

SEVEN PRINCIPLES of eating and healing...

Principle #1. Expansion/Contraction

Combining opposites leads to **balance**. (e.g. hot + cold = warm)

Principle #2. Acid/Alkaline

Homeostasis = pH 7.6 (slightly alkaline)

Principle #3. Uniqueness

Listen to your own body.

Principle #4. Cleansing

Symptoms (emotional too) can get worse as toxins are released. Cleanse the colon, rest, keep warm, and drink lots of fluids.

Principle #5. Food Combining

RULE #1: Eat fruits alone, on an empty stomach.

RULE #2: Eat protein with non-starchy vegetables.

RULE #3: Eat grains OR grain-like seeds OR starchy vegetables with non-starchy vegetables.

NEVER eat animal protein with starchy vegetables or grains.

Principle #6. The 80/20 Principle

RULE #1: Eat until stomach is 80% full, leave 20% for digesting.

RULE #2: On your plate, 80% vegetables, 20% protein OR grain-like seeds OR starchy veggies

WINTER: 80% cooked (warming), 20% raw (cooling)

SUMMER: 20% cooked (warming), 80% raw (cooling)

Principle #7. Step by Step

Take smaller steps toward a permanent lifestyle change.

ADDITIONAL NOTES

Candida = rapidly growing, expanding fungus, thrives in impure, dark, moist contracted areas.

Humans are contracted beings (animal kingdom, like the meats).

Stress (contraction) → crave sweet, expanding foods. Use stevia.

Acidity allows yeast, viruses, cancer cells & parasites to grow, and leads to chronic fatigue, arthritis, and allergies.

Alkaline minerals: sodium, calcium, potassium, and magnesium

Avoid Braggs Amino Acids. (supports yeast)

Fermented Foods ("saurkraut," needed for proper digestion)

Sour taste negates the desire for sweets.

Young Coconut Kefir (many health benefits)

Ferment coconut water, drink with sour fruit juice or stevia.

Ferment coconut meat = kefir (pudding, like dairy-free plain yogurt)

Eat **protein** meals between 11am and 2pm, with vegetables.

Add cultured foods, digestive enzymes to aid protein digestion.

Manage viral infections (low grade fever) by eating raw (cooling and cleansing), strengthen body with cooked (warming) foods.

Cleansing foods: lemon, lime, raw apple cider vinegar, raw cultured veggies, young coconut kefir. (hot water w/lemon, warm teas).

Travel: eat expansive, alkaline-forming foods. (fruits, veggies) and drink more water

WATER (8 glasses/day, alone, room temperature)

First thing in the morning, you are dehydrated.

Drink 12 oz water, 12 oz with lemon (stimulates peristalsis).

Fruits (sour are best, first thing in the morning, after water)

Lemon, lime, cranberry, strawberry, blueberry, grapefruit, kiwi

Lemon with animal **protein** (like salmon) aids digestion.

Acidic/**sour** fruits ok with **protein fat**, or nuts/seeds.

Tomatoes (fruit) ok with green salad.

Alkaline **breakfast** = sour fruits with protein fat, or green smoothie w/protein powder

"Probiotic juice" = sour juice (black currant*, or pomegranate) with a probiotic drink (coconut kefir)

*unsweetened black currant juice = stimulates appetite, soothes upset stomach, good for anemia, high in vitamin C, antioxidant, nourishes adrenal glands, gives you energy

Protein (eat with non-starchy **vegetables**, allow 3 hrs after)

salmon and sardines (Omega-3s) good for circulatory system
eggs strengthen the thyroid (grounding and energizing)

Protein Fats (combine with non starchy veggies, or acid fruits)

Avocado, olives, cheese, seeds (soak 8 hours), and nuts.

Also dairy foods (yogurt, milk kefir).

Use milk kefir. (Avoid olives. They often contain mold.)

Nuts and seeds are concentrated, eat small quantities.

Soak and sprout (12 hrs each)

Grains (soak 8-24 hours)

Grain-like seeds (moderate quantities, soak 8-24 hrs)

amaranth, quinoa, buckwheat, millet, cornmeal

blue cornmeal chips or blue flour tortillas (slows digestion)

Starchy Foods

(combine only with grain-like seeds and non-starchy veggies)

acorn and butternut squash, lima beans, peas, cooked corn,

water chestnuts, artichokes, red potatoes

Protein Starches (eat with non starchy AND cultured veggies)

Dried peas, soybeans, beans

Fats and Seed Oils

Extra virgin olive oil, organic coconut oil, butter, and ghee.

Never combine a large amount of fat with a protein (like mayo and tuna or chicken).

Dried Beans, Peas, and Soybeans = starch + protein, therefore

difficult to digest, cause gas. Soybeans should be fermented.

Use miso, natto, and wheat-free low-sodium tamari.

Ocean Veggies (rich in minerals, strengthen the thyroid)

Agar, arame, dulse hijiki, kelp, kombu, nori, sea palm, wakame

Arame (eliminates constipation)

Salty, eat with sweet veggies (onions, carrots) for balance