sulfur and potassium and is a mild stimulant. It is good for purifying the blood, and strengthening liver and glandular function.

Yams* help prevent cancer, especially lung cancer. They are antioxidant, and help reduce cholesterol.

*Note: These foods are high in natural sugars. Those with hypoglycemia or Candida should be cautious in their consumption.

For a delightful tour of the fruit and vegetable kingdoms, see:

Foods That Heal by Dr. Bernard Jensen
The Food Pharmacy by Jean Carper



Herbs and Spices

How boring life would be without a little spice! Herbs and spices not only add wonderful flavors to foods, but also have regenerative and strengthening qualities. Here are a few of nature's remedies found in most kitchens:

Basil is good for indigestion, fevers, colds, flu, kidney and bladder problems, headaches, cramps, nausea, vomiting, constipation, and nervous conditions. Add dried or fresh basil to soups, stews, and salad dressings.

Bay leaf helps prevent gas and indigestion, and was considered capable of increasing and maintaining health and happiness by the ancient Greeks. Add one or two leaves to soups, stews, and beans.

Black pepper is considered to be one of the most healing herbs. It strengthens digestion, improves circulation, strengthens the heart, and is helpful for colds and sore throats. It also has antifungal and antiparasitic properties. It is best when ground fresh and added to soups, stews, salads, and vegetables.

Caraway aids digestion, and helps ease gas, colic, and nervous conditions. Excellent for soups and stews.

Cardamom warms the body and is good for diarrhea, colic, headaches, and indigestion. Adds a slightly sweet taste to teas and soups.

Cayenne is of benefit for the heart and circulation, preventing heart attack, strokes, colds, flu, headaches, indigestion, depression, and arthritis. Cayenne helps stop bleeding, and is good for blood pressure abnormalities. It is very hot, so use sparingly in soups, stews and beans.

Cinnamon warms the system and is used to treat chronic diarrhea, cramps, heart and abdominal pains, coughing, wheezing and lower back pain. Excellent in teas, cereals, soups, and stews.

Cloves are stimulating and helpful in treating indigestion, flatulence, vomiting and nausea, and are particularly effective and safe to use during pregnancy. They can be chewed whole for toothaches, and are a pleasant, natural breath freshener. Delicious in tea and added to soups.

Coriander leaf is a diuretic, helps to relieve fevers, and is soothing to the digestion. It is an excellent addition to soups and stews.

Coriander seeds relieve diarrhea, and are very helpful to digestion. Terrific in meat and lamb dishes, soups and stews.

Cumin is one of the best spices to strengthen digestion, and it helps prevent and relieve gas. It is of benefit to the heart and uterus, and has been given to women after childbirth to increase breast milk. It stimulates

circulation and has a warming effect. It is particularly tasty in beans, soups, and stews.

Curry powder is a blend of bay, black pepper, cloves, coriander, cumin, fenugreek, ginger, nutmeg, onion, red pepper, and turmeric, and contains the individual properties of each of these spices. Curry is a wonderful addition to soups, stews, and grain dishes.

Fennel is very soothing to the digestion and is used to treat colic, cramps, coughs, and gas and to expel mucus. A tea made from the seed and cooled can be used as an eyewash. It is excellent in teas and soups.

Fenugreek is a powerful digestive aid, soothes and heals the digestive tract, strengthens production of some endocrine hormones, helps prevent and reverse osteoporosis, and is used in treating diabetes and gout. It adds a slightly sweet taste to soups and stews.

Garlic has been used around the world as a home remedy in practically every culture. It is used in treating lung conditions, and both high and low blood pressure. It kills parasites and infections, helps headaches and nervous disorders. It is effective in fighting colds, flus, fevers, coughs, sore throats, and infectious diseases. It strengthens the heart and nervous system. A few drops of garlic oil can be dropped in the ears for earaches, and also can be rubbed directly on sprains and minor skin disorders. An excellent addition to soups, stews, and salad dressings.

Ginger creates a powerful warming and strengthening to the stomach, digestive tract and circulation. It is an excellent treatment for colds, flus, bronchitis, and pneumonia, and helps detoxify meat dishes. Ginger tea

is very helpful for morning sickness. When made into a compress, it is used for treating pain, inflammation, and stiff joints. A few drops of ginger juice in the ears helps relieve earaches. It is a wonderful addition to soups and stews.

Marjoram is used for upset stomach, headache, colic and a variety of nervous complaints. It can be used for menstrual cramps and nausea, and is considered helpful for seasickness. When added to the bath, it can promote a calming effect and relieve insomnia. Use sparingly in soups and stews.

Mustard seed works as a mild laxative and blood purifier, and stimulates circulation. It is used mostly as a condiment, and is delicious in bean dishes.

Nutmeg, when taken in small amounts over a long period of time, has been known to relieve chronic nervous disorders and heart problems. It aids digestion, and relieves nausea. Large doses, however, can be poisonous and may cause miscarriage. It is a tasty addition to soups, stews, and desserts.

Oregano improves liver function and strengthens digestion. Use liberally in soups, stews, and dressings.

Parsley is one of the most excellent remedies for difficult urination, jaundice, fevers, and kidney stones. It helps restore and heal the liver and kidneys. Use generously in soups, stews, and salads.

Rosemary has been used effectively to treat headaches, indigestion, colic, nausea, gas and fevers. It is high in easily assimilable calcium, and benefits the entire nervous system. Use sparingly in meat dishes.

Sage is useful for diarrhea, dysentery, the early stages of cold and flu, sinus congestion, bladder infections, and inflammatory conditions. Sage tea can be used as a gargle for sore throats and ulcerations of the mouth. It is particularly tasty in fowl dishes.

Salt is an essential ingredient in our diet. Animals will travel hundreds of miles to lick the salt in the walls of salt caves. Salt was once used in place of money for trade amongst wandering tribes. Although salt is essential, we often consume excessive amounts, which can damage the kidneys, liver, and circulatory system. A normal adult needs about 2-1/2 grams or one teaspoon of salt per day; however, people often consume 10 or more grams a day, which can be harmful. Restaurant foods and processed foods are often heavily laden with salt. The best way to utilize salt is to use it in cooking, and to eat foods like tamari, miso, gomasio (sesame salt), pickles, saurkraut, and olives, where the salt has been combined with the other nutrients. Unrefined sea salt has small amounts of other minerals that some authorities feel are an important inclusion in the diet.

Thyme kills intestinal worms. It is used for bronchial problems and laryngitis. It is also helpful for diarrhea, chronic gastritis, and lack of appetite. Thyme tea is antiseptic and can be used as a mouthwash. Use sparingly in stews and soups.

Turmeric is a blood purifier. It has antifungal properties and helps heal wounds both internally and externally, relieves pain in the limbs, breaks up congestion, and works as a restorative after loss of blood at childbirth. It improves liver function, is of benefit to the circulation, and helps to regulate the menstrual cycle. It

is also used for reducing fevers and for nosebleed. Turmeric is golden in color and is contained in traditional Indian curry powder. Add to soups and stews.

Note: This information is not given as medical advice. If you are ill, please consult your doctor or health practitioner.

For more information on herbs and spices, see:
The Complete Book Of Spices by John Heinerman
The Way Of Herbs by Michael Tierra, C.A., N.D.
Back To Eden by Jethro Kloss



Special Foods and Nutritional Formulas

Amazake

For hundreds of years, the Japanese have made a delicious, nourishing drink from whole grain rice called Amazake. This versatile beverage was served in restaurants and tea houses, and was also made in homes for special holiday celebrations. In the summer Amazake was served cool, and in the winter it was served hot with grated ginger in it. It comes in plain, as well as a variety of delicious flavors, including almond. Nutritionally, the almond provides a good amount of complementary proteins, producing a great tasting drink with a substantial amount of complete protein. It also provides the key Omega 6 fatty acids and generous amounts of calcium, magnesium, phosphorus, potassium, riboflavin and other key nutrients.

Amazake can be used as a dessert, natural sweetening agent, baby food, or salad dressing, and makes great kefir and smoothies. Frozen Amazake makes excellent ice cream. This naturally sweet beverage has no alcohol, preservatives or synthetic additives, no added sugars or salt, and has nearly all the nutritional benefits of brown rice. It can also be used as a milk substitute for those who are allergic to or have trouble digesting dairy products.¹ Caution: Those with hypoglycemia or yeast overgrowth should avoid this product until their condition stabilizes, as it is high in natural sugars. Most health food stores carry Amazake. If not, they can order it.

Barley Green Extract

This excellent product is the extract and concentrate of the juice of young green barley grass. It is a tremendous source of vitamins, minerals, proteins, and enzymes. It is seven times richer in Vitamin C than oranges, five times richer in iron than spinach, has nearly eleven times the calcium as milk, six times as much carotene as spinach and thirty times as much Vitamin B1 as milk. It is an alkalizer of the system, and one of the best foods to regenerate a damaged liver. It is a convenient powder which can be added to water for a refreshing and nourishing drink. Most health food stores carry Barley Green Extract, also called Green Magma.

Bee Pollen

Bee pollen has been called the most perfect food. It contains all the essential vitamins and minerals, as well as enzymes, and is easily digested. It lends a natural sweetness and substance when used in smoothies or in baking. Bee pollen can be found in most health food stores.

Km

This is a remarkable herbal extract and mineral formulation with powerful rejuvenating and cleansing properties. Many have found it increases their energy and stamina, cleanses poisons from the body, helps rebuild the liver and the blood, and greatly increases the oxygenation of the system. Its iodine and herbal content will nourish thyroid function and strengthen the overall metabolic rate. The high level of potassium makes it very helpful for people with depleted adrenal function or nutritional deficiencies. Km can be obtained through independent distributors.

Milk Substitutes

Commercial pasteurized milk today has residues of the pesticides, herbicides, antibiotics and hormones that have been fed to the cows. Also, the vital enzymes and floras are destroyed in the pasteurization process.

