

Overview

This eating plan was written by Dr. Robert Greenburg in conjunction with the Quantitative Fluid Assessments.

Changing our lifestyles, particularly the way we eat, what we eat, and how much we eat is vitally important to our health levels. No matter what health challenges you are dealing with, you will find this information informative, and if applied, very useful in optimum health.

From Me to You

Welcome to our office. We are looking forward to working with you to help you achieve your health care goals. As our client, you are very important to us. We are committed to providing you with educational materials and information that can help you to make informed decisions about your health and well-being. You will be taking a very active role in your health care. The information and feedback that you provide us will enable us to successfully meet your special health care needs and concerns. Your concerns are also very important to us. There is no such thing as a silly question. If anything concerns you, please call. It often helps if you write down all of your questions on a piece of paper and have them handy at our next time of contact. The more informed and knowledgeable our clients are, the greater are their levels of success in achieving their health care goals.

Depending upon the state of your health, one or several different forms of treatment may be recommended. These may include vitamins, minerals, homeopathics, specific nutrition programs or lifestyle modification programs that encourage you to exercise or help you to reduce stress. Because every client's body and state of health or dis-ease are different, recommended programs will vary in duration from person to person. Some clients who have been caring for their health for years may need only occasional evaluations, while others who have been experiencing illness or imbalance for years may require a longer treatment program. The length of your treatment program is dependent upon several factors. These may include: (1) The nature of your specific health condition. (2) Your compliance with recommended protocols. (3) Your abilities to follow through and to make recommended changes in your diet. (4) Regular exercise. (5) Stress management. (6) Your attitude about your health and the ability for your body to repair and heal itself.

Our office will be helping you to set realistic goals that will be helping you to naturally ease into renewed levels of health and vitality. If you have any specific questions regarding your recommended program, please let us know. We will be happy to be of assistance.

I am looking forward to the opportunity to work with you and am honored to be part of unleashing the healing that is already in your body.

Health and Happiness,

Benjamin D. Tiller, N.D.

When You Have Chosen To Do This Program

Congratulations on your decision to choose a new state of health and wellness. Change is not always easy. It often requires time, commitment, and dedication. Your current state of health has probably been the result of many years of diverse and interacting activities and factors that have been taking place within your body. True wellness and health does not come merely from wishful thinking, complaining, or taking synthetic drugs that temporarily mask your ailments. It comes from changing and modifying your lifestyle. Without a true lifestyle change, which may involve such activities as changing your diet, learning to reduce or manage your stress more effectively, or changing the way that you think, the best results that you may achieve may only be temporary, transitory, and unfortunately, fleeting. In order to help you make these important and unique lifestyle changes that will promote lasting change, please follow the instructions below:

Take the recommended protocol supplements. In order for you to attain maximal benefit from your remedies, follow dosage recommendations carefully.

Follow the new dietary modification program precisely. While eating a simple and healthy diet is essential in correcting your metabolic imbalance, it can be boring at times. The extent of the restrictions to your diet are only temporary and we will introduce you to a much greater abundance of food selections as quickly as possible. Some very toxic foods and beverages, however, may need to be eliminated completely from your normal lifestyle. Giving up temporary gratifications can be hard, but the positive and healthy results that you will derive will last you a lifetime.

Keep a positive and open attitude. Research has shown that our emotions and attitudes are extremely important, whether they are healing a cold or cancer. Try to view your new lifestyle as a journey, a journey to a state of health and wellness that you never even knew was possible. Try to smile more often, take in more deep breaths, make time to relax and slow down and watch your health soar to new heights. You need to know and understand that your body can heal itself, as it was divinely created to do so. You are finally on the path to long-lasting and enjoyable wellness and vitality.

Gastrointestinal System – A Brief Overview

In order to heal or restore your body, it is important to make some very important nutritional changes. These alterations in your diet will be helping your body to cleanse away toxins, heal damaged or compromised tissues, restore normal functioning of your vital gastrointestinal mucosa and enzymes and facilitate the action of the nutritional supplements, homeopathic, etc., that have been recommended for you. Your understanding, willingness, and commitment to make these changes will be important keys in helping you to create health and well-being.

