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The procedures in this manuscript are based on the research and personal experiences of the author. Each person and situation is unique and the publisher urges the reader to check with a qualified health professional before using any procedure where there is any question as to its appropriateness.

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Extreme Health Recipes Knowing the truth about food is essential to change. *North American Diet* strips away the glamour of fancy packaging and examines the destructive nature of our modern diet: chemical additives, carcinogens, tetragons, trans-fatty acids, saturated fat, preservatives, stabilizers, emulsifiers, food colors and artificial flavors, forever changing how you feel about Ronald McDonald's happy meal.

Fasting Imagine dropping 20 pounds and 20 years from your life while discovering gifts, abilities and youthful vision that have been locked up inside of you for so many years. *Fasting to Freedom* provides all the information you need to safely fast on juices, and it gives you many juice recipes you will need for juicing. There is information on the specific, rejuvenating qualities of a variety of fruits and vegetables, and we look closely at both the physical and spiritual blessings of fasting. The information that is provided in this manuscript helps you to make wise, lifelong choices.

Eating In Freedom How would you like total control over what you eat while increasing the pleasure of eating? Unlike so many other diet programs, *Eating in Freedom* is about the mind, not the stomach. Rebuild damaged thinking and emotions. The old chains of compulsive, addictive behaviors will fall away as you begin to discover personal freedom and authority.

Introduction

*God saw all that he had made, and it was
very good.
Genesis 1:31*

God is creative. Our planet was His canvas. He displays Himself to us in the beauty of nature, unveiling the secret parts of His heart so that we may love Him for who He is. How can we not fall in love with such a God?

Man also has a creative instinct. Poetry, painting, song and sculpture become tangible expressions of the hidden human soul.

A global form of creative expression is food. A celebration of creativity, not hanging on some forgotten wall, but a gift of hospitality, leaving only dirty dishes and fond memories.

The painter has millions of hues available for palate and brush to unveil inner imagination. So too, the chef has been supplied infinite raw materials in creating culinary masterpieces that will intoxicate taste buds into a song of joy. A song joined by trillions of cells, nourished with food, filled with life.

Gray brick, sun-bleached plastic, billions of perfectly-shaped sesame seed buns, huge boiling vats of oil, delicate flavors cooked to obscurity. Mono-fat taste, Babylon manna, apathetic taste buds controlled by craving and addiction. And trillions of cells cry in anguish and suffering under a diet of death. Worst of all, our eating no longer reflects the creative character of God, but the evil god of this world that dulls men's minds and hearts.

Come rediscover God's banquet table. Food that will lead you to worship. Recipes that display the Father Heart of God. A variety of textures and flavors which remind you that God is not small and gray. No weightloss programs are needed. You will be blessed with health and vitality, for it pleases the Lord to bless you with all good things.

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Chapter 1

TWO EDENS

Now the LORD God had planted a garden in the east, in Eden; and there he put the man he had formed. And the LORD made all kinds of trees grow out of the ground—trees that were pleasing to the eye and good for food... I give every green plant for food...

Genesis:1:30,31, 2:8

Birds have nests, foxes have holes, but man was given a garden. A place to meet God. An oasis of life. Endless varieties of food. Fruit that was pleasing to the eye and delicious to the palate. The hospitality of heaven. A living kitchen.

Imagine a Dietitian being transported back in time to the Garden of Eden. He sits down to counsel Adam and Eve on a diet program that will allow them to maintain optimum health. *Cut down on animal products and processed food, and increase your intake of fruit and vegetables.*

Yet, everything Adam and Eve ate was filled with life. No guilt, no need to read the ingredients, no food combining, or referring to the *Four Food Groups*. They ate in freedom and simplicity. Flawless skin, warmed by God's loving touch. Eyes that could see life dancing on fruit and flower. Ears that could hear the throb of Living Words. Nostrils, sensitive to the fragrant breath of God. They wore Eden like a garment. Eating from God's Holy breast, they would experience oneness with the Creator.

Adam and Eve were perfect—perfect like God. Living in perfect contentment, perfect peace, perfect love, and perfect communion. Vulgar

clothing was unnecessary. There was nothing to hide.

In Eden, God had made two new friends. Companions He could speak to on His level, sharing His most intimate thoughts. Friends that He would die for. What conversation they must have had.

One morning God took a walk in the garden in the cool of the morning, as He had done so many times. But something was different. He found Himself alone. He called for His friends. Adam answered from behind a bush *I heard you in the Garden, and I was afraid because I was naked; so I hid (Gen 3:10). I am naked. I am unworthy. I am sinful and dirty. I hide from God's presence. I must find my own Eden—a new paradise.*

This was the first fruit of a sinful inward focus that destroyed man's fellowship with God.

North America has become the new paradise.

If all North Americans were to climb onto a huge scale, it is estimated that we would be 2,500,000,000 lb. overweight! Enough caloric energy to fuel 1.3 million cars for a year. There are thousands of weightloss books, videos, and programs responding to a nation that is desperately trying to control body fat.

This is not another book on weightloss. Being overweight is not a problem—it's a *symptom*! Overweight, chronic fatigue, lack of energy, foggy-mindedness, allergies, susceptibility to flues, colds, depression, disease, body odor, poor complexion and even hair loss are common symptoms of eating in Satan's new Eden.

Jesus wants to feed His children with all good things because He has a Father's heart. Satan wants to feed your cravings to control you.

Being a *Dietitian* is nothing new to Satan. Today Satan controls the vast percentage of what enters the world's mouth. A food industry whose heart has become darkened by greed and a nation that has made its stomach a god, sacrificing

health on the altar of self-fulfillment and escapism. We refuse to adjust or play with such a destructive system of eating! Instead, we are going to present a completely different approach.

Chapter 2

ARE YOU SICK?

*Worship the LORD your God, and his blessing
will be on your food and water. I will take away
sickness from among you,...*

Exodus 23:25

Every molecule demands intense concentration, and there are lots of them, from one corner of the universe to the other. God holds them altogether by his continual creative power. He knows the number of hairs on the head of every man, woman, and child. A record that needs to be continually updated. Angels must be attended to and given instructions. Black holes must be nourished and the temperature of the stars, regulated. The paths of trillions of meteorites must be individually plotted out, and you pray to Jesus to heal your sore toe as if you are the only concern He has in the entire universe!

Universes fly apart. Planets smash into each other. Suns turn to super novas, as God turns all attention, compassion and focus on your sore toe. And best of all, He doesn't make you feel as if you have inconvenienced Him. In fact, He delights when you come to Him with every little problem, always making you feel like the center of His universe. The sweet memories of the warm caress of His breath upon your brow, carrying you off into peaceful sleep.

God loves to heal. He is in the healing business. His Son healed everything He touched, everywhere he went. Jesus even healed when he wasn't aware of it! A woman reaching out and touching His

garment, years of pain and suffering dissipated by the force of Jesus' unconscious healing power.

Our bodies were not created to be sick and diseased; they were created to be filled with vibrant health, clarity of mind, and emotional stability. This can be evidenced in the living food He has specially designed for us to eat. Enzymes, vitamins, minerals, antioxidants, bioflavonoids, and thousands of other unpronounceable names hidden under the skin of fruits, vegetables, nuts seeds, and grain.

If you cut open a cantaloupe and hold it against your ear, you will hear the creative echo of God's love and smell the sweet aroma of His enthusiastic compassion for the health and well-being of your body.

Are you sick? Then reach out to God by faith. Reach out through prayer, believing with all your heart that He loves you and will lead you beside green pastures and still waters. By faith, be willing to make changes in how you eat.

Changing your diet, for some, is the largest step of faith they will make in their entire life. When we are sick, often food can be an escape from pain. But dear friend, run into His loving embrace. Allow Him to nourish you spiritually and physically.

Sickness and disease are a symptoms of a world whose god is their stomach. A world that runs after the cravings of the flesh, ignoring the cost to their health. But you are not of this world—your Shepherd will prepare a table in the presence of your enemy, whether that enemy be cancer, heart disease, high blood pressure or whatever it may be. By faith, you do your best, and God will do the rest.

The following information will assist you in moving towards a lifestyle of eating that reflect faith in God, to bring healing and wholeness, a refreshment of His blessing to you.

TOXINS OUT

1. Eliminate life-robbing food that hinders the body's God-given recuperative abilities.

NUTRIENTS IN

2. Ingest foods that energize the body's natural regenerative abilities.

JUICING

If you have never taken a mouthful of cantaloupe juice, you simply have not lived. Strawberry juice mixed with pear, or apple and yam is a taste of ecstasy. Blueberry juice is a taste of liquid heaven. A mixture of carrot, apple, beet, celery, tomato, and lemon tastes like a living V8, giving an energy-boost to the day that is far better than a coffee.

Fruit and vegetable juices are the cleansers, energizers, builders and regenerators of the human system. A combination of either fresh raw fruit or vegetable juices will supply all the enzymes, vitamins and minerals critical to increase vitality!

According to how healthy you are, the average person is able to assimilate between 1% to 35% of the nutrients in vegetables. All nutrients of vegetables are locked within the fibers. A juice extractor is able to extract 70% to 98% of the nutrients from vegetables. When you pass a carrot through the juice machine, it effectively separates the juice that is locked in the fibers. In drinking the juice, the majority of nutrients are absorbed directly into the bloodstream without the work of digestion. An abundant supply of nutrients in conjunction with minimum digestive effort is a perfect healing environment. Try to make some juice each day. Juice can replace any meal. If you want to lose weight and detoxify, drink juice all day and eat one evening meal.

RAW FOOD

Depending on the severity of illness, a 30 to 90 day raw-food diet can result in phenomenal healing. We do not include raw nuts, seeds, sprouts or

grains. These foods are harder to digest, high in protein and calories that will impede cannibalization. They also do not have the sponge-like, soft, fibrous qualities that contribute to the cleansing of the colon.

A raw-food diet has two advantages over fasting. First, it slows detoxification, resulting in a gentler cleansing crisis. Secondly, fruit and vegetables are filled with soft fibers that are excellent in cleansing a bowel that has been impacted with hardened mucus deposits and abused by processed foods. An unhealthy colon will result in an unhealthy body. It is impossible to expect a body to heal when the colon is congested with old, dried, impacted mucus, blocking the absorption of essential vitamins and minerals through the colon wall.

Surprisingly, it takes more discipline to live on a raw-food diet than to fast. After two days of fasting, the digestive system shuts down. Hunger disappears. Ceasing from the act of eating places a clear perimeter, establishing single-mindedness and focus. During a raw-food diet, the perimeters can become vague, resulting in a greater need for discipline. Those of us who find it difficult to discern between hunger and cravings may find an orange and a banana unsatisfying. *I really feel my body is telling me that I need a Snickers bar. Or, wouldn't some low-fat cottage cheese go nice with my cantaloupe.* It seems so easy to eat too much or eat the wrong things during a raw-food program.

The rule to follow is, *if it's not alive, don't eat it!* Don't overeat, and don't be afraid of feeling a little hungry, it won't kill you. A good rule of thumb is to eat fruit and juice vegetables. One glass of carrot juice contains about 5 carrots. On a practical level, it is far easier to drink the juice of five carrots than eat them. Fruit is easy to eat, needs little or no preparation and is delicious. Small amounts of sprouts are beneficial, yet should be avoided if combating serious disease. The heavier proteins will slow the cleansing.

EXERCISE

Get the juices flowing in the body. A lazy boy chair just won't cut it. Laziness is not godliness. Exercising improves circulation, stimulates digestion, strengthens the heart muscles, improves the circulation of nutrients and oxygen, increases the elimination of wastes, improves the function of the colon, cleans and increases lung capacity, lowers triglyceride levels and uric acid levels, decreases platelet stickiness, increases flexibility, motor functions and insulin-receptor sensitivity. Exercise improves the functioning of all the organs and lymph glands. The liquid which cleans the cells is absorbed by the lymph glands which needs motion to dump cellular waste. Increased exercise will improve the lymph's ability to keep the cells clean.

Jesus walked to His mission fields, He didn't drive. It is agonizing to grab your sleeping metabolism by the scruff of the neck and wake it up. After a few weeks, you will begin to look forward to exercising, whether it be sports, fast walking, bicycling, jogging or wrestling in the living room with your kids.

AIR

The air you breathe is an essential part of your health. Remove from your home all household consumables that will contaminate breathing space, promoting a healing environment.

Chapter 3

CHANGING YOUR DIET

Do not conform any longer to the pattern of this world,

Romans 12:2

It seems as if everything the Spirit of God touches is changed in some way. In fact, change marks the moving of the Holy Spirit. The Great Disrupter smashes into our mundane daily patterns, taking stagnant rut-plagued lives and pushing them into places and decisions that are uncomfortable and unfamiliar. This results in painful growth and develops a deeper maturity.

On weekends, I would often leave work Friday night, at 9:00 p.m., and drive 30 miles north to Tom's fasting retreat in a tiny hamlet in Caesarea, Ontario. Staying there till Monday morning, we would work 40 to 56 hours, nonstop without sleep.

Tom was more disciplined in his diet than I, living mostly as a fruitarian. (He had a seven-year head start.) Although I had a disciplined diet, I enjoyed heavier foods like potatoes, brown rice, whole-grain bread with natural peanut butter and honey, lentil soup and oatmeal. Okay, I'll admit it, even the odd chocolate bar.

After a few hours of writing, I would find myself getting hungry. Ambling over to open Tom's fridge there would be the familiar sight of cantaloupes with an odd apple, mango or avocado, and in the crisper, a small stash of carrots. Don't get me wrong, I love cantaloupes, but you know what it is like when you are in the mood for something a little different.

Living with Tom really opened my eyes. He ate in a different universe. To him, fruit was a complete meal and fully satisfying. An avocado with a touch of seasoning would be a feast for special occasions.

One early morning Tom decided to indulge in some corn on the cob. I thought, *Wow, corn on the cob, I haven't had that for months.* He began to husk the corn, while I got out the pot and turned on the stove. Then he did the most astounding thing. Instead of putting the corn in the pot of water, he ate it, *raw!* No melted butter, no salt, no pepper, no plate, just standing barefoot in the middle of the kitchen, happily munching on a raw cob of corn. From fridge to mouth.

Ron, this is delicious, would you like one?

The vision of steaming hot corn bathed in melting butter vanished! Instead, a cold cob of raw corn. *Well, I suppose.* To my surprise it was absolutely delicious. I will never eat cooked corn again. Even though I may not have a diet as radical as Tom's, I realized how easy it is to become narrow-minded.

As the weekend progressed, I started to feel a little irritated. Being honest, I wasn't hungry, I just wanted something other than cantaloupes. In fact, my irritation resulted in feeling a little trapped. We had written and eaten cantaloupes all night, exhausted from pouring ourselves out on paper. I wanted an escape that cantaloupes simply could not offer. So I told Tom, *I'm going to the store to pick something up.*

Tom said nothing.

Sometimes Tom can make you feel guilty just by looking at you. I felt down right rebellious! So I decided to go to the corner store and pick up a Recess Peanut Butter Cup. I hopped into his car, with great anticipation and mouth watering. I couldn't wait to take a bite of those soft textures and that peanut-buttery taste. To my absolute horror, the store was closed.

Life caved in. I wept.

I was trapped with a mad fruitarian in a house full of cantaloupes in the middle of nowhere!

The nearest town was 10 miles away. I knew a store was open in town. Would I stoop so low as to drive 20 miles round trip for a Recess Peanut Butter Cup? I could not believe the battle going on inside, over a dumb chocolate bar. I asked God to give me strength and thanked Him for His abundant provision of cantaloupes. In humility, I returned to the house, opened the fridge and selected a plump, firm, ripe, you know what, and Tom and I enjoyed breakfast together.

For most of us, change can be difficult because we become comfortable to what we are familiar with. Being raised all our lives to eat a certain way, radical change to eating habits is the equivalent to denying your heritage.

Try becoming a vegetarian and watch how your family reacts. It is almost as if you have joined a cult. They look upon you with great pity, praying that it is a stage that will pass.

RADICAL VS GRADUAL CHANGE

There are two ways of making dietary change. The first is the instantaneous, radical, *Light on the road to Damascus* transformation. One moment Paul was hunting down and arresting anyone who taught that Jesus was the Messiah, the next moment, fearlessly making his life a mission of preaching Christ to the world.

Not everyone can change like Paul. There is great mercy when the Spirit of God initiates change.

God is a merciful, gentle Father, allowing us time for change. He knows how difficult it is for us to be thrust into an unfamiliar world. We become emotionally attached to food. It is a form of comfort. Some find it more difficult to change their eating habits than quitting smoking or drinking.

Therefore, we would like to provide you with a step-by-step transition program in moving towards a life of health and blessing. It will also assist you through the difficulty of changing your children's diet so that it will not be such a shock.

Emptying the fridge of all their familiar food and replacing it with a herd of cantaloupes is definitely not a wise move. If done right, with a little creativity, making changes in your family's diet can be painless.

Education is vital. Showing my children pictures of bowels that were encrusted with pounds of hard stringy black mucus had a definite impact on their desire to better their diet. It allowed them to make an association with what they eat and how their bodies function. We taught them that they could not trust the commercials on television.

It is our most earnest desire to help you through the transition of change. Through this book, we will provide a variety of delicious alternatives. Transition is a time for prayer and seeking God for strength. You can be sure that He will be delighted to assist you in making wise changes in your eating habits.

A THREE MONTH PROGRAM

MONTH #1

This month is so important because it may be the first introduction your family will have to healthy eating. It needs to be a delicious introduction!

1. The very first thing that has to go is milk. It is the most mucus-forming substance in the world. This will save you on Kleenex and save your children from countless colds and flues. They will not mind the subtraction of milk if it is replaced with refreshing fruit juices. If they are old enough, teach them how to use the juice machine so that they are able to make their own juices on demand. Even frozen concentrated juices are far better for you than milk. Look for our nut milks in the nut section of this book. You can also purchase soy or rice milk from your health food store which can be used for

drinking or baking. Banana milk shakes are excellent replacers.

At one time, people would be horrified at the thought of removing milk from a child's diet, but, recently, there has been a substantial amount of information on the destructive effect that milk has on health.

2. We can live without deep-fried foods. French fries are a family favorite. We have a recipe to make delicious almost fat-free french fries and potato chips. Your kids will love them and they will barely be able to tell the difference. If you want to sauté and lightly brown food, we suggest you use just enough butter to prevent food from sticking.

3. Bread is a big part of most of our diets. Change to whole grain, fresh, high-quality bread. When looking at the ingredients, check for the addition of preservatives, additives, gluten and oils. These are undesirable and unnecessary for good taste.

4. Get rid of brown and white sugar. It is absolute, man-made garbage. There are natural sweeteners that taste better and are far healthier. Change to unpasteurized honey, Sucanat, frozen juice concentrates, fructose and molasses.

5. Replace margarine with butter. Use half the butter you would normally apply on potatoes, vegetables, popcorn, bread, etc.

6. Go natural! One example is peanut butter. Your health food store will have freshly-ground peanuts without the addition of fat, sugar and salt. For the first month, you can add a sprinkle of sea salt and honey to your natural peanut butter to ease the change in flavor.

If you are a pasta lover, switch to whole grain pastas. Other than a slight difference in texture, the flavor is the same. Get into the habit of reading the

ingredients before purchasing prepared foods. For instance, some spaghetti sauces are loaded with oil, sugar and preservatives, whereas, others will have natural ingredients.

7. Introduce more fresh fruit into your diet. To encourage this, keep a fruit bowl filled with fresh, washed, ready-to-eat fruit in the middle of the kitchen table. You will find that your children will naturally snack on these quick nutritious foods, especially if the cookie jar is empty. Twice a week, determine to have a fruit breakfast.

8. Make a fresh glass of vegetable juice for the family each day. A great starter for kids that is regularly accepted is carrot and apple. As they become accustomed to this natural flavor, you may begin to add some greens. Kids love to push the carrots through the juicer. Carrots in one hole, juice out the other. If you involve your children in these changes, they will be more receptive, feeling a part of the exciting discovery process.

9. Split your coffee, tea and pop consumption in half. This one is going to hurt because caffeine is a drug that has tampered with your natural chemistry. Discover the soothing flavors of herbal teas. Decaffeinated coffee is useful only for transition and should not be a permanent coffee replacer.

10. Desserts and treats. This is a tough one. Kids love treats and so do we. The food industry is expert in making colorful creative, sweet, delicacies that appeal to children. So we have a challenge. Let's be creative, making our own treats that are equally fun but nutritious and healthy. We have some great suggestions in our recipe section.

MONTH #2

You should already be noticing a change in health. The discipline it has taken to get you through

the first month will be a blessing in every area of your life, not just in how you eat. Satan hates a disciplined life. Discipline is a tool that helps us fight against his seductions, resolving our hearts to obedience.

1. Cut back on or eliminate animal products from your diet. There is a variety of simulated products made from soy that look and taste like meat: soy burgers, soy hot dogs, soy chicken fingers, soy scrambled eggs, soy bacon bits, soy ground beef, and the list goes on and on of *textured vegetable protein* products available. If you decide to continue to eat meat, we suggest small servings of fish or naturally-raised lean meats, no more than two to three times a week.

You do not need to eat meat to be healthy. You can receive all your protein needs from the vegetable kingdom. If you become a vegetarian, supplement your diet with a good intake of B12. (Refer to our B12 section in the Meat chapter of From Eden to Babylon.)

2. Increase your intake of raw foods to 40% of your diet. This will be the most difficult step you will take but the most significant in contributing to health. The standard diet is mostly comprised of cooked foods. We do not realize it until we start trying to make changes. Achieving a 40%, raw-food diet is a major accomplishment but is probably the single most important element in achieving optimum health. Living food—for a living body—from a living God.

3. Start making your own natural salad dressings. Store-bought salad dressings are pure garbage. We have provided you with a variety of recipes for healthy dressings and vegetable dips which will satisfy the most ferocious fat cravings, but can be indulged in with a clear conscience. Remember, fat is not bad, it is the type of fat we eat that is harmful.

4. Make your own nut butters. You will be amazed at how delicious they are and the kids will readily accept them, often not even noticing the difference.

5. Most of us overeat wheat products. Try sprouted breads, heavier pumpernickels and rye breads that are lower in gluten, making them less mucus-forming. Make fruit your mainstay instead of wheat products.

6. Have a farewell party to coffee, tea, pop and all caffeine products. These can be happily replaced with herbal teas, Sucanat tea, fresh fruit and vegetable juices, broths, dandelion coffee, etc. A healthy body no longer needs the kickstart it received from caffeine. You will have a *natural energy high* all day long.

7. Change from:

- * Three meals a day to smaller meals and health snacks.
- * Table salt to herbal seasoning.
- * Potatoes to yams.
- * Fried food to steamed or boiled.
- * Meats to fish, TVP, raw nuts, beans and sprouts.
- * Salad dressings to avocado flax seed dressing.
- * Butter to butter replacer.
- * White vinegar to cider vinegar.
- * Eggs to tofu scrambler.
- * Fattening desserts to fruit salads.
- * Coffee to coffee substitute and herbal teas.
- * White sugar to Sucanat, frozen pineapple or apple concentrate or honey.
- * Snack foods to bananas, raisins, raw nuts, dates, dried fruits, and oranges.
- * Tap water to filtered or distilled.
- * Heavy breakfasts to fruits and/or fresh juices.
- * Peanut butter to raw nut butters.
- * White rice to brown rice
- * Wheat products to gluten-free grains, such as quinoa.

MONTH #3

Congratulations! You have reached the lofty heights of your third month. There will be a noticeable difference in you and your family's health. Isn't it wonderful? Is it not worth the temporary struggle? You should be able to breathe more deeply with a heightened sense of smell. This is a result of reducing mucus-forming food from your diet. You should also find that, in the morning, there is more immediate energy and clear mindedness. Your bowel movements will be easier and more frequent because of a softer spongier stool. Your skin should become softer and more elastic. You may find eyesight improving, emotions stabilizing, cravings disappearing, breath sweetening, body odor diminishing. There will be loss of excess weight, including unsightly cellulose. Joint pain allergies and headaches will be noticeably reduced. But this is only the beginning!

1. Go to a 70% raw food diet. With a pair of binoculars you will actually be able to see the gates of Eden. There will be a simplicity in eating. Your body will receive a large supply of nourishing enzymes. You will have no cravings and even fewer dirty pots and pans.

2. Eliminate processed food. Eliminate all sources of transformed, fatty acids. All oils and fats should be from fresh natural sources such as raw nuts and seeds, cold-pressed, refrigerated oils and avocados. Be understanding to negative reactions from people who care. Your increasing health and unusual youthfulness will testify to the rightness of what you are doing. Your discipline may alienate you, but will testify to a spirit of self-control that has been given to you by the Holy Spirit. If you want to eat this kind of a diet, you have the freedom because you are not in bondage to your flesh. You are free to eat in whatever way you choose because the blood of

Christ has set you free from the cravings of the sinful nature. It is not a law, but a choice.

3. This is a level that very few will achieve or even desire to. But for those few who would like to include their names with Adam, Eve and John the Baptist—a 100% raw food diet.

Sell your pots and pans, use your stove as a storage closet. Your microwave will be great for telling time. Everything you eat will be alive. And you will be amazed at the variety and creativity that you can put into a raw food dish. We have included many raw food recipes that you can explore. Achieving a raw food diet is not a sign of spirituality or godliness. Christ cooked fish and ate it. It is simply a decision of eating in a way that will achieve optimum health and simplicity.

REMODELING THE KITCHEN

The first thing you need to make is a sign that says, *GIANT YARD SALE!* If you decide to be a Rawetarian, include deep fryers, barbecues, ovens, pots, pans, and cookware. With the money from the yard sale, you can go out and purchase some crossover-kitchenware.

JUICE EXTRACTOR. In our opinion, we have found the Moulinex model M753 to be your best buy under \$100. The Champion Juicer is over \$300 but will last you a lifetime. It is versatile in making nut butters and banana ice cream. (See Resource Center)

COFFEE GRINDER. Never use coffee beans. Instead, replace with seeds, nuts and spices. All through the recipe section, we will be using this grinder to create everything from nut butters to breakfast cereals. They are only about \$18 and worth every penny. It can be used to powder oatmeal that is a healthy, natural thickener for soups and vegetable stews. Excellent for grinding up

coarse or whole spices and blending garlic or onion. A coffee grinder is used to produce our high-tech, nutritious *Better Butters*.

The trick to using this little mill effectively is grinding small amounts at one time. Sometimes you may have to open the grinder and scrape the sides off, especially with oily seeds like flax. To clean, wipe with a dry paper towel. Try to curtail its desire to grind coffee beans!

FOOD PROCESSER. Chops vegetables for soups. An indispensable, time-saving tool for the kitchen. Makes guacamole, shredded carrots, finely-cut vegetables, pureed bananas and fruit.

DEHYDRATOR. An excellent healthy alternative to candy. The kids will love it.

BLENDER. Great for date pudding, raw fruit and vegetable drinks, salad dressings, banana fruit shakes, nut milks.

STEAMER. If you are going to kill your vegetables, this is the healthiest way of doing it.

HAND CITRUS JUICER. Fast, easy way of getting citrus juices.

SECOND FRIDGE. This can be a great money-saver as you are able to purchase fruits and vegetables in bulk, which are on sale.

SALAD SPINNER. An excellent way of drying greens without damage to the delicate leaves. It also saves time.

SPROUTING JARS. Any large jar will work perfectly. Simply poke tiny holes in the lid for ventilation and you can make fresh bean sprouts.

VEGETABLE BRUSH. Quick and efficient in cleaning root vegetables.

REVISED GROCERY LIST

I'm sure the neighbors will not mind receiving all your processed, packaged, canned foods. If you love your neighbor as yourself, throw it in the garbage where it belongs. You can make it a family event.

UNPASTEURIZED HONEY. Regular honey is heated up to 24 hours. Raw honey has a plant enzyme called amylase, concentrated from the pollen of flowers. It will assist in the digestion of starches such as bread.

SUCANAT. Dehydrated organic cane sugar. Full of vitamins and minerals. White sugar is highly-processed with all vitamins and minerals removed. Sucanat tastes like brown sugar except better. Found in health food stores. Excellent for cooking. Brown sugar is white sugar made sticky with molasses.

FROZEN PINEAPPLE CONCENTRATE.
Excellent, healthy sweetener.

FRUCTOSE. A fruit sugar that breaks down in the bowel without need for insulin. Released into the bloodstream more slowly than a complex carbohydrate. One-third sweeter than white sugar. Found in health food stores.

COLD-PRESSED OIL. It is vitally important to purchase cold-pressed, oxygen-free, light-free, dated and refrigerated in dark bottles. Found in health food stores. More expensive but worth every penny. Flax seed oil is the most common cold-pressed oil. It is high in essential fatty acids.

SPROUT BREAD. Calorie-packed, highly-nutritious, slow-baked at low heat to keep enzymes intact. Often called Essene or Manna bread. Very delicious. Found in health food stores.

NUT BUTTERS. Must be refrigerated. It is best to make nut butter raw by using a champion juicer. Use in moderation. Most nut butters are made from roasted nuts, resulting in some transformed fatty acids.

SEAWEED. There are many different varieties of edible seaweed. High in vitamins and minerals, they are an excellent source of iodine and have 62 trace minerals. Nori sheets are an excellent example of a versatile and delicious alternative to bread. Dulse can be eaten right out of the package or ground in the coffee grinder for a seasoning. Found in health food stores.

QUINOA. Complete protein. Best quality is ivory in color. Cheaper quinoa is darker and is grown locally.

ORGANIC OATS. Even though oats are crushed, the oil is kept fresh by natural antioxidants. Excellent source of digestible fiber.

BROWN AND WILD RICE. Although the texture of white rice is pleasant, it is processed and useless. Brown rice is far more nutritious and has natural fiber. Short grain is the best.

PASTA. There are many kinds of whole-grain, healthy pastas that can be found in your health food stores. Never eat white, glue-like, sticky, mucus-forming pasta.

NUTRITIONAL YEAST. Packed with protein and B vitamins. Tastes like cheese. Found in health food stores.

HERBAL TEAS. A refreshing alternative to coffee.

CIDER VINEGAR. Has potassium. Good blood cleanser.

BEANS, SPLIT PEAS AND LENTILS. High in protein, filling to the stomach with many colors, shapes and sizes. Great for veggie soups.

TOMATO PASTE. Fat-free, sugar-free, salt-free and versatile.

SALSA SAUCE. Makes good salad dip or for spicing up an avocado or rice mixture.

SOYA PRODUCTS. High protein, meat replacements. Tofu wieners, soy burgers, pigless soy bacon bits, soy milk, textured vegetable protein (TVP). Buy tofu firm with calcium phosphate.

SOYA SAUCE. Look for low-salt, preservative-free.

SUN-DRIED SEA SALT. Healthy trace elements from the sea.

JAMS AND JELLIES. More expensive, awesome taste. Sweetened with natural fruit juice concentrates.

SIMULATED CHICKEN BASE. Buy quality. Usually found in health food stores. Excellent for flavoring just about anything.

Chapter 4

ABOUT OUR RECIPES

*If it looks good under a microscope,
it must be healthy.*

This ideology has led to crowning milk as the most perfect food. After all, it is full of calcium, protein, and 15 essential minerals and vitamins. Yet the nutritional value of food ought to be determined by the body's reaction to food, not a test tube. Is it digestible and easily assimilated by the cells? Does it create irritation, causing the body to form mucus? Are there harmful side effects that outweigh its value to the body? And the most obvious question, how do you feel?

Under a microscope, milk appears to be a perfect food. Yet your body will disagree by producing large amounts of mucus, depositing inorganic calcium in the joints, clogging your veins and arteries with hard, sticky fat and cholesterol, and may even cause food allergies and digestive disorders. Many do not have the enzymes to properly digest the milk sugar lactose, or the milk protein, casein.

Analyzing nutritional value with a test tube approach can have tragic and misleading results. Therefore, the determining factor for our recipes will be very simple—how the body reacts to food. We can break this down into three criteria.

1. The degree of mucus formation caused by the food.
2. How easy is it assimilated into the cells of the body?
3. How close is the food to its natural unprocessed state?