Amazake, used as a milk substitute, has none of the drawbacks of commercial, pasteurized milk. When diluted with water, it can be used as a milk substitute for drinking, cooking and baking. Use two parts Plain Amazake to one part water for a non-fat or low-fat milk substitute. Two parts Almond Amazake to one part water yield a good substitute for whole milk, since it contains protein, minerals, vitamins, and the unrefined oil from the almond butter. If using plain Amazake, combine it with soy milk for complete protein. Soy milk alone is also a nourishing milk substitute.

Another excellent milk substitute is Sunrider Simply Herbs. This product is a healthful drink on its own, and can be used in sauces, gravies, and soups to thicken and give them a wonderful, creamy consistency, as well as provide added nourishment.

Miso

Miso is made from fermented soybeans which are usually combined with barley or other grain. It is a delicious addition to soups and salad dressings, providing easily digested complete protein. Unpasteurized miso is acclaimed for its ability to aid in digestion and assimilation of other foods. Miso comes in a variety of flavors, which vary in salt content, and bring out the flavor and nutritional value in foods. The oils contained in miso give it its savory flavor and aroma, and aid in dispersing accumulations of cholesterol and other fatty acids in the circulatory system.

A major study conducted in Japan found that those who drank miso soup every day had 32 to 33 percent less

stomach cancer than those who did not drink it. In Japan, it is believed that miso promotes long life and good health, can cure colds, improve metabolism, clear the skin, and help resist parasitic diseases. It is also used to settle an upset stomach and get rid of a hangover. Miso has been found to contain dipicolinic acid, which attaches to radioactive metals and discharges them from the body. Some people have found that taking miso soup every day helps to alleviate the side effects of radiation therapy. It has also been found to neutralize some of the effects of smoking and air pollution.² Most health food stores carry miso.

Mochi

Mochi is a delicious traditional Japanese treat made by steaming and pounding glutinous (sweet) brown rice. It is then dried and cut into squares. It comes in several flavors, which puff up to a consistency resembling fresh french bread when they are baked in the oven. It is a terrific bread substitute for those who are allergic to or have difficulty digesting flour products. Mochi can be baked, fried, or added to soups just before serving. It is delicious with butter, almond butter, sesame tahini, or fruit butter. Some health food stores carry mochi. If not, they can order it.

Nutritional Yeast

Nutritional yeast is an excellent food to use for those who do not have an allergy to it. It has a long established tradition of being very helpful in cases of fatigue, liver damage and hypoglycemia. It provides high amounts of all the B vitamins, protein, potassium, zinc, GTF Chromium, RNA and other key nutrients. It can be added to soups or smoothies and sprinkled over popcorn. Many people mix yeast in a cup of miso broth for a quick pick-me-up. There are many different types of food yeast with

widely varying tastes and nutritional contents. Some are the by-product of the brewing industry. The yeast with the best taste and highest nutritional content are the primary grown. Kal and Lewis Labs make excellent yeast flakes, and these can be found in most health food stores.

Sauerkraut, Pickles, and Olives

Sauerkraut, pickles, and olives are great additions to our diet. They significantly improve digestion and assimilation of protein and many key minerals. They are an important food for helping heal certain kinds of arthritis, and they are valuable for preventing and healing yeast overgrowth conditions. They are high in salt, however, so those who have been advised by their doctors to follow a low salt diet should be cautious. The best brands are those made without sugar, preservatives or highly processed oils.

Sunrider Chinese Herbal Formulas

Sunrider International in Torrance, California, produces a variety of whole food Chinese herbal formulas which nourish the various body systems. **Calli Tea** is a delicious tea which works as a deep tissue cleanser. **Fortune Delight Tea** is a convenient powdered tea, which cleanses the digestive system and is part of the weight management program. **NuPlus** is a powdered whole food herbal formula. It nourishes all the body's systems, and comes in several delicious flavors. Mix it in the blender with tea, water or juice for a terrific, nourishing drink. **Simply Herbs** is the basic NuPlus formula, without added fruit fiber. It mixes up a little easier, and is a wonderful thickening agent for soups and stews. It can also be mixed with water or milk for a nourishing baby formula. The formulas which nourish the five body systems are **Prime Again**, **Alpha 20C**, **Conco**, **Assimilaid**, and **Lifestream**, along with the nervous

system formulas **Top**, **Joi**, and **Ese**. Action Caps help the body to restore natural metabolic function, thus burning fat and building up muscle tissue. **Suncare** is a facial mask which nourishes the skin. The ingredients are packaged in two bottles. One bottle contains a liquid extract of stevia and chrysanthemum, the other contains clay. Sunrider also makes an excellent healing balm called **Sunbreeze** which is useful for muscle aches, bruises, sinus congestion, and motion sickness. Sunrider products can be purchased from independent distributors and some health food stores.

Tamari (Soy Sauce)

This traditional seasoning from Japan has a rich, fermented fragrance and a salty, sweet, slightly tart flavor, which brings out the natural sweetness and subtle hidden flavors in almost all foods. It is a wonderful seasoning for meat, fish, grains, soups, stews, and salad dressings. It is an excellent source of predigested amino acids and minerals. Beware, however, not all tamaris are alike. Read the label and find one that contains only water, soy beans, wheat and sea salt, and contains no preservatives. There are also some low-salt and wheat-free tamaris available. When cooking with tamari, it should be added only during the last few minutes of cooking, as long cooking causes it to lose its flavor. An even more nourishing and higher quality product is shoyu, which is made from whole rather than processed soybeans, aged much longer and fermented in wooden vats.³ Tamari and shoyu can be found in most health food stores.

Tofu and Tempeh

Both of these products are made from soybeans, and are high in easily digested protein, calcium, magnesium, and potassium. They are versatile and can be used

as meat substitutes in soups, stir-fried dishes, and sandwiches. Most health food stores carry a variety of tofu and tempeh products.

- 1 Finnegan, John, *Amazake Rice Nectar*, Elysian Arts, California, 1989.
- 2 Shurtleff, William, and Aoyagi, Akiko, *The Book Of Miso*, Ten Speed Press, CA, 1983.
- 3 *East West Journal*, January, 1989, "Shoyu-The Imperial Sauce" by John Belleme.



Cooking Methods

The best methods for cooking are lightly sautéing, steaming, baking, and broiling.

When sautéing use a small amount of raw butter, clarified butter (ghee), virgin olive oil, or cold pressed, high oleic safflower, sunflower, canola or sesame oil. These can be found in most health food stores. Do not use margarine or processed fats. Use a low to medium heat, so that the oil does not get too hot, making it rancid and very difficult for the body to digest. If you add a small amount of water when sautéing, you will find that vegetables cook more quickly, while keeping the temperature down so the fat does not burn. A little cornstarch or arrowroot dissolved in a small amount of cold water thickens the sauce in sautéed dishes.

To steam vegetables, put them in a pot with about an inch of purified water in the bottom. Bring it to a boil, then lower the heat, so the vegetables gently simmer.

When the vegetables are done, do not throw the water away, as it contains lots of nutrients from the vegetables. It can be used as a stock for soup or drunk as a broth. This broth is best if it was made from a purified or distilled water. Most tap waters contain toxins and chemicals that are damaging. There is a wide range of good quality water filters available. If you use distilled water, it is a good idea to replenish trace minerals by eating seaweed or by taking a good mineral supplement.

Avoid using aluminum cookware, as aluminum is poisonous and leaches into the food. The best cookware to use is that which is made from stainless steel, glass, or cast iron.



"A Table For One, Please"

Living alone can be great, but let's face it. Most of us just don't put as much time and care into making a balanced, nourishing meal for ourselves, as we do when cooking for guests or family members. But think about it for a moment. How much time does it really take? (Not much.) Aren't you worth it? (You bet!) So, before you settle for a frozen dinner or call for a pizza, put on some music, and get creative. In a few minutes, you'll be sitting down to a lovely meal. Light the candles, you're special!

A little planning can go a long way. By preparing some things ahead of time, you can cut your cooking time significantly. Here are a few suggestions.

Take the time to make a pot of grains over the weekend or some evening that you are not busy. Try half brown rice with half wild rice. Cook with a pinch of salt, some garlic and a little curry powder. If you don't like curry, try cumin seeds or basil, oregano, and parsley. Millet and quinoa are also delicious, and will keep in the refrigerator for several days. Grains can be eaten plain or used for sautéing with vegetables, put into soups, or made into salads.

A pot of beans will also keep in the refrigerator for several days. They are a great addition to soups and salads, and can also be used to make tostadas, which are delicious and a meal in themselves.

When you get the chance, make up some of the Curry Mayonnaise Dressing. Throughout the week, you can use it for dipping raw vegetables, or as a sauce for

chicken, meat, or seafood. (It's great on crab!) Also, the humus dip is versatile and will last for several days.

Pop a lightly oiled potato in the oven, then take a walk, a swim, a bath, or just relax. In about an hour, you'll have the foundation for a beautiful dinner. (While you're at it, pop two potatoes in the oven. The spare can be turned into home fries for breakfast.) Complement with a salad and/or some sautéed vegetables.

You can also buy a small organic chicken. Wash the chicken, then lightly oil it. Put it in a roasting pan in the oven at 350 degrees. I like to cut up some potatoes, onions, and carrots, and roast them along with it. You will have a terrific meal, as well as enough chicken left over for a sandwich, chicken tostada, or chicken soup the following day.

All of the main dishes in this book can be adapted for one person—just cut all the proportions in half. But here are a few recipes for that one special person--you!