In order to achieve these healthy changes, it can be very helpful to take a closer look at how your body is designed and how it functions. Understanding some of the profound and miraculous changes that occur within your body can help you to deepen your overall understanding of your health and your unique health care needs. These understandings can also help you to better comprehend particular treatment protocols recommended. Research has proven that patients who take an active role in their health care get positive results much more quickly and easily.

Your gastrointestinal tract is a very important part of your body. It is responsible for harnessing energy that enables you to grow, to heal, to restore, and to live. Its many functions include digesting foods, absorbing nutrients, assimilating nutrients, and transporting waste products through and out of your body. The integrity of your gastrointestinal system plays a primary role in maintaining and sustaining your body. If any of the vital functions of your GI system are limited or imbalanced in any way, the rest of your body is also compromised. Without the necessary components and nutrients derived from food and its digestion and absorption, health and vitality would not be possible.

There are many factors that can compromise an individual's gastro-intestinal functioning. These include but are not limited to: poor diet, certain medications, food allergies, stress, and lack of breast-milk as an infant. Other factors can include lack of exercise, genetics, certain disease processes, inadequate enzymatic activity, chronic exposure to environmental toxins, and poor water.

The actual process of digestion begins in your mouth. As food is eaten, your teeth and jaws grind the food into smaller fragments. This process is called mastication. While the food is being chewed, it is mixed with digestive enzymes secreted by your salivary glands. These enzymes are responsible for breaking down starches in the foods that you eat. Starches include such foods as grains, breads, and cereals. As you chew or masticate, the larger bites of food become smaller fragments that are more easily broken down by the enzymes. It is for this reason that taking time to chew your food slowly and thoroughly is vital. Swallowing large chunks of food puts more stress on your stomach and other areas of the GI system that must work over-time which wastes energy to break down the food.

The food then moves down a long tube called the esophagus. Sometimes called the "food pipe," the esophagus has wave-like contractions called peristalsis that propel the food toward the stomach. No digestion takes place in the esophagus.

The food then moves into the stomach. Strong contractions by the stomach churn the food. Cells in the walls of the stomach begins secreting digestive enzymes. These enzymes are called hydrochloric acid (HCl), pepsin, and protease. These substances are responsible for breaking down the food into even smaller fragments. The pH of the digestive enzymes are very acidic (1.0 - 3.0). The reason these enzymes are so acidic is to break down complex proteins, such as red meat, chicken and fish, into substances called amino acids. These amino

acids can then be absorbed more easily into your bloodstream. The type of foods that you eat and the integrity of your digestive enzymes determines how long the food remains in your stomach. A piece of fruit, for example, is very easy to digest and may remain in your stomach for only 20-30 minutes. A steak, on the other hand, is a very complex food and may remain in your stomach for several hours. It takes a lot more time, energy, and enzymes for your stomach to break down complex foods.

The food, now called "chyme", then moves out of the stomach and enters the portion of the small intestine called the duodenum. There are three major parts of the small intestine; the duodenum, the jejunum, and the ileum. The first portion of the small intestine, the duodenum, is perhaps the most important part of the small intestine. Within this area many vital absorption processes occur.

Once the acidic "chyme" moves into the duodenum, cells in the walls of the duodenum begin to secrete a mucky substance designed to alkalize the pH of the "chyme". The delicate walls of the small intestine, unlike the stronger walls of the stomach, cannot tolerate acidic enzymes and substances. To protect itself, it secretes the mucus that within a brief period of time raises the pH. It is important to note that stress can inhibit the release of this alkalizing substance. When this occurs frequently, burning, pain, and ulcerations can occur in this area. As the process of alkalizing the "chyme" is occurring, enzymes from the pancreas and liver are also being secreted.