1) NON MUCUS-FORMING

Diets consisting of cooked processed foods force the production of excessive amounts of mucus as a form of protection. Because of the Modern Diet, we are swimming in a mucus fog causing a sluggish, tired mental state that demands a shot of coffee to kick start the body in the morning. With a mucusless diet, the intercellular fluid around the cells will be free of mucus, resulting in better memory and clear, sharp thinking. Instead of waking up in the morning, feeling worse than when you went to bed, you will spring out of bed, sleepy-dirt free, enthusiastically prepared to pounce on a new day's challenge. Eating more naturally will result in the intensifying of the five senses. You will breathe more easily and be far less susceptible to colds and flues. Antibodies from the immune system will not be forced to battle their way through thick, sticky mucus in the blood. Antibodies will be free to travel quickly and efficiently to the areas of need, resulting in a powerful resistance against sickness and disease.

2) EASILY ASSIMILATED

The brain actually shrinks on the all-cooked and over-refined diet.

Dr. Edward Howell

The most easily digested food is fruit. This is a result of millions of tiny enzymes living in your cantaloupe. Enzymes are a mystery to modern-day science. They are so difficult to describe, scientists must resort to highly technical terms such as *biological force*, *life energy*, *life principle*, *vital force*, *nerve energy*, and *life force*.

One thing they have discovered is that enzymes are essential to our health. They assist in digestion and are a part of every chemical process in the body, from building muscles to producing red blood cells. Fruit can be completely digested without help from the body, whereas, a piece of

medium-rare sirloin steak requires over 30% of the energy supplied to the body for its digestion.

Russian scientist, Valentina Kirlian, developed a form of electrophotography that showed radiating luminescence around living organisms. These fields were observed fluctuating according to the intensity of metabolic activity taking place. When processed or cooked food is photographed with Kirlian photography, there is no luminescence. When live food is photographed, a colorful aura emanates from it. Ginseng displays some of the brightest luminescence and is famous for its healing and rejuvenating properties.

There is a price to be paid when the majority of our diet consists of dead, lifeless food. Dead food does not give up its nutrients easily. It demands the body to produce strong acids and enzymes. The majority of our diet should consist of raw, living food.

If you eat a balance of 80% raw and 20% cooked food, you have achieved a healthy diet. Some have gone to a 100% raw-food diet. This strange breed are called *Rawetarians*. It is a discipline but the benefits far outweigh the cost of giving up cooked foods. *Rawetarians* experience phenomenal health and vitality. The closer you move to a diet of raw foods, the healthier you will become. It is that simple!

3) NATURAL UNPROCESSED

The only connection that our children have ever had with vegetables was behind a cellophane wrapper in the grocery store. Lucie and I decided to show the girls where food really came from. We were going vegetable picking on a farm 10 miles from the outskirts of town.

As the houses melted away, the girls' expectations began to rise. At the farm, we were greeted by a friendly face of an older woman, weathered from years of toiling. Oblivious to her dirty finger nails and worn, practical clothing, she

invited us onto her land, arming us with a rusty shovel and old bushel baskets. Amanda and Joy looked in amazement at the huge baskets, wondering how we could possibly fill them. After receiving directions, we drove our car through the patchwork field, on a quest for beets. Being later in the fall, the beets had grown huge and fat. We made it a game of who could find the largest beet, shouting to one another, *I found the biggest one!* It took us some time to realize that they were everywhere in overwhelming size and abundance.

Surrounded by bounty, the warm sun above and the fresh smells of open fields and forests brought on a deep sense of the presence of God. The children felt Him. A quietness seemed to fall as we soaked up an ancient connection to Creator, earth and soil. Everything was alive. The crickets chatted in a language only they could understand. Birds cheerfully singing. All too quickly the basket was filled with plump beets. We loaded the car with hundreds of pounds of beets, carrots, green and red peppers, lima beans, plump tomatoes, zucchinis, cabbage and many varieties of foods that would be enjoyed for the months to come.

Driving home, we could see that this experience had impacted the girls. That evening, sitting down to a table of fresh tomatoes, beets and corn on the cob, blessing took on a richer thankfulness. Thankfulness that would have been lost on a box of Kraft Dinner.

Every time we went to the supermarket, the girls would never forget from *Whom* food comes.

We are certainly well-versed on how damaging food can become when processed or cooked. There will be no harmful, processed sugar, transformed fatty acids, dairy products, processed food, preservatives and additives, food coloring or eggs present in our recipes. We will include high-quality recipes that involve cooking, although we encourage you to eat a high percentage of raw food.

These three standards will determine the order which our recipes will be laid out—from best to good.

Healthy eating will result in a lean, youthful body. And you will be able to eat to your heart's content. Raw fruits and vegetables are filling, and packed with nutrition, soluble and insoluble fiber, and low in calories.

4) SIMPLICITY

Who wants to live in the kitchen? An argument we hear against people eating healthier is that they don't have time. Reaching into the fridge, pulling out a fruit, rinsing it under the tap, and eating it for breakfast, redefines the term, *fast food*.

We are going to keep the recipes as simple as possible. You will have to educate yourself in some new foods, natural sweeteners, unprocessed oils, whole grain pastas, etc., but it will be well worth your time.

Eating fruits and vegetables in season is inexpensive. If they are grown locally, they will be picked ripe, resulting in a higher-quality taste and nutrition. It is only recently that we have been able to eat such a huge variety of different foods, shipped in from all over the world. This variety is totally unnecessary for health. There should be no fear in eating a simple diet of foods that are on sale at your local supermarket.

Our recipes are going to be fun, healthy, creative, delicious, colorful, unique, simple but not without a challenge. Let's be creative! God is creative. The worst thing we can do is to become dogmatic in creating our culinary delights. Everyone has different tastes, that is what makes the world so diverse.

One of the most exciting things about traveling around the world is experiencing the wonderful varieties of food that have developed from their culture. You can tell a lot about a culture by looking at how people eat. Our recipes are going to

be a symphony of cultures, foods and flavors from around the world. We are going to equip you with the raw materials and information to help you become a *kitchen inventor*.

Have fun and experiment. You never know, you may come up with a new, world-famous dish. The creations that you can make with healthy food are only limited to your imagination! If you come up with something exciting, please write us so that we can share it with the world.

Chapter 5

FRUIT THE NECTARS OF EDEN

Down the middle of the great street of the city. On each side of the river stood the tree of life, bearing twelve crops of fruit, yielding its fruit every month. And the leaves of the tree are for the healing of the nations._

Revelation 22:2

Have you ever had a perfectly ripe mango? Hang on to your seat! It's like your tastebuds are being lifted into the heavenly realms, singing with angels of the glories of God's Creation.

Have you ever had a peach, picked fully-ripe from the tree—you bite into its soft flesh, juice drips down your chin, as you try to slurp in all its delicate flavors. Its flesh is living with taste. Delicate yet courageous in its explosion of flavor.

Even the fragrance of freshly ripe fruit is enough to stimulate salivary glands which prepare the mouth to marry with such glorious taste.

The body's reaction to fruit does not stop in the mouth, but continues as the digestive system accepts a flesh, filled with enzymes. These enzymes do almost all the work of digestion for the body, allowing the pancreas a much needed rest. But the best is yet to come!

As the fruit sugars, which are compounded with vitamins and minerals, are carried into the bloodstream, every cell in the body joins in the song of ecstasy. Nowhere in the body does fruit create mucus. A sure sign of how clean and suited the fuel is to our metabolic needs. The fibers that

are left behind in the colon are soft and cleansing in nature, leaving the colon fresh as a spring shower.

The Garden of Eden was filled with fruit of all kinds, nourishing Adam and Eve physically and emotionally. We could only imagine the varieties of tastes, colors and aromas that were available for them to explore in that wondrous pure Garden.

Thankfully, across the entire world, there are thousands of varieties of delicate, colorful fruit. From a tiny blueberry in the cold climate of the Northern Hemisphere, to the rich lush tropics producing exotic fruit, God has abundantly blessed us with this wonderful fuel.

It is incredible that North American society has turned to heavy hamburgers and french fries as their mainstay in diet, instead of fruit. But we have paid a bitter price. Fruit is not addictive and does not rise up cravings as does fat, salt, and sugar-filled processed foods. They seem not to dull the inner wounds of the soul as junkfood does temporarily. In fact those who live on a high percentage of fresh fruit find themselves becoming sharp in mind and sensitive in emotion. It is almost like living in a state of fasting all the time. Many of us who run away from inner turmoil and pain would find it difficult to live a high fruit diet simply because of the sensitivity it brings.

It would seem as if man would do all he can to numb and dull himself to his own pain and the world around. Escaping to a mucus fog of sleepiness where everything is distant. A perfect place for Satan.

We have been called to be clear-minded and self-controlled so that we can pray. God desires us to be vibrant with His life, body, soul and spirit. Christians ought to be the most alive people on the face of the earth, radiant with His life, pulsating His health and enthusiasm. But we crave the meat pots of Egypt, the defiled food of Nebuchadnezzar, king of Babylon.

As Daniel lived in a hostile kingdom, we too live in a hostile world. Hostile to everything that is

God. But the Lord has prepared a table for us in the presence of our enemies. His table does not result in cancer, heart disease and thousands of other sicknesses as a result of a destructive diet. His table nourishes us with life, health, joy, peace, love, acceptance and mental stability, that we may live in this world as shining lights.

We are not trying to spiritualize a diet high in fruit, but only to encourage a deeper understanding of how much God wants to bless your life. He ministers to the whole man, body, soul, and spirit. Even as this earth is groaning in labor for the return of Christ, there is still so much of His life and beauty upon the world.

Most Christians thank the Lord for their food before eating. They make a connection between the blessing of God and the table set before them. We too make that connection and understand that all things that God created are filled with blessing. But what man has marred and destroyed through selfishness and greed, has become a representation of Satan's twisted kingdom. And so in these later chapters, we would like to reintroduce to you something that is as old as creation itself. God's banquet table of blessing, untouched by man's selfish hand. As you begin to explore his provision for you, it will reinforce, over and over, how much of a Father's heart God has for His children. He loves you beyond imagination.

And so we invite you to come!

ALL-FRUIT DIET

An all-fruit diet will provide a benefit similar to juice fasting. Eating a diet exclusively of fruit takes far more discipline and self-control than fasting. I have gone on many fasts but have yet been able to accomplish a lengthy diet of fruit. During fasting, your digestive system shuts down. Psychologically and spiritually you have become resolved not to eat. But an all-fruit diet is very different in that your digestive system is fully active and you are still engaged in eating. For most of us

who are accustomed to living on a highly, concentrated diet of meats and starches, fruit can often feel unsatisfying physically because our digestive system is producing large amounts of hydrochloric acid, resulting in a grumbly stomach for the first two or three days of a fruit diet. Also, physiologically, fruit does not give that heavy, full-belly feeling, and cravings can rise powerfully to the surface.

Surprisingly, a fruit diet is lower in calories than juice fasting, hence resulting in a deeper cleansing. Due to the cleansing effect of fruit and reduction of calories, the tongue will become coated, breath, foul and you may experience times of weakness due to the release of toxins.

Because the digestive system is still active, but you have drastically reduced caloric intake, for the first few days, you may experience intense hunger. Hunger is good! Face it with courage. Show Satan who's in control. But don't face hunger on your own strength. Keep your mind and your heart focused on Jesus and spend time in prayer. What a glorious joy it is to overcome hunger's control over your life. That victory will lead you to many others.

In choosing fruit, try to eat melons and non-acid fruits. Too much citrus fruits will increase detoxification. At the start, fruit may cause diarrhea. In time, the body will grow accustomed to the fruit's cleansing properties.

Those who wish to change over to a fruit diet will experience occasional weakness, or possibly even a cleansing crisis. Fruits are high in vitamin C, as well as citric acid, which is a detoxifier. The absence of mucus-forming foods allows the lymph glands a chance to detoxify. Less digestive effort results in more cleansing time. In six months, your body will gladly adjust to a fruit diet which will result in a life of vibrant health and a need for less sleep. If you have the determination to endure, the rewards will be *fruitful*.

COMPLEX CARBOHYDRATES

What is more nutritious, bread or fruit?

What enters more gradually into the bloodstream, a complex carbohydrate or fruit?

Most of us would answer confidently that fruit enters the bloodstream more quickly because it is a simple sugar. Whereas, complex carbohydrates like bread, potatoes, rice, and pasta are gradually digested and broken down into glucose.

Wrong!

According to the Blood Glucose Response Table given as a guide to diabetics, bread, beans, white potatoes, brown rice all break down to glucose in the bloodstream more quickly than fruit. White sugar is less of a dramatic shock to the blood sugar level than whole wheat bread.

Fructose, the sugar commonly found in all fruit, is the gentlest to enter the bloodstream, requiring the least amount of insulin.

Complex carbohydrates melt in your mouth into simple sugars because of the digestive enzyme, alpha-amylase present in the saliva. Chewing a slice of whole wheat bread will transform up to 50% of the starch into glucose before it even hits the stomach. Fruit is a better source of fuel than bread because of its ability to sustain energy without overtaxing the pancreas for insulin production. Fructose does not need insulin to break down as it is slowly absorbed through the lower intestinal wall.

The best source of fuel for the body is *protected simple sugars* found in fruits. Honey, maple syrup and molasses are unprotected sugars because they lack natural fibers to slow down the rate of absorption. Fruit sugar (fructose) is the healthiest alternative when using a processed sweetener. Fruit sugar, locked into the soft fibers of fresh fruit, is the most perfect fuel for the cells. Gentle, slow-releasing, energy-sustaining, compounded with vitamins, minerals, water-soluble proteins, enzymes and trace elements. As the blood carries fructose to every cell, these life-giving elements are

compounded with the fructose molecule, allowing the nutrients to be highly absorbable and readily used. Fructose molecules act as a delivery system to your cells.

All starch is composed of long chains of sugar molecules. Through digestion, these chains are broken down into simple sugars. Fruit, bread, potatoes, rice, and beans are reduced to glucose. To the body, white sugar and white flour are the same fuel. Of these foods, fruit requires the least digestion to supply the body's need for glucose fuel.

North American's love cooked starch. From muffins to macaroni, starch is the biggest part of our diet. Yams, turnip, corn, beans, peas, potatoes all taste better when cooked, yet there is a change in how these foods digest. Raw corn is high in natural, health-giving oil and starch. However, when cooked it alters and becomes mucus-forming. Raw potatoes can be used in the healing of stomach ulcers, yet through cooking they lose this healing property, becoming mucus-forming. The immune system increases the production of white blood cells, reacting as if an intruder had entered the blood.

Cooked, starchy food requires strong acids to digest. Excess acid in the blood has a negative effect on the immune system, healing and creating a sluggish metabolism.

Wait till you experience our healthy alternatives. They will blow your taste buds off and work in perfect harmony with the body God has given you.

HAVING A HEALTHY SWEET TOOTH

It is completely natural to desire something sweet. A sweet flavor is a signal to the body that

there will be an abundance of easily-assimilated energy. With processed sugar, the body has been tricked into feeling satisfied, when in fact, the sweetness is completely deficient in essential vitamins, minerals, trace minerals and enzymes which would normally be present. A chocolate bar may satisfy hunger because of the high amount of sugar and fat, but it has created a deficit in the nutrients the body needs to run efficiently. Hence, we have people who are overweight, yet their bodies are starving for nutrients.

Trying to fight your sweet tooth by eliminating sugar from your diet is not the answer. Replacing man-made, processed, empty calories with natural sweeteners is the solution, and we have some practical suggestions.

SUCANAT

For the sweet tooth, Sucanat is a joyous blessing from God. You can literally have your cake and eat it too. No feelings of guilt. No sneaking in the cookie jar. But enjoying one of the most delicious, natural sweeteners you have ever tasted. Sucanat is organically grown, freshly-squeezed sugar cane juice, evaporated by a special Swiss process. In its natural state, it is highly nutritious because the molasses is not removed. The flavor is quite extraordinary.

Brown sugar is simply white sugar with a bit of fancy molasses to give texture and color. Everything that you use white and brown sugar for can be replaced with Sucanat.

Sucanat in water, hot or cold, is a refreshing beverage. A teaspoon of dried Sucanat will even remove hiccups.

UNPASTEURIZED HONEY

Raw honey has the plant enzyme amylase which is concentrated in the pollen of flowers. It is effective in helping the predigestion of starchy foods. Try spreading raw honey on a piece of bread and allow it to sit for 15 minutes. The honey will

immediately begin to break down the starches in the bread. Most commercial honey has been pasteurized, heated for up to 24 hours to prevent it from turning hard or hazy. In 1930, the German Honey Ordinance ordered that honey could not be sold for table use unless the enzyme, amylase was intact. North America has no such requirement. Although not as high in vitamins and minerals as Sucanat, honey is a useful natural sweetener.

FROZEN JUICE CONCENTRATES

Keep in mind that all the frozen concentrates in your supermarket have been pasteurized. But we consider them far healthier for sweetening a sauce or salad dressing than white sugar. Pineapple, apple and orange concentrates are excellent for sweetening salad dressings or perking up fresh juice combinations, making popsicles and for baking. A tablespoon of frozen pineapple concentrate can really liven up a fruit salad.

DATES AND RAISINS

Strengthen me with raisins, refresh me with apples, for I am faint with love (Solomon 2:5). Take a handful of dates, raisins or figs and place them in your blender with a 1/2 cup of water. Blend for 10 minutes or until desired consistency. Out of your blender will come a caramel pudding-like substance that is absolutely heavenly. It is hard to believe that this natural, healthy sweetener is so good for you!. It can be used for salad dressings, topping for fruit salad, creating healthy desserts and baking.

FRUCTOSE

Although assimilated into the body more slowly than white sugar, fructose has essentially the same nutritional value. Fructose is the sugar that is primarily found in fruit. It breaks down more slowly because it does not use insulin but is broken down by an enzyme in the bowel. Fructose sugar looks identical to common white sugar, but is

significantly sweeter. It is a safer sugar to use for diabetics, hyperglycemics and hypoglycemics.

Fructose is certainly more desirable than common sugar, but is still void of nutrients. Use sparingly.

THE FRUIT GUIDE

Welcome to the world of fruit. There are literally thousands of different types. The best fruit from all over the world is available in our grocery stores. Supermarkets have become a display of international colors and flavors.

For the last three years, because of our family's large consumption of fruit, we are constantly on the prowl for the best deals in town, often buying fruit by the case. We discovered a huge outlet that sold fruit and vegetables at almost half the price of other supermarkets. Brown spotted fruit at the *reduced bin* was my first stop in shopping. Pale, sickly, yellow, half-ripened tomatoes on sale for 60 cents a pound. Slightly rusted, wilted lettuce could be found for 40 cents a head. Thick-skinned, woody, seed-filled oranges for 99 cents a dozen. Green skinned, pale color cantaloupes that taste like chalk dust, 99 cents each. Bruised and abused avocados with black rancid veins, 50 cents each.

A bowl of this bargain bin fruit was artistry displayed on my kitchen table. My children longed for the sterile flavor of Kraft Dinner.

But there comes a time when you must buy quality. We discovered a Sunkist grocery store in Toronto. The display counters piled with fruit and vegetables enticed us to stop and take a closer look.

I died and went to fruit heaven, surrounded by every known fruit and vegetable. No brown spots or dull pasty colors. These fruits and vegetables were sun-ripened, picked at their peak, and shipped with care. Then I saw the price! But I couldn't resist, and spent 30 dollars.

Mangoes, cantaloupes, seedless grapes, delicious apples, watermelon, cherry tomatoes, oranges, washed and placed in a bowl on the kitchen table. Two hours later, they were gone.

Disappeared!

Vanished!

Then an astonishing thing occurred. My daughter Joy, who is normally a picky eater, asked, *Dad, is there any more of that awesome fruit?*

The next day our whole family took a trip into Toronto to shop at Sunkist. We left with a carload of fruits and vegetables. Vine-ripened cherry tomatoes as sweet as candy. Ruby red, thin-skinned, firm Delicious apples. Seedless, sweet, juice-filled oranges. Sun-ripened, fragrant cantaloupes with honey-flavored, bright orange flesh. Green and red seedless grapes which explode with the flavor of the sun. Tropical large heavy mangoes with inviting orange flesh. Exotic lychee nuts with their jelly-like nectar. Mysterious papaya with a musty, sweet-flavored flesh. Rotund watermelon with its iridescent red sponge-like flesh, saturated with sweet juice. What an awesome Creator! A car filled with His blessing, representing His creativity, love, and provision. Bright colors, smells and flavors. Such diversity!

He is the God of Imagination. The Lord of Creativity. He has an Artist's heart, an eye for color. He's got flare, pizzazz, style and knows how to make a fashion statement. He is not a boring, gray, pale, monotone, suit and tie, retrained, dusty, ordinary, locked-in-tradition, close-minded, theological, melancholy, lifeless God.

Butterflies, tropical fish, peacocks, nebulae, quartz, a snowflake, fall colors, rainbows, reflections on a dew drop, an orchid petal, the cotton white of a cloud, contrasted by rich, deep blue—living paintings of the Eternal Artist of Heaven. How can we be so blind not to see and so deaf not to hear. How can we not taste and know Him for who He is? He is the Eternal Living God!

We experienced the joy of His presence when we ate. A taste of heaven to come. A food fit for angels and kings. A taste of Eden. God's banquet table. Cells and taste buds created to receive such a blessing. This food was worth every penny. My children have discovered a love for raw food.

We would like to equip you with information on individual fruits, their unique nutritional value and how to choose them at their peak of tastiness.

APPLES. There are more than 1,400 different types of apples. The most popular are Delicious (which is easy to digest), Golden Delicious, MacIntosh, Pippin, Granny Smith and Rome Beauties. All of these types are wonderful for making juice no matter what time of year it is. Apples are high in pectin which turns to a gel in the intestine, helping to remove toxins and stimulating bowel activity. Potassium and phosphorous help flush the kidneys and calm the stomach. Apples have a natural sugar that develop acids which encourage saliva-flow and digestion.

If at all possible, try to eat wax-free apples. Wax increases shelf life but toughens the skin and tastes unpleasant.

Apples should be crisp and firm. Soft, mushy apples do not juice well. Always store apples loosely in the refrigerator which will increase shelf life six-fold. In a refrigerator, less tardy apples can store up to 2 months.

Apple juice is a powerful cleanser and a general tonic for the entire system. They have an abundance of vitamins A and C. The juice is strong-tasting and may be diluted with water or mixed with other fruit or vegetable juices such as carrots, cucumbers or melons.

APPLE CIDER VINEGAR. It contributes to healthy veins, blood vessels and arteries. Apple cider vinegar has extraordinary potassium content

and beneficial malic acid. When purchasing cider vinegar, it should have a fuzzy sediment (mother), on the bottom, proving that the vinegar is still in the live fermentation stage. Cider vinegar is used in salad dressings and to spice up veggie juice mixtures. A tablespoon of cider vinegar and honey in hot water is a tasty health drink.

APRICOTS. Excellent for potassium and magnesium which supplies stamina. Also a good source of iron. Only cantaloupes can rival apricots for the amount of beta carotene.

Apricots should be fairly firm, but not rock hard. Coloration should be orange with a brush of pink revealing the sweet flesh below. They will store for two to three days at room temperature and slightly longer in the refrigerator. Always remove pit before juicing.

AVOCADOS. The avocado, or alligator pear, is a common evergreen found in Mexico and Central and South America. There are over 400 varieties. The Mexican variety is grown in the San Joaquin Valley of California, the Guatemalan in Southern California and the West Indian in Florida. Pear-shaped or oval fruit are borne 2 to 3 years after planting. Avocados are the highest in producing fruit oil, consisting of almost 30% oil. Filled with enzymes, avocado is a source of fat that is easy to digest. Because of its ability to easily combine with starches, it makes a great dip for raw vegetables. Blended with fruit, it produces a highly-nutritious baby food. We consider this precious fruit so important that we have given it its own section amongst the fruit recipes.

Purchasing perfect avocados can take some practice; it is a delicate fruit. Avocados can go from being perfectly ripe to over-ripe in a matter of a day. This will result in the oil becoming rancid and mushy, discoloring to an unsightly brown. So we suggest that you buy them unripe and allow them to ripen on the counter. Unripe avocados will

be dark green and hard. As they begin to ripen, they turn a dark greenish brown and become slightly soft to thumb pressure. The inner flesh of a ripened avocado will be a gorgeous lime green without any brown spots. The easiest way to remove the flesh is to cut the fruit in half, lengthwise, and twist open. The pit will remain in one side. Remove by imbedding knife into the pit and twisting.

BANANAS. Bananas are filled with potassium which contributes to strong heart and muscles. In the class of soft fruits, they are the second-highest in mineral content only to be rivaled by strawberries. They are almost impossible to juice, but are versatile in making rich banana shakes, ice cream or smoothies.

A TIP: It is easy to buy too many bananas because they are so cheap and ripen quickly. Take the excess bananas, peel and seal in freezer bags, storing them in the freezer. Frozen bananas can be sliced over salads or blended with fresh fruit. Have some fun and experiment.

Dehydrated banana slices are like chewy candy for the kids. Bananas are always picked green from the plantation for easier transportation. Try to buy bananas green, which will ensure that they have not been gassed in transit. Do not eat them unripe because they are difficult to digest. Bananas will ripen at room temperature in two to three days. To maximize the nutritional value within a banana, allow them to ripen with an apple in a paper bag. The apple in the bag will create ethylene, a natural gas produced by fruit specifically for ripening. The chemical reaction between the gasses being formed allows the banana to produce a high amount of potassium similar to bananas that have ripened on the tree.

CANTALOUPE. The most succulent cantaloupes can be found in Caesarea, Ontario, inside Tom's refrigerator. Cantaloupes are considered the most nutritious of all fruit. The Center for Science in Public Interest compiled a list of fruits by their nutritional value. Cantaloupes came in first place, followed closely by watermelon, which were just in front of oranges. Next came strawberries, grapefruit, pineapples, tangerines and peaches. Sauntering in last place came the lowly plum.

Cantaloupes are packed with vitamins A and C. Per pound, this fruit has 15,000 I.U. of vitamin A and three times the vitamin C content of apples. It also contains myoinositol, a lipid which helps with anxiety, insomnia and in battling hardening of the arteries. Cantaloupes contain the greatest amount of digestive enzymes. Melons are recommended by the American Cancer Society as powerful agents in the fight against intestinal cancer and the all-too-common skin cancer, melanoma. One average-sized cantaloupe contains approximately 100 calories, yet is dense in nutrients. This makes melons a perfect food for weightloss. Delicious, filling and low in calories.

If you do not have the luxury of living near Tom's place, melons should be purchased firm, sweet-smelling with a soft navel. During the summer, cantaloupes are cheap. To check for ripeness press firmly against the fruit with your thumb. They should give a little but not be soft.

Melons can look decrepit, but produce excellent juice. A major part of the cantaloupe's nutritional value is in the rind. Therefore, scrub the skin well with water and an organic cleaner. Slice and juice, seeds and all. When juice-fasting, melons are the most convenient source for large volumes of cheap nutritious, delicious, refreshing, colorful, revitalizing, energizing juice.

CHERRIES. They are God's candies with enzymes, vitamins and minerals. Once the pits are

removed, cherries make a brain-numbing juice, fit for angels. The darker the cherries the higher in nutrition. Unfortunately, they have only a short season, available in early summer. The best cherries for juicing are Bings or Royal Anns.

Cherries will not continue to ripen after picked. Look for heavy, firm cherries with a shiny skin and fresh stem. They will store in the refrigerator for two to three days. Cherry juice sweetened with honey makes awesome popsicles.

CRANBERRIES. Fresh cranberry juice is a powerful healing tonic filled with quinine which changes to hippuric acid in the liver. Hippuric acid is able to assist in the removal of purines, uric acid, urea and toxic build-up in the prostate, testicles, kidneys and bladder. An excellent preventative juice for North American men who are battling the increased risk of prostate cancer. It is a wonderful defense against yeast infections for women.

Cranberries are a complex little fruit, being tested by scientists for their abilities in virus-fighting. Many people find that the juice can overcome flu symptoms overnight. If you are susceptible to colds, fill up on your cranberry juice in the winter time. Cranberries are native to America and are cultivated in what is referred to as *Cranberry Bogs* which are found in the Northwest and Great Lake States.

The juice of cranberries is very bitter, so it is advisable to combine it with a sweeter juice such as apple or grape, a delicious combination. You can buy cranberries all year round. Look for bright color and plumpness. They are one of the few fruits that freeze well.

GRAPEFRUIT. With five times the vitamin C content of oranges, this juice is a powerful cleanser. The tastiest grapefruit is grown in Texas and Florida. Pink is sweeter and less acidic than white. Many people can tolerate grapefruit more easily than oranges. Juice some of the white pith for

valuable bioflavonoids. Grapefruits can be prepared in a hand citrus juicer quickly. All citrus juices should be drunk immediately because of the fragility of vitamin C.

Look for smooth round heavy fruit with a sweet smell. Grapefruits should be slightly spongy and flat at both ends. All citrus fruits should be bought in the ripened state because the ripening process ends when they are picked. Store loosely in refrigerator.

GRAPES. The history and tradition found in the simple grape is long and diverse. In ancient history, grapes were considered *the food of the gods*. They were found in the Egyptian tombs and the Bible is filled with stories about the joys and sorrows resulting from the fermented juices of this fruit. Grape production and wine-making are steeped in tradition and secrecy. They are still experimenting with new strains. There are between 40 and 50 different varieties of grapes which come in a multiple of greens, whites, reds and purples. Grapes fill the mouth with an explosion of delicious flavors. Grapes are an excellent source of potassium which encourage an alkaline blood balance and also stimulate the kidneys and regulate heart beat. The restorative power of grapes is phenomenal, cleansing the liver and removing the uric acid from the body. In France, many people go on a grape-fast during harvest time. Studies have shown a lower incidence of cancer in the areas of France where this grape-fast is practiced yearly.

Grapes make excellent juice. Grapes with seeds are recommended. Although they make the juicer sound like a miniature machine gun, the juicer will not be damaged. Make sure you swirl the juice in your mouth before swallowing. If you drink too quickly, there will not be enough saliva for proper digestion, which may cause stomach cramps. If you find grape juice too sweet, add some lemon juice. It can also be mixed half and half with water if the juice is too strong.

Grapes are the most over-sprayed of all the fruits, therefore wash thoroughly. Always look for a faint powdery appearance, indicating *blooming*. A grape bunch should have a few grapes either falling off or mushy. The stems should not be shriveled, but green-looking. Grapes keep for a week in the refrigerator. Raisins are also a wonderful, healthy candy and a good source of iron.

HONEYDEWS. Just like their name, when ripe, honeydews have a light green, juicy flesh with a sweet flavor. It is a good source of vitamins A and C, potassium and zinc and excellent in digestive enzymes. To juice, wash skin and juice with seeds.

Look for melons that have a creamy, yellow navel and are slightly soft when pressed by the thumb. Rock-hard melons will not be sweet and will take a long time ripening. They should also have a pleasant honey aroma. Will store well at room temperature or in the refrigerator.

KIWIS. The kiwi fruit was invented in New Zealand from the Chinese gooseberry. So tickled were the New Zealand farmers, that they named it after their national bird, the kiwi. Today kiwis are cultivated in California and New Zealand. This allows us to have fresh kiwis all year round. The small fruit is about the size of a golf ball and is round and fuzzy on the outside and bright green with edible black seeds. Cut fruit into wedges and juice. This will produce a thick delicious juice that combines very well with grape or any fruit of your choice.

Kiwis should be firm, only giving slightly when pressed. They will store well for a week in the refrigerator.