Quick & Easy Chicken Soup

2 cups water

1/2 boneless chicken breast cut into pieces

1/2 cup chopped onion

1/2 teaspoon minced garlic

3 slices fresh ginger (optional)

1/2 cup diced potatoes

1/2 cup sliced carrots

1/2 cup sliced celery

1/2 cup chopped cabbage

1/2 cup diced green pepper

salt and pepper to taste

Put chicken, onion, garlic, ginger, potatoes, salt, and pepper in water in pot and bring to boil. Simmer about 15 minutes. Add carrots, and celery, and simmer for about 5 minutes. Add cabbage and green pepper and continue to simmer about 3 minutes.

Vegetable Soup

*2 cups water
1/2 cup chopped onion
1/2 teaspoon minced garlic
1/2 cup sliced carrots
1/2 cup sliced celery
1/2 cup chopped cabbage
1/2 cup sliced zucchini*

Put water, onion, garlic, carrots, and celery in pot with salt & pepper. Bring to boil and simmer for 3 minutes. Add cabbage and zucchini and continue to simmer for 3 minutes.

Broiled Tofu

*1/2 cube tofu, sliced
2 tablespoons tamari
1/4 teaspoon garlic powder
pinch cayenne pepper (optional)*

In a bowl, mix tamari, garlic powder, and cayenne pepper. Dip slices of tofu into mixture, then place on an oiled broiler pan. Broil for a few minutes on each side until surface is crisp.

Sautéed Rice and Vegetables

1 cup cooked rice
1 tablespoon butter
1/2 cup chopped onion
1/4 teaspoon minced garlic
1/2 cup diced carrots
1/2 cup sliced celery
1 cup chopped cabbage

In advance, cook a pot of rice. Try mixing half brown rice with half wild rice, and cook with a pinch of salt and a little curry powder. It's a great combination, and it will last for several days. Sauté the rice and vegetables together until vegetables are tender.

A Lotta Tostada

1 corn tortilla
1/2 cup cooked beans
grated cheddar cheese (optional)
shredded lettuce
chopped tomatoes
avocado wedges
chopped onions
salsa
sour cream (optional)

Start with the tortilla, then pile everything on top!



Some Breakfast Ideas . . .

For some reason, what to eat for breakfast can be a conundrum. Here are a few suggestions:

Smoothies are a great way to start the day. They also serve as nutritional picker-uppers for later on, as well, so see the section entitled Smoothies for a variety of ideas.

Grains also provide a nourishing start. Leftover rice can be turned into a delicious pudding by warming it with water, milk, or Amazake, and adding a sprinkle of cinnamon and nutmeg, a drop of vanilla extract, some raisins, sunflower seeds, and a pat of butter on the top. A wide variety of whole grain cereals is also available, as well as whole grain breads. Sprouted whole grain bread is particularly nourishing and delicious.

An old favorite, of course, is **home fried potatoes**. Sauté onions, garlic, parsley, and potatoes in butter, then serve with poached, soft-boiled or scrambled eggs. (If you baked an extra potato the night before, this is a snap. If not, steam the potatoes for a few minutes first.)

You might like to try **mochi** waffles or a mochi breakfast sandwich for a change of pace. Mochi, made from sweet brown rice, is also good for those who are not able to eat breads. I like to cut it up into little 1-inch squares and put it in the toaster oven at 350 degrees for about 10 minutes. The mochi puffs up for a tasty treat.

Mochi Waffles

Cut a piece of mochi about 3 or 4 inches square. Pop it into a lightly oiled waffle iron, and in about 10 minutes you have a delicious, whole grain waffle. My favorite is the cinnamon-raisin flavor. Top with butter and your favorite topping.

Breakfast Sandwich

Put a 3-inch square of mochi in the toaster oven. Scramble an egg (or two) with a little garlic, onions, a few mushrooms, and some salt and pepper. Slice a tomato, and spread a little mayonnaise on it. When the mochi puffs up, remove it from the oven, and slice it open. You can then assemble a delicious and unusual sandwich. (Of course, whole grain bread can be used, as well as corn tortillas.) I like to accompany this ensemble with either a slice of pickle or some picante sauce, but some people consider this a little "too much" for breakfast. They just don't know what they are missing!

Want to spice up your morning tea? Try this:

Chai (East Indian Tea)

2-4 cups water
1 slice fresh ginger
2 whole cloves
1 cinnamon stick

2 cardamom pods
1 bag Calli or regular tea
sweeten to taste
warm milk (optional)

Combine water, ginger, cloves, cinnamon, and cardamom pods in a pot and bring to a boil. Simmer for 5 minutes, then turn off heat and add tea bag. Steep for 5-10 minutes. Sweeten and add milk if desired. This is also a delicious after-dinner drink, as well.

Fresh fruit is always popular. My favorite is sweet, juicy papaya with a sprinkle of cinnamon.

Yogurt is a versatile breakfast food. It can be combined with fruit and nuts for a delicious send-off. Yogurt can also be a meal in itself when combined with NuPlus, a Sunrider whole food formula which comes in a variety of flavors. Kids especially like this combination, and it is wonderfully nourishing. NuPlus can also be used in morning smoothies.

Good Morning Pancakes

2 tablespoons rolled oats

1 tablespoon wheat germ

1 tablespoon bran

2 tablespoons NuPlus (optional)

1 tablespoon raisins

1/2 tablespoon sesame seeds

1/2 tablespoon unsalted sunflower seeds

1 egg beaten

cinnamon to taste

sweetener to taste

Combine all dry ingredients and mix well. Add egg and mix again. Pour mixture into oiled and heated skillet. Cook over medium heat until brown on both sides.

Amazake is another alternative to the ordinary. It is delicious right from the bottle, or can be blended up into a smoothie. Try these pancakes some morning for a real treat:

Amazake Pancakes

*1 cup whole wheat flour
1 cup rye, blue corn, or oat flour
1/2 - 3/4 cup canola or safflower oil
1 cup Amazake
1 teaspoon baking soda
2 teaspoon baking powder
1 teaspoon vanilla extract
1/2 - 1 teaspoon cinnamon*

Mix ingredients together in a bowl, making sure batter is not too thick. Drop batter onto hot griddle, and cook until golden brown. Makes six.

For those who get a yen for some fresh baked breakfast goodies, try some of the following recipes.

Kamila's Award-Winning Bran Muffins

1/4 cup oil

1/4 cup molasses (or 1/2 cup honey)

1-1/2 cups milk

1 egg

grated peel of 2 oranges (optional)

1 tablespoon cinnamon

2 teaspoons vanilla extract

Beat ingredients together in a large bowl, then sift in:

1 cup whole wheat flour

1 cup wheat or oat bran

2 teaspoons baking powder

1/2 teaspoon salt

Fold ingredients together until moist, then add:

1/2 cup walnut pieces

1/2 cup raisins, chopped prunes, or apricots (optional)

Bake at 400 degrees for about 20 minutes. Makes one dozen muffins.

Applesauce Cake

Sift together:

*2-1/2 cups whole wheat flour unsifted
1/4 cup whey powder
1/4 teaspoon baking powder
1-1/2 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon powdered cloves
1/2 teaspoon allspice
1/2 teaspoon nutmeg*

Add:

*1-1/4 cups honey or 1-1/4 teaspoons stevia extract
1-3/4 cups applesauce
2 tablespoons NuPlus (optional)*

Beat for 2 minutes at medium speed, then add:

3 eggs

Beat for an additional 2 minutes.

Bake at 325 degrees for about one hour, or until done.

Daphne's Banana Bread

3 ripe bananas

1/4 cup butter (1/2 stick)

1/4 cup honey or 1/4 teaspoon stevia extract

2 cups whole wheat pastry flour

2 teaspoons baking powder

1/2 teaspoon baking soda

1/4 teaspoon salt

1/2 cup buttermilk

2 eggs

1/2 cup chopped walnuts

Sift flour, baking powder, baking soda, and salt three times. Cream butter and honey, then add eggs one at a time. Slice bananas into mixture one at a time. Blend well, using hand mixer. Add milk and stir. Slowly pour banana-egg mixture into flour, stirring after each addition. When well blended, fold in walnuts. Pour into greased bread pan and bake at 350 degrees for about 45 minutes.



A Few Words About Breads and Sandwiches . . .

I'm sure the Earl of Sandwich never dreamed of how popular his idea would become. Can you imagine the local deli serving corned beef, cole slaw and Russian dressing *stew*, or the fast food chains selling billions of hamburgers-on-a-stick! We have much for which to thank the Earl.

Unfortunately, though, many people have an allergy to wheat or find that bread is very difficult to assimilate. Whole grain and sprouted grain breads are easier to digest, and corn tortillas can be used for a delicious change of pace in sandwiches.

Another terrific bread substitute, is Mochi. Mochi is made from sweet brown rice and comes in several delicious flavors. When cut into small squares and baked in the oven, it puffs up and bears a slight resemblance to fresh baked french bread. It's great with butter to accompany soups, or as an alternative to toast for breakfast.

Rice cakes are also nutritious, easily digested, low calorie substitutes for bread.

Many people have allergies to and difficulty digesting cheese and dairy products, particularly if they have been ill or are in a weakened state. Try almond butter, tofu salad, or humus as delicious alternatives to cheese in sandwiches.

Here are a few sandwich ideas:

- Almond butter, tomato, avocado, sprouts, curry mayonnaise*
- Roasted chicken or turkey breast, lettuce, tomato, mayonnaise, pickles or saukraut*
- Sautéed onions, garlic, and shitake mushrooms over corn tortillas*
- Tempeh burger, onions, lettuce, tomato, pickles, mayonnaise*
- Beans, lettuce, chopped tomatoes and onions, picanté sauce over corn tortillas*
- Tofu salad, sprouts, tomato, mustard or mayo*
- Humus, lettuce, tomato, cucumber in whole wheat pita bread*

The combinations are endless, and allergies to wheat and dairy products need not limit your enjoyment.

Main Dishes

Soups, Stews, Casseroles, etc.