The pancreatic enzymes include amylase, protease, lipase, etc. These are responsible for breaking down complex foods, including fats, proteins, and carbohydrates into their basic elements. The liver produces bile that is stored in your gall bladder. The gall bladder secretes the bile into the small intestine. The bile has a detergent-type action that breaks down the fats into small fat globules to aid in fat digestion. Bile assists in the absorption of the fat-soluble vitamins A, D, E, F, and K and helps to assimilate calcium. Bile also converts beta-carotene to vitamin A. It promotes intestinal peristalsis as well, which helps to prevent constipation.

As the food particles move through the jejunum and ileum, absorption of nutrients, vitamins, and minerals occurs. This absorption process takes place through the walls of the small intestine. Molecules flow through the cell walls and enter the blood stream. Once in the bloodstream, they travel by way of the hepatic portal system to the liver. In the liver nutrients including iron and vitamins A, B12, and D are extracted from the bloodstream and stored for later use. The liver also plays a vital role in fat metabolism, in the synthesis of fatty acids from amino acids and sugars, in the production of lipoproteins, cholesterol, and phospholipids, and in the oxidation of fat to produce energy.

Excess food is converted to fat in the liver, which is then sent to the fatty tissues of the body for storage. The liver also acts as a detoxifier, regulates protein metabolism, and combines toxic substances including metabolic waste, insecticide residues, alcohol, drugs, and chemicals with other substances that are less toxic. These substances are then excreted from the kidneys.

The waste products of the digestive and absorption processes then move into the large intestine. Depending upon the nature of the waste products and the length of time the waste products remain in the large intestine, very little absorption occurs. The primary functions of the large intestine include transport and removal of waste products through the rectum and reabsorption of water.

Cleansing & Acid Elimination Program – Dietary Guidelines For Phase I

The following nutritional guidelines will be helping your body to cleanse away toxins and release acids from your connective tissue. During this time it is important to relieve stress and strain on your digestive system. This will enable it to cleanse and rebuild its vitality and integrity. When your digestive functions optimally, it will be able to digest and absorb the vitamins, minerals, and nutrients that will enhance your overall health and well-being. A stronger digestive system will also support your body in its abilities to release unwanted waste products, acids, and toxins. It is very important to follow these guidelines carefully. The length of time that you will remain on "Phase I" will depend upon the results of your diagnostic tests (or your reports to us).

The foods that you will be preparing and eating during "Phase I" are healthy, basic, and easy to digest. Ninety (90) percent of your diet during "Phase I" will consist of cooked grains, steamed vegetables, and fruit. The remaining ten (10) percent of your dietary intake will consist of small portions of animal protein (fish, chicken, and turkey). If you are presently a vegetarian, then (10) percent of your intake will consist of tofu, vegetables, grain-based meat substitutes, and mild legumes.

Take Time To Eat

It is very important to make time to nourish yourself. If you are busy driving or walking around, your body is too busy and preoccupied to digest your food properly. If you are busy or stressed, it is better to wait and eat when you can focus on what you are doing, which is nourishing yourself. It is also important to avoid eating if you are emotionally upset or over tired. It's best to take some time to relax and then eat lightly, chewing your food well.

Chew Your Food Thoroughly

One of the most important steps that you can take to improve your nutrition is to chew your food slowly and thoroughly. When you chew your food correctly, it enables the food to mix with saliva. This helps your body to digest the food more easily and completely. The process of digestion can be compared to buttoning a coat - if the first button is not done correctly, none of the remaining buttons will line up.

Avoid Foods With Toxic Contents

In order to help your body to cleanse away toxins, heal damaged tissues, and restore normal functioning of your gastrointestinal mucosa and enzymes, it is vitally important to eat foods that offer your body life, energy, and vitality. The healthiest foods are those that are organically grown. This means that they are grown in soil that is free of pesticides, herbicides, and other chemical agents. Such foods generally contain more nutrients because the soil contains higher levels of minerals.

