

---

## FOODS - A-Z TIMELESS PRINCIPLES

---

**A light diet consisting of vegetables, salads, fresh soups, fish, brown rice, avocado, fruits,** nuts and possibly pulses\*\*\* should be followed, for nutritional value and their alkalizing effects. \*\*See ebook. Take care to avoid anything that causes gas and bloating e.g. avoid too much fruit, too many carbonated drinks, excessive wheat, or too much fruit mixed with other foods. Also most important is portion awareness and chewing of food to help optimize and aid the digestive processes. (You don't need to feel full after each meal these are just habits we assume. \*\*\*See ebook

**Rich or heavy food:** Flour products, spices and alcohol should all be avoided for optimizing the treatment. Also caffeine drinks including chocolate and products with refined 'white' sugar as these foods are all congesting and very harsh on the bodily systems. It is helpful to take Probiotics (good bacterium capsules for digestive health minimum of 30 Billion) these are to help maintain a healthy bacterial balance and support the gut lining if you have been particularly run down or on antibiotics. 'Yeo Valley' plain yogurt would be the best choice of probiotic yogurt and even better are high dose, good quality Probiotic capsules.

**It is often advised:** By Practitioners to have a few of colonics initially for a certain level of cleansing and gut rehabilitation; this will depend on the individual and the conditions present and will be discussed. To achieve the desired improvements some people may initially need one, three or sometimes more treatments. Treatments can be spread over a few months before going into a more settled maintenance program. Maintenance is for the prevention of uncomfortable symptoms and to aid long-term health, these can take place around twice a year but it is by far the best, as clients so often report, taken every three or four months, around the natural cycle of the seasons. Most people seem to know when they need to come again though as you become more in touch with your body's needs.

### **A-Z Health: food and digestive tips:**

**Try the Breakfast recipes:** These provide vital nutrients, gentle roughage and nutritional diversity to help soothe and revitalize the colon, with the gentle roughage - a much preferable alternative to the traditionally recommended bran/ wheat cereals these recipes both stimulate the Intestinal 'friendly bacteria' and promote healthier bowel movements.

**Dairy and 'Good Bacteria':** If you want to take a probiotic yogurts use a Plain Bio-Live one, not Actimel's' etc, or even better take a good quality powder supplement daily at certain times of the year.

**Note:** The chance to regulate, and improve our type of bowel movements are all too easily missed. The natural and optimal time the body will desire a complete movement is in the morning (usually around 7-9pm). If you skip Breakfast and just do not feel either inclined or able to make the time for breakfast you will need to see this as a worthwhile - if not essential health investment - just build up to a regular breakfast by recreating a morning routine. This is highly recommended as over eating later in the day, especially in the evening, usually a result of skipping previous meals, creates sluggish digestion.

**By eating breakfast:** Try by consecutive days to boost the body's metabolism will gently start too kick in and the desire for breakfast will increase as you persist, so too will the desire for decent bowel movements - if enough of the right foods are included in your diet. Note: a piece or two of Fruit in the morning is often not enough to create consistent morning or daily bowel movements \*\*\***see handouts on website**, especially if suffering from chronic constipation as a little gentle bulk is needed. On occasion it is fine to have the odd cup of fresh coffee in the morning or a cup of traditional tea, these are treats, your treat time but remember they often cause other cravings for more. Try Rooibos, Jasmine, Green or White Tea (Jasmine and White tea contain a little caffeine). Eating healthier foods with more regularity, and balance over each day, will increase feelings of wellbeing and motivate you to continue the good work as a general way of life.

**Beat cravings / Break away foods:** Brown rice particular helps mop up therefore eliminate toxins held in the body. Often these toxins are dumped in the GI tract (GI tract meaning Gastro Intestinal, and involving your stomach, small and large Intestine) but can be stored anywhere in your body for long periods of time. Preventative health is the key to good health and all the advised foods we cover and you will find listed in any Alkalizing food list. Helping prevent many uncomfortable symptoms and long-term diseases.

**Protein:** can be eaten with Brown Rice or Quinoa and are ideal with Vegetables. Oily fishes are great sources of protein and the easiest forms of protein to digest. Use any nuts or seeds in moderate helpings and ensure you chew them well, not recommended in cases of Diverticulitis as the seeds and nuts are not always well digested and may cause problems.

