

Table 2

GENERAL CONSIDERATIONS

Facets of a Good Diet

- The love-life principle: Purchase organic (grown without chemicals), pastured and wild foods, and when possible local sources.
- Nutritional yeast, nuts, seeds, brown rice, wild rice, sweet potatoes, beans and optionally, fish as protein sources (Do not use a B-complex supplement when nutritional yeast is used).
- Protein highest in first meal, moderate in next meal, little in last.
- Increase quantities and varieties of fruits and vegetables.
- Eat raw, uncooked living foods as well as cooked foods.
- Correct amounts of protein and fat.
- Use dulse, kelp, or other sea plants or seaweed products.
- Stools should release easily in bowel movements at least once a day and there will be no hemorrhoids if there is enough fiber.
- Use additive-free (organic if possible) dry, red wine (4-8 oz/day) for eating disorders (before a meal in anorexia, with a meal for obesity), depression (if not alcohol related), Type-2 diabetes, and for enhanced mineral absorption.
- Get calcium mostly from leafy greens (non-oxalate), nuts and seeds (almonds, cashews, sunflower, sesame, etc.) and soybeans, limited intakes of dairy products (see Food Combining Chart).
- Low protein, low fat, high fiber diets enhance most mineral absorption and the health of the intestines, including immune factors.
- Fruits between meals (2 hours before or after).
- Entire day of meals without beans and grains at least once or preferably twice a week.
- Organic cheeses should be from non-BST, pasture-raised animals (they contain more Omega-3 fatty acids and no hormones).

Things to Avoid:

- Sugar and refined carbohydrates (white flour, white rice, etc.).
- Caffeinated beverages, except limited intake of coffee or green tea.
- Junk foods and foods with additives and pesticides.
- Sodas.
- Meats, except fresh deep ocean fish from the Pacific (no shark, snapper, or shellfish), and possibly organic, free range chicken (a few times per year). If meat is eaten then it should be organic, free range, pastured and free of BST and antibiotics.
- Smoking.
- Alcoholic beverages other than dry, organic wine, preferably red, or if asthma or migraines, white, and well-crafted beer, preferably organic.
- Trans fats, i.e., hydrogenated or partially hydrogenated fats, margarine and shortening

Exercises:

- Breathing exercises (filling and releasing air from the bottom of the lungs).
- Strong activity with heavy breathing and strong heart beat at least 15 minutes per day.
- Love sexually expressed.

Fasting:

- Four days with spring water or with juice if there are blood sugar problems.
- Schizophrenia and violent personalities: 3 to 4 week fast using juices, or spring water with lemon or lime and organic, uncooked, unfiltered honey.

- Last meal before: salad of leafy greens¹ and roots with dressing of olive oil (less than 2 tbs.), apple cider or ume plum vinegar, raw tahini (1 tsp.), dulse, cayenne pepper, fresh black pepper, fresh garlic, fresh onions, and sea salt (to taste).
- First meal after: same as above only include coconut oil and one or more unsaturated oils plus supplements.
- Second meal after: use soybeans (especially tempeh) and leafy greens.⁴

Gluten-free Diet for Schizophrenics (May Also Be Beneficial for Violent Personalities and Bipolar Depression) and Celiac Disease (Gluten Allergies):

- Eliminate all grains except brown or wild rice.
- No wheat, rye, barley, oat, bran, and buckwheat products.
- No cocoa, malt, ale or beer.
- No products using any of the above as additives (often packaged goods).
- Flours can be arrowroot, potato, brown rice, soybean, garbanzo or coconut.

Food Allergies:

- Eliminate all foods eaten too regularly (every day or every other day): usually milk, bread, grains, corn, eggs, chocolate, and a variety of others (usually earlier childhood foods), and any foods that cause a bad reaction.

Foods That Should Be Included In a Good Diet:

- Nutritional yeast, beans, tempeh, brown rice, wild rice, whole grains, almonds, sunflower seeds, sesame seeds, potatoes, lentils, onions, garlic, parsley, cabbage, root crops, leafy greens⁴, nuts, avocados, seaweeds, apples, dates, figs, berries, red peppers, and apple cider or ume plum vinegar (also see tables).

Daylight:

- A half-hour of unfiltered (outdoor), shaded daylight per day.

Bad Habits That Continue:

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|--------------------------------------------------------|----------------------------------------------------------------|
| ➤ Smoking | Increase vitamin C and supplement iron. |
| ➤ Using coffee, caffeinated drinks, alcohol, and drugs | Increase vitamins C and B ₁ . |
| ➤ Eating and drinking sugar and refined carbohydrates | Increase vitamins C and B ₁ . |
| ➤ Overeating fat | Increase lecithin or choline. |
| ➤ Overeating | Increase vitamins C, B ₃ , and lecithin or choline. |

Institutional Stay (without good diet):

- Increase B₁, C, and include vitamin A (2500 i.u./day) and rice or oat bran (rice if schizophrenic or gluten sensitivity).

Note: Be sure to consult with your doctor or health care professional about your changes in diet and the supplements you take.

¹ no oxalates, see tables.