LEMONS. Lemons are the king of citrus fruit. Because of their high source of bioflavonoids, they are powerful in detoxifying the body. They are also an excellent diuretic. During fasting, lemon juice has a tremendous ability to dissolve mucus and

scour toxins from the cellular tissue. When juicing lemons, leave some of the inner white peel for the bioflavonoids. Dilute five to one with water. One of the most refreshing drinks on a hot summer day is chilled mineral water with a splash of freshly-squeezed lemon juice. Lemon is excellent in fruit salads, inhibiting the discoloration of fresh fruit exposed to the air. Juicing a lemon before juicing apples keeps the juice clear and pleasantly colored. Lemon juice is an excellent addition to guacamole, salad dressings, sauces, and is a preservative, keeping the guacamole from discoloring into an unsightly brown. An excellent addition to vegetable juices. Acts as a delicious lift to the heavy flavor commonly associated with vegetable juice.

Skin should be smooth with no green spots which is a sign of a high acid content. Store loosely in refrigerator.

LIMES. Similar to lemons. An excellent addition to any juice or salad dressings.

MANGOS. One of the world's most popular fruit. Grown in Asia, South and Central America, Florida, California and the Caribbean. They are succulent and filled with sweet juice. The harmonious nuances of heavenly flavors cause an orchestration of singing taste buds, exclaiming the perfection of God's Creation. Move over Resses Peanut Butter Cups! Mangos beat you by a mile!

Mango juice is an excellent addition to any fruit juices. Rich in vitamin C, some B vitamins, and beta carotene. Remove skin and pit before juicing.

Slicing mangos is a bit of a trick. Starting at the top, cut down, curving the knife along the flat part of the pit on both sides. This will remove the majority of flesh. You can slice strips of flesh and the skin should easily pull away from the fillet. The remainder can be eaten from the pit.

Mangos come in many sizes, but the largest have the most juice. They can be purchased slightly

green and will ripen in a few days on the counter, turning a bright yellow. They will be soft to the touch, exhaling a sweet smell. As with all tropical fruits, mangos do not store well in the refrigerator and are best left at room temperature. Will store for two to three days on the counter.

ORANGES. Everybody loves oranges. And what is breakfast without a fresh tall glass of orange juice? Some of the highest quality oranges are grown in North America in the sunny state of Florida. Florida oranges have a higher juice content than oranges from California. The Valencia and Navel oranges from California are considered excellent for eating. Orange juice, fresh from the juicer, has a live taste. The powerful healing effects of fresh juice come from the dramatic increase in enzymes available to the body. Orange juice, frozen or bottled, has no enzymes, but can be added to freshly-made juice.

Green skin on oranges is not necessarily an indication of their being unripe. In fact, the familiar bright orange color is a result of an orange dye having been applied to the skin. Oranges in their true color are yellow and green. It would be far healthier if the consumer could grow accustomed to what would appear to be an esthetically unappetizing orange. Look for thin skin, heavy fruit, and store in the refrigerator.

PAPAYAS. A fruit that comes from the deep tropics. Expensive and hard to find because of difficulty in shipping this delicate fruit. Most of our papayas come from Hawaii. They are an oval-shaped fruit weighing less than a pound. Cut in half, the flesh is an orange hue filled with shiny, black, edible seeds. They are a good source of calcium, potassium, vitamin C and of course, the color gives it away—beta carotene. They are high in the enzyme, papain, which helps us digest protein and is used commercially to tenderize meat.

Papaya makes excellent-tasting, highly-expensive juice.

Papaya should have some yellow color which is an indication of ripeness. Will store in the refrigerator only for a few days. Green fruit will soften when left on the counter for a day or two. Spotted papayas, somewhat like bananas, are sweeter even though they do not look pretty. Peel before juicing.

When pears are perfectly ripe—not too soft and not too firm, they are the most delicious of fruits. The juice from a pear is thick and sweet and can be diluted with apple juice. They are high in thiamin, riboflavin, niacin and folic acid which help establish a healthy cardiovascular system. They are also a good source of vitamin C, calcium, potassium, phosphorus and minerals. Levulose is the fruit sugar in pears which is easily tolerated by diabetics. Pears are higher in pectin than apples, which encourages regularity. Common varieties are Bartlett, Bosc, Anjou and Comice. The sweetest and juiciest are the Bartletts with their bright yellow skin. Bartletts are available from summer to fall.

Look for slightly soft flesh around the stem area. For juicing, a firmer pear is desirable so that it will not clog the juicer. Firm pears can be ripened on the counter in a couple of days. Keep juicing-pears in the refrigerator.

PINEAPPLES. Take a cold fresh glass of ripened pineapple juice in crushed ice. Find a quiet comfortable corner in your home and close your eyes. You will begin to hear the waves of the ocean lapping on the powdered, white shoreline of a tropical island. Above you, the gentle dance of palm leaves moved by hot tropical breezes. Add a pinch of coconut juice and you have been transformed into Robinson Crusoe, living a life of solitude in a tropical paradise. Pineapple is the taste of the sun-soaked tropics, especially if you find one that was picked in its ripened state.

Pineapples are jam-packed with minerals, potassium, choline, sodium, phosphorus, magnesium, sulfur, calcium, iron and iodine. They have loads of vitamins including vitamin C and are an excellent source of bromelain, an enzyme that helps digestion. Bromelain has also been known to cure laryngitis and is soothing to the throat.

To cut pineapple for juicing, remove top and bottom. If not organically-grown, stand vertical and remove skin. Cut in slices, including core and pass through the juicer. For eating, cut in quarters and remove core. Learning how to determine a sweet pineapple may take some practice.

Your pineapple ought to have a strong, sweet aroma. Look for a large plump, heavy fruit. The leaves should easily pull out. The skin should be a dark golden color. The summer is prime pineapple season because the sun is at its strongest. *Jet-shipped* or *jet-fresh* are more expensive but have been flown from the field a day or two before you eat them. The majority of pineapples are shipped by sea and are often months old. Always keep pineapples at room temperature unless cut.

STRAWBERRIES. They are the king of the berries. If you have ever had the pleasure of going strawberry picking, it is simply a delicious experience. You can taste the sun in the tender flesh. When strawberries are allowed to ripen on the plant, they are a high source of vitamin C but useless for shipping. They are high in potassium, sodium, and iron. Strawberries are handy if you have to endure second-hand smoke. The ellagic acid neutralizes and dissolves the carcinogen, PAH present in cigarette smoke. Fresh strawberry juice will knock your socks off. Frozen with honey, they make brightly-colored popsicles that children just love. They are easy to juice because you can leave the stems on. You may find the juice a little thick, so you are welcome to mix it with other juices such as grape or pineapple.

Try to find a local farmer who grows strawberries in your area. They are usually found during early summer. Strawberries, out of season, from California are not as sweet but are still good for juicing. Always store in refrigerator in open paper bag.

TANGERINES. Tangerines are in the mandarin family. An excellent lunch box delight. Easy to peel, wonderfully sweet and highly nutritious. A small tangerine will have more usable vitamin C than a large orange. People who have a difficult time digesting oranges find tangerines more agreeable. Also an excellent source of B1. Tangerines are seasonal and can be found from November through to February. Satsuma, Kinnow and the popular Clementine are sister fruits and are delicious.

Can be stored at room temperature or in the refrigerator and are best eaten within a week. Tangerines can be juiced, but why not just peel one and pop it into your mouth.

WATERMELONS. There is nothing more refreshing than a slice of watermelon on a hot day. Why, it is even better than beer— legal to eat in a public place and does not result in a nasty hangover. For \$2.50, you can produce a mother-load of juice. And whereas eating the rind would be hard on the stomach, juicing it is a wonderful source of chlorophyll, vitamin A, protein, potassium, zinc, iodine, nucleic acids and enzymes that aid in digestion. Ninety-five percent of all the nutritional content of watermelon is in the rind.

Thump watermelons with your knuckles and if it sounds hollow, it's going to taste sweet. They should be dark green in color, dull, rather than shiny and their underbellies should have a pale yellow color. Store whole watermelons in a cool place.

FRUIT RECIPES

In recent years, there has been much made about food combining. Some books have come out with formulas that are so ridiculously stringent, it takes the joy out of sitting down and having a meal. Eating can become a science instead of communion with one another and Jesus Christ. There needs to be balance, so we would like to lay down some simple principles in food combining.

For convenience let us class food under two groups, *concentrated* and *nonconcentrated*.

Meat, eggs, cheese, legumes, grains, starches, nuts, etc. are all considered concentrated food, and take longer to digest. Fruits and vegetables have a high content of water and are relatively low in protein. This makes them very easy to digest and pass quickly through the stomach, colon and out of the body.

Fruits do not combine well with concentrated foods. A concentrated food will stop the quick movement of fruit, causing fermentation, resulting in excess gas, bloating and mild toxemia. Vegetables and concentrated foods go well together because of their low-sugar, high-fiber content. If you eat dairy products, such as meat, eggs, cooked beans or grains, always try to eat a salad. Here are the points to follow:

1. Avoid mixing fruits and concentrated foods. Try to separate these meals by 2-4 hours.
2. Avoid mixing concentrated food together. Try to eat only one concentrated food per meal.
3. Eat salad or raw vegetables with concentrated foods.
4. Fruits and raw vegetables do digest well together.
5. Cooked, starchy vegetables do not combine well with fruit.
6. Nuts do not digest well with fruit.

7. Nuts and dried fruit digest well together.
8. Try to drink liquids half an hour before or after the meal to avoid diluting digestive juices.
9. Chew your food well.

Putting together fruit recipes almost seems humorous. They are so easy and convenient to eat just the way they are. My wife convinced me how important it is for people to have some variety and enjoyment in the kitchen. Not everyone will eat from fridge to mouth.

There are all kinds of room for creativity. It is impossible to go wrong, so get out your reformed steak knife, salad bowl, cutting board and blender. Oh, and by the way, doing dishes after a raw fruit meal is a dream. No greasy baked on pots and pans. Just rinse, dry and put away.

A word of caution. Even though fruit supplies everything that the body needs, after a few meals of fruit the mind reels with thoughts of feeling deprived. The body shouts, *I want something heavy, filling, sustaining, hot, cooked, greasy*. Cravings roar. It's time you take control over your body's cravings. Stop allowing them to dictate your behavior! You have been given the spirit of self-control. Aren't you sick and tired of having such little control in your life? Continually doing the things that you don't want to do, and not being able to do the things that you desperately want to. We need to have a Holy anger against anything that has control over us. Enough is enough!

This is your recipe section—for your blessing, enjoyment, healing and health. Don't allow Satan to snatch it away. Learn how to pray with authority. Resolve your heart to walk steadfastly in the authority that has been given to you.

We're fired up about this! God has laid it upon our hearts. We are sick of seeing so many Christians in bondage with no freedom, seemingly incapable of rising above the cravings of their own

flesh. We sense the heart of God weeping and wanting to deliver them.

Imagine what it must be like, watching your children suffer and not being able to help because they won't turn to you for help.

Jesus says, If you are weary, come to Me.

If you are sick, come to Me.

If you are hurting, come to Me.

If you are wounded, come to Me,
and I will give you rest.

I will anoint your head with oil.

I will be a Shepherd to you
and guide you in green pastures.

I will prepare a table of plenty.

All you have to do
is come.

DECLARATION OF AUTHORITY

In the name of Jesus, by the authority given to
me through the blood of Christ,
I count myself dead to sin and alive unto
God.

I have been crucified with Christ,
and I no longer live.

I am not controlled by the sinful nature, but
by the Spirit, because He lives in me.

My body is the temple of the Holy Ghost, and
I will not contaminate it with this world!

I have been given authority and power
because Jesus Christ has overcome the world,
and His Spirit lives in me.

I will not be mastered by anything,
but will master all things.

Satan will run from me, because I will resist
him in the name of the Lord Jesus Christ.

Hallelujah! You have set me free!

If you don't feed cravings, they die of starvation
and the body happily adapts to the new diet.

You become much more sensitive to food,
sensing the nutrients entering your bloodstream.
However, returning to a toxic food diet will cause
stomach pains, irritation, headaches and copious
amounts of mucus. You will be shocked at how
violently the body reacts. You have re-established
the body's freedom to repel toxic food—and it will!

It may take a few weeks or months for the body
to fully adjust to a diet high in fruit. You may lose
weight quickly, causing you to be underweight for a
time. Over time, weight will normalize.

Certain digestive systems may require time to
develop. An example is the pancreatic digestive
enzymes for alkalizing citric acid. This is
especially true if there has been any degree of acid
intolerance. Although citric acid is essential to
health, many people experience difficulty with acid
fruits such as strawberries, grapefruit and
pineapple. Avocado dressing will help acid
intolerance.

Get ready to enjoy fruit in a way you never
thought possible.

-1-

Super Citrus Salad Dressing

1 cucumber, peeled

1 Tbs. honey

1 orange

1/2 avocado
1/2 red pepper
1 cup grapes
sprig of parsley
1 celery stalk

Slice ingredients into bowl except red pepper. Blend avocado with honey, then pour over top and decorate with thin slices of red pepper and a sprig of parsley.

-2-

Ten-Minute Fruit Salad

bunch of grapes
2 apples
2 oranges
2 bananas
2 Tbs. raisins
1/2 tsp. cinnamon
1/2 cup fresh pineapple juice or concentrate

Peel and slice fruit into small pieces. Soak raisins for an hour to soften. Mix well with pineapple or any favorite juice, with a touch of cinnamon.

-3-

The He Man Belly Buster Dressing

1 mango
1 avocado
1 banana
1 papaya
1 orange
1/3 pineapple
1/4 cup of raisins
2 kiwis
2 bananas
shredded fresh coconut

How do you handle a hungry man? Cut fruit into good-sized pieces, except avocado, which is cut in small pieces. Blend banana, orange and raisins until smooth. Mix well with fruit and

sprinkle with fresh shredded coconut. You may never eat a steak again!

-4-

Ken's Citrus Soup

1 orange
1 cucumber
1 grapefruit
1 tomato
1/2 celery stock

Juice half of the orange and grapefruit. Cut other halves into pieces. Add bite-sized pieces of tomato, cucumber, celery. Mix with juice. We cannot remember who Ken is but he certainly left a legacy. Thank you Ken, wherever you are. We hope you don't mind us stealing your creation.

-5-

Melon Magic Dressing

1 cantaloupe
1/4 watermelon
1 mango, blended
1 honeydew
2 Tbs. honey
1 cup of seedless grapes

This salad is so colorful you'll feel bad eating it—highly digestible and delicious. A little melon scoop is great fun, filling your salad bowl with different colored balls. The kids love it. Will satisfy the appetite of a family of four.

-6-

Cantaloupe Surprise Dressing

1 cantaloupe
10 grapes
1-2 Tbs. maple syrup
1 banana

4 strawberries

Slice a cantaloupe in half with jagged cuts. Fill with grapes, bananas, and strawberries. Add maple syrup on top.

-7-

Monkeying Around with Bananas bananas

Bananas are filled with potassium which contributes to strong heart and muscles. In the class of soft fruits, they are second highest in mineral content, only to be rivaled by strawberries. They are almost impossible to juice, but are versatile in making varieties of banana shakes, ice cream or smoothies.

Peel ripe bananas, put them in freezer bags and freeze. Banana will freeze in 24 hours. To make a fruit milk shake, without milk, blend chopped frozen bananas, honey, strawberries, blueberries or cantaloupe juice. Frozen banana slices make a great addition to salads.

If you have a Champion Juicer, frozen bananas will make an incredible ice cream. Slice kiwi, strawberries, mangoes and blueberries or any other fruit desired, into dessert bowls or separated cantaloupe or honeydew. Put bananas through a champion juicer, then mix with honey to taste. Pour over fresh fruits. Decorate with kiwi and strawberry.

-8-

Dried Fruits

raisins
dates
apricots

prunes
dried apples
dried pears
dried pineapples
dried bananas

Dried fruit is better than candy. Figs, dates, raisins, apricots, dried bananas, dried apples are some of the most delicious, nutritious treats. Great for kids lunch boxes—easy to store with a long shelf life. They make a convenient snack for the whole family. A home dehydrator becomes a fun family event. You won't be able to keep your kids away. Young children find it fascinating that you can take freshly-cut fruit, place it in a magic box, and a day later, out pops candy. You can dehydrate any fruit. You can even make homemade fruit leather.

Buying a good dehydrator is important. Look for two features, a fan and vents running on the outside of the dehydrator wall, allowing for better circulation.

FRUIT BLENDER RECIPES

It is amazing what you can do with a fridge full of fresh fruit and a blender. The difference between blender recipes and juicing is the added advantage of soft fibers. This is wonderful for cleaning and maintaining a healthy colon. Blender recipes are an excellent addition to a healing and cleansing program.

Quick to make, and delicious, these recipes are not meal replacements, they are meals. But your family may think that you are feeding them baby food for supper. So start off with making a fruit blender side dish. Eventually, you will find your family leaving the main course and devouring these delicious delights. Like a toddler in a high chair, they will cry for more.

The proportions have been left up to your taste preference. Experiment! You will be delighted in the results. If you are making thicker mixtures like date pudding, you will have to make the servings one at a time. It is also a great way to use fruit that is starting to go bad and must be used right away. These blended foods will keep for one day in the refrigerator. Chill by adding 4 to 5 ice cubes in the blender. This will not hurt the blades.

Blended Sucanat and ice cubes are a refreshing ice drink. Maple syrup, frozen pineapple concentrate or dates can be used instead of honey as a sweetener. If dates are used, blend the dates with a small portion of melon or a half cup of water.

-1-

Pineapple Release

1 apple
1 orange
1/3 pineapple
1 banana
1/2 lemon
2 Tbs. honey

An explosion of flavors sending your taste buds into free-fall.

-2-

Honey Mango Tango

1/2 honeydew
1 mango
2 Tbs. Sucanat
pinch of cinnamon

Like cantaloupes, honeydew melons are a great springboard for many combinations of flavors. You'll dance to the feeling of health.

-3-

Cane Flame

1/2 cup water

8 ice cubes
1/2 cup Sucanat

The flavor is indescribably wonderful. It ought to be illegal. About 270 calories. This will satisfy the loudest sweet tooth. One of our all-time favorites! Add anything our heart desires, banana, mango, pear, orange, peach, onion, beet, dates, raisins, prunes.

-4-

Kiwi Pewee Pear

1/2 cup water
3 kiwis
2 pears
1Tbs. Honey

We haven't tried this, but we thought it would be a good combination.

-5-

Blind Date Pudding

10 honey dates
1/2 cup water

Blend 10 dates with a small amount of water. Add more water as the mixture thickens. Pour into soup plates, decorate with banana slices and sprinkle with Sucanat. Chill in freezer. This will be the best pudding you'll ever taste. A versatile base to add your favorite fruit.

A pinch of cinnamon and vanilla extract will lift you to heaven.

A candle-lit table, some soft Maranatha music in the background. Your best silver and china and two small bowls of Blind Date Pudding. A perfect treat for a special evening. The only drawback is that dates can have a laxative effect to someone who is not accustomed to a raw food diet. Your sweetheart will consider it well worth the trouble.

THE MULTI-FACETED AVOCADO

Avocado is a perfect food that replaces imperfect protein foods such as meat, eggs, cheese and poultry. Avocados contain high quality essential fatty acids and proteins that are easily digested. They also contain 14 minerals which regenerate and stimulate growth. They are an excellent source of iron and copper which build red blood cells. Avocados contain sodium and potassium which support a healthy alkaline blood balance. Because of their low sugar content and absence of starch, avocados are excellent for diabetics or sugar-sensitive disorders. This fruit contains vitamins A, B1, B2, B3, C, iron, phosphorous and magnesium. Avocado is high in vitamin E which slows down aging.

Bananas and avocados fulfill the desire for heavier food in a perfectly digestible form. So eat up, especially during intense athletic performance. They are a slow burning fuel compared with fruit and vegetable juices which digest quickly. This is why small slices of avocado, spaced through the day, are recommended for those with blood sugar imbalances. Avocados are effective in balancing blood sugar levels. They are also beneficial in fighting candida where the harmful bacteria flourish in high blood sugar.

EATING AVOCADOS IN THE RAW

There are many ways to eat the mild-mannered avocado. The easiest method is to cut it in half and sprinkle with herbal seasoning, Sucanat or maple syrup. Avocados have great personality. They get along with just about anything. Half an avocado has a convenient little impression left by the pit. Whatever you decide to put in that tiny bowl will

determine the taste of the unique and diverse multifaceted character of this fruit.

Avocado dressings bring raw vegetables from the obscurity of boredom, propelling them to the heights of illustriousness. There is simply nothing better than a platter full of freshly cut carrot sticks, green and red peppers, cucumber slices, broccoli, cauliflower, zucchini and mushrooms. And in the center, the smooth, silky green, perfectly seasoned avocado dip. A great replacement for potato chips. When you've got the munches, nothing else will do.

We have gone out of our way to make you feel good about fruit. If you are a mother trying to change the eating habits of your family, serving an apple for supper simply will not do. It is important to be as creative as you can. Give them variety, lots of color, tasty sauces and dips so that they don't feel deprived.

There is a psychology to eating. People grow emotionally attached to food. Unfortunately, many have developed psychological attachments to foods that are killing them. We do not realize how much we depend on eating for emotional stability, pleasure and escape. When you are trying to change someone's eating habits, you must tread with love.

Some people are incapable of making radical changes quickly. They need a period of transition to grow accustomed and be comfortable.

Eating is pleasurable. The variety of food that God has provided reveals how much He wants you to enjoy His bounty. Take time in the kitchen and use your creativity to make wonderful, healthy meals.

AVOCADO DIPS AND DRESSINGS

Get ready for smooth creamy delicious avocado dips. A blend of natural oils and spice to win over

the most discriminate of dippers. No longer will you have to resort to those bottles hydrogenated oil, little tubs of plastic fat or milk fat. Instead you will be free to enjoy dipping vegetables without the guilt of eating cancer-causing compounds and transformed fatty acids. Avocado dips and dressings are always made fresh and last no more than a few hours before becoming rancid. Here are some of my favorite avocado flavorings. Radical and delicious.

AVOCADO FRIENDLY FLAVORS	
maple syrup	honey & garlic powder
steak sauce	frozen pineapple concentrate
natural jam	mustard & honey
lemon	onion & garlic powder
Sucanat	worcestershire sauce
ketchup	low salt soya sauce
bean sauce	horseradish & honey
salsa sauce	cider vinegar & honey
miso	nutritional yeast & sea salt
lemon pepper	oil-free spaghetti sauce

-1-

The Hawaiian Dip

1 avocado
pinch of basil
2 large Tbs. frozen pineapple concentrate
pinch of chives
sea salt (optional)

Blend these ingredients in food processor or blender.

-2-

Fun Fruit Dressing

1 avocado
1 banana
2-3 Tbs. of frozen pineapple concentrate
1/4 cup of water

Blend all ingredients and pour over fruit. If you really want to impress someone who may not be a fruit eater, this is your ticket.

-3-

Tom's Guacamole

1 avocado
2 Tbs. salsa sauce
juice of one lemon
1 Tbs. cider vinegar
1 tomato optional
pinch of dill or basil
1/4 cooking onion
1 Tbs. poppy seeds
a small garlic clove
tiny slice of fresh ginger

Blend in food processor or blender

-4-

Ron's Guacamole

1 perfectly ripe avocado
1 Tbs. honey
1/2 Tbs. lemon juice
1 tsp. garlic powder
1 tsp. simulated chicken base
pinch cayenne
1/2 tsp. onion power

Blend until creamy and let sit in refrigerator for half an hour, allowing the flavors to harmonize.

-5-

Mexican Guacamole

1 avocado
1/2 tsp. cumin
1/2 tsp. dried oregano
1 tsp. chili powder
pinch sea salt

Blend until creamy and let sit in refrigerator for half an hour allowing the flavors to harmonize.

-6-

Sweet and Spicy Avocado Dip

2 Tbs. mustard
4 Tbs. Sucanat
1 avocado
1 leek chopped
1 tsp. sweet basil

Sweet and Spicy is another example of the amazing versatile avocado. It adapts to so many different favors with such ease. Mustard and Sucanat is a beautiful sweet and spicy combination

filled with essential fatty acids and the rich mineral content of Sucanat. Make sure you eat it fresh.

-7-

Veggie Salad Delight

1 perfectly ripe avocado
1/2 tsp. honey
1/4 cup water
1 clove garlic
2 tsp. flax oil
1 tsp. dill
1/2 tsp. sea salt
1/2 lemon, juiced

Blend until creamy and let sit in refrigerator for half an hour allowing the flavors to harmonize. Pour over salad and toss well.

Love your veggies with the smooth delicious taste of this romantic dressing. Perfect with candlelight and your favorite significant other. Lovingly, dipping your veggies, free from the guilt of toxic, store-bought dressings.

-8-

Fruit Salad Delight

1 ripe avocado
1/4 cup frozen orange concentrate
1/4 cup water
1 lemon, juiced

Blend until creamy, chill and pour over salad. A taste that will court your taste buds.

-9-

Milk-Free Chocolate Milk

(for the active body)

1 avocado,
1/2 cup of Sucanat
1 1/2 cups of water
6 ice cubes

This the perfect replacement for chocolate milk. It has the texture of a thick cream, and the flavor is indescribably delicious. This is a dairy farmer's worst fears come true. Extremely filling, high in calories, approximately 600 calories—the equivalent to a Big Mac, but much better for you. Great for body building, long distance running or gaining weight. You can also add a banana and cinnamon or anything else your heart fancies, such as mango, pear or peach. Makes a great fruit dressing.

Chapter 6

VEGETABLES

Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink.

Daniel 1:12

Vegetables are the most diverse food in the world. They can be stems, roots, leaves, flowers or immature fruit. Because vegetables demand mineral-rich soils, they are a high source of minerals—even being superior to fruits.

Vegetables are packed with digestible and indigestible fiber. They are generally low in calories and simple sugars and extremely filling which makes them perfect for people who are trying to lose weight. For instance, a head of broccoli is very filling, yet has only 50 calories with almost a zero fat content. Filled with indigestible fiber, broccoli or any vegetable will stimulate peristaltic action of the colon. This is vitally important for losing weight. Including a good supply of raw vegetables in your diet will insure a clean healthy colon, a good intake of minerals and chlorophyll.

Everything that we eat in the plant kingdom has fiber. Fruit has a wonderful, soft, sponge-like quality consisting of pectin and cellulose. Because it is the least concentrated of all food, fruit does not have the ability to clean out a hamburger and large fries. The more constipating the diet the greater the need for the coarser sweeping fibers of vegetables.

Colon cancer and digestive problems have become an epidemic in North America. Most North Americans' colons are clogged with pounds of impacted mucus. This hinders the natural osmosis effect of the colon wall to absorb essential nutrients from the food you eat. It's plain and simple, you can eat till the cows come home, but if

you are unable to absorb the nutrients from the food, you are starving. The fiber in vegetables will act like brooms and sponges, keeping the intestinal wall free from residues that hinder optimal function.

Vegetables combine well with all foods. Eating a raw vegetable with any heavy meal will assist it passing more quickly through the digestive track. Because the transit time is lowered, the body will produce less mucus because food will pass quickly instead of putrefying for many hours. Our recommendation is that if you decide to splurge and eat a toxic meal, eat some raw vegetables to lessen the impact on the body. The soft fibers will absorb some of the toxins in the processed food so that it will not be absorbed through the colon wall into the bloodstream.

Vegetables are also an inexpensive way of eating. If you are low in money, you can purchase a 10 lb. cabbage for 80 cents. It may not be your favorite fare, but during the Second World War when food was scarce, people were quite healthy living on this inexpensive food.

There is a great variety of vegetables with different nutritional qualities. Here is a list of some of the most common vegetables and how to purchase them.

THE VEGETABLE GUIDE

ASPARAGUS. Available in early spring. Can be expensive due to difficulty in cultivating. Its claim to fame is the amino acid asparagine which is destroyed by cooking. Asparagine is a strong diuretic, stimulating the kidneys. Asparagus is a great blood cleanser and excellent for healthy bowel maintenance. Some even find that it soothes a nervous mind. You may find your urine turning dark and develop a strong odor. This is a harmless byproduct of asparagus. Asparagus contains beta-

carotene, vitamins B1 and C, bioflavonoids, potassium, and vitamin C.

Whether large or small, asparagus is equally good. Fresh, it will be bright green and firm to the tip. Will keep a couple of days in the refrigerator. Excellent to juice with carrots.

BEETS. Famous for their ability to cleanse the blood. Beets contain calcium, sulfur, iron, potassium, choline, beta-carotene and vitamin C. Beets are also high in minerals which strengthen the liver and gall bladder, and are the building blocks for blood corpuscles and cells. Beet greens are excellent for salads and juicing. Beet greens good source of carotenoids which help in the prevention of all types of cancers. They are high in manganese which is an important mineral for brain function.

Beet juice is very concentrated. Do not drink it alone. Dilute with a milder juice such as carrot or apple. Beet juice has been proven therapeutic in the treatment of leukemia and cancer. In a clinical trial, 22 patients with advanced inoperable cancers were given 10 oz. of beet juice daily over 3 to 4 months. Twenty-one of these patients showed marked improvement in health.

Beets cause the stool to turn red and may even give the urine a reddish tinge. When juicing beets, alternate between pieces of beets and pieces of carrots, otherwise the beet pulp tends to build up on the side of the spinning extraction basket and causes the juicer to vibrate.

Lactofermented beet juice is fermented with lacto bacillus, making it sweeter. On a juice fast, this delicious juice is like a bottle of Champagne.

Purchase firm, rock-hard beets. Being a root, they can be stored for months in the refrigerator.

BROCCOLI. Broccoli is a flower top picked before it blooms. It is dense in nutrition, full of beta carotene and an excellent source of fiber. Inexpensive and available all year round. It is full

of vitamins B1 and C and has a generous amount of calcium, sulfur and potassium. Surprisingly, forty-five percent of calories in broccoli is protein.

The National Cancer Institute discovered a substance called indole-3 that emulsifies estrogen, reducing the risk of breast cancer in women. Broccoli is excellent when juiced, stems and all, but like all green vegetables, it should be mixed with lighter juices such as carrot or apple.

When buying broccoli, look for tight tops with no yellow, firm but not limp. Will store well for 5 days in the refrigerator.

BRUSSELS SPROUTS. In the cabbage family, similar in nutritional value to broccoli. Good source of vitamin C, potassium, calcium, sulfur, vitamin A, and a decent amount of protein. Forty-four percent of calories in brussels sprout come from protein. Look for dark green coloration with no wilting or yellowing. Should have a light smell. A good addition to juice.

CABBAGE. A vegetable full of history. It was a mainstay during the great depression, but unfortunately was often overcooked and garnished with fat.

Cooking cabbage destroys most of its nutritious value and causes gas because of the sulfur. Raw is an excellent source of beta-carotene, sulfur, vitamin C and the trace mineral, selenium which is excellent for fighting cancer, protecting against heart disease, improving conditions of arthritis, slowing the aging process, giving beautiful skin and increasing male potency. Within cabbage is a delicate amino acid called glutamine which is excellent for healing stomach disorders including ulcers. When making cabbage juice, it must be consumed within 60 seconds or this precious amino acid will begin to decay. If straight cabbage juice causes gas, mix with carrot and celery.

Look for heavy firm hard heads. (not advisable when shopping for a husband) Will keep up to two weeks in the refrigerator.

CARROTS. Deep within the soils of the earth grows a golden root that has amazed nutritionists and scientists alike in its powerful healing qualities. One 8 oz. glass of carrot juice contains 20,000 mg. of vitamin A. Toxicity can occur when vitamin A is taken in supplement form or fish oil, but is completely safe in the vegetable form. Vitamin A is an antioxidant that is able to attach to free radicals in the body, stopping them in their tracks. The damaging effect of free radicals has been associated with cancer.

Carrots are a natural blast of high energy. The sugars are released more quickly than from white sugar but without the harmful effects. A mug of carrot juice in the morning will give you a competitive edge over coffee drinkers. Like all root vegetables, they are packed with minerals. Carrots are rich in organic calcium that is invaluable to bones and teeth. Inorganic calcium is almost useless to the body. The calcium in milk and white bread is inorganic and known to cause arthritis and gallstones.