**Sardines, Mackerel, Pilchards, Salmon...** using the tinned variety of oily fish in olive oil is often ideal, very handy for the day time and a nice portion size for digestion. White fishes are also great, the fresher and more local the better! Note: Don't overdo Soya products, and remember there is more calcium in a portion of sardines than in a normal helping of milk! Also remember taste buds change as our health changes and so even people that never liked fish start to feel like trying fish and making new discoveries. Taste buds can change!

**Natural Plant Oils, Avocados and Oily fish:** We trained Nutritionist know natural 'unprocessed' fats/oils are not fattening, so maybe you didn't realize you can eat fats and not get fat, just eat the right fats! Plant oils and butters, fish oils and avocados are all excellent sources of **EFA 'Essential fatty Acids'** - with many medicinal properties supporting hormones, brain function, muscles, joints and cellular and organ tissue. Provided these foods/oils have been stored properly and manufacturing has been kept minimal, as should be the case with these natural products. Certainly the wrong fats are bad for you such as the 'hydrogenated fats' but these are nothing like these EFA 'good fats'. Less obvious 'bad fats' though are other food products mistakenly brands 'low fat' diet foods or 'low cholesterol' healthy margarine spread. These are the end result of a good fat turned into a highly damaged product due to the manufacturing process. (Excessive heat treatment creates 'Hydrogenated fat' no matter what oil it started out as). The vast range of synthetic 'diet foods' are the worst of all, with no natural oils/fat in but instead many synthetic bulking agents, sugars and sweeteners.

**Whole foods and cold-pressed oils:** are by far the healthiest oils / fats because they have not been heat-treated, damaged nor misleadingly labelled. Forget all these confusing 'diet' labels and go for simple whole food products that your body naturally recognizes. Keeping it simple and natural is a large part of the success of healthy eating! Avoid margarines and go for traditional butter, you will naturally eat less of these natural oils as they are tastier, richer in nutrients and much more sustaining throughout the day. Try cold-pressed oils such as Flax for salads and on brown rice, whilst using 'virgin' olive oil for stir-fries or salads dressings etc. And always use traditional butter for toast or baking. coconut oil is now being used recently for many medicinal and weight loss purposes and, of course, don't forget our trusted avocado's with all its natural healing properties - these naturally oil foods prevent cravings and fat/fluid retention

**If you find restrictions too hard try the '5 day rest approach' clean eats 3 out of 4 days** e.g. if you want wheat e.g. breads, cereals, pasta dishes, biscuits, chips etc or alcohol, red meats and spicy dishes then after a day or so or however long your 'blip' is -usually most build up of these heavier foods takes place around 4 or 5 days - give yourself 'a 5 day rest' from these foods. Use the simple cleansing foods (as outlined previously) for 5 consecutive days after excessively heavy foods or feelings of congestion, this allows the body to clear the more congesting foods out of the body and deal with any possible immune intolerance that these foods may have caused. If food intolerances are suspected usually a 4 - 6 week break from the offending foods are necessary.

### **Simple foods, wonderful effects!**

- **Vegetables, Salads - no need to get too fussy here! But yes organic, seasonal and the green colors are all best.**

- **Brown Rice - helps rehabilitate the colon, super for mopping up toxins and assisting healthy bowel movements**

- **Fruit - in moderate helpings, dependent on individual and digestive problems. Eat fruit away from heavy foods.**

**\* All the above mentioned foods are interchangeable for breakfast, lunches and dinner foods, and in their adaptation from winter warmers to summer refreshers.**

. . . . .

# A-Z Health

Here is my simple quick reference-shopping list – all staple foods for supporting great digestion.

**Fruits:** kiwis (a super fruit, easy to digest). Apples (best peeled), peaches, nectarines and pears usually suit most people. Other fruits such as: bananas, melon, are good to go. Try the various seasonal berries - frozen are okay. You can stew these as you can apple, citrus and grapes. Tropical fruits should be eaten more occasionally - these are quite strong, may aggravate certain conditions, as can most fruits can to some degree.

**My healthy tip:** fruit is great but use moderately.

Salad: rocket, watercress; all variety of lettuce, chard, radish, mange touts, asparagus and avocado.

**My healthy tip:** I often question tomato, peppers, sometimes onions and certainly mushrooms for many of my clients' health problems.

Oils: (Virgin) olive oil for salads. (Cold-pressed) for heating. Flax, carotene oil and butter.

Vegetables: carrot, leafy greens, broccoli, peas, green beans, cauliflower, beetroot, kale and sprouts.

**My healthy tip:** if it's green it's good, the darker the better.

Proteins: all oily fish – in olive oil tinned is fine, and all varieties of white fish.