Many processed foods contain additives, preservatives, and toxic residues that are difficult for your body to process. Many components of these "dead" foods cannot be broken down by your body, and instead, build up toxic levels in your tissues. This can create excessive acidity that can interfere with the nutrient and mineral balance of your cells and create congestion in your lymphatic system.

A good rule of thumb is to ask yourself whether the food that you are about to ingest will be offering you life and health or if eating it will be creating more stress and dis-ease in your body. Most of the foods that you eat should not need a label. These foods are whole

grains, vegetables, and fruits. If the labels on the remaining foods that you eat list contents that you cannot pronounce or include toxic contents such as: artificial colors, additives and chemical preservatives, it is wise to avoid them. Your body will thank you.

If you are interested in taking a closer look at the foods that you eat as well as all of the additives, preservatives, and toxins in those foods, be sure to read **Diet For A Poisoned Planet** by David Steinman. (**highly recommended**).

Increase Your Water Intake

It is vitally important to increase your daily water intake to half your body weight in ounces of water (example: 175 pounds - 87.50 ounces of water).

Next to air that you breathe, water is the substance most essential for sustaining life. Water should be distilled or spring bottled in nature (unless you have been counseled to drink alkaline electrolyzed reduced water). The tap water in most communities is filled with so many chemicals and additives, that it is not considered healthy for the human body. It is best to avoid drinking tap water.

If your drinking water which comes from a well or spring, it is wise to have the water tested. Some wells and springs can produce very healthy water. Many, however, have become contaminated by chemicals in the soil from farming practices (fertilizers, herbicides, and fungicides), floods, or industrial waste run-offs affect the water as well.

It is also wise to drink your water at room temperature. Cold water can diminish the production of digestive enzymes in your mouth and alter the pH of your saliva. These factors can interfere with proper digestion.

Increase Your Intake of Vegetables

Most vegetables are alkaline and contain lots of water. Increasing your intake of vegetables will help you to cleanse your body and reduce the acidity of your tissues that have been created by stress and poor foods. It is best to eat a wide variety of vegetables (it is important to avoid eating corn while on this program). Corn and corn products are often difficult to digest and can contain aflatoxins (contaminated with *Aspergillus flavus* - a kind of mold - which farm animals and humans are susceptible to). It is important to eat several large servings of vegetables daily. Because of their healthy alkaline makeup, there is no limit to the amount of vegetables that you should consume each day.

During "Phase I", it is important to eat only vegetables that are steamed, baked, or cooked. Steaming vegetables until they are tender yet still brightly colored (3-10 minutes) enables them to retain high level of nutrients. In comparison, when vegetables are cooked in water, a great deal of their nutrient value is lost into the water. Steamed vegetables are very easy for your body to digest. Raw vegetables, including salads, although filled with nutrients and vitality, can be difficult for a compromised digestive system to breakdown and digest.

Eating raw vegetables can often create gas and bloating conditions. Once your system has become cleansed, strengthened, and revitalized, raw vegetables can be reintroduced slowly during the "maintenance phase or Phase II" of your program. As you digestive mucosa and enzymes become normalized, digesting these healthy foods will become much easier. A cooking guide for steaming vegetables is included in this information below.

When steaming your vegetables, it is best to use glass or stainless steel cookware. Avoid using Teflon or coated cookware. Often the substances used to coat these pans can

contaminate the foods. It is also wise to avoid using a microwave. Many studies have indicated that the microwave process, although convenient, breaks vital chemical bonds in foods. The electro-magnetic radiation that leaks from most microwave ovens during cooking can also be harmful to the body.

Increase Your Intake of Whole Grains

It is important that you eat a **wide variety** of whole grains. Eat four to six servings daily. Whole grains are filled with vitamins, minerals, protein, and fiber that can help you to strengthen and heal your body. During the digestive process, grains are capable of expanding and absorbing fluids and toxins. The outer hull of most grains contains vital trace minerals and roughage that helps your body to eliminate wastes with greater ease and regularity.