Carrots are an excellent source of vitamin C, including most of the B complex, iron, potassium, phosphorus, and sodium. Carrots are easy to digest and cause the liver to release bile and excessive accumulated cholesterol. They also have an alkalizing effect on the blood, soothing the entire nervous system and toning intestinal walls. Carrot juice is the best base for vegetable juice combinations. It is delicious, sweet and readily accepted by children. Our family can go through a 50 lb. bag every two weeks.

Carrot juice is considered the Golden Juice of Healing. Even drinking a few glasses a day has healed many infirmities without fasting. During fasting, its healing effect is increased. Carrot juice helps in cleansing the liver. Drinking large

amounts may cause the harmless effect of a slight yellowish color of the skin. Skin will feel velvety soft. The beta carotene present in the skin is a natural protector for the common skin cancer, melanoma. It also assists in tanning, which hides some of the obvious effects of being on a long juice fast.

Why do carrots make good psychologists?

They are down to earth and knowhow to get to the root of a problem.

Juicing two to five pounds of carrots a day is standard for juice fasting. Unless carrots are fresh, the juice tastes better if they are peeled. If you don't have the time to peel them, put the carrots in the sink and scrub with a brush.

In purchasing carrots for juicing, your local vegetable wholesaler can supply you with large juicing carrots in 50 lb. bags at an affordable price. Carrots should be firm, smooth skinned, without cracks or small rootlets. The brighter the orange the sweeter the carrots. They will keep for weeks in the refrigerator and months in a root cellar.

A tip: Carrots can keep up to a year when stored in sand in a root cellar.

CAULIFLOWER. My favorite vegetable to dip. Good source of potassium and phosphorus and inderol-3. A delicious addition to juice.

Look for tight firm white heads free from brown. Will keep in refrigerator for 5 days.

CELERY. A delicious crunchy finger food, great for dips. It is high in magnesium and iron. High in chlorophyll which is an excellent blood builder. One of the richest sources of organic sodium. This is excellent for those who enjoy vigorous workouts, maintaining valuable body fluid and electrolytes.

Celery juice is a superb nerve tonic. Celery juice alone tastes bitter and is usually mixed with carrots or apples.

Great for adding a salty taste to vegetable juices. Do you have a headache? Drink a glass of celery juice. Even the ancient Greeks used celery for the universal problem of headaches. Do you live in the inner city full of air pollution? Celery apple juice is able to cleanse the body of carbon dioxide. Were you thinking of buying an air conditioner? Celery juice cools down the body and is great for hot weather. Are you on a diet and craving a snickers bar? Celery juice helps curb the craving for sweets. Do you have a problem with muscle cramps and fatigue during workouts? The potassium sodium balance in celery juice will be a great asset. Always keep celery leaves on. Leave celery until last when juicing because it is stringy and clogs the juice machine.

Look for firm solid stocks with bright green leaves.

CUCUMBER. Being *as cool as a cucumber* comes from the fact that the internal temperature of cucumbers remains 20 degrees lower than the external temperature on a hot day. People living in the Middle East and India have been eating cucumbers for hundreds of years as a natural coolant. When buying cucumber for juicing, look for non-waxed which allows you to juice the cucumber in its skin. Always wash vegetables thoroughly before juicing. This juice contains 40% potassium, 10% sodium, 7% calcium, 20% phosphorus and 7% choline. It is also an excellent source of silicon. Cucumber is good to rub on your skin, giving it elasticity, resulting in a more youthful complexion. It is even suspected of reducing hair loss. Cucumber juice is usually mixed with other juices.

Look for firm cucumbers with a dark green, wrinkle-free skin. Will store in refrigerator for 6 days.

COLLARDS. Per calorie, collards have more calcium than milk. Thirty calories of collards, one cup, contains an incredible 218 grams of calcium! It is twice as high in vitamin A as carrots. An excellent source of organic highly absorbable iron and high in chlorophyll.

Look for crisp leaves, free from wilting and without spots.

FENNEL. If you enjoy the taste of licorice, you will love fennel. This unusual vegetable looks like a fat celery plant with feathers. In fact, it is in the celery family and has much of the same nutritional qualities. Its distinct flavor really spices up a salad. Some have found fennel juice good for relieving migraine headaches and the eyes to become more sensitive, overcoming night blindness.

Look for white solid bulb with healthy leaves. Will keep in the refrigerator for one week.

GARLIC. There are entire books written about the curative abilities of garlic. Research suggests it reduces blood pressure, helps with the problem of blood clotting, lowering the LDL which increases bad cholesterol, boosts the immune system and encourages recovering heart attack victims. Garlic's famous smell comes from allicin, which inhibits bacterial growth and fungus. It also helps with an overgrowth of yeast in the body and is used in treating candida. Therefore, do not use odorless garlic pills. If they don't smell, your body can't tell.

Garlic increases the flow of digestive enzymes and encourages detoxification through the skin. Despite the odor which comes through the skin, garlic is good for you. Throwing a clove of garlic in your vegetable juice every day will be excellent for your health, nonetheless, it may reduce your social life. One clove in the juicer is enough. Five cloves will encourage a life of solitude, unless you can educate all your friends, family and people

within a thirty foot radius of the incredible properties of fresh raw garlic juice.

GINGER ROOT. If you feel a cold coming on, or if you have a bout of laryngitis, juicing a small piece of ginger root with your carrots is a perfect solution. Great for making ginger tea or spicing up herbal tea. For ginger tea, throw slices in boiling water to taste.

KALE. Has similar nutritional qualities to its close relative, the cabbage. An excellent source of calcium. Look for solid, deep green leaves. Will store in refrigerator for 5 days.

LETTUCE. Iceberg lettuce or head lettuce is useless. You might as well drink a glass of water for the amount of nutritional value. The leaves of romaine, Boston, Bibb or any leaf lettuce that is dark green in color will be rich in chlorophyll. There is absolutely nothing more refreshingly delicious and filling than a bowl of fresh tossed salad with flax seed oil, good tasting yeast and lemon juice. Good source of sulfur, chlorine, silicon, B complex, all contributing to hair growth, healthy skin and defense against lung cancer. Lettuce is a wonderful addition to any vegetable juice. Adding any green, leafy vegetable to juice will add chlorophyll which immediately enters the bloodstream.

Leaves should be crisp with no dark spots. The darker green the better.

OKRA. Raw okra is extremely helpful for those who suffer with inflammation of the intestines. By itself, it tends to have a slimy texture, but can be ground with lettuce leaves or spinach and added to a salad. Okra encourages the secreting of digestive juices which is soothing to the colon, bladder and kidneys.

ONIONS. Onion is in the garlic family and have many of the same therapeutic properties. Their strong flavor is attributed to natural oil which strengthens the nervous system and encourages the growth of healthy bacteria. Large spanish onions are sweeter and milder in flavor which makes them excellent in salads.

Onion added to juice mixtures is excellent in helping to loosen and rid the body of excess mucus.

Look for firm onions with dry papery skins. Do not store onions in refrigerator.

PARSLEY. Parsley is the pretty little garnish that restaurants use to compliment the esthetic beauty of a slab of cooked greasy cow. Unfortunately people throw away the wrong thing. Instead of throwing away the steak and eating the parsley, they throw away the parsley and eat the steak.

This garnish is considered one of the most nutritious foods in the world. Ancient civilizations have used parsley in medications, on wounds, poultices, boils, cysts and to draw the pus out of an infected cut. Parsley is one of the highest sources of life-giving chlorophyll which acts like iron to oxidize the blood. Chlorophyll will help neutralize the strong odor of garlic and is used in chewing gum to sweeten breath. It is a cleanser of the kidneys, liver and urinary tract. Parsley is effective for upset stomachs by stimulating digestive enzymes. Excellent for the colon by encouraging the peristaltic wave in the intestines.

Parsley juice, added to vegetable juices, will enter directly into the bloodstream immediately impacting your body.

Both flat and curly parsley have the same nutritional value. Look for healthy, dark green leaves. Parsley can be grown inside and outside the house. Will store in the refrigerator for a week.

PEPPERS. Peppers can come in many different colors. The most common is the green pepper which is an unripe red pepper. Red peppers are

more expensive but sweeter and higher in vitamin C. Great for the skin and swelling due to arthritis because of the high silicon content. Excellent addition to any vegetable juice. Juice seeds, stem and all.

Look for smooth firm nonwaxed peppers. Will keep in refrigerator for one week.

POTATO. North Americans love to eat potatoes. This tubular root has supported entire nations of people in times of shortage because of war or famine. They are in the same family as tomatoes and peppers. An excellent source of vitamin C and high in carbohydrates, potassium, calcium and iron. The most nutritious part of the potato is the skin. During World War I, a group of German soldiers, near starvation, were forced to live on raw potatoes. The soldiers with gastric disorders were relieved and cured. After the war, Dr. J. F. Magerl began treating gastric patients with raw potato juice. After 10 days of the treatment, most of the patients showed no symptoms.

Potato juice is a wonderful addition to any vegetable juice. When potatoes are juiced, a white silky paste will form on the bottom of the glass. This is potato starch and is mucus-forming with little nutritional value. Of all the vegetables, potatoes are slightly mucus-forming, but are still a valuable food, especially when juiced.

Red potatoes are less starchy and lower in calories than white potatoes, making them less mucus-forming. Look for potatoes with eyes, revealing the fact that they are alive with enzymes, ready to sprout, given the opportunity. Potatoes without eyes are mutants and are not desirable. They should be firm without black spots and with no green color which can cause a slightly toxic effect. Never eat a green potato. Will keep well in a cool dry place for a number of months.

RADISHES. Radish added to vegetable juice will help clear sinus cavities and calm a sore throat.

SPINACH. Never cook spinach. Oxalic acid is destroyed when heat transforms it into oxalic acid crystals that are harmful to the kidneys. It also binds to iron making it unabsorbable. Spinach makes a great salad. It is higher in protein than tofu, 49% of calories. Green juices are important due to their chlorophyll content. They also supply an abundance of nutrients such as oxalic acid, beneficial in the cleansing and healing of the intestinal tract. Spinach juice mixed with other vegetable juices turns the mixture brown. Although it may look unsightly, it is a beautiful sight to the cells of the body.

Finding good spinach can sometimes be difficult. Look for crisp, dark green leaves. Rinse spinach well, removing sand and grit. Will store in refrigerator only for a few days, easily becoming slimy.

SWEET POTATO (YAM). The darker the color the higher in vitamin content. They are one of the greatest sources of beta carotene. They are plenteous in vitamin C, potassium, carbohydrates, calcium, and a good source of fiber. History has shown that people can live exclusively on sweet potatoes and remain healthy and strong. Carrot and sweet potato juice is tasty and outstanding for complexion.

Look for firm, not too large yams that are tapered at both ends. Skin should be smooth without brown spots. Will store in the refrigerator for two weeks.

SWISS CHARD. Chard is in the beet family and grown for its greenery. Use it as you would a green for salads or juicing. A good source of vitamin C, A and iron. The juice from chard can be mixed with carrot and apple. A good source of chlorophyll. Look for leaves that are crisp with no yellow or brown spots. Smaller heads will be more

tender. Will store in the refrigerator for three to four days.

TOMATO. Tomatoes are feeling a little out of place in this list because they are a fruit. But we assumed anyone looking for tomatoes would go to the Vegetable Section, so here they are.

Providing tomatoes are vine ripened, they are a high source of vitamin C, in fact, one tomato is equal to more than 50% of the recommended daily allowance. Good source of organic sodium phosphorus, calcium, potassium, magnesium, malic and oxalic acid and sulfur.

The problem is that most tomatoes found in the supermarkets during the off season have the quality, taste and vitamin C content of a baseball. Vine ripened tomatoes may cost you a little more because of the difficulty in shipping, but it is well worth the money in nutritional value.

It is an absolute must to grow your own succulent sweet tomatoes. Even if you live in an apartment there are hybrids that have been created especially for growing in pots. We have tomato plants growing in every possible corner around our home. Our children love to go out in the morning and graze on these freshly ripened ruby red treats.

Tomato juice has a wonderful taste that is quite different from store-bought juice which is boiled and stored in cans for months. The health-giving acids in tomatoes are beneficial to the body unless heated or canned.

Look for brightly red soft sweet smelling tomatoes. They ought to be plump, heavy and filled with juice. Always buy from your local farmer, when in season. Do not eat green tomatoes which may irritate the kidneys.

WATERCRESS. If you are blessed to live by a creek free from chemical pollutants, you will probably find this wonderful green growing along the banks. Watercress is excellent for spicing up a raw salad and makes a nutritious addition to any

juice. One of the richest sources of sulfur, high in potassium, calcium, sodium, magnesium, phosphorus, and chlorines, which makes this green a powerful cleanser. It has been used to dissolve coagulated fibrin in the blood vessels which is a common cause of hemorrhoids and other tumorous formations. Watercress juice has a very strong flavor, so it must be mixed with carrot and apple. Look for fresh springy leaves absent from yellowing or wilting. Will keep in the refrigerator for three to four days.

SUMPTUOUS SALADS AND RAW VEGGIES

Modern nutritionists have raised salads to the rightful place of being a full meal. What makes salads so much fun is the great variety of combinations that create a symphony of color and taste. Generally, vegetable salads involve green leafy vegetables. They are a high concentrated source of vitamins, minerals and most importantly, chlorophyll, the blood of the plant kingdom. The darker the green, the higher the concentration.

◆ -1-
Symphony Salad

Diced apples
diced celery
halved grapes
chopped walnuts

Cover the mixture with pureed bananas, stir and enjoy. Sucanat, sprinkled on top, is truly awesome. Experience an orchestra of taste.

◆ -2-
Singer Salad

3 peeled carrots, grated
2 peeled apples, sliced
1/8 purple cabbage
1/8 turnip

Grade ingredients into a food processor. Pour over top of mixture any of the salad dressings in this book. Then sing with delight.

◆ -3-
World Runner Salad

1 head of romaine
¼ Spanish onion
1 cup grated carrot
2 celery chopped
1 green pepper, sliced in circles
2 tomatoes, wedged
1 cucumber, sliced thinly
handful raisins
½ lb. extra firm tofu
handful sesame seeds

This is a filling, nutritious, high-protein salad that goes well with an avocado-based dressing. Red cabbage is an excellent addition. This salad

deserves the position of being a main course, not an entree. Have your shoes ready by the door.

◆ -4-
World Mover Salad

spinach, large bunch
2 apples
2 celery sticks

Chop spinach fine. Finely grate apples. Finely chop celery. Toss well. Get ready to take on the world.

◆ -5-
Carrot Pineapple Peak

3 lb. carrots
cup of raisins
1/2 can frozen pineapple concentrate

Finely grate carrots, add pineapple concentrate and allow to stand in refrigerator overnight. This is a wonderful dessert, meal or breakfast. Simple to prepare and easy to carry to high altitudes.

◆ -6-
Earth and Sea Salad

1 head romaine lettuce
sprinkle of dulse
1 1/2 mushrooms
2 cups bean sprouts

Finely shred lettuce. Slice mushrooms thinly. Add sprouts and sprinkle dulse to flavor. This is a wonderfully nutritious, delicious meal. Later on, you will be learning more about the incredible qualities of sprouts. The dulse is an excellent source of iodine with a high concentration of minerals absorbed from the ocean depths.

◆ -7-

Humble Super Star Salad

1 head romaine

◆ Finely shred lettuce. It almost seemed ridiculous to have this as it's own salad, yet it is our family's favorite. Add ingredients from #10, Flax Yeast Feast Dressing. A fast salad that will feed a family of four. Be prepared, there will definitely be cries for an encore.



◆ -8-

Corny Raw Delight

1 raw corn on the cob

You've really got to try this. Be open minded. Husk that corn, close your eyes and take a big bite. Your mouth is going to fill with a creamy milky sweet flavor that is absolutely wonderful. You will never kill your corn again

This is the most nutritious to eat corn. It is high in essential fatty acids that are best when untouched by heat.

SEA VEGETABLES

There are over 2,500 varieties of marine plants in the vast oceans which cover two-thirds of our planet. Giant seaweed known as kelp grow to over 200 feet tall and are capable of growing a foot a day. Seaweed has many uses and was even harvested in the First World War for the production of explosives. It is commonly used as a stabilizer, thickener and binder for ice cream, chocolate milk,

aspirin and many other products. It is used worldwide as a fertilizer.

Seaweed is best known for its high amounts of iodine, containing 62,000 mcg. of iodine per hundred grams of seaweed, compared to 7,000 mcg. of iodine per 100 g. of iodized salt. In this aquatic underwater jungle, there are highly nutritious plants that have been harvested and used for thousands of years as an important staple in the diet.

Twenty-five percent of all food consumed in Japan is made up of seaweed. Unlike land vegetables, sea plants are the last frontier of food that has been unchanged by man's industrialized, destructive growing methods. The growth of seaweed is not affected by drought, pesticides or disease and does not require planting, weeding or fertilizing. A global garden, perfectly tended by the hand of God.

Off the coast of California, large barges mechanically harvest the giant kelp. It is dried, then ground into a fine olive, green powder for human consumption. The majority of this nutrient-rich food is marketed for livestock feed. There is a tremendous future for sea farming because of the vast unlimited acreage of kelp beds in the oceans. One acre can yield 60 tons of seaweed.

Seaweed is sold in a variety of ways. In a powder form, it can be added as a nutritious salt substitute to salads, soups, tomato juice, fruit juices and even baked potatoes. The high mineral content in seaweed is a result of its ability to absorb and utilize the suspended wealth of minerals in the ocean water.

Replace your salt shaker and begin to explore the varied products found in your local health food store that come from this rich resource of nutrients. An all-time favorite is nori sheets. The texture is like paper and can be used as a wrap for avocado and raw vegetable fillings.

A TIP Any form of dried kelp or seaweed can be ground in the coffee grinder as a fine powder making a nutritious, wonderful substitute for salt. Try this: Cut Wakame with scissors, grind, then add double the amount of Good Tasting Yeast.

◆ -1-

Romaine Lettuce Roll-ups

1 avocado
packet alfalfa sprouts
tray of Nori sheets
1 green onion
1 carrot
1 head romaine
1 tomato

Dice avocado and tomato. Shred carrot. Finely chop green onions. Mix vegetables together. Place a Nori sheet on a romaine lettuce leaf. Add the vegetable mixture. Roll up the leaf and Nori sheet from top of leaf, holding the roll-up together with toothpick.

TIP Any vegetables containing a high amount of chlorophyll will sweeten the foulest of breath. Parsley is a breath of fresh air!

VEGETABLE BLENDER RECIPES

When an infant eats, the nutrition becomes the raw materials for all the major organs, skeletal structure, muscles, immune system and brain. If you feed your infant foods with salt and sugar, you will be programming that child's preferences for flavor, creating cravings.

The baby food industry has added salt and sugar more for the mother's sake than the child's. The thinking is that if the mother finds it pleasant, she

will feel good about serving it to her baby. Children who have not been raised on a salty, sugary diet will not develop a taste for these foods. In fact, they will find the addition of salt to food overbearing and unpleasant, destroying delicate flavors.

A blender is an invaluable appliance for creating natural baby food. Foods filled with enzymes, vitamins and minerals are easily digested and absorbed. The blender breaks up the natural fibers of the vegetables, allowing the nutrients to be easily assimilated.

The human digestive system acts the same as a juice machine. Only in a liquid state can nutrients pass through the colon wall. Blending raw vegetables gives you the best of both worlds, releasing the juice from the fibers for easy assimilation and for maintaining a clean healthy bowel.

Perfect for babies and adults alike. Blender recipes are easy and quick to make, needing little preparation or clean up. Start with soft vegetables like apple or a small amount of juice. This will eliminate the problem of harder vegetables such as carrots sticking to the side of the blender. All of these blender recipes can be warmed to enter into a different universe, —cooked.

A TIP Any vegetables containing a high amount of chlorophyll will sweeten the foulest of breath. Parsley is a breath of fresh air!

◆ -1-

Savory Sunset

A Vegetable Soup Base
Serves 2

3 tomatoes
pinch of oregano
1 beet
tsp. honey
2 garlic cloves

pinch of basil
 1/2 onion
 pinch of thyme
 1 tsp. Good Tasting Yeast
 pinch of sea salt
 1/2 tsp. freshly ground pepper
 1 tsp. simulated chicken base (optional)

Blend tomatoes till liquid. Add remainder of ingredients and blend for one minute. Heat for four minutes then add finely chopped vegetables of your choice. Example, green beans, celery, red pepper, or carrots. Cook at low heat for additional 10 minutes. A hardy filling soup under 100 calories per serving. The enzymes will be destroyed because of cooking over 120 degrees but vitamins and minerals will be intact because of short cooking time. This is a beautiful soup because of the bright red color. It has a rich look and taste and is completely fat free!

◆

◆

◆ -2- Peaceful Cabbage

Serves 1
 2 apples
 wedge of cabbage
 2 Tbs. honey
 1 tsp. cinnamon
 1/4 cup water

Blend apples into puree, add remainder of ingredients. Blend 3-4 minutes. Chill and serve.

◆ -3-

Carrot Raisin Apple Sauce

Serves 2
 4 apples
 2 carrots
 2 Tbs. honey
 1/2 cup raisins
 1/2 cup apple juice

First puree apples, then add carrots and honey. Mix raisins and eat hot or cold.

◆ -4-

Real Tomato Soup

Serves 2

4 tomatoes

Blend four tomatoes with your favorite spices. Enjoy hot or cold. Can also add any of your favorite vegetables.

◆ -5-

Sweet Potatohead Pudding

1/2 cantaloupe
 1/2 sweet potato
 3 Tbs. Sucanat
 5 ice cubes
 pinch of cinnamon

The flavor is somewhere between pumpkin pie and chocolate pudding. Sweet potatoes are high in beta carotene, rivaling carrots. People have been known to live on sweet potatoes with no deprivation in health. It is a perfect food. If you were going to live off a single food, this would be the perfect choice.

Cantaloupe and blenders are a perfect combination. Try cantaloupe and mango,

pineapple, peach, orange, grape, strawberry,
Sucanat or frozen pineapple concentrate.

**-6-
Tropical
Cabbage Patch Cooler**

small wedge of cabbage
½ pineapple
2 Tbs. honey

A strange marriage, but the cabbage gives it a
delicious zing.

**-7-
Delectable Delicious Dessert**

1 carrot
2 apples
1 yam
2 frozen bananas
½ can frozen apple concentrate
½ cup raisins
1 tsp. cinnamon
pinch of ginger

Peel bananas and freeze them in freezer bag.
Soak raisins in water overnight. Blend apples,
carrots and yams with frozen apple concentrate.
Add raisins and spices to the mix. Slice in frozen
bananas. Chill and serve.

Chapter 7

SPROUTS

MICRO CHIPS OF GOD

Unless a grain of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds. John 12:24

Deep inside a seed, there is hidden a blueprint, a genetic package sleeping, waiting to awaken. As water is introduced, enzyme inhibitors are disabled and the seed explodes to life. Germination unfolds, and enzymes trigger elaborate biochemical changes. Proteins break into amino acids. Water-soluble vitamins such as B complex and vitamin C are created. Fats and carbohydrates are converted into simple sugars. Then the seed expends all its energy to break through the soil. Weight increases as the seed absorbs water and minerals. Finally life bursts forth from the earth, thirsting for sunlight, taking its new place in God's tapestry of Creation.

Through the miracle of germination, thiamin increases five-fold and niacin content doubles. Vitamin C, E and carotene increase. In fact, the vitamin C content becomes as rich as tomatoes. Sprouting is accompanied by an intense enzymatic hydrolysis of protein. Stored proteins are broken down into component amino acids. Because the protein is predigested, sprouts are more easily assimilated and less gas-forming than dried beans. Digestibility is vastly improved.

In 1940, the United States Army sponsored a full investigation on sprouted seeds, studying their usability as food during war. During World War 1, the British Army sprouted beans to ward off scurvy in the trenches. When building the trenches, they calculated the sprouting area needed to feed a battalion.

There is nothing like fresh bean sprouts in a salad. Sprouts can be cooked quickly with a dab of Soya sauce and a dash of fresh flax oil to make a delicious meal. Sprouts make a pleasant addition to soup as long as they are added a few minutes before turning off the heat. Just about any seed or bean can be sprouted for eating, and is great fun for the kids.

Make sure when you use seeds or beans for sprouting they are good-quality. Health food stores will have an abundance of beans and seeds for sprouting. If you find a problem in sprouting your beans and seeds, they are probably too old. Some beans available in stores have been treated with inhibitors to stop the sprouting process. Do not use seeds that are packaged for gardens because they may be treated.

Here are some examples of the most popular beans and seeds for sprouting.

WHAT CAN I SPROUT?

ALFALFA. This has only recently been discovered to be excellent for sprouting. Alfalfa comes from North Africa where it is used as a crop for animals and green manure. Some believe alfalfa sprouts to be the most nutritious food in the world. They are high in protein, chlorophyll, calcium, potassium, vitamin A, and vitamin K. When the root is 1½ inches long, it will begin to develop tiny green leaves. At this stage it needs to be eaten immediately so the plant will not switch to photosynthesis that exhausts the stored food in the seed. Raw alfalfa is delicious in stuffing pitas, nori sheets or sandwiches, using an avocado dressing. It would seem a grievous act to cook these delicate threads of life.

BARLEY. Barley converts the largest amount of starch to sugar which is why it is widely used in producing beer. It has therefore been studied more thoroughly than any other seed. Again as with

many grains, the roots should be no longer than the seed size itself.

CHICKPEAS. Commonly known as garbanzo beans. Primarily a pulse crop grown in India. The sprout is tender and delicious and is ready to eat when the root is between 1 1/2 and 2 inches long. Cooking requires only 5 minutes.

CORN. Finding corn for sprouting is a real trick because the germ is rarely intact because of how the kernels are removed from the cob. The root should be allowed to grow for only 1 inch in length. Cooking time is approximately 8 minutes.

FENUGREEK. This legume is still used in medicine, food and teas. It is a spicy seed that is excellent for making curry. Use when the sprout has grown to 1½ inches long. Fenugreek is often sold where the seeds are broken for making fenugreek tea. Make sure you buy whole fenugreek seed.

LENTILS. When lentils are sprouted, they become sweeter with a delicate flavor. They need only 5 minutes of cooking compared to 30 minutes for dried lentils. But we love them raw! Lentil sprouts are ready to be eaten when the root is 1 inch long.

MUNG BEANS. These are the easiest to sprout for beginners. Mung bean sprouts are common in Chinese restaurants and grocery stores. They have a delightful fresh raw flavor. When the bright white root grows from 1½ to 2 inches long, they are ready to eat. Cook no more than 3 minutes.

PEAS. Sprouting peas increase their sugar content, giving pea sprouts a sweet vegetable flavor. Wrinkled or smooth varieties work equally well. When root is 2 inches long, they are ready to eat raw, or need only 5 minutes for cooking.

SOYA BEANS. These are the most nutritious of all sprouts and are commonly used in China. The small soy bean that is yellow in color is excellent for sprouting. Soya beans are considered fairly difficult for the inexperienced *sportiest* because they are prone to fermentation, especially during the warm weather. To overcome this problem, rinse sprouts often and remove discolored and unsprouted seeds. They are ready to eat when the root is 2 inches long. Soya bean sprouts require approximately 10 minutes for cooking. These sprouts are higher in protein than any other bean.

SPROUTED BREAD. This delicious cake-like bread has been enjoyed for thousands of years. Sprouting grains and baking at low temperatures allows the wheat to be less mucus-forming and more digestible. This is a better quality bread because it is closer to a living food. Sprouted bread can be bought at your local health food store.

VARIOUS LEGUMES. Other legumes that can be sprouted successfully are lima, maro, pinto, kidney, harlot, navy, aduki and broad beans. You can also sprout black-eyed, cowgram, pidgeon and redgram peas. Some of these may be difficult to find but are fast becoming more available.

WHEAT. A light delicious flavor resembling fresh, picked corn. The sprouts should not be longer than ½ inch or less. Grain sprouts grow faster than legumes and refrigerating them does not seem to slow them down. Do not confuse wheat grass and wheat sprouts. As wheat sprouts become wheat grass, they take on completely different nutritional properties. Wheat sprouts cook within 8 minutes or less. Wheat can be bought in health food stores.

TOOLS AND TECHNIQUES FOR SPROUTING

Most people do not attempt to grow sprouts because they think it is too complicated. Yet we have very little to do with the process. *So neither he who plants nor he who waters is anything, but only God, who makes things grow (1 Cor 3:7).* God just about does it all for us. The key is to keep them moist and rinse them a few times per day, and then simply stand back and watch.

You are going to need a big jar with a perforated lid. You can use an elastic band with cheesecloth to replace the metal lid. A cheesecloth cover rinses easily. Remove any broken or damaged seeds before you begin to sprout. These seeds can rot and cause sprouts to have an unpleasant smell. Damaged seeds are much easier to remove at this stage than trying to maneuver through the delicate roots that are forming during the sprouting process.

Keep in mind that sprouting increases the seed volume 6 to 8 times. Four tablespoons will be sufficient for a quart-sized container. Soak the seeds or legumes according to the time given in the chart provided.

SOAKING A SPROUTING CHART

	Soaking Time (Hours)	Sprouting Time (Days)
Alfalfa	5-8	3-5
Aduki	9-12	2-3
Corn	12-15	3-5
Garbanzo	10-12	2-3
Lentil	10-12	2-3
Mung	10-12	2-3
Pea	10-12	2-3
Radish	5-8	3-5
Rice	10-12	3-4
Sesame	8-10	3-4
Sunflower	5-8	2-3
Wheat grass	10-12	7-9

Rinse seeds well and place inside the jar. Twice a day rinse the seeds delicately so as not to break the little shoots. Broken shoots will begin to rot or go moldy, causing an unpleasant smell. You may find a pungent smell to your sprouts. This is caused by byproducts being produced by the growing sprouts. Sprouts should be moist, but keeping them immersed in water will cause them to rot. Rinsing twice a day ensures that they will not dry out and die. As sprouts begin to develop, lightly shake to remove excess water.

Sprouts do not have to grow in darkness as they would in soil. Some introduce sunlight during the latter period of sprouting, allowing the sprouts to produce chlorophyll and vitamin C. This will compromise vitamin B2, a fair trade for chlorophyll. When sprouts have grown to size, they can be kept in a refrigerator, but will continue to grow.

Sprouts are a living food, available any time you want a snack. Fun and simple to grow, cheap, nutritious, and versatile, whether for salads or healthy cooking. They are low in calories making them excellent for diets and easy to digest for delicate pallets. You can freeze sprouts to use in vegetable soups. They even make a great allegory to help children understand the life-giving power of the gospel.

If we plant seeds of love and truth, God will be faithful to make them grow.

**WARNING: THIS CHAPTER MAY BE
DANGEROUS TO YOUR VEGETABLES!**

Chapter 8

COOKED VEGETABLES

Better a meal of vegetables where there is love
than a fattened calf with hatred. Proverbs 15:17

What is the value of cooked vegetables? First of all, there can be great pleasure in sitting down to a hot bowl of soup or a bowl full of steaming hot carrots, potatoes and corn on the cob. Secondly, cooked vegetables are an excellent source of soft bulk. The enzymes are dead, the minerals and vitamins have been compromised through cooking, but vegetables are filled with fiber and, when cooked, they become soft, making them excellent in absorbing but reducing the scouring effect that raw vegetables would have.

Eating some cooked vegetables with a mostly raw diet will ensure a clean colon. The challenge in cooking vegetables is not to baptize them in toxic fat. Refer to *Better Butters*

Remember to chew the vegetables well because 50% of starch digestion takes place in the mouth.

STEAMING VEGETABLES

A steamer with a built-in timer is the best way to cook vegetables. Most people when boiling their vegetables, throw away the best part—the cooking water. Steaming vegetables conserves the maximum amount of nutrients by subjecting the vegetables to the least amount of heat. Cut your vegetables into small pieces for quicker steaming.