Creamy Tomato Soup

1 cup water

1 tablespoon butter

1/2 teaspoon minced garlic

1/2 cup chopped onion

2 cups tomato pulp

(cut tomatoes in half and scoop out pulp with a spoon)

1/4 teaspoon basil

1/4 teaspoon oregano

salt and pepper to taste

3 tablespoons "Simply Herbs"*

(or 3 teaspoons arrowroot)

parsley or cilantro garnish

Heat water, butter, garlic, onion, tomato pulp, and spices until it boils. Lower heat and simmer for about 10 minutes. Remove about 1 cup of liquid and put in blender with "Simply Herbs"*. Blend until smooth, and add to soup. Garnish with parsley or cilantro.

*Note: This is a whole food concentrate produced by Sunrider International. If it is not available, 3 teaspoons of arrowroot dissolved in a small amount of cold water can be substituted.

Vegetable Soup

*4 cups water
1 cup chopped onion
1 teaspoon minced garlic
3 slices fresh ginger
1 cup sliced carrots
1 cup green or wax beans
1/2 cup snow peas
1 cup broccoli flowers
1/2 cup sliced cabbage
1/2 cup diced red bell pepper
1/2 cup sliced zucchini or yellow squash
salt and pepper to taste*

Put onion, garlic, ginger, water, carrots, green beans, salt and pepper in pot. Bring to boil and simmer for 5 minutes. Add snow peas, broccoli flowers, cabbage, red bell peppers, and squash. Simmer for another 3 minutes or until vegetables are tender.

Chicken Vegetable Soup

*1 boneless breast of chicken cut into pieces
1 tablespoon butter
4 cups water
1 cup chopped onion
1 teaspoon minced garlic
3 thin slices fresh ginger
1 bay leaf
2 teaspoons ground cumin
2 teaspoons ground coriander
1 teaspoon curry powder (optional)
salt and pepper to taste
1/2 cup sliced carrots
1/2 cup sliced celery
1/2 cup green beans
1/2 cup diced green bell pepper
1/2 cup diced red bell pepper
1/2 cup chopped cabbage
1 cup snow peas*

Put butter, chicken, onion, garlic, ginger, and spices in soup pot with water. Bring to boil and simmer for 15 minutes. Add carrots, green beans, and green bell pepper. Continue to simmer for 5 minutes. Add red bell pepper, cabbage, and snow peas and simmer for an additional 3 minutes or until vegetables are tender.

Clam Chowder

*3 cups water
1 tablespoon butter
1 cup chopped onion
1 teaspoon minced garlic
1 cup fresh corn
1 cup clams
2 cups diced potatoes
1 cup sliced celery
1 cup red bell pepper
1/4 teaspoon celery seeds
1 bay leaf
1/2 teaspoon parsley
salt and pepper to taste
3 tablespoons "Simply Herbs"*(
(or 3 teaspoons arrowroot)*

Combine water, onions, garlic, corn, and spices in a pot and bring to a boil. Simmer for 15 minutes. Add clams and potatoes and simmer for an additional 5 minutes, then add celery and red bell pepper. Simmer for 3 minutes, then turn off heat. Remove 1 cup of liquid and put in blender with "Simply Herbs"*. Add mixture to soup to thicken.

*Note: This is a whole food concentrate produced by Sunrider International. If it is not available, 3 teaspoons of arrowroot dissolved in a small amount of cold water may be substituted.

Hot And Sour Prawn Soup

*3 cups water
8 medium prawns, cleaned
1 tablespoon butter
1 teaspoon grated ginger
1 teaspoon minced garlic
1/2 teaspoon celery seeds
dash cayenne pepper
salt to taste
6 tablespoons lemon juice
1 cup chopped onion
1 cup sliced celery
1 cup diced carrot
1 cup sliced mushrooms
1 cup snow peas
1 cup sliced cabbage
1/2 cup fresh cilantro leaves
1 sliced green onion for garnish*

Bring water to boil and add butter, prawns, ginger, garlic, celery seeds, cayenne, salt, lemon juice, and onion. Simmer for 5 minutes. Add celery, carrots, and mushrooms, and continue to simmer for about 3 minutes. Add snow peas, cabbage, and cilantro leaves. Simmer an additional 3 minutes. Garnish with sliced green onion.

Note: Some people prefer more lemon juice and cayenne than others, so please adjust these two ingredients to your taste.

Vegetable Miso Soup

*1 tablespoon butter
3 cups water
1 cup chopped onion
1 teaspoon minced garlic
3 thin slices fresh ginger
2 teaspoon ground cumin
2 teaspoons ground coriander
1/4 teaspoon ground fenugreek (optional)
1/4 teaspoon ground nutmeg (optional)
1/4 teaspoon ground cinnamon (optional)
1/2 cup fresh corn sliced from cob
1/2 cup sliced carrot
1/2 cup sliced celery
1/2 cup diced red bell pepper
1 cup chopped cabbage
1/2 cup sliced zucchini or yellow squash
3 tablespoons white miso or 2 tablespoons dark miso*

Place butter, onion, garlic, ginger, corn, cumin, coriander, and other spices in soup pot with water. Bring to boil and simmer for 15 minutes. Add the celery and carrots, and continue to simmer for 3 minutes. Add cabbage, red bell peppers, and squash, and simmer for an additional 3 minutes or until vegetables are tender. Mix miso in small amount of water in blender. Add to soup when it is finished cooking.

Creamy Zucchini Soup

*1-1/2 cups water
1 tablespoon butter
1 teaspoon minced garlic
1/2 cup chopped onion
1 medium zucchini sliced
pinch cayenne
3 tablespoons "Simply Herbs"*(
(3 teaspoons arrowroot)
soy sauce to taste
parsley or cilantro garnish*

Bring water, butter, garlic, onion, and zucchini to a boil and simmer for five minutes. Remove from heat and put in blender. Add pinch of cayenne and "Simply Herbs"*. Blend until mixture is smooth and creamy. Garnish with a swirl of soy sauce and fresh parsley or cilantro.

*Note: This is a whole food concentrate produced by Sunrider International. If it is not available, 3 teaspoons of arrowroot dissolved in a small amount of cold water can be substituted.

Chicken Enchilada Pie

8-10 corn tortillas cut into quarters
1 boneless chicken breast cut into small pieces
1 tablespoon butter
1 cup chopped onion
1 teaspoon minced garlic
1 teaspoon cumin seeds
1 teaspoon ground cumin
1 teaspoon ground corriander
1 bunch fresh coriander (optional)
1 cup water
3-4 large tomatoes, chopped
1/2 cup diced green bell pepper
1 sliced jalapeno pepper or 1 tablespoon picanté sauce
1 cup grated cheddar cheese (optional)
salt and pepper to taste
sour cream
picanté sauce

In skillet, simmer chicken, onion, garlic, spices, tomatoes, and peppers in butter and water for about 15 minutes.

Line bottom of lightly oiled 9" square baking dish with tortillas. Add about half of the chicken mixture and cheese (optional) on top. Then layer more tortillas and remaining chicken mixture.

Finish with a layer of tortillas and cheese (optional). Make sure there is enough liquid so that top tortillas are completely moist, not dry. Bake at 350 degrees for about 15-20 minutes.

When removed from the oven, cover top of casserole with sour cream. Garnish with fresh coriander. Cut into squares with a spatula.

Curried Shrimp

peeled and deveined shrimp

1 tablespoon butter

1 cup chopped onion

1 teaspoon minced garlic

3 slices fresh ginger or 1/2 teaspoon ginger powder

2 teaspoons curry powder

*1 cup water**

*1 cup unsweetened coconut milk**

1 cup diced potatoes

1/2 cup sliced carrots

1/2 cup sliced celery

1/4 cup fresh basil leaves

1/2 cup snow peas

1/2 cup chopped cabbage

1/2 cup red or yellow bell pepper

Soy sauce to taste

Lightly sauté shrimp, potatoes, onion, garlic, ginger, and spices in butter for 5 minutes. Add the water and coconut milk, and simmer for about 5 minutes. Add carrots, celery and basil, and continue to simmer for another 5 minutes. Add snow peas, cabbage and bell pepper, and simmer for 3 minutes. Add soy sauce when dish is finished.

*2 cups of water can be used in place of the water/coconut milk combination, if so desired.

Note: Oysters and/or scallops can be added to make this a wonderful mixed seafood curry.

Fish and/or Shrimp Stew

*your favorite fish, cut into pieces
fresh peeled shrimp
2 tablespoons butter
2 cups water
1 cup chopped onion
1 teaspoon minced garlic
3 slices fresh ginger
2 teaspoons ground cumin
1/4 cup fresh chopped coriander
(or 2 teaspoons ground coriander)
1/4 teaspoon each ground fenugreek, nutmeg,
and cinnamon (optional)
salt and pepper to taste
1 cup chopped potatoes
1 cup green beans
1/2 cup sliced carrots
2 cups chopped greens (kale, chard or cabbage)
1 cup snow peas
1/2 cup diced red bell pepper*

Put fish, shrimp, butter, water, potatoes, onion, garlic, ginger, and spices in large skillet. Simmer about 15 minutes, add green beans, and carrots, and continue to simmer for another 5 minutes. Add more water if necessary. Add greens, snow peas, and red bell pepper and simmer for another 3 minutes.

Red Snapper With Cilantro and Tomatoes

1 or 2 red snapper fillets

1 tablespoon butter

1 tablespoon oil

1 cup sliced mushrooms

1 cup sliced onion

1 teaspoon minced garlic

1/2 teaspoon finely minced ginger

1/2 teaspoon curry powder

1 bunch or handful fresh cilantro leaves

1 or 2 tomatoes sliced into wedges

salt and pepper to taste

Lightly sauté the onion, garlic, ginger, mushrooms, and curry powder in the butter and oil. Salt and pepper both sides of the fish, then place in pan on top of onion mixture. Cook for about 2 minutes, then turn fish over. Cover the fish with the cilantro, then place tomato wedges on top. Cover and cook until fish is tender (about 6 to 8 minutes, depending on size).