**My healthy tip:** Try a squeeze of fresh lemon/lime (avoid concentrates) a sprinkle of sea salt and fresh herbs to taste. Avoid too much tuna - opt for mackerel, sardine, pilchard, and salmon. Peas, beans, pulses, humus and avocado are all excellent protein sources.

Grains: brown rice, quinoa, pearl barley and oats. (Always thoroughly rinse thoroughly as per packet instructions). Grains will help replace overly starchy, and high in gluten, carbohydrates.

Natural sweet foods: Many of us have a sweet tooth so visit your local health food store, or Waitrose who stock many varieties of 'St. Dalfour' jam, or 'Super Jam', both of which contain only natural fruit pectin, no refined sugar or artificial sweeteners.

**My healthy tip:** Try some organic/non-sulphured dried fruits, e.g.: fig, apricot, dates, raisin, banana, papaya and mango – all soaked as per instructions. These can all be used if a patient does not suffer from Candida. Locally grown honey or 'Manuka' are the best to use. 100 per cent maple syrup is great. Soaking any dried fruit in adequate water will create delicious sweet syrup to add to plain yogurt for a healthy desert.

**Dairy:** 'Yeo Valley' or similar plain yogurt. Traditional butter or cream (not fat-free). Add your own selection of fruits ((fresh or frozen), or 'St. Dalfour' jam into a plain yogurt rather than buying flavoured 'Bio-Live yogurts.

Healthy tip: British cheeses *are the best* in the world so good quality cheese is a real treat. Avoid processed cheese. When buying plain yogurt be insistent and demand the *genuine* Greek yogurt, which is far superior to the brands simply having 'Greek' on the label.

**Condiments:** pink Himalayan salt, sea salt flakes such as 'Maldon'. Try 'Herbamare' for a super taste experience. Garden fresh or dried herbs, black cayenne pepper.

Healthy tip: I *never* use table salt as a condiment. Ugh!

**Drinks:** 1.5 – 2 liters water daily. Additional beverages: natural homemade or fresh juices. 'Rooibos' Red Bush – an antioxidant caffeine free tea – or other herbal teas including Jasmine or Green Tea, also containing little caffeine. Occasional fresh coffee or breakfast tea can be taken.

Healthy tip: Any excess caffeine or alcohol should be offset by taking increased water before, and *most certainly* after consumption. Tap water in the UK well exceeds every standard set by the European Water Commission, so I never waste money on bottled water for basic cooking.

.....

### Simple quick reference shop list.

**Fruits:** Kiwis (The Super fruit), Apples, Nectarines, Pears ... Bananas

Salads: rocket, watercress, lambs lettuce, chard, radishes, lettuce, avocado, mange tout.

**Oils:** Cold pressed Flax oil, olive oil for salads and grains. Those sensitive to eczema avoid rice bran oil. **Fats for heating:** olive oil, butter. coconut

**Vegetables:** leafy greens, carrots, broccoli, peas, green beans.

**Proteins:** oily fish in olive oil (tinned), fresh white fish.

**Grains:** brown rice, quinoa, pearl barley, oats (Jumbo or milled).

**Dairy:** Organic plain bio-live yogurt, organic full fat (not fat free!) butter or creams.

**Snacks:** 'Nairn' organic oat cakes, rice cakes, corn cakes, plain packed tortilla chips.

**Condiments:** Himalayan salt, sea salt, \*Herbamare, fresh herbs or natural spices, black pepper.

**Treats:** Occasional good quality red wine or \*Lindt dark chocolate. Pick quality in a treat.

**Drinks:** 1 1/2 – 2 litres water daily, organic juices, 'Rooibos', or other herbal teas. (Occasional Fresh Coffee or tea os fine in the morning).

**Snacks:** 'Nairn' oatcakes, rice cakes crumbled on a bowlful of brown rice and nourishing flax oil. All manner of organic health snacks and sweet bars e.g 'Sunita' brand honey and sesame bars. 'Oskri' coconut bars, hemp bars (carob or plain) are stocked in supermarkets and health food stores to try as a treat or to crumble on a comforting bowl of brown rice with flax oil or similar.. **Treats:** Good quality rose, red or white wine, or vodka and cranberry. Premier brand chocolate such as 'Lindt' is by far the best dark chocolate for quality, a packet of sea-salted or cracked pepper crisps such as the 'Kettle' brand, along with the snacks mentioned above.