45 MINUTES Beets, carrots turnips, squash and artichokes.

25 MINUTES Sweet potatoes, broccoli stalks, green beans, peas, parsnips, and celery.

15 MINUTES. Garlic and cabbage, sweet peppers, cauliflower, onions and asparagus stalks.

7 MINUTES Mushrooms, broccoli tips,

◆ -1-

Vegetable Casserole

tomatoes
2 tsp. kelp
onions
pinch Mrs. Dash
string beans
garlic
parsley
lemon juice
1/4 cup oats

In a casserole dish, place first layer of sliced onions, secondly, a layer of beans with herbs in between, and lastly, a layer of onions. Repeat these layers if you have enough vegetables. Cook in pot at medium heat till the string beans are tender. Powder oats in coffee grinder and mix in Mrs. dash and sprinkle over casserole. Slice tomatoes on top and sprinkle with lemon juice. Sprinkle evenly with Good Tasting Yeast and kelp powder.

◆ -2-

Potato Crunchies

Slice potatoes into 1/8 inch slices, and place on oven grill. Or cut potato into 1/8 weggies. Cook at 400° for 20 minutes. Ready when crunchy. No oil is needed, but the kids will love them just as they are.

◆ -3-

Hearty Brown Stew

serves 2

2 cups water

2 Tbs. low-sodium Tamara

1 onion sliced

1/4 cup cider vinegar or apple juice

1 celery stalk, sliced

grated fresh ginger

1 carrot sliced

1 sweet potato, in chunks

pinch of thyme

4 mushrooms, quartered

3-4 Tbs. powdered oats

2 large cloves garlic, crushed

In a large pot, combine all ingredients, except oat powder. Bring to boil, lower heat, cover, and simmer about 15 minutes until vegetables are tender. Mix oat flour and add to the stew. Stir until thickened.



◆ -4-

Yam Yummies

yams

Peel yams and cut them lengthwise into 3/4 fingers. Cook in oven at 400 degrees for 35 minutes. A slightly crunchy, deliciously sweet, nutritious treat everyone will love. Potatoes can be cut into quarters or eights and cooked with the yams. Cook potatoes till crispy brown. If the potatoes are cooked with the peel part of the wedge on the grill, they will not stick.

You've really got to try this. Be open-minded. Husk that corn, close your eyes and take a big bite. Your mouth is going to fill with a creamy milky sweet flavor that is absolutely wonderful. You will never kill your corn again.

This is the most nutritious way to eat corn. It is high in essential fatty acids that are best when untouched by heat.

Chapter 9

THE VEGETABLE SOUP POT

The advantage of soup is that nothing is wasted. Vegetable soups are extremely low in calories and filling, making it a complete meal. They are inexpensive and easy to make. In fact, some of my most popular soups were thrown together, using up old vegetables hidden in the back of my fridge. *Fridge Cleanup Soup.*

It is awfully hard to go wrong in making vegetable soup. If you are just a beginner in the kitchen or having that special someone over for supper, a bowl of savory soup is always a winner.

Find the biggest pot in the house and fill it half full of fresh cool water. The pot we will be using in the following recipe will contain 12 cups of water when half full. You can adjust the measurements to the proportion and size of your pot.

The key to good vegetable soup is timing and broth. Simulated chicken base is an excellent starting point. Check the ingredients to make sure that there are no animal fats or preservatives. A good quality chicken base can usually be purchased in your local health food store. You may also want to try an all natural vegetable base soup mix. Garlic, onions and seasonings, soya sauce, bean sauce—all of these ingredients must first be added to the cold water, allowing the flavor to mingle before adding the contents of your soup. Before adding vegetables, taste the soup broth after ten

minutes of boiling to make sure that it is full-bodied and perfectly seasoned to *your* taste.

If you like your soups thick, add Quinoa or whole oats that have been powdered in the coffee grinder. These are also excellent for thickening stews. (Potato juice also is an excellent thickener working like corn starch.) Once your broth has simmered for 15 minutes add any dried ingredients such as split peas, legumes or lentils. Go easy on these ingredients because they are rich, concentrated foods. A small amount is more than enough. They will also add to the thickening of the soup because of the starches. Soak beans overnight before adding them to the soup. If you are not used to eating beans, bring the beans to a boil then throw away the water. Do not add it to the soup broth or you may find yourself in an embarrassing situation.

Your next step is to add any starchy, dense vegetables, such as carrots, potatoes, yams, turnip and squash. These vegetables take longer to cook. Chop up the remainder of the soft vegetables while they are simmering on the stove. Timing is important so there will be no over-cooked mushy veggies. Vegetables are added according to their required cooking time.

Just about now your house is going to be filled with savory smells that will entice your children into the kitchen asking you, *Daddy is the soup done yet? I'm starving!*

About five minutes before you turn off the heat, add the tomato paste. The longer tomatoes cook the more acidic they become. After turning off the stove, allow the soup to stand for about an hour. Then add good tasting yeast for a rich cheesy flavor.

You can also add miso, but never cook this delicate fermented bean paste. Miso has been fermented for over two years in large cakes, keeping its enzyme qualities and producing healthy bacteria that help to clean the colon.

We hope that these soups will give you a starting point in which you can begin to create your own dishes that will reflect your character and unique taste. We have left lots of room for creativity. All of these recipes are flexible but if you find a particular taste that you want to share with the world, send it in.

◆ -1-

Cornucopia Vegetable Soup

Serves 20

First step (broth)

12 cups water
Tbs. oregano
1 tsp. sweet basil
3 onions
2 Tbs. soya sauce
1 tsp. marjoram
5 cloves of garlic
2/3 cup simulated chicken base

Second step

1/2 cup Quinoa
1/4 cup Sucanat
1/2 cup lentils

Third step

6 carrots
1 cup cabbage
1/2 turnip
5 stocks celery

Fourth step

1/2 head cauliflower
1 lb. green beans
1 lb. fresh or frozen peas
1/2 lb. mushroom
1 green pepper

Last step

1/2 Good Tasting Yeast

1 can tomato paste

Finely process onions and garlic. Add all ingredients of first step to cold water and bring to boil for ten minutes before adding second step. Taste broth, then add second list of ingredients and allow to simmer while preparing third group of vegetables. After 15 minutes, add third group of vegetables. We process our vegetables very fine but you might like larger, bite-sized pieces. After 5 minutes of simmering, add fourth set of ingredients and allow to simmer for another 20 minutes. Turn off heat and mix in tomato paste. Let stand for one hour, then mix Good Tasting Yeast or miso.

This is a great introduction to making vegetable soups. We encourage you to be inventive. Try new spices and different vegetables, inventing your own unique blend of flavors. Vegetable soup can keep up to two weeks in the refrigerator, making a quick convenient meal for a busy lifestyle.

◆ -2-

The Tasty Tomato Base Soup

4 cups fresh tomato juice

1 bay leaf
2 garlic cloves
1/2 tsp. dill seed
1/4 tsp. basil
1/4 tsp. oregano
4 Tbs. fresh parsley
pinch black pepper
pinch sea salt
2 Tbs. onion

Finely chop onion and garlic. Add all seasonings to tomato juice and let stand in refrigerator 1 hour. Heat mixture and remove juice before boiling. Strain and serve. The less tomatoes

are cooked the better because increased cooking makes them acidic and hard on the stomach.

This is also a base in which you can add raw vegetables of your choice. Pour one inch of water into the pot and add finely diced vegetables. Simmer for 5 minutes at the most and add our Tasty Tomato Base Soup and warm. This is a healthy delicious meal that makes 4-6 servings.

◆ **-3-**
Instant Cup Ahh... Soup

Serves 6

4 cups water
1/2 cup mushrooms
3 Tbs. simulated chicken base
1/2 cucumber
2 cups Romaine lettuce
1 tomato
1/2 cup firm tofu
1/2 tsp. onion powder
1/2 tsp. garlic powder

Slice thinly cucumber, mushroom and Romaine. Romaine can be substituted by any green leafy vegetables such as cabbage. Never cook spinach because the iron becomes indigestible and the oxalic acid crystallizes in to oxalic acid a compound that is harmful to the kidneys. Cube tomato and tofu. Add all ingredients to water and allow to simmer for 5 minutes and serve. In ten minutes you can have a mug of nutritious full-bodied soup that is far better for you than “Cup a Chemicals” found in your supermarket.

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◆ **-4-**
Heart Beet Soup

Serving 4

6 medium beets
1 tomato
1/2 tsp. oregano
1 Tsp. cumin
2 cloves garlic
1/2 tsp. black pepper
1 onion
pinch sea salt
1 stalk celery
1/2 tsp. sweet basil
1 Tbs. Worcestershire sauce

Juice beets and tomatoes. Process garlic, onion and celery till fine. Add all ingredients to juice and simmer for 8 minutes. Frothing will occur during the first 4 minutes. Whisk froth into soup. This is wonderful delicate flavors you will ever taste in a soup. You can spice this soup up by adding an extra tablespoon of Worcestershire sauce and a pinch of chili pepper. Mushrooms would also be an excellent addition.

Chapter 10

HERBS AND SPICES

There are endless varieties of fruits, vegetables, grains, legumes and seeds. On top of all these wonderful foods, God has supplied herbs and spices, tools to allow us to express creativity, aroma and flavor.

The quiet gentle flavor of chamomile, or the blaring overpowering shouts of cayenne. The sweetness of cinnamon and bitterness of hops. The sharp bite of horseradish and refreshing lift of mint. None of these flavors are by accident. Each one was carefully thought out and purposely created for our blessing and enjoyment.

We would like to take you on a journey through the flavors and uses of spices and herbs. Many have been used for thousands of years for medicines to relieve suffering and contribute to healing.

Herbs are plants with a fragrant bouquet that may consist of leaves, stems, flowers, seeds or roots that are used in flavoring dishes or as medicines. Preferably they are used fresh, but are also effective dried.

Spices are dried, aromatic plants associated with tropical climates that may include seeds, flowers, leaves, roots or bark. They may be used in preserving food, assisting in digestion, providing flavor or as medications.

Herbs are generally milder in flavor and used for delicate seasoning, whereas spices are strong and distinct, adding a piquant taste. The words *herb* and *spice* can be used interchangeably according to culture or tradition.

Spice trading has a great history. Joseph was sold to a spice trader from Gilead for 20 pieces of

silver. The Queen of Sheba presented precious stones and spices to King Solomon. Spices were often valued more greatly than gold. Nations fought wars over the occupation and control of spice territories. Political power shifted according to their availability.

Growing your own herbs and spices indoors is a wonderful hobby. Not only do indoor plants act as air cleaners, but they also provide a continuous fresh supply of seasonings for culinary art. These plants can be grown in pots, which can be placed in the window sills of the kitchen. Mint, parsley, chives, and dill are some examples of herbs that can be easily grown indoors. When the warmer weather comes, they can be transplanted outdoors providing you with a bountiful harvest that can be dried or stored in the freezer.

When drying herbs in the oven, the temperature should not exceed 90°F, allowing their color and flavor to remain intact. Spread the herbs on trays, keeping the door ajar. Once the herbs have been fully dried, it is best to keep them in an airtight glass container stored in a cupboard. Light will destroy the herb's color and distinct flavor.

THE SECRET OF SPICE

Not all herbs and spices are created equal. Talk to any serious chef and he will expound on the importance of fresh herbs and spices.

If at all possible, purchase herbs fresh. They can be stored in the freezer, giving you a fresh supply at your fingertips. If you are not able to buy fresh, then establish a good source of high quality dried herbs and spices. Indian, Italian or Greek specialty shops will usually provide you with high-quality herbs and spices. Cultures who do not have the North American *burger and fries* mentality put pride and care into their seasonings.

Before adding to food, taste-test the spice's strength and potency. Always start with a small amount. The spice should never overpower, but enhance the natural flavor of the food.

Recently I was in an Indian store and decided to buy some fresh curry. It was fairly expensive but came with a promise of exceptional quality and taste. Being a lover of Basmati and curry, I decided to make my investment. Later, when using the curry to season my dish, I was amazed at the difference in quality and strength. Not only was it stronger, but had a deeper, fuller flavor. Now I'm spoiled—I will never go back to lifeless curry again!

HERB AND SPICE GUIDE

ALLSPICE. Allspice is a dried unripe berry that comes from the allspice tree. It has a biting, spicy taste somewhat like cloves and nutmeg. Excellent in pickling, pea soup and sweet vegetables like carrots and yams. It has been used to soothe headaches and toothaches.

ARROWROOT. Arrowroot is a powder that comes from the root of a South American plant. It is used for thickening fruit sauces and glazes. Because of its starchy content it has a mild flavor and is suitable as a seasoning for infants. An excellent remedy for bowel disorders and one of the most common ingredients in baby cookies, which we don't recommend.

BASIL. Basil is the soft green leaves of a plant that grows in warm climates. It has a wonderful peppery flavor, somewhat like cloves, with a strong sweet smell. Basil is excellent with all tomato-based sauces. Garlic and basil are a perfect marriage of flavors and combine well with rosemary and sage. It is an excellent addition to rice and grain dishes. Basil has the reputation for stimulating appetite and nervous system. It is used in the Far East in cough medicines and relieving kidney and diarrhea problems.

BAY. Bay leaves come from the shrub-like Bay tree and is the familiar decorative wreath that adorns the brow of Greek statues. Bay has a strong aroma and a spicy flavor. Excellent addition in soups and tomato sauces. A good remedy for relieving skin pain and earaches.

CARAWAY. The caraway plant is commonly grown in Holland, Germany, Russia, Scandinavia and England. The seeds have a spicy, sharp flavor. Excellent for flavoring cabbage bread, potatoes, soups and vegetables such as turnips, carrots and beets. The seeds can be chewed after a meal to sweeten breath and are safe to add to young children's dishes assisting in digestion and helping in bowel disorders. Should be stored in a cool, dark place.

CHICORY. With its deeply pointed leaves and hairy stems, the chicory plant grows on limestone hills and roadsides throughout Europe and Asia. The root is roasted and ground as a common additive to coffee, believing to counteract the stimulating effect of caffeine. Chicory is a diuretic and natural laxative.

CHILI PEPPERS. Chili peppers are the life of the party. Paprika, cayenne, chili and red pepper all form the large Capsicum pepper family. This family consists of a diverse spectrum of personalities from sweet bell peppers to the hottest chili peppers that are dried producing my personal favorite, cayenne.

CHIVES. Chives are in the Lily family and a great addition to any garden, ushering in the first signs of spring. They have a wonderful, mild onion flavor and can be eaten fresh, dried or frozen. When these bright green stems are finely chopped into tiny rings, they make a wonderful garnish for fresh salads, potatoes and cooked vegetables, and are a delicious addition to rice or quinoa.

CINNAMON. There is absolutely nothing more pleasant than the aroma of fresh cinnamon. A spice that has been valued since ancient times. In the Old Testament it was used as a perfume and one of the ingredients in the anointing oil used by Moses in the Tabernacle. Only in the last century has cinnamon come down in price from being very costly. Cinnamon comes from the inner bark of the cinnamon tree that grows in Sri Lanka. Cinnamon has a fragrant sweet flavor and must be stored carefully because it easily loses its fragrant aroma. It can be added to oatmeal, fruit salads, rice puddings, nut milks, sweet desserts, yams, squashes and is breath-taking in hot apple cider with cloves, allspice and nutmeg. Cinnamon is a strong glandular stimulant and was given as a sedative to mothers during childbirth. It is also an antacid for helping upset stomachs and diarrhea. Years ago it was commonly used as a breath sweetener.

CLOVES. An evergreen tree that grows in the West Indies bears a brilliant red flower. When the flower buds are dried, they turn a dark brown, almost blackish color, producing our familiar clove that is rich in oil. Cloves have a strong aroma and pungent spicy flavor. A good quality clove will be oily and tough. It is not recommended to grind whole cloves in the coffee grinder because the high oil content leaves a strong clove flavor in whatever you grind afterward. We learned this one the hard way. Several failed attempts in cleaning resulted in a new coffee grinder. Powdered cloves are excellent in all sweet baking. An orange with cloves stuck into its skin fills the room with a beautiful aroma and acts as an insect repellent. A clove can relieve the suffering of an aching tooth.

COMFREY. This rough perennial has leaves that grow up to 10 inches long, growing wild in ditches and near streams throughout Europe and parts of Asia. This plant has been used medicinally for

hundreds of years, containing allantoin and choline that promote the production of red blood cells and encourage circulation. It was also used to repair broken bones, for poultice and healing wounds, rheumatism, arthritis, bruises and reducing swelling. It has been successful in healing malignant tumors and progressive ulceration. When brewed in herbal tea, it is an effective cough mixture for severe lung disorders such as tuberculosis and pneumonia and for hindering internal bleeding of the lungs, stomach or bowel. Comfrey leaves are bitter, but can be eaten in salads.

CORIANDER. It is also referred to as dizzy corn because when the aroma of the freshly crushed seed is inhaled, it can cause dizziness. This seed was also mentioned in the Old Testament, first being introduced by the Romans. It is a medium-sized annual with feathery bright green leaves, grown for the most part, in India. The seeds have a sweet flavor with a spicy scent when crushed. This improves the longer it is aged, but must be stored in airtight containers. Coriander is commonly used with curry powder and can be sprinkled on cooked fruits such as apples, pears and is especially good with beets.

CUMIN. Originated in Egypt, Arabia and India but now is cultivated in Malta, Sicily and Iran. The seeds have been used since Bible times in calming digestive problems and flavoring breads. It is used in India to flavor many Mexican dishes. Cumin has a strong spicy taste with a bitter edge, and can be bought whole and ground into a fine powder. It is one of the most common seasonings and is used commercially in meats, pickles and cheeses. It is excellent in soups and can be ground in a pepper mill over vegetables, especially cabbage.

DANDELION. Get rid of your grass and start cultivating dandelions because they are considered to be one of nature's greatest healing aids. They are

rich in vitamins, proteins, natural oils, mucilage, saponin, chlorine, mineral salts, potassium, calcium, magnesium, sulfur, silicic acid, alkaloids, glycosides and tannins. The young leaves of dandelions are excellent in salads or juicing the root, and can be dried or ground making a wonderful replacement for coffee. The natural habitat for dandelions is in the grass in your yard. Dandelions are the most edible in early spring when they begin to show their troublesome presence in the lawn. The juice of dandelion leaves is believed to cure eczema, blood diseases, dropsy and loss of appetite, having a beneficial effect on the kidneys, liver and gall bladder. One man's weed is another man's treasure.

DILL. These wonderful fragrant leaves are in the parsley family and have a long history for their medical and seasoning value. Dill grows wild in the warmer southern European countries. These plants are fairly delicate and must be kept in moist soil. Dill leaves are at their peak in flavor just before the plant goes to flower. The leaves of dill have a piquant flavor. Dill seeds tend to be strong and bitter, but dill leaves are excellent to lift the flavors of cucumber salads or any green leaf vegetable. They are also an excellent addition to potatoes and soups. Dill has become popular in using and producing the famous *dill pickle*. Make sure you add the leaves at the end of cooking time because the subtle flavor of dill is greatly diminished through heating.

FENNEL. This herb grows wild in southern Europe along the seashore and is cultivated for its seed. Fennel is a perfect herb for small backyard gardens and window boxes. It has a sweet delicate flavor and contains a background hidden tang. Fennel is a relative to the dill family. Sweet fennel has a stronger flavor and is less bitter. It is excellent in salads and desserts. Medically it can be used to help digestion and is added to babies' gripe

water. It can be used as a breath sweetener, for earaches, toothaches, and helps relieve coughs and asthma. If you soak the seeds in water, they make a soothing lotion for sore, tired eyes. Fennel is also a common soothing herbal tea.

GINGER. Ginger is a reed-like plant with thick stems that grow under the soil. Ginger root can be harvested prematurely while it is still green, then candied and preserved with a thick syrup. When allowed to be fully ripened, it is sold in its root form as the ever popular ginger spice. This reed can grow only in hot, humid climates that receive heavy rainfall. It has a spicy, distinct aroma and has a wonderful, sweet, hot flavor. Ginger combines well with the flavor of curry, and its lifting flavor is great in vegetable soups, preserved fruit and of course its popular use in baking spice cakes and gingerbread. Ancient India considered ginger to be an essential part of their diet in protection against diseases. Ginger has natural antiseptic properties that help with colds and sore throats.

HIBISCUS. This is a lovely annual flower with beautiful red flowers, commonly grown in flower gardens or indoor pots. The flowers are not just for ascetic pleasure, but have amazing flavoring qualities. In Africa, Karkade is the name given to a delicious hibiscus punch. It is also a great contribution to the popular rosehip tea giving it a lemony flavor and lovely red color. Here's a recipe of the popular African hibiscus punch.

2 cups water
2 heaping tsp. hibiscus flowers
2 cloves
1/2 tsp. Cinnamon
A small piece of vanilla pod

Add to boiling water and allow to steep for 10 minutes. Strain and sweeten with honey. Can be served hot or cold.

HORSERADISH. This hardy perennial is in the mustard family, producing a white meaty root that renders a hot biting, but pleasant flavor. This flavorsome root was used in eastern Europe during the 13th century for its medical properties. Its antibiotic properties protect the colon from harmful bacteria. It also encourages circulation, clears sinuses and is excellent for insect bites, cuts and stings. Apparently it is effective in eliminating acne. Horseradish is a refreshing addition to salad dressings, avocados, potatoes, cooked vegetables and puts a galloping flavor into any sauce.

HYSSOP. *Cleanse me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow (Psalm 51:7).* All through Leviticus, hyssop, which translated, means *Holy Herb*, was used in the cleansing of the Temple. Hyssop is a symbol of the blood of Christ, thoroughly washing us clean of sin. Its bitter flavor is a reminder of the cost that Jesus paid that we may stand before God, holy and pure. The flowers were used medically for irregular blood pressure, nervous disorders and were made into a lotion to treat eye, ear and throat infections because of its disinfectant properties.

LAVENDER. There is nothing like the fresh clean fragrance of old English lavender. The Romans added it to their bath water and placed the flowers among their clothes giving them a fresh scent. Lavender has a sweet taste and can be used to make herbal tea. Inhaling its fragrance has been said to calm nerves and lift depression. Lavender tea is used for heart palpitations, headaches and insomnia. Lavender oil can treat wounds, ulcers and sores.

LEMON BALM. Surprisingly, the leaves for this perennial plant taste identical to lemons, except for a honey-like sweetness. The leaves make a wonderful addition to fruit and vegetable salads and fruit and vegetable juices. The dried leaves produce the lively Melissa herb tea that has a calming effect

resulting in a peaceful night's sleep. Lemon balm is a health remedy for reducing nausea. It grows easily in the backyard.

LICORICE. This herb was well-known to the ancient Greeks, Egyptians and Romans for its therapeutic effect on coughs, colds and chills. It originally came from China and the Mediterranean countries. Often its strong flavor is used in sweetening bitter medicines. Besides being an effective cough medicine, it is an effective and gentle laxative. Research has shown that licorice juice has a pain-killing effect on stomach ulcers.

MARJORAM. Marjoram grew wild in ancient Rome and was used as a medical herb. Its leaves became a symbol for peace and well-being. This delicate herb has a sweet spicy flavor and varies in bitterness according to the climate in which it is grown. Its flavor blends well with thyme and basil and is commonly used in tomato sauces. Long cooking does not seem to diminish its delicate flavor. Marjoram can be successfully grown indoors.

MINT. There is nothing more refreshing than chewing on a fresh mint leaf or drinking hot mint tea. There are many different types of mint, peppermint and spearmint being the most popular. Peppermint has the stronger cooling effect. They are easy to grow in the backyard or in the home. Mint has a history of being used by the Arabs as a tea, and by the Egyptians, Greeks and Romans for flavorings and perfumes. Try adding some mint to cooked vegetables or to jazz up fruit and vegetable salads.

MUSTARD. *...if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. (Matthew 17:20)* I am sure the Pharisees considered themselves to be men of great faith. They prided

themselves in their long, phylacteries and their equally long, repetitive, boring prayers, even causing the angels to yawn. Yet, in all their grandiose displays, they could not muster enough faith to believe in Jesus, in spite of the miraculous signs He performed. So with an eloquence that only Christ could display, He used the tiny, humble mustard seed as a symbol of the size of faith which men need in order to tap into God's awesome power. The mustard seed story illustrated that it is not the greatness of faith, but faith's focus.

There are two varieties of mustard seeds. The reddish brown or black seed, and the pale yellow or white. The latter has a delicious, nutty flavor, whereas the black seed has a much more pungent taste. The hot bite of mustard is the result of the volatile oils that the seed contains. Mustard powder is a mixture of either seed with the addition of turmeric or saffron that gives it its brilliant, familiar, yellow color. Vinegar and salt are added as the acid in the vinegar increases and stabilizes the mustard's strength and flavor. Mustard is an excellent addition to vegetable salads, cooked cabbage, sauces and dressings. It is said that adding mustard to your bath water relieves muscular pains.

NUTMEG. The evergreen nutmeg tree grows in tropical climates close to the ocean where there is a high level of rainfall. Mace and nutmeg are a tree fruit that is native to the islands of the East Indies. Nutmeg has a spicy, sweet taste and is not as strong as mace. Ground nutmeg is excellent in sprinkling over soups and seasoning vegetables just before serving. It is a popular addition to apple puddings. Medicinally, it has been used in helping with gas and vomiting.

PEPPER. It was a highly priced luxury in Roman times. Pepper is now one of the most widely used spices. Its familiar flavor is due to the volatile oil and the alkaloid piperine. It also contains the trace mineral chromium. Pepper originated along the

coast of India and was used as currency in payment of taxes, levies and debts. In 408 AD, the king of the Visi-goths decreed that 3,000 lb. of pepper be part of the ransom for the city of Rome. Pepper comes from a climbing shrub. Its flowers grow in clusters, producing bright red berries. When they are dried, they become black and shriveled, turning into the familiar pepper corn. Pepper's hot bite goes well with all dishes. It has recently become a fad to sprinkle on fresh fruit. We've tried it and surprisingly, it's good! The best way to use pepper is a hand pepper mill. This allows you to experience the fresh flavor of the volatile oils that have not grown stale. Pepper is a great alternative to salt for a low sodium diet. It also seems to fill out food, leaving you with the impression that you have eaten more, which is handy for those trying to lose weight. Eating spicy food will force you to eat slower making you savor each mouthful.

POPPY. In the 17th century, opium addiction swept through China. In the 20th century, narcotic addiction has reared its ugly head from man's production of heroin. It would seem that this lovely little flower was created by the Devil himself. Yet the alkaloids that are produced by the juices that surround the unripe seed have been a blessing to those suffering great pain. Between 5 and 700 AD, it became widely used in treating cholera and dysentery. The natural presence of alkaloids, such as codeine acts as a painkiller when the seeds are infused with water. As a lotion, it may soothe skin and mouth disorders. Poppy seeds that are commonly sold in supermarkets do not contain the natural alkaloids because they are lost when the seed ripens, leaving only trace amounts. Poppy seeds are excellent sprinkled on salads, bread and rolls. When crushed, they add a delicious addition to curry and are an effective thickener. The seeds can be soaked in water and taken as natural pain relief.

ROSEMARY. Rosemary comes with a great tradition, being first introduced by the Romans in the eleventh century. It was often burned as incense during weddings, funerals and other church activities. It was believed to grow only in a garden, planted by righteous hands. Rosemary had a reputation for strengthening memory and became a symbol for friendship and fidelity. The leaves of rosemary have a strong flavor which is delicious when mixed with garlic, vegetable soups, fruit salads or hot apple ciders. Because of its medical reputation of strengthening the brain, Greek students would often wear rosemary garlands during intensive examinations. It has been discovered that rosemary has been able to expand tissues, increasing blood flow which is beneficial for heart and circulation. It is even believed to stimulate hair growth.

SAFFRON. Tom and I were fascinated with this tiny herb. The thin, red and yellow, thread-like strands in a little plastic container cost \$4.00. Not knowing anything about saffron, we added some to our dish, turning it a brilliant yellow color. It did nothing to change the flavor but we suspect our saffron was stale. Quality saffron is the most expensive of all spice, equal to gold. It requires the painstaking task of hand picking stamens from 70,000 flowers to obtain one pound, which explains its high cost. Saffron is in the crocus family which is native to Asia and Mediterranean countries. Fresh saffron, *we are told*, has a spicy aromatic yet slightly bitter taste. Very little is needed to color and flavor your dish. It is a common spice used in Spanish dishes, especially rice. Saffron promotes perspiration when taken in a tea.

SAGE. *Why should a man die who grows sage in his garden?* was an ancient Arab proverb. The Greeks and Romans applied sage to cure snake bites and increase brain activity. In the middle ages it was used to overcome constipation, cholera,

fevers and epilepsy. Sage was brewed as a tea long before the common orange pekoe became popular. Today there are over 500 types of sage, and is considered by many famous chefs to be one of the most important seasonings of all. It has a wonderful warm, slightly bitter taste. Sage must be dried slowly or it will take on a musty flavor. Fresh leaves are wonderful in salads and tomato sauces. Sage tea is good for nerves and blood and can be applied as a wash to improve condition of hair and skin. When the leaves are folded among cloths, it discourages moths and other insects.

TARRAGON. Widely used in French dishes. It is believed to originate in Siberia where they grow to five feet tall. Its flavor is sweet and bitter, with an undertone of tang. French tarragon is less bitter than its Russian cousin and is preferable in flavor. It is commonly used with vinegar for salads, sliced tomatoes, cooked asparagus, artichokes and is excellent on avocados.

THYME. Roman soldiers bathed in water that was infused with thyme believing to give them vigor and strength. Because its leaves contain the volatile oil thymol, the herb has a disinfectant quality and can be used as a poultice. It can be mixed with honey to soothe a raw throat or used as a mouthwash and natural tooth paste. Thyme was one of the herbs that can be grown indoors. Cutting its leaves for cooking will encourage growth. It has a strong, sharp flavor and should be used in moderation. Lemon thyme, which is popular, is less strong, and carries a fresh, lemony tang. It is an easy herb to dry and stores well, maintaining much of its flavor. It is a wonderful herb in flavoring vegetables and garnishes and its flavor mingles well with rosemary and marjoram. Lemon thyme is a great addition to fresh fruit salads and is used commonly in pot-pourris and soaps.

TURMERIC. It comes from the root of the turmeric plant. It is dried and ground into a bright yellow powder. Turmeric has been used to add color in foods and cosmetics. It has a refreshing peppery taste and scent and goes well in salad dressings, adding a beautiful, yellow color.

VANILLA. The contribution that vanilla has had in baking and cooking is endless. For flavoring sweet foods, there is no other spice like it. The vanilla orchid vine produces a fruit pod. This little pod is where we get the treasured taste of vanilla. Containing no essential oils, its flavor comes from crystals which form on the skin of the pod after fermentation. Most vanilla extracts are imitations, synthetically produced by waste paper, pulp or coal tar. These imitations pale in comparison to authentic vanilla extract. Vanilla can be purchased dried, liquefied, or pods stored in sugar. Try adding vanilla to any nut milks or natural desserts.

Herbs and spices give our food personality and character. There are some excellent herbs and spice books on the market that recommend not only their uses and flavors, but their application as natural medicines. Herbs and spices will assist in our huge reliance of salt for flavoring foods. We would like to share some of our favorite spice mixtures, to start you on the path of creativity.



◆ **-1-**

Yeast Spice

Engevita or Good Tasting Yeast is full of B vitamins and is a high source of protein. Can add to the yeast, garlic powder, onion powder, chives, cayenne, a little curry powder and salt-free Spike. This makes a nice topping for popcorn, bread, baked potatoes and quinoa. Always add after cooking food, should not be subjected to heat.

1/2 cup Good Tasting Yeast
1 Tbs. onion powder
1 tsp. garlic powder
1 tsp. sea salt
1/2 tsp. dulse powder
1/2 curry

◆ **-2-**

Herb Spice Blend

1 Tbs. onion powder
1/4 tsp. of celery seed
1/4 tsp. of thyme
1/4 tsp. of sea salt

Chapter 11

SEEDS

I tell you the truth, unless a grain of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.

John 12:24

The plant goes to great effort in producing and protecting its seed, filling each genetic packet with high concentrations of vitamins, minerals, proteins, essential oils and dormant enzymes.