Lamb Stew

Lamb is one of the nicest meats to use. All lamb is range fed and is free of antibiotics and added hormones.

2 lamb chops, cut into pieces (with fat trimmed)

1 tablespoon butter

1-1/2 cups water

1 cup chopped onion

1 teaspoon minced garlic

3 slices fresh ginger

1 teaspoon ground cumin

1 teaspoon ground coriander

1/4 teaspoon cumin seeds

1/4 teaspoon celery seeds

1 teaspoon curry powder

pinch cayenne

salt and pepper to taste

1/2 cup corn sliced from cob (optional)

1 cup diced potatoes

1 cup sliced carrots

1 cup sliced celery

1 cup broccoli

1/2 cup diced red bell pepper

1/2 cup chopped cabbage

2 quartered tomatoes (optional)

Put lamb, butter, onion, garlic, ginger, corn, potatoes, and spices in a skillet with water. Simmer about 15 minutes, and add carrots, celery, and tomatoes and continue to simmer for about 5 minutes. Add remaining

Diane's Paella

1 cup chopped onion
1 teaspoon minced garlic
1 tablespoon olive oil
1 cup long grain brown rice
2 cups chicken stock
pinch oregano, saffron, and cumin

Sauté onion and garlic in olive oil. Add rice and sauté until each grain is touched by oil. Heat slowly until rice is clear. Add spices and chicken stock to cover. Cover tightly and cook on low heat. Watch carefully and add more chicken stock if needed.

chicken pieces (breast, legs, thighs)
1 tablespoon olive oil
1 green pepper, sliced
1 red pepper, sliced
1 cup mushrooms, sliced
1 cup carrot slices

In separate pan, brown chicken pieces in olive oil. Add green and red peppers, mushrooms, and carrots. Fold this mixture into rice. Add remaining chicken stock. Cook until chicken is done and rice has exploded open.

1 cup green peas
8 medium cleaned prawns
1 cup scallops
1/2 cup clams with juice
1 cup cubed tofu (spicy kind preferred)
1/4 cup chopped parsley
1/4 cup chopped cilantro

Do not disturb rice. Add peas and steam 2-3 minutes. Add prawns, scallops, and clams with juice. Garnish with parsley and cilantro. Steam until done. This dish can be served either moist and juicy, or dry and fluffy, depending on your taste.

Mushroom, Onion & Spinach Quiche

one nine-inch pie shell

1/2 pound mushrooms, cleaned and sliced

1 large chopped onion

1 package spinach, cleaned and steamed

1/4 cup butter (1/2 stick)

2 eggs

1-1/2 cups raw milk or half and half

1/2 cup Parmesan cheese (optional)

salt, pepper, kelp powder, and Dr. Bronner's mineral seasoning to taste

2 or 3 drops tabasco sauce

grated jack cheese for topping (optional)

Sauté mushrooms and onion in butter until onions are tender. Pour into uncooked pie shell. Layer spinach on top.

Beat eggs and milk for 2 minutes at medium speed. Add Parmesan and seasonings and mix well. Pour over spinach. Top with jack cheese if desired.

Bake at 350 degrees for 40 to 45 minutes, until firm and golden brown.

Liver & Onions

Many people turn up their noses at the mere mention of it, but organic liver is one of the best foods to eat when liver function is damaged or weakened.

*1/4 pound organic liver
1 cup chopped onion
3 slices fresh ginger
1 teaspoon minced garlic
1 cup sliced mushrooms (optional)
1 tablespoon butter*

Sauté all ingredients together over a medium heat for about 3 minutes. Turn the liver over and continue to sauté for another 3-4 minutes.

Beets With Beet Tops

Beets, and particularly their leafy green tops, are high in blood building nutrients. They also improve liver and gall bladder function.

*1 bunch beets with tops
1 cup chopped onion
1 tablespoon butter
1 teaspoon crushed garlic
1 cup water
salt and pepper to taste
1 tablespoon sour cream (optional)*

Chop beets into small cubes and sauté with onions and garlic in butter and water for about 10 minutes. Add washed, chopped top greens, and continue to simmer for 3-5 minutes. Top with sour cream.

Potato & Vegetable Curry

2 tablespoons butter
1 cup chopped onion
1 teaspoon minced garlic
3 slices fresh ginger
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon curry powder
pinch cayenne
salt and pepper to taste
1 cup diced potatoes (with skins)
1 cup green beans
1/2 cup sliced carrots
1/2 cup snow peas
1/2 cup diced red bell pepper
1/2 cup chopped cabbage
1/2 cup sliced zucchini or yellow squash

Combine butter, onion, garlic, ginger, potatoes, and spices in skillet with small amount of water. Sauté about 7 minutes. Add green beans and carrots, and continue to sauté about 3 minutes. Add snow peas, red bell pepper, cabbage, and squash. Sauté additional 5 minutes.

Sautéed Vegetables

2 tablespoons butter
1/2 cup chopped onion
1 teaspoon minced garlic
3 slices fresh ginger
1/2 to 1 cup each of several
of your favorite vegetables chopped
Salt and pepper or soy sauce to taste

Combine all ingredients in a skillet. Sauté until vegetables are tender, but not limp.

Sautéed Tofu & Vegetables

1 block tofu cut into cubes
2 tablespoons butter or oil
1 cup chopped onion
1 teaspoon minced garlic
3 slices fresh ginger
1 teaspoon dried basil
1 teaspoon dried oregano
1 teaspoon dried parsley
1/2 cup sliced carrots
1 cup green beans
1/2 cup snow peas
1/2 cup diced red bell peppers
1/2 cup sliced zucchini or yellow squash
1/2 cup chopped cabbage
Salt and pepper or soy sauce to taste

Put tofu, butter, onions, garlic, ginger, spices, carrots, and green beans, in skillet or wok, and sauté for 5 minutes. Add remaining vegetables and continue to sauté for an additional 5 minutes.

Zesty Mexican Beans

1 cup pinto, kidney or anasazi beans
3 cups water
1 cup chopped onion
1 teaspoon minced garlic
1 bay leaf
1/2 teaspoon cumin seeds
1 teaspoon cumin powder
1 teaspoon coriander powder
1 sliced jalapeno pepper or pinch cayenne (optional)
salt to taste

Rinse beans, then soak them overnight in water. Bring beans and other ingredients to a boil, then simmer for about 1-1/2 hours, until beans are tender.

Rice, Millet, Quinoa or Buckwheat

*1 cup brown rice, millet, quinoa or buckwheat
2 cups water
1/2 teaspoon salt (optional)*

Combine ingredients in pot. Bring to boil, and allow to simmer until water disappears and grain is tender. (Note: Soaking grains overnight in water significantly increases their nutritional value, improves their flavor and makes them easier to digest.)

Try combining grains to enhance their flavor. Half wild rice and half brown rice is my favorite combination. Also, spices such as curry powder, cumin, coriander, and garlic can be added to water and cooked into the grains to make them more flavorful and easier to digest.

Sautéed Rice & Vegetables

*1 cup cooked rice (or other grain)
2 tablespoons butter
1 cup onion chopped
1 teaspoon minced garlic
3 slices fresh ginger
1 teaspoon curry powder (optional)
1/2 cup sliced carrots
1/2 cup snow peas
1/2 cup sliced cabbage
1/2 cup diced red bell pepper
1/2 cup sliced zucchini
1 cup chard or kale
Salt and pepper or soy sauce to taste*

Put butter, onion, garlic, ginger, carrots, and spices in skillet and sauté for 5 minutes. Add rice and other vegetables and continue to sauté for another 3-5 minutes.

Dal

This delicious bean dish is a variation of the staple of the Eastern Indian diet. Lentils, red lentils, mung beans, or dal purchased from an Indian grocery store can be used. Its exotic blend of spices tantalize the senses.

*1 cup lentils
3 cups water
1 cup chopped onion
1 teaspoon minced garlic*

Rinse beans, then soak them overnight in water. Bring beans, onions and garlic to a boil, and simmer for about 1-1/2 hours until beans are tender.

*2 tablespoons butter
1/2 teaspoon ground cumin
1/2 teaspoon cumin seeds
1/2 teaspoon ground coriander
1/2 teaspoon curry powder
1/2 teaspoon turmeric
pinch cayenne
salt to taste*

Heat the oil in a skillet, then add the spices. Stir them around for a few minutes, then add to the beans. Serve with rice (preferably rice that has been cooked with a cinnamon stick and 2 whole cloves) and vegetables.

Kicharee

In India, kicharee is considered one of the most nourishing, strengthening, and healing foods.

1/2 cup brown rice

1/2 cup lentils

3 cups water

Combine rice and lentils in a pot and wash well. Add water and soak overnight. Cook with a pinch of salt at a low simmer for about 1-1/2 hours until rice and lentils are cooked.

2 tablespoons butter

1 teaspoon grated ginger

1 teaspoon minced garlic

1/2 teaspoon brown mustard seeds

1/2 teaspoon cumin seeds

1/2 teaspoon cumin powder

1/2 teaspoon coriander powder

1/2 teaspoon turmeric

dash cayenne

salt to taste

Melt butter in a skillet, then add spices. Stir them around for a few minutes, then blend into lentil/rice mixture. Delicious!

Humus

This chickpea spread from the Middle East is high in protein and delicious. It can be used on sandwiches or as a tasty appetizer-dip for raw vegetables or pieces of pita bread. I like to make a meal of it using it as a filling for pocket bread, garnished with chopped tomatoes, onion, red bell peppers, cucumbers, sprouts, and black olives.