Seeds can germinate after two hundred years if stored in a favorable condition. Amazingly, dormant seeds are alive but the respiration is so slow that it is unmeasurable. The oldest seeds ever to germinate were found in a lemming burrow, deeply buried and permanently frozen in central Yukon, dated to be thousands of years old. When discovered and taken back to the laboratory, the seeds germinated, producing healthy plants.

God has created the seed with an ability to store the potential for life and genetic information to guide its course. Waiting for favorable growth conditions, a tiny seed will hold out against time in its culminating effort to ensure the continuation of the species. Before mankind even considered the concept of a time capsule, a tiny seed was the concept's perfection.

THE SEED FAMILY

Nuts, beans and grains are all in the seed family. For convenience, we are going to split the seed family into three groups in order of importance:

1. Sprouts
2. Nuts and seeds

3. Beans and grains

This is not a haphazard order. We chose sprouts as being the most nutritious because they are a less concentrated food, filled with enzymes and are easily digested. Nuts and seeds may be raw but their enzymes are dormant, making them harder to digest. Beans and grains are filled with nutrients, however, cooking destroys nutrients and alters proteins and fats, causing them to produce mucus in the body. Cooking also destroys enzymes, making beans and grain less digestible. We consider sprouted grain, nuts or beans to have a greater health value than their dried forms.

FOUR SEEDS OF HEALTH

We would like to take a look at four of the most nutritious seeds in the world. Raw seeds are high in delicate oils. We are not referring to the deep-fried, salt-laden seeds found in corner stores. Tasty as they may be, they are useless in health, and have been reduced from the height of a delicate nutritious food, to *junk food*. Instead, use fresh seeds where the fragile oils have not been compromised by heat, light or air.

FLAX SEED

Wherever flax seed becomes a regular food item among the people, there will be better health.

Mahatma Gandhi

Flax seed is one-third oil, the remainder consisting of fiber, protein and mucilage. In our salad dressing section, we have looked at the magical oil that comes from flax. Flax oil, when extracted with care, is one of the greatest sources of essential fatty acids. The protein in flax seeds is easily digested and contains all the amino acids

needed for building a strong body. The fiber in flax acts as a broom sweeping the colon of toxic material, metabolic waste and dried mucus. Flax fiber is an excellent food for friendly bacteria in the intestine which keeps disease-causing organisms in check.

Twelve percent of flax seeds is mucilage which makes it a gentle, non-irritating, natural laxative. Flax mucilage is perfect for those who have a sensitive stomach, acting as a buffer for excess stomach acids, soothing ulcers or irritable bowel disorders. Flax expands 20 times in volume and should be taken with a generous amount of water.

Flax seed slowly releases its mucilage through the fiber wall. After half an hour of soaking the little seeds, a slippery mucilage forms. The flax seeds act as a tiny mucilage release capsule. This release continues, changing the water to a slippery consistency similar to a light oil. Flax seed is God's gift for a toxic colon! It lubricates and absorbs toxins perfectly.

Flax mucilage helps to prevent toxic build-up in the bowel during fasting or a healing diet. When juice fasting, take a teaspoon of whole flax, 2-3 times per day, with a generous supply of water. Do not chew the seeds; swallow them whole with a glass of water. This will allow only the mucilage to escape. The flax seed will pass out of the system without releasing any of its oil. Even though the oil is highly nutritious, it can hinder the deep cleansing process that is desirable during juice fasting.

If you are on a cleansing, raw-food diet, follow the same instructions but chew the seeds, allowing the essential oils to release. Chewing will not hinder the slow release of the mucilage.

Flax seed contains lignans that have anti-viral, anti-bacterial, anti-fungal and anti-cancer properties. Flax seeds have the richest source of lignans, 100 times more than the next best source, wheat bran. The majority of lignans is found in the seed, giving it an advantage over flax oil. Flax seed also contains lecithin which emulsifies fat and

cholesterol. These little seeds improve digestion, help stabilize blood glucose levels, fight tumor formation and enhance cardiovascular health. Never purchase premade, ground flax. Grind your own flax seeds fresh in a coffee grinder and eat immediately.

0FLAX OIL

Flax oil is worth getting excited over. Aside from hemp oil, it is considered the most nutritious of all the oils in the world, containing generous amounts of the two essential fatty acids our body needs to function properly.

Archaeological digs have discovered that flax was being cultivated in Babylon as far back as 5,000 BC. The healing properties of flax are described in Greek and Roman writings dating back to 650 BC. In Europe, flax has been cultivated for hundreds of years. These tiny brown seeds were used for their nutritional and medical qualities in humans and livestock.

Flax seeds come equipped with a tough outer coat. This casing protects the delicate oils within. If you were to eat flax seeds whole, it would be impossible for your body to receive any of the nutrients. In fact, even after the seeds pass through the digestive system, they can sprout and grow. Only through grinding them fresh or in cold-pressing, can we receive the wealth of nutrients hidden inside. Flax oil is the highest source of unsaturated alpha linolenic. Most people's diets are lacking in this essential oil. Flax oil also contains carotene and vitamin E, which are valuable antioxidants.

It is crucial to purchase flax oil which has been cold-pressed without the presence of oxygen or light. The oil must be stored in an opaque bottle in the refrigerator or freezer. Check the date on the bottle. A sealed, refrigerated bottle has a shelf-life of four months or one year in the freezer. Once the bottle is opened, it should be consumed within two weeks. It is a more expensive oil but priceless in

its nutritional value and contribution to health. We have used flax oil in many of our dressings because of its mild nutty flavor. We believe it is worth every penny.

A TIP. If you have something caught in your eye, place a flax seed on a moist cue tip, positioning it under the upper eyelid that will help reduce the pain and lubricate the object allowing it to move into the corner of where it can be removed.

1SUNFLOWER SEEDS. Some people think sunflower seeds are for the birds. Often you can watch birds at a feeder, picking through all the other seeds to get to the prized sunflower seed. Birds are smart! These little gems are packed with nutrients. In fact, they are considered by many to be the most perfect in nutrients, supplying all the body's needs, except vitamin D, which can be easily obtained through the action of sunlight on the skin. Do not be fooled by deep-fried, chemically-flavored, salt-encrusted, junk food in the convenience store. If the seeds have been removed from the shell, they need to be kept in the refrigerator. You may have to purchase them from a health food store. They may be more expensive but the delicate essential oils will be intact.

Sunflower seeds are 22% protein and contain 50% oil. For every 100 grams, sunflower seeds contain 30 grams of unsaturated fats and 30 milligrams of essential linoleic acid, which reduces cholesterol deposits in the arteries and veins. If you are trying to break an addiction to high-fat foods, they may be a healthy alternative and will satisfy fat cravings. One hundred grams of these tiny treasures contain 7 milligrams of iron compared to 2 $\frac{1}{2}$ milligrams in the same serving of beef. Flour made from sunflower seeds is the richest source of iron in the world, second only to brewers' yeast. Sunflower flour is easily made in a coffee grinder.

Sunflower seeds are also filled with potassium which helps flush and reduce sodium in the body.

These seeds are plentiful in magnesium and phosphorus which help the body absorb calcium. There are 174 milligrams of calcium in a cup of sunflower seeds. The calcium to phosphorus ratio makes the calcium readily available for the building of strong bones. Sunflower seeds are a strong source of B vitamins, especially thiamin and niacin which protects the health of the brain, skin and digestive tract.

Growing sunflowers is a fun hobby for kids. They will grow up to 8 feet tall, crowned with a huge flower, filled with developing seeds. Some growers place screens on the flower to protect the seeds from birds. Sunflower seeds are an excellent addition to any salad. They can be added to breads, cooked vegetables and are delicious sprinkled over fruit desserts.

0PUMPKIN SEEDS. Raw, shelled pumpkin seeds are dark green and absolutely delicious. Until recently they were difficult to find, but have become more plentiful due to government effort. The U. S. Department of Agriculture combined the flavor of a good tasting pumpkin seed with the genetics of a shell-less seed variety, resulting in a gourmet pumpkin seed that does not have to be dehulled.

Pumpkin seed oil is dark green with a full bodied butter-like nutty flavor. It can now be purchased cold-pressed in dark bottles in the refrigerator of your local health food store. Always check the expiration date. Pumpkin seed oil contains both omega 3 and omega 6 fatty acids making them a delicate oil. Pumpkin seed oil is a tasty replacement for flax seed oil and delicious over fruit or vegetable salads. Pumpkin seed is a high source of vitamin A, calcium and iron, containing small amounts of protein, B1, B2 and B3.

SESAME SEEDS. Definitely the most nutritious part of a Big Mac. Our suggestion is that if you are going to eat at McDonalds, throw away the hamburger and pick the seeds off the bun and have a nutritious snack with your friends and family.

Sesame seeds have been used for thousands of years. Ancient Arabs would use them as a sustaining food for traveling long distances. They are 19% protein, compared with 13% in eggs. An excellent source of B vitamins and minerals. They are considered one of the highest sources of calcium in the world when the husk is intact. Raw sesame seeds, with their husk intact, are darkish brown in color, compared with the more common dehulled white seeds. Some people keep a shaker of sesame seeds in the middle of the kitchen table and sprinkle them on just about anything. A great addition to any salad.

SEEDS RECIPES

Seeds are a delicious, nutritious treat. If you decide to become a vegetarian, there is no need to fear protein deficiency. Seeds are as high in protein as the leanest meats, but free from cholesterol and sticky fats. Fresh raw nuts and seeds can be wonderfully satisfying. Something we can really sink our teeth into.

Most of us would be amazed at how much we spend on junk food. A dollar here and a dollar there really adds up. We suggest that you take 30 to 35 dollars and go to your local health food store and purchase some healthy alternatives so that, when a craving comes on, you can go to your fridge and sit down and enjoy the variety of natural snack foods God has created. Have a thankful contented spirit and remember that we have a far greater variety of food available today than any other time in history. Feeling deprived is a ridiculous empty lie of Satan for we are surrounded with the limitless blessings of God.

♦ Raw seed recipes are hard to come by. These are seven of the tastiest and rare seed recipes we could find. You will absolutely love them. They are worth their weight in gold.

♦ -1- Power Protein Mix

The inventor of this recipe is a man who lives as a hermit in the woods of Northern Ontario. At 80 years old he is still active. From his well-educated background in nutrition, he had designed this seed breakfast blend for over 20 years.

1 Tbsp. Flax seeds
2 Tbsp. Sesame seeds
2 Tbsp. Sunflower seeds
1 tsp. Honey
½ banana sliced

Blend dry ingredients in coffee grinder until powdered and remove. Add honey and small amounts of hot water. Mix until desired consistency. Slice banana on top with a sprinkle of Sucanat or honey.

Generally we recommend a fruit breakfast so the body can continue its cleansing process from the night before. But, if you live an active life and find yourself working through lunch, this high-calorie breakfast will sustain you through the day.

♦ -2- Flax Fastlane Fantasy

Sorry Dave! We took your idea and in our opinion—improved on it. You are going to feel like a kid on Christmas eve fighting to get to sleep because of your excitement and expectation of breakfast in the morning.

1 Tbs. flax seeds
1 Tbs. sesame seeds

1 Tbs. sunflower seeds
8 almonds
1 Tbs. pumpkin seeds
1 Tbs. honey
cup raisins
4 Tbs. hot water

Grind all dry ingredients in coffee grinder. You may have to separate the mix into two batches.

Grind raisins or date pieces until soft. Mix all dry ingredients, then add hot water to desired texture. This will thicken in a matter of one to two minutes so don't be afraid to allow it to be a little runny. Almonds can be replaced with just about any nut. Raw cashews are simply heavenly.

You are looking at a good 700 calories which is far less than a typical bacon and eggs breakfast. And this beauty has oils to help emulsify the accumulated havoc that has been wreaked upon your arteries by a heavy, sticky, cholesterol-laden, saturated-fat-filled, colon-clogging, pimple-producing, cancer-encouraging, disease-contributing, brain-dulling, old-fashioned, fat-fried breakfast.

◆ -3-

The Peanut Butter Replacer

The problem with peanuts is that they don't taste very good until they are roasted. Even though natural peanut butter found in your health food store is certainly better than the processed junk sold in supermarkets, the peanuts have been heated, compromising the oil. Peanuts are low in essential fatty acids, and they are a more desirable oil if you "must" fry.

I think we have an excellent dip to rival any peanut butter on the market. It is fast and simple to make, but most importantly, it is raw. The delicate

oils have not been compromised. And, it tastes great on toast.

sesame seeds
honey
a pinch of carob
pinch of cinnamon
tiny pinch of salt

Add sesame seeds to your coffee grinder, which by now is suffering with an identity crisis, and grind seeds to a fine powder. Slowly work in unpasturized honey until desired consistency. Add cinnamon, carob and salt to taste. Sesame seeds can be replaced with sunflower or almond. Your kids will love it. Make fresh every second day.

◆ -4-

Citrus Tahini

1 cup of seeds
1 lemon
cup of water
2 Tbs. of flax
1 tsp. of garlic powder
few drops cider vinegar
1 tsp. of sea salt

Grind sesame seeds into fine powder in your decaffeinated coffee grinder. Add remainder of ingredients and blend well until smooth. This is an excellent dip for veggies.

◆ -5-

Sesame Meatless Balls

(Serves 2)

2 Tbs. sesame seeds
1 chopped green onion
1 tsp. Worcestershire Barbecue Sauce
1 tsp. nutritional yeast

Grind seeds in coffee grinder. Mix the powdered seeds with Engevita Spice Mix to taste. Add finely sliced green onions. Put all ingredients in to a small bowl and knead by hand. Warm in microwave for 1 minute, and serve.

◆ -6-

Kristen's Nifty Nut Buds

2 Tbs. sesame seeds
1/8 cup sucanat
2 Tbs. sunflower seeds
pinch of cinnamon
handful of raisins
pinch of carob

Kristen, the eight year old girl next door, came up with this on her own. It only goes to show that you are never too young to be creative in the kitchen.

Powder seeds in the coffee grinder. Warm raisins by rinsing them under hot water. Mush raisins in coffee grinder. Mix all ingredients in a small bowl and knead by hand. Make ball or logs and roll in Sucanat and carob. Place in freezer 30 min. This is great fun for kids.

◆ -7-

Choclo-nut-milk

cup sesame seeds
2 cups water
squirt vanilla extract
1 tsp. carob
2 Tbs. Sucanat
tsp. honey
pinch cinnamon

Put 1/2 cup of seeds in the grinder. Then transfer to the blender, and add a small amount of water. The mixture will turn into a thick paste. Let

the blender run for 3-5 minutes. If the mixture becomes too thick add more water. Add a little more water and let the blender run for a few more minutes. Then add the rest of the water. Add other ingredients, strain and chill before serving. Dates and raisins also work well.

◆ -8-

Flaxtastic Dressing

1/4 cup flax seed oil
tsp. chives
1/4 cup salsa
tsp. basil
1/2 cup Engevita yeast
pinch sea salt
1/4 cooking onion

Blend in food processor or blender.

◆ -9-

Lemoflax Dressing

1/4 cup of flax seed oil
tsp. of fresh chives
juice of 1 fresh lemon
1 tomato

Blend in food processor or blender.

◆ -10-

Yeast Feast Flax Dressing

2 Tbs. flax seed oil
1 tsp. dulse
2 Tbs. cider vinegar
1/2 tsp. garlic
1/4 cup yeast
1/2 tsp. onion
1/2 tsp. sea salt

Pour ingredients over salad and toss vigorously. The simplest and most popular dressing in our family. The flavor will simply astound you, leaving a lasting impression.

◆ **-11-
Lemon Garlic Dressing**

2 Tbs. powdered flax seeds
2 cloves garlic
pinch salt
1/4 cup cider vinegar
1/4 tsp. pepper
1 large tomato
1/2 tsp. celery seed
1 lemon (seeds removed)
1/2 cup water

Place all ingredients in blender and blend until smooth. If you like the taste of garlic, you'll love this dressing on your salad.

◆ **-12-
Mustard Sucanat Dressing**

1/4 cup Sucanat
1 clove garlic
2 Tbs. mustard
tsp. flax seeds
Tbs. chives finely diced
tsp. poppy seeds
1 lemon (remove seeds)
1/4 cup flax oil
Tbs. sesame seeds, powdered

Blend all ingredients until smooth. Buy good-quality, stone-ground mustard from health store.

**-13-
Low-Calorie Tomato Dressing**

3 tomatoes
1/4 onion

1 tsp. of pumpkin seeds
pinch of dill
1/2 tsp. Sweet Basil
pinch of cayenne,
1 garlic clove
1 tsp. of flax seeds
1/4 tsp. ginger

Blend ingredients in food processor. A delicious combination of flavors.

**-14-
Spicy Salad Dressing**

1/4 cup flax seed oil
1/4 cup apple cider vinegar
1 tsp. Dijon mustard
1 tsp. Tamara sauce
3-5 cloves garlic, crushed
1 Tbs. Sweet Basil
1 tsp. maple syrup
1/2 tsp. oregano
1/2 tsp. tarragon
6 drops Tabasco sauce

Blend in blender or food processor. Store leftover dressing in the fridge. This dressing will keep for several days.

◆ -15-

Hot Mexican Salsa

2 tsp. powdered flax seeds
 4 tomatoes
 1 clove garlic
 1/2 small onion
 1/2 Tbs. cider vinegar
 1/4 tsp. Tabasco sauce
 1/8 tsp. ground cayenne pepper
 3-4 Tbs. chopped fresh coriander

Place all ingredients in blender jar. Process briefly until blended but not smooth. Preparation time, 10 min. One hour to chill. Cover and refrigerate.

◆ -16-

Mexican Sesame Dip

2 tsp. powdered sesame seeds
 2 green onions chopped
 1 tsp. cider vinegar,
 1/4 cup salsa sauce
 1/2 tsp. salt-free Spike,
 pinch basil
 2 tsp. Good Tasting Yeast

Powder sesame seeds in seed grinder mix all ingredients together with fork. The sesame seeds and yeast thicken the salsa sauce, allowing it to stick better to your veggies.

◆

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◆ -17-

Heavenly Popcorn Topping

2 Tbs. flax seed oil
 pinch of sea salt
 1 Tbs. Good Tasting Yeast

Blend ingredients in cup and pour over popcorn as you would melted butter. I serve this to my children without their knowing it was not butter. They actually commented on how especially delicious the popcorn seemed to be. In this case, what they didn't know won't hurt them! Do not heat the oil for it is extremely sensitive to heat. Always make fresh and serve immediately.

Happily munch and crunch, free from the damage of trans-fatty acids and free radicals, filling your cells with minerals and B vitamins.

Chapter 12

BETTER THAN BUTTER?

There is no doubt about it! Butter is one of the hardest flavors to imitate. It is impossible to imagine a steaming, hot baked potato without the wonderful taste of butter.

How about popcorn? Drench those soft, freshly popped kernels with that liquid gold. Butter without popcorn? That's like trees without leaves. Sky without blue. Birds without wings. Ocean without water.

Well, you're not going to believe it! After many long hours of experimentation in the kitchen, we have come up with alternatives to butter and margarine that are filled with health and nutrition.

We know what you're thinking, nothing can replace the taste of butter. We feel that not only have we come up with some alternatives to replace butter but that they actually taste better. Before we release the results of our experimentation, let's take a closer look at butter and margarine's real story.

BUTTER

Butter has a concentration of environmental toxins. Cows are high on the food chain. Every toxic chemical present in the environment will be concentrated in butter. Dairy farmers use antibiotics and growth hormones. Often the field the cows graze in have pesticides present. These contaminants find their way into butter.

The continual consumption of small amounts of antibiotics can encourage yeast infections and fungi

such as candida, a modern day plague. Milk is the most disrupting allergen in the modern diet. Milk allergies can increase other allergic reactions. It can cause sugar cravings, tiredness, hypoglycemia and even skin disorders.

Butter is void of nutrients, almost 100% saturated fat, and loaded with color, cholesterol and salt. In all the disadvantages that butter exhibits, one small advantage remains. Because butter is low in essential fatty acids, it does not transform at high temperatures. This makes it stable for frying because the heating will result in very little trans-fatty acids.

Yet, in spite of butter's problems, it is by far a much wiser choice than margarine. Butter does have cholesterol, and when eaten in large quantities can contribute to cardiovascular disease. But let's remember, moderate amounts of cholesterol are far more natural to the body than transformed fatty acids.

MARGARINE

Margarine may advertise that it is free from cholesterol, but there is something even more dangerous that lurks in that benign-looking tub in your refrigerator. Due to the processing and super heating of oils, the natural essential fatty acids that are found in vegetable oil are transformed into a damaging, sticky substance that contributes to heart disease, hardening of the arteries and cancer.

In the *New England Journal of Medicine*, there was published a study in 1990, that reveals conclusive evidence that trans-fatty acids increase cholesterol. It increased low-density lipoprotein (LDL) which contribute to cardiovascular disease. In other words, margarine may be free from cholesterol, but encourages the production of bad cholesterol in the body.

Cooking oils are the most toxic food in the modern day diet. The ingredients in *100% pure corn oil* margarine are about as natural as the plastic container it comes in.

◆ **-1-**
Butter Replacer

1/2 cup cold pressed flax oil
1 tablespoon powdered lecithin
1/2 cup nutritional yeast
salt to taste

Mix and chill.

◆ **-2-**
Flax Seed Butter

2 Tbs. flax seeds
1/2 tsp. honey
2 Tbs. good Tasting Yeast
2 Tbs. water
pinch of salt

Grind flax seeds to a fine powder in coffee grinder. Blend all ingredients together until smooth. Add salt to taste. If you are putting the butter on potatoes or cooked vegetables, you can also add onion powder, garlic powder, Vegit or any seasoning of your choice. Flax butter needs to be eaten fresh because of the delicate essential fatty acids in the flax seeds. The good tasting yeast gives this spread a distinct buttery taste. The flax seeds produce a slightly nutty flavor. We think it tastes better than butter.

◆ **-3-**
Dairy-Free Blue Cheese Spread

2 Tbs. ground lecithin
2 Tbs. water
2 Tbs. yeast
pinch of salt

We could not believe the similarity in flavor to blue cheese. It makes an absolutely delicious spread. Lecithin has tremendous nutritional value. A good source of choline, which produces the neurotransmitter, acetylcholine, that is required for brain nerve function and helps our body emulsify fat. Lecithin contains both essential fatty acids, omega 3 and omega 6. It is also considered an “edible detergent” which breaks down fats into small droplets, similar to a washing machine in the rinse cycle. It helps keep cholesterol soluble and separated from arterial linings. Lecithin is capable of preventing and dissolving gall bladder and kidney stones because of its emulsifying action of fatty substances, which is great, because who wants rocks in their body. Lecithin plays an important role in the thymus gland in its resistance against disease. It is also a part of the membrane PL that is the part of the cells’ bioelectric processes. Lecithin helps in the electrochemical information transfer across the cell membrane.

Yeast is an excellent source of high-quality, absorbable protein, marginal in fat, high in vitamins, minerals and trace minerals.

Chapter 13

FEEL LIKE A NUT?

I went down to the grove of nut trees to look at the new growth in the valley, to see if the vines had budded or the pomegranates were in bloom.

Song of Songs 6: 11

Each nut carries the blueprint of a living monolith that will stretch to the heavens and fill the sky with a canopy of green. Giants that will stand outstretched in worship, bringing glory to a Creator who is not small. When we harvest nuts we gather a blessing of highly concentrated nutrients. Little packages of proteins, oils, vitamins and minerals essential to growth and germination.

Fresh raw nuts in their shells make the best snack food for two reasons. First, the oil will be fresh because of the natural protection of the outer shell. Secondly, cracking open the shell forces you to eat more slowly instead of handfuls of nuts that are improperly chewed and swallowed. You have time to mix this concentrated food with ample saliva, making it much easier on the digestive system. We eat food far too quickly and this is unhealthy, especially with highly concentrated foods. Chewing nuts slowly will help to eliminate the heaviness in the stomach. Mixing nuts with dried fruits increases their digestibility and the combinations of flavors are splendidly delicious.

It is easy to overeat this luxurious treat. Learn to be content with small amounts, unless you are a serious bodybuilder or active.

Peanuts, which are not in the nut family, are 26% protein, compared to 20% lean beef. Snacking

on the variety of raw nuts available to us is far more desirable than the average 4 to 6 billion dollars per year North Americans spend on snack foods. Nuts as a snack food are filling and satisfying, being slower to digest than fruits and vegetables. The high oil content wards off hunger pains for hours.

Do not be beguiled by the flavor of roasted nuts. They may taste delicious, especially when they are coated with salt and monosodium glutamate, but the delicate oils have been transformed into cancer-causing compounds. It will not take long for you to readjust your taste to the delicate, fresh flavor of salt-free, raw nuts. Once you do, you will never go back.

Raw food lends itself well to a disciplined life. When nuts are roasted and salted, they become addictive. In one evening, you can munch down a one pound container without a thought—until you go to bed and your stomach hurts. Yet, when the nuts are raw, a couple of handfuls are completely satisfying and can actually contribute to weightloss.

Unshelled nuts should be purchased and stored in the refrigerator. There are many nut butters sold in health food stores but are completely useless because the nuts have been roasted, exposed to light, air and heat, the three culprits that transform essential oils. Besides, why not make your own nut butter fresh every day? It's simple and easy.

First of all, let us take a look at some individual nuts. *We left ourselves out!*

THE NUTS WE'VE KNOWN AND LOVED

ALMONDS. It is believed that almonds were first cultivated in Morocco. Today, they are grown throughout the entire world. In California, there are 150,000 acres devoted to growing almonds. Almonds have been a mainstay for vegetarians for

hundreds of years. One hundred grams of this delightful nut will yield 18 grams of protein. They are low in starch and are more than 50% unsaturated oil. Almond oil is high in oleic acid and rich in vitamin E, having a sweet aroma and extremely stable because the oil is monounsaturated. It is an excellent skin conditioner and massage oil. Almonds even have a greater effect on the skin when eaten. They also contain linoleic acid and are a good source of phosphorous and iron. One hundred milligrams of almonds contain 5 milligrams of iron compared with 3 milligrams of iron in two eggs. As with all nuts and seeds, almonds are rich in B vitamins. They are also high in calcium—a cup of almonds contains 332 milligrams of calcium.

Raw nut butters and nut milks are fabulously delicious. Almonds are a great alternative for the elderly who find it difficult to digest raw nuts. We are going to provide for you some delectable recipes where you can discover the versatility of nuts, especially almonds.

CAROB. Everybody loves the taste of chocolate. Chocolate pudding, chocolate milk, chocolate pies, chocolate almonds, chocolate bars, chocolate covered ants and the list goes on of the huge number of treats commonly eaten from the cocoa bean. The problem is that cocoa contains caffeine, making it addictive and unhealthy for children who are large consumers of chocolate.

Caffeine is a stimulant. In the bloodstream, it acts as a vascular constrictor which causes the arteries to contract. The excess acid required to break down caffeine increases calcium loss. Caffeine has also been linked to male infertility and birth defects. Research done by Dr. Bruce Aims, from the University of California, discovered a substance called theobromine that is present in cocoa. This substance encourages certain carcinogens to be present in the cell, which can damage DNA. Caffeine increases heart rate and

adrenaline in the bloodstream, forcing the body into wakefulness. The problem is that our body adjusts to the stimulation, causing us to become dependent on caffeine to maintain mental alertness. Cocoa is a common substance that causes allergic reactions. It is also linked to the all-too-common problem of acne amongst teenagers.

How would you like to have the delicious flavor of chocolate without the unhealthy properties of cocoa? To have your cake and eat it too!

Isn't God wonderful? He really spoils us. Like cocoa, carob is bitter and not palatable alone. When mixed with Sucanat or honey or added to nut butters, it becomes a safe healthy alternative. Carob's nick name is St. John's bread because it is suspected of being one of the foods that sustained John the Baptist in the wilderness.

Carob is grown in the Middle East producing a long pod which is ground into powder. It contains a high amount of carbohydrates, calcium, phosphorus, magnesium, silicon, iron and is plentiful in trace minerals. It is also a good source of B vitamins, thiamin riboflavin and niacin. It is approximately 7% protein and has a very small amount of fat. Carob is an excellent source of pectin which makes it a good colon cleanser. Carob flour has been used widely in controlling diarrhea in children during sickness. One tablespoon in a cup of water, a few times a day, will be highly effective. Carob powder and carob products can be found in your local health food store. You can use it in any of our nut butters. Mixed with Sucanat it makes an excellent garnish on fruit salads or breakfast mixtures. Works well in avocado milk-less milkshakes, and nut milks.

CASHEWS. Raw, fresh cashews are a supreme delicacy. As you chew them, they turn into a milky, smooth cream in the mouth. Cashews make an excellent nut milk with a superior flavor and are better for you than milk. They make a great addition to salads. Try to buy whole, raw cashews.

PEANUTS. It looks like a nut, it tastes like a nut and it's called a *pea-nut*, so we listed them here. They are supposed to be in the bean section because peanuts are in the legume family. We have a bean with an identity crisis!

Four out of five North Americans depend on the peanut and its byproducts as a main food source. One pound of peanuts contains more protein than a pound of meat and 2 ½ times the protein of a pound of eggs. In the vegetable kingdom, only soybeans and yeast contain more protein. Peanuts are rich in B complex vitamins, especially niacin. They are plentiful in phosphorus, iron and magnesium. Half the oil in peanuts is unsaturated and half of that again is the essential oil, linoleic acid. Peanut oil is preferable for cooking because of its greater stability. It can withstand temperatures up to 214°F before transforming into transfatty acids.

Name brand peanut butter is filled with salt, sugar, corn syrup, hydrogenated vegetable oils, artificial flavorings, chemical preservatives and synthetic coal tar dyes to give it a healthy color. The food industry seems to have an agenda to make everything unwholesome and addictive. Why couldn't they just leave peanut butter alone. It tastes great by itself. Adding hydrogenated oil to a legume that is already over 50% oil is ludicrous.

Often a health food store will have a peanut butter maker, enabling you to make your own peanut butter on the spot. This is the most nutritious way of having fresh peanut butter. Premade peanut butter should be purchased from the refrigerator of a health food store. Large amounts of oil separation show that the peanut butter is old.

Peanut butter from ground-up peanuts, even in its natural form, is inferior to our home-made nut butters because the peanuts have been heated to deepen the nutty taste. Here is a suggestion that we will be expanding on in the Recipe Section. If your children are nuts about peanut butter, slowly

introduce raw nut butters, mixing them with peanut butter. Quietly increase the percentage of the natural nut butter each day. Before you know it, your children will have switched over to raw nut butter.

If you enjoy the flavor of raw peanuts, which is the best way to consume them, try mixing raw peanuts with raisins or dates, making them a delicious healthy alternative. Never eat deep-fried, salted peanuts commonly sold in stores. Instead, look for peanuts in the shell. Yes, they have been dry roasted, but are better than deep fried peanuts.

WALNUTS. The early Persians and Greeks used walnuts for oil and powdered them to thicken desserts much like the way we use corn starch today. Ninety-five percent of all the walnuts eaten in North America come from—you guessed it, California. When the nuts are ready to be harvested they attach a tree shaker which causes the walnuts to fall from the sky like rain.

Walnuts in the shell are a messy, delicious treat. Raw, unshelled walnuts should be stored in the refrigerator or freezer. They can be broken into fine pieces for baking by rolling them with a rolling pin. Crushed walnuts sprinkled on cooked vegetables or salads are excellent. Some enjoy walnuts in rice or pasta dishes, even using them as garnish in soups.

NUT RECIPES

Finally after many years we have decided to release the highly secret recipes using raw nuts producing spreads, butters, frozen treats, creamy shakes and a trail mix that will allow you to walk across mountains to prove your love. Enjoy them in moderation. We learned through experience that it is easy to overeat these delicious treats.

◆ **-1-**
Almond Butter

almonds
cinnamon
honey
pinch of salt

Almond butter can be made fresh daily in small batches or kept in the refrigerator for up to two weeks.