*2 cups cooked chickpeas
2 teaspoons crushed garlic
1/2 cup lemon juice
3/4 cup sesame tahini
1-1/2 teaspoon salt
1/4 teaspoon black pepper
pinch cayenne
1/4 cup finely chopped parsley
2 tablespoons unrefined olive oil
dash paprika*

Mash or blend chickpeas thoroughly into a thick paste. Add all ingredients except olive oil and paprika, and mix together. Pour olive oil over top and garnish with paprika. Humus is generally served cold, but it is also very tasty warm.

Note: Some people like more garlic or lemon juice, so adjust ingredients accordingly.

Salads and Salad Dressings



There's nothing like a garden fresh salad! Fresh vegetables are full of vitamins and minerals, and provide plenty of fiber. Whether tossed in a wooden bowl or arranged elegantly on the finest china, these delicious gifts of the earth nourish our bodies and keep us healthy and strong. Here are some suggested ingredients. Choose as many or as few as you like!

Leaf Lettuce
Red or White Cabbage
Alfalfa or Other Sprouts
Endive, Chard or Spinach
Parsley, Cilantro or Watercress
Tomato Wedges or Sliced Cucumber
Almonds, Sunflower or Pumpkin Seeds
Grated Beets or Avocado Slices
Sliced Celery or Grated Carrot
Red or Green Bell Peppers
Onions or Green Onions
Cottage Cheese or Tofu
Broccoli or Cauliflower
Black or Green Olives
Artichoke Hearts
Garbanzo Beans
Kidney Beans
Feta Cheese

Enjoy!

Tofu Salad

1 block regular tofu
1/2 cup chopped green onions
1/2 cup grated carrots
1/2 teaspoon garlic powder
1/4 teaspoon curry powder (optional)
salt or soy sauce to taste
pinch cayenne

Mash tofu in a mixing bowl and add other ingredients. This can be used on sandwiches or used to stuff tomatoes. It can also be put into hollowed-out zucchini "boats" or green pepper shells and baked in the oven.

Fiesta Kraut

1 cup shredded red cabbage
1 cup grated carrot
1 cup grated beet
1 cup whole cranberries (optional)
1 teaspoon finely minced garlic
1 teaspoon finely grated ginger
dash cinnamon
pinch nutmeg
1/4 teaspoon orange rind
unpasteurized apple cider vinegar to taste
salt and pepper to taste

Combine all ingredients in a large bowl and toss well. A delicious, zingy wake up for the taste buds!

Cole Slaw

2 cups finely chopped cabbage
1 cup grated carrots
1 tablespoon celery seeds
1 cup mayonnaise
1/4 teaspoon garlic powder
1 teaspoon lemon juice
salt and pepper to taste

Toss cabbage, carrots, and celery seeds together so that they are equally distributed. Fold in mayonnaise, garlic powder, lemon juice, salt and pepper until all ingredients are coated.

Mayonnaise

1/4 cup vinegar
2 eggs or egg substitute
1 teaspoon salt
1/2 teaspoon pepper
1 teaspoon chopped garlic
2 cups cold pressed oil (preferably canola or high oleic safflower or sunflower oils for their Omega 6 and Omega 3 content)

It is helpful, but not essential, if all ingredients are room temperature. Put vinegar, eggs, salt, pepper, and garlic in blender. Blend at low speed for 30 seconds. While blender is still running, slowly pour in the oil. It is helpful to have a rubber spatula handy to help stir mixture at the top. When it solidifies, stop blending. (It will become thin and runny if blended too long.)

Curry Mayonnaise Dressing

Add 1 teaspoon curry powder to egg mixture in above recipe before adding the oil. If you have mayonnaise already made, add 1/2 teaspoon of curry powder to 1 cup of homemade mayonnaise. This can be used as a dressing on salads, as a dip for raw vegetables, and even as a sauce for meat, poultry or seafood.

Omega Salad Dressing

Blend the following ingredients:

*3/4 cup flax seed oil
1/4 cup vinegar or lemon juice
1 teaspoon mustard
1 clove garlic
1/2 teaspoon celery salt
3/4 teaspoon pepper
1 tablespoon parsley or cilantro*

Spice variations:

*1/2 teaspoon cumin
1 tablespoon dill
1/2 teaspoon oregano*

*3/4 teaspoon basil
1/2 teaspoon tarragon
1/2 teaspoon oregano*

Vinaigrette Dressing

Blend the following ingredients:

*1-1/3 cups high oleic safflower oil
1/4 cup raw cider vinegar or lemon juice
1/2 teaspoon garlic powder
1/2 teaspoon basil
1/2 teaspoon oregano
salt and pepper to taste*

Creamy Avocado Dressing

*1 cup mayonnaise
1/2 ripe avocado, mashed
1/2 teaspoon minced garlic
1/2 teaspoon cumin powder
1 teaspoon lemon juice
salt to taste
pinch cayenne*

Mix ingredients together for a delicious salad dressing or use as a dip for raw vegetables or chips.

Zesty Amazake Salad Dressing

*1 cup plain Amazake
1/2 cup mayonnaise
2 tablespoons vinegar
1 tablespoon red or white miso
1 clove garlic*

Mix all ingredients in blender and dress up your favorite salad.



Gravy & Sauces

Michael's Gravy

*1-1/2 cups turkey or roast drippings
pinch cardamom powder
pinch cumin powder
pinch salt or 1 teaspoon tamari
small pinch cayenne
1 teaspoon crushed garlic
3 white peppercorns (optional)
a hint of sweetening
1/2 teaspoon dried parsley
3 tablespoons "Simply Herbs"*(
(or 2 teaspoons arrowroot)*

Use drippings from turkey or roast. Put in glass jar and let sit 10 minutes until oil separates. Discard the oil and use the sediment. Over low heat, add all spices and simmer for 5 minutes. Let cool for 10 minutes, then stir in "Simply Herbs." (Gravy can be made by using water and increasing salt or tamari content. Also, chicken broth can be substituted for drippings.)

*Note: This is a whole food concentrate produced by Sunrider International. If it is not available, 2 teaspoons of arrowroot mixed with a small amount of cold water can be substituted. This mixture should be added after the spices.

Butter, Lemon, Caper Sauce

*2 tablespoons butter
1/4 teaspoon minced garlic
1 teaspoon capers
1/2 teaspoon lemon juice
salt and pepper to taste*

Sauté garlic and capers in butter for about 5 minutes. Add lemon juice, salt, and pepper and serve over fish.

Herb Mayonnaise Dip

This delicious dip can be used for raw vegetables, chips, or even fish.

*1 cup mayonnaise
1/2 teaspoon basil
1/2 teaspoon tarragon
1 teaspoon dried parsley
1/4 teaspoon garlic powder
dash cayenne
salt to taste
dash paprika*

Crush basil, tarragon, and parsley between fingers and add to mayonnaise. Blend in garlic powder, cayenne and salt. Garnish with a dash of paprika.



Desserts

Apple Crunch

1-1/2 cups sifted whole wheat flour

1 cup rolled oats

1 cup honey

1/2 teaspoon salt

1/2 teaspoon baking soda

6 to 8 apples, peeled, cored, and sliced

1/4 cup honey

1 teaspoon cinnamon

1 teaspoon lemon juice

Preheat oven to 350 degrees. Place flour, oats, salt and baking soda in a large bowl. Cut the butter into the ingredients, then drizzle honey into the mixture. Place apple mixture in bottom of oiled baking pan. Cover with oat mixture. Bake about 50 minutes. (Delicious served warm with frozen Amazake on top!)

Date Nut Pudding

1 cup melted butter
1 cup carob powder
1 teaspoon vanilla
2 eggs
2 tablespoons honey
1 pound small curd raw cottage cheese
1/2 cup chopped dates
1/2 cup chopped walnuts or pecans

Combine butter, carob powder, and vanilla. Blend eggs in blender until frothy. Add butter mixture and honey, and blend until well mixed. Add cottage cheese and blend until smooth. Pour into a bowl and chill.

Raisin Nut Cookies

1/3 cup melted butter
1 cup honey
2 eggs
1/2 cup raw milk or milk substitute (page 41)
3-1/2 cups whole wheat flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon allspice
1 cup raisins (or dates or apricots)
1/2 cup finely chopped almonds

Preheat oven to 375 degrees. Combine butter, honey, eggs, and milk. Sift dry ingredients together, then add fruit and nuts. Stir into honey mixture. Place by teaspoonfuls on an oiled baking sheet. Bake 12 to 15 minutes.

Tanya's Tantalizing Tofu Treat

1 package of "Mori-Nu" Silken Soft or Silken Firm Tofu (found in the refrigerated section of a health food store)

1 medium sized banana (or 1 cup of your favorite fruit)

sweeten to taste

1/2 teaspoon natural vanilla extract

1 tablespoon flax seed oil (optional)

2-4 tablespoons NuPlus (optional)*

1/2 cup Calli Tea or water

1/2 cup soy milk

Mix all ingredients together in a blender. Pour into individual serving dishes and refrigerate for at least a few hours. (Pudding is best when refrigerated over night.) Garnish with allspice, cinnamon or nutmeg, and top with a few slices of fresh fruit. A very healthy snack or dessert!

Note: Use slightly less liquid if using soft tofu. Use more liquid if using NuPlus.

*This is a whole food concentrate produced by Sunrider International.

Date Delights

Here's a simple, wholesome dessert that kids of all ages love. Make a mixture of almond butter and NuPlus* (3 to 1 ratio). Cut dates in half and remove pit. Fill date with mixture, then press a walnut or almond into the surface.

Baklava

*4-1/2 cups walnuts, finely chopped
1-1/2 cups honey
1 teaspoon cinnamon
1 package phyllo (strudel leaves)
1 cup melted butter*

Preheat oven to 325 degrees. Mix walnuts, honey, and cinnamon together. Oil a baking dish, then place one sheet of phyllo in the bottom. Brush with melted butter, then repeat for 4 layers. (Trim off excess phyllo if it overlaps dish.) Cover with layer of half the walnut mixture, then 4 layers of phyllo. Spoon in remaining walnut mixture, then cover with 4 layers of phyllo. Brush top with butter, then bake for 1 hour, until golden brown.