Add desired amounts of almonds and grind in your coffee grinder. A second batch ground for 2-3 seconds and added to the finely powdered almonds makes a great chunky almond butter. Add honey and mix well with water for desired constancy. Mix in a pinch of salt and cinnamon. Honey can be replaced with cold pressed peanut oil, flax oil or pumpkin oil for a richer butter. This basic recipe can be used for making any nut butters. Experiment to find what is you and your family's favorite nutty flavor. A Champoin juicer makes an excellent almond butter.

◆ **-2-**
Almond Spice Spread

30 almonds
2 tsp. honey
1 tsp. chili powder
1/4 tsp. garlic powder
pinch of salt

Mix all ingredients in two batches in your coffee grinder. Thinly slice a raw sweet potato. Spread soft mixture on top of sweet potato slices and sprinkle with Good Tasting Yeast or top with raisins and sesame seeds. A great junk-food replacer for those late night munches. Also makes a great decorative entree for guests.

◆ **-3-**
Nut's Milk Shake

1/2 cup cashews
2 Tbs. honey
2 1/2 cups water
5 ice cubes
1/2 tsp. vanilla extract

Add a half cup of water to raw cashews and blend until smooth. Add remainder of water and continue blending. Add honey, vanilla and continue blending. Cashews can be replaced by any nut. A tougher nut like almond may have to be strained after blending.

Do not drink too fast or drink more than two glasses as it may cause stomach pains. Caution: avoid nut milk during, and breaking a fast.

◆ **-4-**
Frozen Nutsicle

1 cup water
1 banana
51 almonds
6 dates
1/2 cup raisins
1/4 tsp. cinnamon
1/2 cup Sucanat
or 1/4 honey

Add all dry ingredients and a half cup of water. Blend at high speed for 5 minutes. Add rest of water and banana. Blend one more minute. Pour into popsicle mold and freeze. These nutsicles are the ultimate in kid control.

The kids will clean their room, vacuum the entire house and do all their homework just for one of these treats. This can also be used as a chilled pudding. Slice banana on top and freeze one hour. Stand guard in front of freezer until ready.

◆ -5- Tall Tale Trail Mix

My grandpa used to make a trail mix that would allow him to walk through the mountains without sleep for two weeks solid. His hair grew back, and it gave him the strength of ten men. Bears could smell his trail mix half a mile away. Once, he even had to wrestle a bear almost twice his size. Further into the mountains, a hungry sansquatch came out of the woods trying to steal his famous mix. They ended up becoming friends and sitting down for supper and exchanging tales to the wee hours of the morning.

Trail mixes have a famous tradition amongst backpackers, cyclists, campers and canoeists. The reputation for sustained energy is unrivaled. A couple of handfuls are filling, quick and nutritious. Trail mixes are concentrated foods that make a full meal. They are convenient and can be eaten on the move. The great part about trail mixes is that raw nuts digest better when they are chewed together with dried fruits. Instead of buying someone else's trail mix, create you own, personalized to your taste buds. Here are some suggestions of ingredients you can include in your trail mix.

peanuts	shredded coconut
chopped dates	chopped figs
raisins	currants
dried apricots	dried banana chips
cashews	almonds
sesame seeds	sunflower seeds
filberts	brazil nuts
pumpkin seeds	whole oats
pistachio nuts	dried apple
walnuts	powdered seaweed

◆ -6- Nutty Honey Mustard

1/4 cup raw almonds
2 tsp. mustard
1 Tbs. honey
pinch of cumin
1/2 tsp. garlic powder
1/2 lemon (juiced)
2 tsp. Good Tasting Yeast
pinch of sea salt

Blend almonds in coffee grinder, a small amount at a time. Pour powder into bowl. Add wet ingredients till desired consistency. Add dry ingredients. The traditional flavors of mustard and honey blended with the nutty oils of almonds with a hint of garlic and the zip of lemon overwhelms the senses.

◆ -7- Garlic Ranch Dressing

1/2 cup raw cashews
3 Tbs. chili sauce
2 tsp. Tamara sauce
1 Tbs. honey
1 cup water
1 tsp. mustard
1 tsp. horseradish
1 tsp. garlic powder
1/4 tsp. pepper

Blend cashews with water till creamy. Add remaining ingredients. Blend 1 minute. Let sit in refrigerator 30 minutes. Raw cashews are expensive, but a wonderful treat. Store in the refrigerator to preserve the delicate essential oils. Never use roasted cashews because the oils have been transformed.

◆ -8-

King Almond Spread

2 Tbs. ground almonds
1 tsp. honey
2 Tbs. yeast
pinch of salt
2 Tbs. water

Almonds are considered the “king” of nuts and are 18% protein. Raw almonds are high in omega 9 and omega 6 and low in saturated fats. This spread is absolutely wonderful on baked sweet potatoes or bread.

◆ -9-

Nature's Delight Almond Dressing

Serves 2
1/2 cup raw almonds
1/2 lemon
1/2 cup water
1 Tbs. honey
1/2 tsp. lemon pepper
1 Tbs. chives
1/2 tsp. sweet basil
1 slice ginger
1/2 clove garlic

Blend all ingredients at high speed for 4 minutes. As your mind reels with exquisite sensations of almonds, blended herbs, lemon and ginger, your guests will cry in delight. Wholesome, healthy, natural, full of life. As the not-so-subtle taste sensations explode, don't feel guilty. It's good for you.

◆ -10-

Almond Sky Spice Dip

Serves 2
1/4 cup raw almonds
2 tsp. Worcestershire sauce
1-2 tsp. honey

1/2 tsp. chili powder
2 tsp. Good Tasting Yeast
1 tsp. poppy seeds
1/2 tsp. onion powder
1/8 cup water
pinch black pepper

Blend almonds in coffee grinder, only a small amount at a time. Pour powder into bowl. Add wet ingredients till desired consistency. Add dry ingredients. This favorite little dip will delight your taste buds with this exquisite, nutty spice flavor. Veggie sticks never tasted better. High in essential oils. Prepare just before the meal to insure the integrity of the delicate oils.

◆ -11-

Nutty Honey Mustard

Serves 2
1/4 raw almonds
2 tsp. mustard
1 Tbs. honey
pinch of cumin
1/2 tsp. garlic powder
1/2 lemon, juiced
2 tsp. Good Tasting Yeast
pinch of sea salt

Blend almonds in coffee grinder, a small amount at a time. Pour powder into bowl. Add wet ingredients till desired constancy. Add dry ingredients. The traditional flavors of mustard and honey blended with the nutty oils of almonds with a hint of garlic and the life of lemon juice overwhelms the senses. Smashing ungodly cravings, causing them to flee in terror in the light of this overwhelming and all encompassing orchestration of delight.

Chapter 14

BEAUTY AND THE BEAN

Then Jacob gave Esau some bread and some lentil stew. He ate and drank, and then got up and left. So Esau despised his birthright.

Genesis 25: 34

Legumes have been used throughout the earth for thousands of years. They come in hundreds of shapes, sizes and colors, are versatile and amazingly convenient because they can be dried and stored for years. Soaking beans for a couple of hours brings them back to life, activating enzymes, proteins, minerals and vitamins.

Beans can be eaten raw, sprouted or cooked, ground into flour, curdled into tofu, fermented into soya sauce, tempi and miso. They are excellent in chilies, soups and salads. Beans are high in iron and packed with protein. They are also a rich source of thiamin, riboflavin, niacin, potassium, phosphorus and an excellent source of fiber and complex carbohydrates. They are low in sodium and saturated fats.

Beans have an unhappy reputation of creating an embarrassing byproduct of smelly gas. This gas which consists mainly of nitrogen and carbon dioxide, is the byproduct of bacteria in the intestine breaking down the complex carbohydrates in the beans.

Here is a *flatulence rating* for beans from the highest gas-producing to the least:

1. soybeans
2. pink beans
3. black beans
4. pinto beans
5. small white beans
6. great northern beans
7. baby lima beans
8. chick peas
9. large lima beans
10. black-eyed peas.

Reactions may vary according to intestinal length. As the body becomes accustomed to eating beans, you will find that this problem disappears. A product on the market called *Beno* supplies the digestive enzyme, Alpa-Galactosidase that will help you in the transition. Five drops of *Beno* before a meal of delicious beans, and I can tell you from personal experience, it really works.

Some believe that cooking with ginger or chewing on a peppermint leaf will help alleviate the problem. Another trick is not to cook the beans in the same water you soak them in. Unfortunately, you lose some of the nutrients in the water but your family and friends will thank you!

Eating fruits shortly before or after a meal of starches, such as bread or beans, will cause excessive gas. When simple sugar and starch are digested within 2-4 hours of each other, the starch slows the transit time of fruit in the intestine, causing fermentation and excessive gas.

For a pound of beef, you can buy 6 or 7 lb. of dried beans, equaling approximately 22 lb. of food. That is 22 lb. of highly nutritious, cholesterol-free, fiber-filled food for one pound of toxic beef. For tight budgets, it is the perfect food.

There is no way we could possibly cover the thousands of varieties of legumes on the market today. We will take a closer look at some of the

most popular legumes and the delicious way you can serve this nutritious food. When buying dried legumes, look for bright, uniformly-colored, unbroken beans. Dried beans are capable of being stored in glass containers for up to a year at room temperature.

THE GLOBAL SOYBEAN

For thousands of years, soybeans have been providing the peoples of the orient with an excellent source of high protein food. Only recently has the western world embraced this wonderful yellow bean that is both economical and versatile.

The soybean, in all its different forms, contains more protein than any other vegetable food. Soybeans contain an almost perfect balance of all the essential amino acids, making them a valuable protein for all functions of the body. They are an excellent source of iron, calcium, phosphorus, magnesium and B vitamins. Soybeans are the best source of lecithin which has been found to reduce cholesterol levels in the bloodstream. It is also a great source of the essential oil, linolenic acid and a good source of vitamin E.

Here are some of the many products that have been made from the humble soybean.

TOFU. Tofu has been used for over 2,000 years in the Asian world and recently has exploded as a health food craze in North America. Tofu can replace meat in any application. It is easy to digest, making it excellent for babies or the elderly. Cooked soybeans have a digestibility rate of 68%, whereas tofu is 95% digestible. It has all the nutritional qualities of raw soybeans. You can purchase tofu in soft, regular, or firm cakes. Firm is best and the most versatile. It has a higher nutritional value because of a lower water content.

Fresh tofu will have a slightly sweet smell and taste. Older tofu will begin to have a vinegary smell and flavor. It can be purchased in bulk in oriental food markets where it is often made fresh the night before. The most common tofu is in plastic tubs, packed in water. Look for the date stamped on the package to ensure freshness. Some health food stores are now carrying vacuum sealed tofu which has a much longer shelf life. There are some varieties of flavored and spiced tofu that are wonderful in salads and soups.

Once tofu is opened, it should be stored in water and the water should be changed every day. Eat within a week. You can freeze tofu to retain freshness and nutritive value. Freezing tofu can be beneficial if desiring a firmer cake. As it thaws, much of its water content separates.

You can achieve varying degrees of firmness by pressing the excess water from tofu. Simply cut tofu into quarters and place on a flat surface, slanting it slightly for the excess water to run off. Place a plate with 2-5 lb. of weight on tofu slices for 20 minutes to 1 hour. A well-pressed slice of tofu will be firm, allowing you the same versatility as a sirloin steak.

For dips, spreads, sauce puddings and pies, you can blend tofu into a white creamy texture. Slight blending will result in a cottage cheese-like texture. Tofu adapts to just about any flavor, making it an easy food to prepare. It can be boiled and served just as it is.

Marinating tofu is an excellent way of adding flavor and color. It takes on the flavors quickly and is best marinated in small cubes.

We are going to provide for you some excellent recipes to start you on the *tofu path*.

SOY SAUCE. In China, Soya Sauce is like wine-making in France. Whole soybeans are fermented up to two years in cedar vats, giving it that deep full flavor. Soy sauce is high in salt and should be

purchased in health food stores to avoid coloring, additives and preservatives. It also can be used to marinate tofu. Try immersing firm tofu slices in soy sauce mixed with garlic powder for 20 minutes before serving. Excellent for seasoning soups, vegetables, salad dressings and rice.

MISO. This fermented soybean paste is famous for the presence of bacteria and enzymes which are excellent for digestion. It can be used for stews and can be mixed into dips. Miso, as with soy sauce, has the drawback of being very high in salt. Use sparingly.

SOY MILK. Soy milk is as high in protein as cow's milk but lower in fat and absent in cholesterol. Can be purchased in an instant, dried, or concentrated form. Bottle feeding infants soy milk is more preferable to cow's milk which is difficult to digest, resulting in mucus and allergies.

SOY FLOUR. Soy flour is made from ground, dried soybeans and is highly nutritious and filled with protein.

In 1955, Dr. Clive M. McCay, a top nutritionist of the Department of Nutrition at Cornell University, was greatly concerned about the poor nutritional quality in the average bread being consumed in America. He went to work and devised a highly nutritious bread using full-fat soy flour and whole wheat flour. He printed a small leaflet instruction as to how to make this wondrous new bread that came to be known as *Triple Rich*. It became popular and was being adopted by bakeries, schools and even mental hospitals. Everything was going fine until the Food and Drug Administration stepped in and declared that McCay's *Triple Rich Bread* could not be called or sold as bread. This resulted in the bread disappearing from bakers' counters across North America. Replacing a half cup of wheat flour with soy flour in any bread

recipe will greatly increase its nutritious quality and give it a distinct delicious taste. Store soy flour in the refrigerator or freezer to keep the oils fresh.

SOYBEAN OIL. Soybeans are only 18% oil, making their oil yield very low. Cold-pressed unrefined soybean oil is of the highest quality and delicious in flavor. An excellent source of omega 3 and omega 6 essential fatty acids, omega 9, lecithin, phytosterols and many other natural properties that help fight against various cancers. As with all oil, only purchase cold-pressed that has been kept in the refrigerator and is packaged in a dark bottle.

TVP (TEXTURED VEGETABLE PROTEIN).

This product is designed to imitate meat. It is made from 100% soy flour with all oil extracted. In a 43 gram serving, containing 120 calories, there are 21 grams of protein. This makes TVP almost 50% protein. We recommend TVP only as a transition from meat products. Replace in stews and soups and your family will never know the difference. It can be marinated in the same sauces you would use for meat, taking on its flavors.

There is simply no need for massive concentrations of protein for health. Keep in mind that TVP is a processed food. If you are eating a healthy nutritious diet high in fruits and vegetables, with small amounts of concentrated foods, there is no need to supplement your diet with protein. A high protein diet will only increase aging.

SOY SPROUTS. This is by far the best way of eating soybeans. These little bundles of nutrition come alive with enzymes, converting carbohydrates into simple sugars, allowing them to be more digestible.

BEAN GUIDE

BLACK BEANS. Popular in South and Central America. They are jet black on the outside and cooking will cause a black discoloration of the water. Black beans are an excellent addition to rice dishes. Cook rice and beans separately. They are high in iron.

BLACK-EYED PEAS. They are a creamy white bean with a dark black spot. Brought over from Africa by the slave traders, this little bean has become common fare in the Southern States and a popular southern cuisine. A delicious addition to rice. Black-eyed peas with onion, garlic and tomato sauce is a delectable dish.

BROAD BEANS. These beans grow in Manitoba, Canada and range in color from white to brown. They may have a slightly bitter taste.

CHICK PEAS. Commonly called garbanzo beans. This is a meaty, sweet bean that has been used for thousands of years in the Mediterranean area. They are delicious in salsa, casseroles and soups. When blended into a smooth paste, they produce the Middle Eastern specialties, humus and falafel. We encourage you to taste these delicate peas. Especially good for sprouting.

KIDNEY BEANS. These delicious red beans are the most famous of all legumes, being the main ingredient in chili. We will be giving you a meatless, greaseless chili recipe later on in this chapter. If you ever decide to visit New Orleans, you will probably be served a bowl of kidney beans and rice which has become a traditional lunch on Mondays.

LENTILS. One can only picture Esau coming home, famished, after days of hunting, smelling the full-bodied aroma of lentil stew. It became the most expensive pot of stew that was ever made.

In the legume family, lentils are second highest in protein, only to be bettered by soybeans. They do not need to be presoaked and can be cooked in 45 minutes. Lentils come in a variety of colors, green being the most common. They make an excellent soup and can be pureed into lentil patties. A popular food in the Middle East. They can be sprouted in 2 days, becoming crisp and sweet. A great addition to salads.

LIMA BEANS. Lima beans come in two sizes, baby or butter beans. If at all possible, choose the smaller type because the larger butter beans lose their skin during cooking. Lima beans are grown in California and Ontario. They are remarkable in vegetable casseroles and soups.

MUNG BEANS. These are the most commonly used beans for sprouting, and are found in most grocery stores. They can also be cooked in soups or ground into flour.

PINTO BEANS. These are in the kidney bean family and have a speckled color. They are an excellent replacement of kidney beans in chilies.

SPLIT PEAS. These come in the familiar green and yellow color. The whole pea is dried, their skins removed and they are split in half. They are wonderful in soups and do not need to be soaked before cooking. Split pea soup is one of our family's favorite dishes.

WHITE BEANS. There is a number of varieties and can all be used in soups, casseroles and stews.

WHOLE PEAS. A dry pea that can be used the same as fresh peas.

LEGUME COOKING CHART		
Legume	Short Soak Time	Cooking Time
Adzuki beans	1 hour	30-40 minutes
Black-eyed beans	1 hour	45-60 minutes
Borlotti beans	1 hour	75-90 minutes
Butter beans	1 hour	60-90 minutes
Cannelli	1 hour	60-90 minutes
Chick peas	2 hours	60-90 minutes
Haricot beans	1 hour	60 minutes
Lentils	none	30 minutes
Red kidney beans	1 hour	75-90 minutes
Soybeans	1 hour	2-4 hours
Split peas	1 hour	30 minutes

BEAN AND TOFU RECIPES

It is so easy to slip into making these types of meals the majority of your food intake. Once again, we would like to encourage you to make the highest percentage of your diet raw fresh fruits and vegetables—not concentrated protein foods. As you become more sensitive, you will find these foods to be heavy and slightly mucus-forming.

God has created these foods to be a blessing especially in parts of the world where they do not enjoy the freedom of such fresh bounty. Concentrated foods are essential to the survival of impoverished peoples around the world. At present, we live in a land flowing with milk and

honey where every fruit and vegetable and countless forms of food are available. There will come a time when this will not be so. It is good to learn to be satisfied and content with a simple diet. We will find that the body will respond with greater health when we learn to eat less, and eat more simply. Enjoy these thirteen wonderful recipes to the fullest.

A TIP. Never add salt to the water you are going to cook the beans in for it will cause the beans to be tough.

◆ -1- Tofu Tid Bits

1 lb. tofu
1 tsp. honey
3 Tbs. soya sauce
1 tsp. tarragon
1/2 tsp. onion powder
1/2 tsp. garlic powder

Mix garlic, onion and honey in soya sauce. Cut tofu into small 1/2 inch cubes. Marinate in refrigerator for 1 hour. Drain, marinate well and mix in tarragon and yeast until cubes are coated. Gently brown tofu and serve. This is excellent by itself or in vegetable salads.

Let's talk about frying. All oil used in frying is destroyed. But if you must fry, use oils with the least amount of essential fatty acids and the greatest amount of saturated and monounsaturated fatty acids. Add sulfur rich garlic and onion to lessen free radical damage that is caused during frying and only use the amount needed to prevent food from sticking.

Here is a list in order of the oils least damaged by high temperatures.

1. butter
2. tropical fats
3. peanut oil
4. sesame oil
5. canola oil
6. olive oil

◆ **-2-**
Tofu Burgers

1 lb. soft tofu
tofu burger mix

Follow directions on the box. Bake or use a tiny amount of butter for browning.

There are many tofu mixtures you can buy that are excellent in quality and taste which can be purchased at your local health food store. Tofu Scrambler is another example of a delicious product that allows tofu to taste like scrambled eggs. The kids will love it.

A LITTLE REMINDER

It is so easy to make these types of meals the majority of your food intake. Once again, we would like to encourage you to make the highest percentage of your diet raw fresh fruits and vegetables—not concentrated protein foods. As you become more sensitive, you will find these foods to be heavy and slightly mucus-forming. God has created these foods to be a blessing especially in parts of the world where they do not enjoy the freedom of our fresh bounty. Concentrated foods are essential to the survival of impoverished peoples around the world. At present, we live in a land flowing with milk and honey where every fruit and vegetable and countless forms of food are available. There will come a time when this will

not be so. It is good to learn to be satisfied and content with a simple diet. We will find that our bodies will respond with greater health when we learn to eat less and more simply. Enjoy your food to the fullest, but be content.

◆ **-3-**
Tofu Onion Dip

Makes 1 1/2 cups

1 lb. soft tofu
1/4 cup flax oil
1/2 cup water
2 Tbs. lemon juice
1 Tbs. cider vinegar
Tbs. onion flakes
1 tsp. Vegit
tsp. sea salt
1 tsp. Good Tasting Yeast

Combine liquid ingredients and blend. Add a small amount of tofu while blender is running until mixture is creamy smooth. Blend in dry ingredients. Let stand in refrigerator 1 hour and serve.

◆ **-4-**
Tofu Horseradish Dip

makes 1 1/2 cups

1 lb. soft tofu
1/4 cup flax oil
1/2 cup water
3 Tbs. horseradish
2 Tbs. lemon juice
Tbs. onion flakes
pinch of cumin
tsp. sea salt
pinch of ginger

Combine liquid ingredients and blend. Add a small amount of tofu while blender is running. Mix until creamy smooth. Blend in dry ingredients. Let stand in refrigerator 1 hour and serve. This dip can be thickened by adding a few tablespoons of ground nuts. Salsa sauce can also be mixed into blended tofu for a quick dip.

◆ **-5-**
Tofu Popsicles

1 cup soft tofu
1/2 cup soy milk
1/2 cup Sucanat
1/4 cup carob powder
2 tsp. vanilla
1/4 tsp. cinnamon

Blend all ingredients until silky smooth. Freeze in your favorite popsicle molds. Try blending in banana, raisins or dates. This can also be eaten as a delicious pudding.

◆ **-6-**
Tofu Tamari

1 block firm tofu
1/2 cup Tamari sauce
tsp. garlic powder

Peel back top of tofu. Pour off water. Slice tofu in container. Add Tamari sauce and garlic powder. Cover with plastic and let sit overnight. May be eaten cold or with salads. Great as a side dish or heated under the grill. Eat in moderation—super salty.

◆ **-7-**
TVP Meatless Meat

1 cup water

1/2 cup TVP
3 Tbs. Tamari sauce
1/2 tsp. garlic powder

Soak textured vegetable protein (TVP) in water, Tamari sauce and garlic mixture for 30 minutes. Add to stews, soups or broths. Tastes so much like meat it is hard to tell the difference. TVP can be purchased in three different sizes representing hamburger to bigger meat chunks. TVP is 50% protein with almost zero fat. TVP is quick to make and versatile because it soaks up whatever flavor it is marinated in. Stews and soups with TVP will store longer than meat mixtures because there is no fat to ferment.

◆ **-8-**
Corn Bean Salad

Serves 2

3 corn on the cob

Dressing

1 medium tomato, diced
1/4 tsp. vegetable seasoning
1 celery, diced
sprig, fresh parsley
1/4 cup chopped green onion
1 tsp. honey or fructose
1 box of alfalfa sprouts
3 Tbs. cider vinegar
1/2 cup cooked beans
1 Tbs. Tamari soy sauce

Slice corn from 3 cobs. Mix dressing ingredients in blender. Pour dressing over corn salad mixture and toss. Chill and serve.

◆ -9-

Vegetable Bean Soup

Serves 4

16 cups water
1/3 cup long grain brown rice
1/2 cup dried kidney beans
2 cloves garlic, chopped
2-3 tomatoes, cut in wedges
1 tsp. oregano
1 onion
1 tsp. basil
2 sweet potatoes
1/4 cup parsley
1 carrot
1/8 tsp. celery seeds
1 zucchini
1/4 tsp. marjoram
1/4 lb. cabbage (Savoy is best)

Place beans in pot with 2 quarts of water. Bring to boil, remove from heat and let stand for one hour. Pour off water and add 3 cups of water. Cook for 30 minutes. Add cooked vegetables except tomatoes and seasoning and simmer for 20 minutes. Chop peeled sweet potatoes in large chunks. Add tomatoes in last 10 min. of cooking.

◆ -10-

Lentil Soup

Serves 4

5 cups water
1 sweet potato, chopped
1 cup uncooked lentils
2 onions, chopped
1/4 cup barley
2 Tbs. parsley flakes
2 carrots, sliced

1 celery stalk, chopped
2 tsp. cumin

Combine all ingredients in soup pot and simmer until the lentils are soft, about 1 hour.

◆ -11-

Cream Pea Soup

Serves 20

12 cups water
1 onion
5 carrots
1 tsp. sweet basil
1/2 tsp. cayenne pepper (optional)
1 cup simulated chicken base
1/4 cup Sucanat
2 cups dried split peas
5 garlic cloves
1 tsp. oregano
1/4 cup soy sauce

Cook all ingredients in large pot for 2 hours or until split peas are soft. In stages, blend till creamy the entire soup. This will make a thick, green, sweet, hardy, delicious, filling, satisfying, full meal. Will keep in the refrigerator for one week.

◆ -12-

Scotch Broth

2 cups red lentils
6 carrot
3 onions
5 medium red potatoes
1 tsp. salt
12 cups water
1/2 med. turnip
1/2 tsp. pepper
1/2 cup parsley
2 garlic cloves

Presoak lentils 1 hour then boil in 3 cups of water. Pour off water. Grate carrots, turnip and finely chop potatoes, parsley, garlic, onion and add to boiling water. Cooks in about 1 ½ hours. This red lentil soup broth was handed down from generation to generation. Growing up in Scotland, I looked forward to coming in from the cold and damp to warm up by the fire with a bowl brimming with Scotch Broth from his dad's soup pot. So good, it warmed the soul.

◆ -13-

Seven Layer Casserole

8 Servings

- 1 cup string beans
- 1 cup cooked kidney beans
- 1 cup diced green pepper
- 1 cup frozen corn
- 1 cup diced onions
- 1 large clove garlic, minced
- 2 cups tomato sauce
- 1/2 cup water

Using a large casserole dish, layer string beans, onion, peppers, corn and peas. Pour in 1/2 cup of water. Mix garlic with tomato sauce. Pour tomato sauce over the layers, then cover and bake at 350 degrees for one hour. Uncover and continue to cook for thirty minutes longer.

◆ -14-

Garbanzo Puree

Makes 2 cups

- 3 cups cooked garbanzo beans
- 1/2 tsp. ground cumin
- 1 Tbs. lemon juice
- 1 Tbs. parsley flakes

- 1/4 tsp. basil
- 1 tsp. onion powder
- 1/4 tsp. garlic powder
- 1 Tbs. honey

Puree the beans and mix all ingredients together in the food processor. Add water for desired consistency.

If you have been eating mostly fruit and vegetables or have recently fasted, bean and lentil stews will cause the sinuses to clog with mucus. The more you eat cooked food, the more you crave cooked food, and the less you want to eat raw food. After eating heavy portions of cooked foods, it will take a few days to recondition the taste buds to enjoying raw food.

Chapter 15

A GRAIN OF TRUTH

Take wheat and barley, beans and lentils, millet and spelt; put them in a storage jar and use them to make bread for yourself. You are to eat it during the 390 days you lie on your side.

Ezekiel 4:9

Crackers, shredded wheat, shake and bake, hot dog buns, pretzels, bran flakes, donuts, pop tarts, muffins, pies, macaroni, spaghetti, stuffing, noodles, croutons, pizza, puffed wheat, rice cakes, puffed rice, corn chips, scones, bagels, burritos, pita, tacos, pancakes, oatmeal, whole wheat flour, granola, biscuits, popcorn, corn starch and the list goes on. We welcome you to the world of grains.

The impact grain has on the North American diet is nothing short of massive. One walk through your grocery store will reveal the high percentage of shelving space surrendered to this source of nutrition. The question that needs to be answered is whether or not it is healthy to have the majority of our diet consisting of grains, especially wheat products.

The average American diet consists of 150 lb. of grain products per year, making it a large percentage of our diet. Through greater education in nutrition, most people are now aware of how useless and destructive white flour products are to health. Whole wheat bread is growing in popularity. When parents decide to switch to 100% whole wheat bread with its healthy brown color, they feel good about making a positive move in eating more healthily. They have been led to believe that *100% Whole Wheat* is exactly what it says, flour produced from a complete kernel of

wheat, nothing added, nothing taken away. They believe that wheat is filled with nutrition, complex carbohydrates, vitamins, minerals and a good source of protein and fiber to maintain a healthy bowel. Nothing could be further from the truth!

PROCESSED TO DEATH

Wheat was a common part of people's lives during the time of Christ. We can picture the Israelites sowing seeds in the fields, reaching into their pouches to throw kernels of wheat onto the cultivated soils. The soil would then be lightly brushed to cover the seed with a thin layer of earth. At harvest time, with the swinging of a sickle, the wheat was bound in sheaves and carted to the threshing floor, a large circular area of hard ground often 100 feet in diameter. Because of the law of God, unmuzzled oxen would be led onto the threshing floor to trample out the grain. After this process was complete, the winnowing would begin. Evening was the best time, just as pictured in the Book of Ruth, with a soft, warm breeze blowing. With a broad shovel, the grain would be thrown into the wind, the chaff blowing away, leaving behind the precious kernels of wheat.

When flour was needed for bread, two Israelite women would sit down on the dusty ground with a small mill, two feet in diameter between them. This mill would be a simple construction of two circular stones, one on top of the other. The top stone would have a hole where the grain would be poured. The women would grasp the handle and turn it, grinding fresh flour for the evening meal. If there were time, leaven would be used in the baking, but was often left out, producing heavy, unleavened bread that is still baked in the Middle East today.

Wheat, barley and spelt were used in the flours that made this important mainstay. *Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty (John 6:35).* They understood

what He meant, a source of nourishment, health and blessing.

TODAY'S HI-TECH WHEAT

We now enter into a sterile environment where men and women in bright white lab coats manipulate the genetic codes of wheat so that it may be able to grow in impoverished soil filled with pesticides and chemicals. These new *Super Grains* must be resistant to disease. Natural wheat would be too weak and malnourished to withstand the plagues of nature that haunt mass production. The wheat is then harvested and taken to the mill where the germ is separated because its delicate oil would cause the flour to taste rancid. Synthetic vitamins and minerals are added to the bread, making up for the loss of the germ, the most nutritious part of the wheat. If it is whole wheat, it is ground to a fine talcum powder through many rollers. The finer the flour the better the bread is able to have a soft, spongy texture that the consumer has grown to love and demand. In many cases, extra gluten is added with other preservatives and additives to enhance texture and preserve the bread's appearance of freshness. Color is added to give *Whole Wheat* that dark nutritious look. Unsuspectingly, you are eating mostly white flour, a substance so refined that a diet of it will kill laboratory rats in less than 60 days.

Talcum powder does not work well with the way God has created the colon. When we eat stone ground wheat or any grain for that matter, the particles have sharp, rough edges which help sweep the colon wall. When wheat is ground to such a fine texture the particles are round and stick to one another, becoming deadly in the bowel. A sticky goo that impacts itself on the side of the colon wall, creating irritation and possible colon cancer.

Canadians have the highest rate of colon cancer in the world.

GLUTEN GLUTTONS

The word *gluten* comes from the Greek word *glue*. Gluten is commonly used in adhesives. It is a strong protein molecule that has an elastic quality which makes it excellent for the purpose of making *high bread*. Gluten allows dough to trap carbon dioxide that is produced as a byproduct in the fermentation of yeast.

The best wheat for bread is grown in Canada, producing the highest amount of gluten in the grain. Gluten is also added to most breads to increase its elastic quality.

Mucus is a response to an irritant in the body. Because of gluten's rubber-like quality, it is an extremely difficult protein to digest and break down. Celiac Disease is a complete intolerance to gluten. The only treatment is to completely remove gluten from their diet, then they could fully return to health and vigor.