Fruit Bars

*1 cup whole wheat flour
1 cup rolled oats
1/2 teaspoon salt
1/4 cup oil
1-1/4 cups finely chopped dried fruit
(raisins, prunes, dates, or apricots)
1 cup chopped walnuts
1/3 to 1/2 cup water*

Preheat oven to 325 degrees. Blend flour, oats, salt, and oil with hands until evenly mixed. Add dried fruit, nuts, and water, and mix in well, pressing together with fingers. (Use more water if needed to make it hold together.) Press mixture into a well oiled 8" x 8" pan. Cut into squares before baking. Bake 1/2 hour.

Amazake Dessert Treats

These dessert treats are both nutritious and delicious. Kids love them, and moms can serve them without worrying about added sugars, preservatives, or refined foods. Amazake makes a great "ice cream." Just put it in a container that has a large enough opening to be able to scoop it out, and freeze. Be sure to leave some room at the top, as Amazake expands as it freezes.

Amazake Popsicles

1-2 cups any flavor of Amazake

Fill a popsicle maker with Amazake and freeze. Almond Amazake Popsicles are a favorite with many people. A great refreshment for a warm day.

Amazake Sundaes

*3 scoops Frozen Amazake
Strawberries
Crushed Pineapple
Bananas
Chopped Nuts*

Choose your favorite flavor of Frozen Amazake, then be creative!

Catherine's Vanilla Amazake Pudding

Catherine Beu makes a delicious pudding using Amazake. Here's her recipe:

*1 pint Plain Amazake
3 tablespoons kuzu or arrowroot
1 teaspoon vanilla
1/4 teaspoon ginger juice or powdered ginger
1/4 teaspoon nutmeg or coriander (optional)*

Dilute the kuzu or arrowroot in the smallest amount of water possible. When completely dissolved, add to the Amazake and slowly bring it to a boil, stirring constantly. One or two minutes after the mixture thickens completely, turn off the heat. Cool several minutes, add vanilla, ginger and other spices. (To make the ginger juice, grate fresh ginger on the fine part of a grater. Squeeze the juice out of the pulp into a cup.) Mix spices in well. Chill pudding or eat warm.

Pudding Variations:

Follow the above recipe substituting the other flavors of Amazake.

Almond Amazake Pudding:

Follow above recipe—leave out nutmeg and coriander.

Mocha Java Amazake Pudding:

Leave out ginger and spices.

Apricot Amazake Pudding:

Leave out ginger and spices. Soak dried organic apricots in Apricot Amazake or water, then proceed with recipe. Try it smooth, too!

Note: When making pudding, some Amazakes need to be brought to a boil and cooked for ten minutes before adding starch, as the enzyme content can prevent it from setting.

Baked Apple

apple with core removed

1 heaping tablespoon almond butter

1 teaspoon butter

dash cinnamon

pinch nutmeg

sweetener to taste

Make a paste with the almond butter, butter, spices, and sweetener. Fill the center of the apple with the mixture, and bake in a lightly oiled baking pan for about 30 minutes at 350 degrees.

Nutty Ice Cream

2 cups raw milk or milk substitute (page 41)

1 cup almonds

1 cup pecans

1/2 cup sunflower seeds

1/2 cup sesame seeds

1/4 cup flax seeds

1/2 cup honey

1/4 cup oil

1 teaspoon vanilla

Mix all ingredients together, then blend in blender in batches until smooth. Pour into ice cube trays and freeze.

Yogurt Fruit Pops

*plain yogurt
fresh berries or peaches
sweeten to taste*

Blend yogurt, fruit, and sweetener together until smooth. Pour into popsicle molds and freeze.

Frozen Delights

Mix yogurt and your favorite flavor of NuPlus* together using about a 50/50 ratio. Sweetener can be added to taste. Put into individual serving cups and place in freezer. For variety, try adding fruit such as strawberries or blueberries or cinnamon, nutmeg, and natural vanilla extract. Kids love them! (Big kids too!)

Non-Dairy Frozen Delights

Follow above directions using Amazake Rice Nectar instead of yogurt.

Summer Coolers

Make a pot of herbal tea or Calli/Fortune Delight Tea. Add some lime or orange juice and sweetener to taste, then pour into popsicle molds and freeze. Young children should use the herbal teas, teenagers and adults can use the Calli/Fortune Delight pops.

*NuPlus, Calli, and Fortune Delight are Sunrider herbal formulas.



Smoothies

Smoothies can be a meal in themselves. They're a great way to start the day or make delicious between-meal snacks. Just put your favorite ingredients into the blender and in a few seconds, you have a delicious drink.

I love the Sunrider NuPlus, which is a nourishing whole food herbal concentrate that comes in plain as well as several fruity flavors, and I include it in most of my smoothies. It is good nutrition any time of day. If you do not have NuPlus available, you can try yogurt or Amazake with some crushed almonds. Be sure to decrease the amount of liquid by about half.

Here are a few suggestions.

Orange Eye Opener

*6 ounces fresh orange juice
1/2 frozen banana
2 tablespoons NuPlus*

Almond Butter Smoothie

*10 ounces water or Calli tea
1 tablespoon bee pollen
3 tablespoons Sunrider NuPlus
1 tablespoon almond butter
1 tablespoon flax oil
Sweeten to taste*

Healthful Smoothie Supreme

5 ounces Almond Amazake*
5 ounces Sunrider Calli
and Fortune Delight Teas
2 tablespoons bee pollen
3 tablespoons Sunrider NuPlus
1/2 tablespoon acidophilus powder
1 raw egg yolk

*Note: Those with hypoglycemia and/or Candida should not use the Amazake. Use 10 ounces of tea or a mixture of tea and water instead.

Amazake Fruit Milk Shake

4 ounces any flavor Amazake
4 ounces water
2 scoops frozen Amazake
Frozen Strawberries or other fruit

Island Dream

2 cups yogurt
1 cup strawberries
1 cup fresh peaches (peeled)
1 cup fresh pineapple
1/2 cup papaya juice
1 tablespoon shredded coconut
1/2 cup mango juice
sweeten to taste

Nut Milk Smoothies

Nut milk is a delicious, nourishing drink which can be whipped up in the blender in just a few seconds. Use about 1/3 cup of nuts to 1 cup of liquid (water, juice, or tea). For all the following smoothies, blend up the nuts and liquid for about one minute, until creamy. Then add other ingredients and blend until smooth.

Pecan Milk Smoothie

*1/3 cup pecans
1-1/2 cups apple juice or Calli Tea
1/2 peach
1 kiwi fruit or 4 strawberries
1-2 tablespoons NuPlus*

Almond Milk Smoothie

*1/3 cup unsalted toasted almonds
1-1/2 cups pineapple juice
1/2 banana
1/2 peach
1-2 tablespoons NuPlus*

Tahini Milk Smoothie

*1 tablespoon tahini
1-1/2 cups apple-apricot juice
1/3 banana
4 strawberries
1-2 tablespoons NuPlus*



Snacks

Wholesome snacking throughout the day can help keep blood sugar levels stable, and can help to avoid the "grab a candy bar" or "stop for some fast food" syndromes. Even many of the natural granola or health food store energy bars contain large amounts of fructose or other natural sugars, which can be detrimental if one suffers from hypoglycemia or Candida.

Here are a few ideas of foods to keep handy:

*Raw or Roasted Almonds
Raw or Roasted Pumpkin Seeds
Rice Cakes or Whole Grain Crackers
Organic Corn Chips
Popcorn
NuPlus Packets
Amazake
"Cup Of Miso" Soup Packets
Calli Tea
Fortune Delight Tea
Sunrider "Dinner Snacks"**
Fresh carrot and celery sticks
Jar of Raw Almond Butter
Yogurt
Fruit*

*These unusual, crunchy snacks are made from dried and concentrated vegetables. Delicious and wholesome.

Roasted Nuts and Seeds

These are nutritious snacks which can be carried along with you during the day. They are also tasty garnishes for rice dishes and salads.

Put almonds, pumpkin seeds, sunflower seeds and/or sesame seeds in heavy skillet over medium heat or in baking dish in oven at 350 degrees and cover. Pumpkin seeds and sesame seeds will begin to pop like popcorn, and sunflower seeds and almonds will turn a golden brown. Stir occasionally. When the popping slows down, remove from heat.



Baby Foods

Many mothers are looking for alternatives to commercial baby foods. Amazake Rice Nectar and Sunrider NuPlus (or Simply Herbs) can be used as baby food or during weaning from breast milk. They provide naturally sweet, nourishing, soothing drinks and foods which are easily digested by babies and children.

For nutritious baby foods, blend warm Amazake or NuPlus with cooked fruit or vegetables. Try carrots, peas, broccoli, or zucchini. Also, peaches, pears, bananas, strawberries, or apples. Children love NuPlus, which can be made into smoothies, or mixed with less water to a pudding-like consistency. (Some children even like it straight from the package.) Simply Herbs is the NuPlus formula without the apple fiber. When mixed with water in the blender, Simply Herbs dissolves well enough to be taken through the nipple of a bottle.

These products are not meant to be substitutes for mother's milk; however, they are excellent in-between-nursing drinks or for use when the mother's milk is not plentiful enough to satisfy the baby. For infants to 6 months old, use one part Amazake to two parts water. For babies older than 6 months, use one part Amazake to one part water. Heating the Amazake when diluting with water helps the mixture to dissolve and taste much better. NuPlus and Simply Herbs mix up best in the blender. Mix one teaspoon in diluted Amazake or water.

Children who are sensitive to cow's milk can also use diluted Amazake or Simply Herbs as a milk substitute. They are tasty on their own, as well as poured over hot or cold cereals.

An important ingredient to include in a baby food is fresh bifidus floras. Bifidus are those friendly bacteria that inhabit an infant's digestive tract and perform many functions essential to health and well being. They help digest food, produce vitamins, help prevent excess toxins from forming in the gut, and are a key factor in the body's control of pathogenic yeast, bacteria, viruses and parasites. They also provide other important but as yet unknown functions in maintaining strong immune system function.

Today, we are seeing a tremendous increase in the number of children with allergies, skin rashes, and chronic recurrent ear, sinus, and throat infections. A lot of these problems have developed because the mothers' floras were destroyed through the use of antibiotics, antiparasite medications, birth control pills, and sometimes excessive uses of sugar, caffeine and drugs. These substances all destroy the beneficial digestive flora which the mother needs in order to pass them on to her baby through nursing.

An infant needs to be given generous, continual amounts of these floras from birth in order to prevent a yeast overgrowth in the digestive tract, which can indirectly cause many syndromes. After taking bifidus floras, these symptoms usually have substantial improvement and often completely clear up in a matter of days. It is strongly recommended that all infants regularly use bifidus floras in their diets. Mixing 1/3 teaspoon of good quality floras with Amazake or milk will provide ample colonization of these essential creatures in their digestive tracts. Good quality brands are Ethical Nutrients, Metagenics, and Natren.

Bifidus is the best flora to give infants who are primarily milk fed, and acidophilus and streptococcus faecium are the best floras to give infants and children who are eating a primarily non-milk diet. You can also make an excellent kefir from Amazake and feed this to infants and children to build up their digestive floras. (To make kefir: Heat 2 cups Amazake until warm. Remove from heat and stir in 1 teaspoon of bifidus or acidophilus flora. Put in a jar and set in a warm place for 8 hours.)

If an infant is not breast fed, a small amount of high quality flax seed oil, such as that made by Omega Nutrition, is also good to mix in the infant formula to provide the essential Omega 3 and Omega 6 fatty acids. Be careful not to give too much. For specific amounts, see page 19.



Home Remedies

Here are some home remedies which have been found to be effective. This is not intended to be medical advice. If you are ill, consult your doctor or health practitioner.

Cold or Flu - Make of tea of fresh ginger root, lemon juice and water. It can be sweetened with honey if you are not hypoglycemic.

Constipation - Pickles, olives, saurkraut, fiber rich foods, whole grains, salad, acidophilus.

Diarrhea - Make a tea using coriander seeds, fresh ginger, and water. Also, acidophilus will often help stabilize diarrhea.

Ear Infections - Fasting for a day on vegetable broths and herbal teas has been effective for some people. Hot mustard foot baths (fill small basin or bucket with hot water and stir in one teaspoon of dry mustard from your local grocery). Hot lemon juice and water, or goldenseal. Garlic oil in ears and Sunbreeze balm on neck and around ears.

Excess Stomach Acid or Indigestion - Camomile tea, peppermint tea.

Headaches - Mint tea, Calli Tea, basil, cayenne, rosemary, massage pressure points on head.

Insomnia - Camomile tea, tryptophane.

Lack of Appetite - Ginger, miso broth, Calli Tea, exercise.

Motion Sickness - Two capsules of ginger root powder have been established to be more effective than over-the-counter drugs in numerous studies. Also, Sunrider Sunbreeze balm on the back of the neck has shown to be very effective.

Parasites - For 3 days, eat only raw cottage cheese or yogurt with lots of garlic, digestive enzymes, and acidophilus in it, and drink only raw plain kefir or buttermilk. Drink Calli and Fortune Delight Teas, and take 3-4 goldenseal capsules 3 times a day.

Sore Throat and Head Colds - Calli Tea, Km, goldenseal, Sunbreeze balm on throat, vegetable broths, hot lemon juice and water, miso broth, zinc lozenges, garlic, sage tea.

Vaginal Yeast - Douche with 4 small packets of Fortune Delight Tea in quart of warm water. Apple Cider Vinegar and water douches also are very effective. Make a paste of acidophilus powder with a small amount of water and implant.

Weak Digestion - Ginger, miso broth, Calli Tea, apple cider vinegar, exercise.

Yeast Overgrowth - Take Calli and Fortune Delight Teas and goldenseal capsules. Also use plenty of acidophilus, bifidus, and streptococcus faecium digestive floras. Avoid dairy products (except yogurt and butter in moderation), sugars, fruit, sweet potatoes, winter squash, and flour products until condition clears. Eat as much saurkraut and pickles as you can.

Note: For more complete information and specific protocols for yeast overgrowth conditions, parasites, and viruses, see *Yeast, Parasites, and Viruses* by John Finnegan.



Foods For Specific Conditions

The following foods have been found helpful for these conditions; however, if you are ill consult your doctor or health practitioner.

Bladder and Urinary Tract Infections: Foods which help prevent and help the body heal bladder and urinary tract infections are: cranberry juice (unsweetened), goldenseal, apple cider vinegar in water, pickles, and saurkraut. Note: Most people with this condition have Candida and need to follow a yeast overgrowth program.

Cancer: There have been many studies showing the value of carotene-rich foods and a high fiber diet with reduced incidence of cancer.¹ One study showed that people eating a high carotene diet had one-third the amount of cancer as those who did not.² Foods which help prevent and help the body heal cancer are: carrots, greens, parsley, garlic, onions, shitake mushrooms, flax seed oil, organic liver, almonds (moderate usage-ten per day), seaweed, algae, whole grains, and fatty fish.

Endocrine Glands: Foods which help strengthen endocrine gland function are: egg yolks, organic liver, whole grains, fatty fish, brewer's yeast, flax seed oil, seaweed, chicken, lamb, prawns, parsley, greens, azuki beans, and black beans.

Fiber: Foods which are high in fiber are: root vegetables, whole grains, beans, fresh vegetables, some fruit, popcorn, and flax seeds.

Heart Disease: Foods which help prevent and help the body heal heart disease are: garlic, flax seed oil, onions, fatty fish, fiber rich foods such as whole grains, beans, and fresh vegetables.

Immune System: Foods which help strengthen the body's immune system function are: garlic, onions, shiitake mushrooms, fatty fish (especially rainbow trout, salmon, mackerel, fresh tuna), flax seed oil, seaweed, whole grains, greens, and carrots.

Kidney Trouble: Foods which help prevent and help the body heal kidney trouble are: carrots, whole grains, greens, potato peels, and parsley tea (bring 1 quart of water to a boil, add a bunch of parsley, steep, then drink the tea all day long).

Liver Function: Foods that are especially good for rebuilding the liver are: flax seeds, flax seed oil, beet tops, beets, artichokes, lemon juice (in moderation), NuPlus, Green Magma, carrots, greens, whole grains, raw yogurt from good quality milk (for some people), organic liver, egg yolks, and brewer's yeast for those who are not allergic to it.

Pregnancy and Nursing: During pregnancy and nursing a woman's nutritional needs are greatly increased. Many women experience post-partem depression and fatigue because they have developed deficiencies of key nutrients, such as zinc, essential fatty acids, calcium,

magnesium, B vitamins, protein, and correspondingly also develop depleted thyroid, adrenal, and liver function. Building another body calls for extra nutrition. Some of the best foods to supplement the diet are: eggs, fish, flax seed oil, almonds, greens, good quality dairy products, whole grains, beans, organic liver, brewer's yeast, NuPlus, chicken, beef, and lamb.

1 Werbach, Melvyn R., M.D., *Nutritional Influences On Illness*, Third Line Press, 1987.

2 Ibid.



Sources Of Products

If your local health food store does not stock all the of the products listed in this book, they can order them from the following:

Amazake Rice Nectar and Mochi

Grainissance, Inc.

1580 62nd Street

Emeryville, CA 94608

(415) 547-7256

Flax Seed Oil

Flax Seed Oil is produced by several oil companies. Udo Erasmus, recognized authority and author of *Fats And Oils*, recommends the oxygen and light exclusion cold processing and packaging method utilized by:

Omega Nutrition

#309-8495 Ontario Street

Vancouver, B.C., Canada V5X 3E8

(604) 322-8862

Km Potassium Herbal Formula

Km is distributed by independent distributors. For a distributor in your area, contact:

Matol, Inc.

870 Rue Begin

Montreal, Canada H4M 2N5

(514) 745-6300

Sunrider Chinese Herbal Formulas

Sunrider formulas are distributed by independent distributors. For a distributor in your area, contact:

Sunrider International

3111 Lomita Blvd.

Torrance, CA 90505

(213) 534-4786

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Kathy Cituk has traveled extensively and appreciates the cuisines of many cultures. She has edited several books on health and nutrition, and enjoys the peaceful solitude of the woods and beaches along the California coast where she resides.

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This book has been written and published solely for educational purposes. It should not be used as a substitute for a physician's advice. If you need medical help you should seek out a physician or practitioner knowledgeable in this field and work under his or her direction. The author provides this information with the understanding that you act on it at your own risk and with full knowledge that you should consult with health professionals for any help you need.

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John Finnegan, Author of *Recovery From Addiction* and
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"...It is ironic that the world of "natural foods" can seem so complex and confusing. Studies have shown that a natural foods diet drastically reduces the risk of cancer, heart disease, arthritis, and an array of other illnesses that plague us today. Proper diet and nutrition are essential elements in maintaining or rebuilding good health. Unfortunately, in the United States, and increasingly around the world, convenience has become more important than nutrition. The foods we eat are the building blocks our bodies use to create healthy organs and nervous systems, and keep them strong and functioning properly. Studies of cultures that live on diets with complete nutrition provided by natural, unrefined foods show that people usually live to a ripe old age, free of debilitating diseases."

"...Preparing food for yourself and others is one of the ways in which you can truly love and honor yourself and your loved ones. Every meal can be another step towards a balanced, healthy life."



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