A gluten-free diet has helped people with multiple sclerosis, schizophrenia, rheumatoid arthritis, regional enteritis and autism. There does not seem to be any known scientific understanding of why removing gluten from the diet can cause complete recovery from these crippling diseases. The fact is, the proof is in the gluten-free pudding. Dr. R. Shatin of Alford Hospital, in Melbourne, Australia, suggests that in the case of celiac disease, damage is caused in the small intestine and to the de-myelination of the nerve sheaths from the intolerance to gluten. He sees a pattern in the high rate of multiple sclerosis in Canada, Scotland and Western Ireland. All consume Canadian hard wheat, which has the highest amount of gluten-content of any wheat in the world. In comparison, Africans, who primarily eat millet and less wheat, have a very low occurrence of multiple sclerosis.

In 1974, Mrs. Hughes who suffered with multiple sclerosis, removed gluten from her diet.

There was dramatic improvement. She became free from her wheelchair, walking normally. Witnessing such dramatic changes in Mrs. Hughes' health caused a stir amongst the Multiple Sclerosis Society.

Research on gluten is still shrouded with questions, but there are strong patterns that have begun to surface. Gluten is not a direct poison to the lining of the bowel, so why it causes such trouble is still a mystery. It is theorized that it may stimulate an immunological reaction of defense to rid the colon of an irritant. Gluten is a large sticky molecule that is acid-forming that many find difficult to digest.

According to Carolee Bateson-Kosh, an expert in food allergies, drawing from her 25 years of experience, she states *Milk and wheat are the two most common allergic foods...* With the exception of milk, whole wheat bread is considered to be the most mucus-forming food on earth. All foods which contain wheat, barely, rye, oats or buckwheat contain gluten, unless stated to be gluten-free. Rice, millet, corn, spelt, soy flour and wheat germ are examples of some grains and grain products that are gluten-free.

THE COMPLEX CARBOHYDRATE SCANDAL

In 1992, Health and Welfare Canada issued Canada's Food Guide to Healthy Eating. It was a beautifully illustrated diagram of the four food groups, represented by a four layered multicolored rainbow. The highest and largest layer represented grain products such as white pasta, white pancakes, white rice, white bread, white bagels, a tiny bran muffin, and at the very bottom of the rainbow, two loaves of brown bread. The second layer of the rainbow is fruits and vegetables. The third layer is milk products and lastly is the meats and alternatives. The food guide recommends 5-12 servings of grain per day, the equivalent of 12 slices of bread. In the vegetable and fruit section, 5-10

servings of fruit or vegetables are recommended. A half cup of juice was considered one serving. In other words, 12 slices of highly concentrated food and 2 to 5 cups of high-water-content fruit juice would be considered a perfectly balanced diet. The *guide* elevates grain products, especially white flour, to the king position of all foods. The only pot at the end of this rainbow is the one you sit on when suffering with constipation.

Why elevate a sticky, non-nutritious, gluten-filled, allergy-causing product to being the main dietary component for Canadians. It is largely to do with a complete misunderstanding of complex carbohydrates.

Let us unveil some simple mysteries to make complex carbohydrates simple to understand.

Whole wheat bread is believed to be a superior form of energy because like most starches, it is slow in breaking down into glucose, the pure energy the body uses. This is untrue with bread, especially with white flour, because of the milling and heating of bread. The breakdown of complex carbohydrates into simple sugars begins in chewing, through the amylase released in the saliva. Whole wheat bread whacks the bloodstream with glucose more quickly than white sugar, raisins, orange juice, bananas, or apples. For most, this information will come as a complete shock, yet to a diabetic, *blood glucose response* information is essential to their survival.

Fruit is one of the finest foods for releasing the fuel the body needs gradually, without resulting in the all-too-familiar crash that comes after a glucose high.

BEATING A DEAD HORSE

If you eat a diet high in bread and cooked grains, your pancreas is probably three times its normal size. Cooked concentrated food forces the pancreas to produce enzymes that are completely deficient in a cooked-food diet. Bread is one of the hardest foods to digest. It offers no help in the form of

enzymes, demanding a weary pancreas into overdrive which can result in sickness and disease.

Enzymes are vital to every chemical reaction in the body. When you force the enzymes in your body to concentrate on digesting concentrated, dead food, you are taking them away from other tasks that need to be performed to maintain optimum health.

Being in the health and nutrition field, we rub shoulders with many vegetarians who eat no animal products. We have been surprised to find many of them sickly, pale and suffering from ill health. Should they not be brimming with health, eating a diet free from fatty meats and dairy products? In talking to them, we discovered that they had replaced a high-meat intake with heavy, starchy cooked foods. In our opinion, it would be better for them to go back to eating meat rather than eating such a mucus-forming, high-starch diet. We believe that grain does have a place in a healthy diet, however, the majority of what you eat should be raw, enzyme-filled, easily digestible fruits, vegetables and sprouts.

There are some excellent, high-quality breads on the market today. Our first recommendation is manna bread, a sprouted grain bread that has been slowly baked at a low temperature. It is absolutely fabulous in flavor with a cake-like taste and texture. Its natural sweetness comes from the breaking down of complex carbohydrates and gluten into simple sugars. Stone ground rye breads such as pumpernickel are also excellent. Amaranth, millet and more uncommon grain breads can be found at your local health food store. Hopefully, these high quality breads will begin to make their way into grocery stores as people become more educated. Making your own flours fresh in small batches and baking your own bread is the best, but do not fall into the trap of overeating even the good quality breads.

Bread is a funny thing. It sneaks up on your diet, and before you know it, it is a major part. It would

be fine if we were living 2,000 years ago, burning large amounts of calories because of an active lifestyle. Men and women's hands were callused, and they needed these solid rich foods to sustain them through a long day's work. Fruit is more suited to the calories you burn driving a car. Much more suited than a ham on rye. Eating concentrated foods without physical activity will result in eroded health.

The mucus-forming effect of grain can be reduced by chewing it well and not mixing it with sugars or fruits.

It is best to reduce or remove bread and grains in the diet if you have a health problem. Bread or any grain interferes with the healing process. If you avoid bread for a few weeks, then eat it, the sinuses stuff up within minutes. It will then take up to 24 hours for the sinuses to clear. This sinus-clogging effect occurs only after fasting or living for a time on a raw food diet.

OTHER GRAINS

AMARANTH. Until recently, amaranth became a lost grain, along with the ancient Aztec civilization. The Aztecs attributed amaranth with mystical qualities and believed this precious seed to have had the ability to empower super-human strength. The women would crush the seeds, adding honey and human blood, kneading into a reddish dough that was baked in the shape of birds and snakes. This perverse delicacy was eaten in a religious rite to encourage faith and strength. Christian missionaries burned every square inch of cultivated amaranth in response to this pagan practice. Christian troops were ordered to cut off the hands of anyone found with a single seed of amaranth in their possession. When we have a relationship with religion instead of God, love is destroyed by intolerance.

Amaranth has been discovered to be one of the most nutritious of all grains. This tiny yellow seed is packed with lysine, the amino acid that controls protein absorption in the body. Similar to quinoa, the protein's biological value is almost perfect. It is extremely high in vitamins and minerals. Three and a half ounces of amaranth contains more calcium than a glass of milk, and a half cup contains less than 16 calories. This makes amaranth a rare grain that can be enjoyed by those who are determined to lose weight. It is sold exclusively in health food stores and is relatively inexpensive. Amaranth has a toasted sesame seed flavor and is delicious as a creamy breakfast cereal.

BARLEY. Before man grew wheat or rye, barley was cultivated and used for food. Barley is a wonderfully adaptable grain that grows from the arctic circle right down to the tropics. It is also able to grow under the worst soil conditions where most grains would not do well. Barley is sold in two forms. Pot barley, which is also called whole barley, is the grain without its outer shell. It is brown in color, having a sweet, nutty, chewy texture. Pot barley should always be soaked before cooking. Pearl barley has a white color because the husks and bran have been removed, allowing it to cook faster. Pearl barley is the equivalent of white flour. The aleurone and embryo are washed away, leaving only the endosperm, the least nutritious part of the grain. For this reason, we recommend you use whole, hulled barley. It is easy to distinguish from common pearl barley because of its brownish gray color. Its high fiber content requires that it be soaked overnight. Whole, hulled barley is a good source of protein, fiber and niacin, and also contains calcium, magnesium, phosphorus and potassium. It is chewier and a little more expensive, but it will be well worth the switch. You will quickly adapt to its wholesome natural texture.

BUCKWHEAT. It is actually in the fruit family. It originated in Central Asia and is now grown and eaten in many parts of the world. Buckwheat is a versatile little plant that is able to thrive in poor soil conditions, even surviving through drought, flood, and frost. This hardiness allows farmers to grow this crop with little or no chemicals. The seeds are harvested from buckwheat flowers. It is a rich source of protein (11%), containing all eight amino acids. Its protein is considered to be a higher biological value than soybeans. Buckwheat is low in fat (2%), only half the calories of barley. It is high in iron and a good source of B vitamins. Buckwheat cannot be used successfully in producing bread or other baked goods, but is excellent in making pancakes. A traditional meal of buckwheat is called grouts, which is cooked like rice in water until soft and fluffy. You can eat them as a breakfast cereal. Buckwheat can be purchased in two forms, *whole white* or the familiar *brown roasted*, commonly called kasha. The flavors of the two are as different as night and day. When roasted, it takes on a nut-like flavor and burnt aroma. On the other hand, white buckwheat, when naturally derived, has a delicious delicate flavor somewhat like rice. For the best health value we recommend unroasted buckwheat.

BULGAR. This is a wheat that has been steamed and dried. Originating in the Middle East, it became a staple across the entire world. Needing very little or no cooking, it can be simply presoaked and sprinkled over salads. Bulgar should be stored in airtight containers in the refrigerator. Two and one half cups of water are needed to cook one cup of bulgar. It will absorb moisture like rice, taking 20-25 minutes of cooking time.

CORN. The American soils have supplied nutrients for this tall grain-bearing stalk for thousands of years. It is a truly, American grain. The Indians call it maize. Columbus, on returning

home, crammed this wonderful treasure into the cargo hold of his ship and presented it to his king and queen. It was placed on the level of the great spices from the Orient because of its nutty sweet taste. In Central America, corn grew like forests across the valleys and hills. The stalks were so dense with cobs that, to the explorers and missionaries, they became like an unpenetratable stone wall. If there had been an opening to get through, you didn't enter. It was considered suicide to walk through an Aztec field of corn because they were protected like gold.

So much can be done with these simple yellow seeds—cornmeal, corn flour, corn on the cob, popcorn, grits, corn bread and tortilla. The early American settlers who came to Plymouth Rock survived through those harsh winters, thanks to the corn that was supplied them by the Indians.

It is predicted that, during the 21st century, two-thirds of the entire earth's population will live on a diet derived from corn. It is a complex carbohydrate with the potential of feeding the entire world. The versatile cornmeal is milled from the dried corn kernel. It is made up of the rough hull covering two layers of hard and soft starch deposits. In the center of this package is the germ, a rich treasure of nutritional oil and high-quality protein. Our modern day process of producing cornmeal destroys nutrients by removing the germ entirely and breaking down the fibrous hull. Stone ground cornmeal is the natural alternative. Corn is packed with potassium, magnesium, thiamin, riboflavin and niacin.

The health value we give to corn is dependent on how it is eaten. The best value for health is to simply husk it and eat it raw. Raw corn is at the top of the grain list. Raw corn is filled with essential fatty acids, enzymes and insoluble fiber for colon care. It is creamy sweet, and if picked fresh, a wonderful delight. When I suggested to my children to eat raw corn, they stuck their noses up. So I decided to experiment. I put a cooked cob and

a raw cob before them for supper. In trying both, they never wanted cooked corn again. When my children are out playing with their friends and get hungry, they come in, open the fridge, grab a corn, husk it and run out to eat it while playing. Their friends find it a little strange, but it is a convenient filling meal, free from dirty dishes and the need to cook on a hot summer day. It also saves on the cost of butter.

The famous tradition of *grits* is a mainstay south of the Mason-Dixon line in the Southern States. Invented by the Indians, dried kernels were crushed into a rough flour. A course mixture of dried grits can be boiled and eaten like hot porridge. Another method was to soak hulled, dried corn in a mixture of water and wood ashes for a day. The kernels would puff up, bursting the hulls, resulting in a delicious flavor that tasted nothing like corn. It was eaten daily by Indian warriors for strength and endurance.

Always buy stone ground grits, insuring the inclusion of fiber and germ. Store in the refrigerator or freezer. It can be cooked in oven for 10 to 20 minutes, then boiled in water.

MILLET. Considered to be the most ancient of all grains. The tablets of Fan Shen-Chiu Shu, written 2,800 BC, declared millet to be one of China's five sacred crops. It was also cultivated in India during the same period. Discovered by archeologists, these tiny seeds were found in ancient pottery. Throughout the continent of Africa, millet grows wild like crab grass. In Africa, India and China, millet is a daily staple. Millet is high in vitamins, minerals, and rich in phosphorus, calcium, iron, niacin and riboflavin. A cup of cooked millet contains only 90 calories. It can be found in health food stores and some grocery stores. When purchased in bulk, it is extremely cheap. Look for a bright, golden color with no aroma. Can be stored for one year on the shelf. When cooking millet, it

is recommended to presoak and cook like rice for 20 minutes.

OATS. I can remember as a boy visiting my Grandmother. Every morning I would be greeted with a piping hot bowl of oatmeal for breakfast. I don't know how she did it, but Grandma knew how to make the perfect bowl of porridge. Because of the necessity of oatmeal during the depression and the first and second World Wars, oatmeal has become an American tradition. A high quality, inexpensive filling and nutritious food. When asking my Grandfather what he thought of his daily portion of oats, he would simply reply, *it makes me regular*. Eighty-five percent of the oat crop grown in the USA is shamefully used as livestock feed. Not until recently have mainstream nutritionists given the oat the respectability it deserves. Its digestible fiber makes oats an excellent food source in maintaining a healthy clean colon. Oats have the ability to grow in poor soils where wheat and barley would not survive. It was considered a food for the poor and had little respect during Medieval times.

Whole grain oats are filled with seven B vitamins, vitamin E, nine minerals, which include a generous amount of calcium and iron. It is easy to digest and a good source of a higher quality protein than wheat. Because of its soluble fiber, oats help lower cholesterol levels in the blood. Oat bran makes an excellent breakfast cereal, cooking in two minutes. Oats, powdered in a coffee grinder make an excellent natural thickener. Always buy unrefined whole oats. Organic oats can be found in health food stores and are quite cheap. Natural rolled oats will take longer to cook but can be soaked overnight to dramatically decrease cooking time, making oats a convenient, healthy breakfast. Oats contain a natural antioxidant that allows them to be stored for extended periods of time. If oat flour is added to bread, the antioxidant in oat flour will help preserve the bread's freshness.

QUINOA. The Incas crowned quinoa as being the *mother grain*, considering the kernels holy because eating them resulted in long healthy lives. Quinoa grows high in the Andes Mountains where grass cannot exist. The plant is so versatile even the leaves can be used to make a salad. If you have never heard of quinoa before, you are in for a treat. Here again, we find a grain that is not a grain. Even though in cooking, we treat it much like a grain, it is actually from the fruit family.

Quinoa is easily digested, the least mucus-forming and requires the least amount of cooking time of all grains. Quinoa is the food that is most like mother's milk in nutritional properties. A cup of cooked quinoa is equivalent to a quart of milk, in calcium. This is also a more digestible form of calcium. It is about 6% higher in protein than wheat, barley, corn and rice. The quality of this protein is what makes quinoa so exciting. All essential amino acids are present and are considered to be in perfect balance. Quinoa is high in lysine, an essential amino acid that is scarce in the plant kingdom. It is also high in essential sulfur-bearing amino acids, methionine and cystine. Quinoa is an excellent source of phosphorus, vitamin E, several B complex vitamins and iron. Its low gluten content is a disadvantage when trying to make bread, but a great advantage to human health, considering the difficulties in breaking down this tough protein.

You can find organic quinoa at your local health food store. It is only starting to be introduced into mainline supermarkets. Look for a plump, clean, light ivory-colored grain. Once you find a good source of quality quinoa, it will be well worth your time and money, and may become your favorite grain. The darker brown quinoa is grown in California and does not seem to have the quality of flavor as the lighter colored quinoa. Some lower-priced quinoa will have the presence of a brown, powdery residue. Rinse thoroughly before cooking

because this saponin powder has a bitter, soapy flavor, and gives the quinoa a sticky texture.

There are three different varieties of quinoa that vary in flavor, texture and color. The highest quality quinoa is called *altiplano* which is the purest strain and is grown in Bolivia and Peru, 12,500 feet above sea level. The result is a sweet, delicate ivory seed that is more expensive but well worth the cost. The second grade is called *valley variety* which is also mountain-raised, but at 7,000 to 10,000 feet above sea level. This variety is commonly grown in Peru, Ecuador and Columbia. The quality of *valley variety* is not as good as *altiplano* because farming methods can often be primitive. The lower altitude results in a yellower color and is 50 to 60 cents cheaper. The lowest grade quinoa is called *sea level*, describing where it is grown. This results in brownish-colored seeds and tends to be more bitter than mountain-grown quinoa. It may be half the price of high quality quinoa, but the savings are not worth the loss in taste. Always store quinoa in the refrigerator because of its high oil content.

TRITICALE. In 1875, a Scottish botanist by the name of Steven Wilson, had an interesting idea. He took some pollen from a rye plant and dusted the stamen of a wheat stock. This humble experiment resulted in a new hybrid that was sterile and bore no fruit. Discouraged, he gave up the idea and went off to develop a rust-free form of oat. His idea was later adopted in the 1930's by a group of French agroscentists. They coated the plant with a crocus derivative called colchicine which allowed this new hybrid to finally bare fruit. From the 1930's to modern day, millions of dollars have been spent on trying to develop a field-hardy, usable triticale which is believed will solve world hunger. According to the University of Manitoba, triticale has a greater health effect than combining soybeans and yogurt together. Triticale is higher in protein than wheat and rye, containing a higher-quality

amino acid balance than its parents. It is twice as high in lysine as wheat. Can be purchased in health food stores and has a similar appearance to wheat. Because it is a non-oily grain, it may be stored in the cupboard. It is a hard grain and takes 40 to 50 minutes of cooking time.

GRAIN RECIPES

Grain in moderation is jam-packed with nutrition and for many countries who do not have a continuous source of fresh fruits and vegetables, grain becomes their main staple. Grain is sustaining and is excellent in supplying the calories needed for hard physical work.

For most North Americans, walking to the car or pushing the buttons on the TV converter is considered hard work. If you do not exercise and eat large portions of highly-concentrated food it forms mucus that clogs up the system, reducing vitality, clear-thinking and health. As you probably realized by now, we are not a big fan of highly-concentrated foods, especially of making them a largest part of your diet. Try to eat less grain products, many people have experienced an increase in health by cutting down the amount of grain in their diet.

Out of the tens of thousands of grain recipes from all over the world from every culture, tribe, nation these are six of the very best.

◆ -1- Curry Dish

Can use oatmeal, quinoa, or rice

Serves 2

2 cups of water
1 onion
1 cup of oatmeal
1 red pepper
1/2 tsp. curry

1 celery, thinly sliced
1/2 tsp. of salt-free Spike

Cook grain, then add spice and vegetables 5 minutes before finished cooking. Make curried quinoa or rice in the same way.

◆ **-2-**
Porridge Perfecto

1 cup oats
2 cups water
pinch sea salt
1/2 cup Thompson's raisins
pinch cinnamon
sprinkle of Sucanat

Soak whole natural oats overnight. Cook for 5 minutes or until desired consistency. If you forget to presoak your oats, cook them for 25 minutes. The key to unburned perfect porridge is a thick heavy iron pot and keeping the stove on the lowest setting. After boiling, cover with a tight fitting lid. Cook raisins, dates or any dried fruit or sliced apples with oats to soften them. You can add a mixture of powdered sesame or sunflower seeds, mixed with Sucanat. Oatmeal is a good health breakfast that will stay with you throughout the day. It has a light flavor that will not be overbearing to sleepy taste buds. Pennies per serving, it is a healthy alternative to Captain Crunch or Fruit Loops which is much more expensive and far less nutritious.

◆ ◆ ◆
◆ **-3-**
Fabulous Flat Jacks

2 cups stone ground whole wheat flour
3 tsp. baking soda
1/2 tsp. salt
1 Tbs. molasses
1/4 cup Sucanat
1 tsp. vanilla

Mix all dry ingredients together in a bowl. Mix in water to desired consistency. The thicker the batter the higher the pancake. Fry in non-stick pan until golden brown.

◆ **-4-**
Lumpless Oat Bran

1 1/4 cups oat bran
5 cups water
pinch sea salt
1 apple, sliced
pinch cinnamon
sprinkle, Sucanat
handful Thompson's raisins

There is a trick to producing a creamy lump-free oat bran. Once you have achieved this skill, you will produce a breakfast that is unparalleled in flavor and health. Allow water to come to a brisk boil, add oat bran slowly while whisking vigorously. Stir continuously at low heat. Then let stand for five minutes. If you have a lumpy mass, you can redeem yourself by throwing it into a food processor for 30 seconds. Your family will never know the difference. This breakfast cereal is filled

with digestible fiber which has recently been discovered to lower blood cholesterol while increasing regularity. My daughter came up with the idea of adding slices of apple to her oat bran and she loves it.

◆ -5-

Quinoa Fun Fruit Dessert

Serves 3

1 cup quinoa
4 or 5 chopped dates
2 cups grape juice
1/2 cup of raisins

Cook mixture together. Serve hot or cold. Sliced frozen banana can be added just before serving.

◆ -6-

Veggie Pita

pita bread
various veggies

In whole wheat pita bread place sprouts, avocado slices, onions, lettuce and tomatoes. Use avocado dressing of salsa sauce to cover the veggie mixture. Keep napkins handy, it's a mess to eat but a delicious one.

RICE WORLD

The simplicity and ease of cooking with rice make it a great addition to a heavier, more sustaining meal. If your day is hectic and the pressure is on with hungry mouths to feed, rice is a perfect solution. Two cups of rice, thrown into 5 cups of water, can simmer in a covered pot needing no stirring or attention. Come back in about an

hour and you have a pot full of hardy, filling, carbohydrate-packed food. Rice can be dressed up with any vegetable, seasoning or used as a bed for tomato sauces or cooked vegetables. Rice, purchased in bulk, can be as low as 30 cents per pound. A 10 lb. bag of rice in the cupboard is a great cache of food in difficult financial times.

When canoeing for a week in the interior of Algonquin Park, we always brought 4-5 lb. of long grain brown rice. At night we soaked some rice to cut the cooking time in half. The problem is that soaking rice is a perfect invitation for a visiting bear. We solved this problem by throwing a rope over a high limb and hoisting the pot 10 feet in the air. In the morning, we would lower our treasure and cook a meal that would sustain us through rigorous canoeing, hiking and exploring God's beautiful creation. It seems that when the pot blew in those cool night breezes, it added a certain flavor and mystique to our morning meal. A bowl of rice as the sun comes up, sitting by a crackling campfire, seemed to take on the flavors of an environment untouched by man.

Many think of rice as being a Chinese food. Not any more! It has become a part of America's diet and has grown in popularity over the last 25 years and is eaten all over the world. It is not ranked as being the most nutritious of grains, but it has been essential to many culture's survival. In some parts of the world, rice consumption ranges up to 300 lb. per person a year. A pound of rice delivers four times the food energy as the same serving of potatoes or pasta. One cup of uncooked rice contains 700 calories. It consists of 80% starch making it primarily a carbohydrate. It is also a good source of protein, thiamin, phosphorus and potassium.

There are over 7,000 varieties of rice grown around the world. We are going to look at five of those varieties that we consider most nutritious. Ninety-eight percent of the rice consumed in North America is white rice. The husk, bran and germ

have been stripped away to create a fluffy, white, textured rice that is useless in nutritional value. Brown rice takes a little longer to cook and has a slightly stickier consistency, but the taste buds easily grow accustomed to the delicious nutty flavor.

Long Grain Brown Rice. A rice that is high in fiber and takes about 50 minutes to completely cook. As with all brown rice, it can be soaked beforehand to reduce the cooking time to 20 minutes.

Medium Grain Brown Rice. These types of rice are shorter and more plump and have a high degree of amylopectin starch. This rice is most commonly used for stuffing vegetables, like peppers. It is excellent for soups and because of its starch is able to thicken broth.

Short Grain Brown Rice. This rice is as plump as it is long and rich in amylopectin starch, making it considerably stickier. It is considered the most nutritious of all rice and is also great for stuffing.

Basmati, Texmati and Aromatic. The best Basmati rice with its famous aromatic smell comes from India and Pakistan. The California variety is less expensive but lacks the full-bodied flavor of the Indian Basmati. Always rinse thoroughly, releasing some of its starchy residue and allowing it to be less sticky when cooked.

The Texas Texmati, California's Calmati, Wehani and Dela rice are all popular American varieties which have strong aromas and unique flavors when cooked. Experiment with some of these wonderful types of rice and you will discover a favorite.

WILD RICE. Hundreds of years ago, in the swamps and back waters around the Great Lakes Regions, it would be a familiar sight to find two

native American women in a canoe harvesting wild rice. One would sit in the stern, maneuvering the canoe through the tall grasses. The other would bend the green stems of the wild rice over the canoe, shaking them to release the seeds into the bottom. As the sun would set, painting brilliant hues of red across a darkened blue sky, the women would paddle home laden with their cargo. The native Americans harvested without harm or stress in an environment that supplied all their needs. The food industry has caught on to a vast market, hungry for this nutty tasting, aquatic seed. Canoes were useless and expensive. Natural rice patties only produced a yield of 50 lb. per acre which was unacceptable for profit. Through flooding and draining, using chemical fertilizers, installing barriers for birds, deer and muskrat, and using huge combine harvesters, modern cultivation resulted in massive destruction of marshes and wetlands. We encourage you to look for natural, Indian-harvested wild rice which will be indicated on the package.

Natural wild rice can be pricy, but is well worth the money. It is a good source of phosphorus, magnesium, potassium, zinc, thiamin, riboflavin and niacin. A perfect filling meal for those who are reducing calories. One cup of cooked, wild rice contains only 130 calories. One cup of wild rice needs 3 cups of water, taking up to an hour to become tender and ready to eat.

We have given you a rice cooking chart to help you achieve perfect texture that can be difficult with whole grain rice.

RICE RECIPES

Rice gives you a ticket to a world of creativity. It can be cooked in orange juice, carrot juice, beet juice, apple juice or tomato juice. You can throw in finely diced vegetables and the rice will absorb the nutrients that leach into the water, adapting its mild nutty flavor to different savory hues. You can add

mushrooms, green peppers, onions, garlic, raisins, simulated chicken base, tofu scrambler, basil, curry, chili, hot peppers, celery, tomatoes, radish, ginger, peas, beans, fennel, zucchini, carob, honey, walnuts, sesame seeds, sunflower seeds, almond slivers, vanilla extract or whatever your imagination comes up with. Here are a few examples of some of the more popular rice dishes that we have made. But again, we encourage you to have fun and be creative.

◆ -1- Spicy Rice

Serves 2

1 cup rice
2/3 cup salsa sauce
2 cups water
1 chopped cooking onion
1/2 tsp. curry powder
1/2 cup mushrooms
1/2 cup diced bokchow

Cook rice, onions, bokchow and mushrooms together. When rice starts to dry out, add salsa. Stir and serve. Simple, convenient, cheap and far more nutritious than white flour dinners such as macaroni, spaghetti, or pop tarts.

◆ -2- Fragrance of India

1 cup Basmati rice
4 cups water
1 tsp. curry
pinch sea salt

Wash rice thoroughly under tap, removing starch. Soak rice in cold water for 30 minutes, then drain. Bring water to boil and stir in rice, simmering for 5 minutes, drain off water and add

curry and salt. Let rice stand for 5 minutes and fluff gently with fork. Yields 3 cups of cooked rice.

That wonderful aroma that is so familiar with Basmati is due to the natural chemical 2-acetyl-1-pyrroline that is found in all rices, but is found in higher concentrations in Basmati.

◆ -3- Rice Summer Salad

Servings 6-8

4 cups cooked, short grain, brown rice
1/2 cup cider or wine vinegar
1 green pepper, chopped
1/4 tsp. mustard powder
2 stalks celery, chopped
1 large tomato, chopped
6 green onions, finely chopped
1 tsp. tarragon
1 small zucchini, chopped
1-5 Tbs. diced pimiento
1 cup cooked green peas
1/4 cup chopped parsley

Serve plain as a main dish, or piled on lettuce leaves and garnished with tomatoes and watercress. Preparation time is 30 min. with 2 hours to chill.



◆ -4-

Brown Rice Rapture

Serves 6

2 cups long grain brown rice
 5 cups water
 1 Tbs. low salt soy sauce
 2 garlic cloves
 2 Tbs. simulated chicken base
 1/2 tsp. basil
 1 cup fresh or frozen peas
 1/2 tsp. cumin
 2 celery sticks
 pinch pepper

Rinse rice well. Process garlic, onion and celery into fine pieces. Add all ingredients to pot, cover, and simmer until water has been absorbed into rice. Average cooking time is 60 minutes. Let stand for 10 minutes and fluff with fork. Cooking time can be reduced in half by soaking rice overnight.

Little brown rice kernels rise up to the top of the pot as they swell, absorbing the moisture and filling with flavor. A truly rapturous experience for seed and taste bud. Before the rice can be lifted up, it must first face the fire.

Chapter 16

A HAPPY ENDING

For 2,000 years, heaven has been preparing for The Great Banquet. Everyone from Abraham to the Apostle Paul will be present. Foods that have been grown in the soils of heaven, cultivated by the hands of angels, nourished by living waters and God's pure Light. A City whose walls are decorated with precious stones. Streets of transparent gold. Through the center of the Great City there will flow a river from the throne of God. On its bank will grow the Tree Of Life, bearing twelve crops of fruit. Its leaves will be used for the healing of the nations. This is a Banquet fit for kings and queens—and you have been invited to come.

Only one thing remains.

The earth is shrouded in dirty black. A false night. It's dying, choked on sickness and death. Spiritual war has been fought on her shores. The oceans run red with blood. The atmosphere is thick with a vile stench. Eden has fallen. Labor pains shake the mountains, groaning under the weight of God's wrath. The earth cannot take much more. She is spent. The Bride has been made clean. She cries, *come Lord Jesus come!*

God knows how to love. He hungers for His bride, longing to touch her, to walk in the cool of the morning, naked and unashamed, never again to be separated by the craftiness of a serpent. This relationship has been tried by fire. There has been bloodshed. There has been suffering. This union will stand the test of eternity.

He does not come quietly. A passionate Lover rips the sky. The earth crackles with sound. A momentous shift occurs in the atmosphere. A Dragon shrieks in horror. The peoples of the earth run and hide. Could it be? Yes! the moment has come. The sky floods with countless angels. A Holy Vanguard.

I have been so unfaithful! So many failures. Yet how my heart leaps for joy! The trumpet pierces through fear and doubt. I hear my name being called. A hand reaches down pulling me upward. *Well done, good and faithful servant.* I am not one, lost in millions. He sees me. Such passion. I feel like the first Adam. Alone with God. All of Him unto me. I give myself fully. I have been made utterly new. My senses tingle with unimaginable clarity. I feel the universe. He is everywhere. In me. Through me. On me. And before me. Now I can love Him perfectly. Free from an earthly body. Given a perfect body that knows how to love God fully. I am clothed for the wedding supper of the Lamb. Lips that have been recreated for a new fruit. Eyes that can see beyond flesh and blood. Ears that can hear the words of the Spirit. Nostrils that can smell a symphony of aromas, pure and sweet. I can reach out and embrace the universe. An imagination filled with life, sharp with creativity.

He will court you with the finest foods, and smile upon you with the countenance of His love. You will be welcomed to a wedding feast displaying passion for His bride. Each fruit filled with sweet joy. All fine things beautiful and fair have been gathered for this moment. The spiritual joining of Husband and Wife, with the blessings of a Father. Forever, eternally one.

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