When available, it is best to eat grains that are certified organic. Some healthy grains include brown rice (short, medium, or long grain, wild rice, and **basmati**), millet, amaranth, oats, buckwheat, barley, teff, and quinoa. Different types of grains can be combined while cooking. Be creative! A cooking guide for grains is included in this information below.

Eat Ripe Fruit In Season

Because of their high water and nutrient content, fruits are very cleansing and easy to digest. It is best to consume fruits that are ripe and in season (not green, not over-ripe). Eat one to two pieces of fruit each morning. Fruits are best consumed on an empty stomach. Avoid combining them with other foods, particularly animal protein. Because of their acidic nature, avoid citrus fruits such as tomatoes and tomato products, oranges, and grapefruit (lemons may be consumed).

Decrease Your Intake of Animal Products

In order to reduce the excess protein and acidity that has accumulated in your connective tissue, it is important to decrease your intake of animal products. In the book, Diet For A New America, respected author John Robbins lists meats and dairy products as the foods containing the greatest levels of toxic contents. They are also the most difficult foods for the human body to digest. By reducing your intake of these foods, including, meats, milk, and cheese products, you can help your body to relieve lymphatic congestion and reduce its excessive acidity. Fish (particularly deep sea fish such as salmon) and chicken, and turkey (white meat only with no skin) can be eaten several times weekly in **small amounts**. It is important to avoid eating shellfish. The healthiest way to cook these foods is by baking, steaming, or broiling.

If you are presently a vegetarian, **small portions** of tofu or bean curd, vegetable or grain-based meat substitutes and easy-to-digest legumes such as lentils and split peas may be consumed several times each week.

AVOID the Following Foods During Phase 1

- Milk, Eggs, and Cheese
- Meat (red meat, pork and pork products, and processed meats)
- Corn and Corn Products (hard to digest and contain aflatoxins)
- Peanuts and Peanut Butter (contain dangerous aflatoxins)
- Citrus (except lemons)
- Tomatoes and Tomato Products
- Bread and Yeast (avoid all bagels, pastries, rolls, and breads)
- White Flour and White Flour Products (including all pastas)
- Sugar (use small amounts of honey, maple syrup, rice syrup, or black strap molasses)
- Artificial Sweeteners (Splenda, Nutri-sweet, Sweet'N Low, etc...) (You may use Stevia).
- Fermented Products (including vinegar, alcohol, and soy sauce)
- Legumes (except if you are presently a vegetarian)
- Nuts (difficult to digest)
- Tea (use only herbal teas [2-4 cups daily] best taken in the evening)
- Coffee, Alcohol, and Carbonated Beverages

Follow EAT RIGHT FOR YOUR TYPE as much as you can.

For further information on the blood type diet and lifestyle read

EAT RIGHT FOR YOUR TYPE

by Dr. Peter J. D'Adamo with Catherine Whitney

Shopping List During Phase I

A variety of whole grain (organic is best): brown rice (short, medium or long grain, or *basmati*), oats, millet, quinoa, buckwheat, barley, etc. Many health food stores also carry convenient grain mixes with herb packets that cook in 20-45 minutes. Look for such brands as Casbah, Fantastic Foods, and Lundberg.

Packaged cereal (organic is best): oatmeal, cream of brown rice (Erewhon Brown Rice Cream or Arrowhead Mill's Rice & Shine are very tasty), cream of buckwheat (Pocono brand), puffed rice or puffed millet (Many health food stores carry healthy organic cereals without added sugar or preservatives. Be sure to read the labels!!

A variety of fresh vegetables (organic is best): sweet potatoes or yams, broccoli, cauliflower, carrots, onion, green beans, squash, zucchini, green or red peppers, etc. Sea vegetables such as kombu can also be eaten. If fresh vegetables are unavailable, purchase frozen vegetables without additives or preservatives. (When shopping in a health food store, look for such organic brands as Cascadian Farms or Sno-Pac). Avoid canned vegetables.

Fresh garlic and ginger.

Fresh fruit in season (organic is best): avoid citrus fruits (except lemons) and tomatoes. If fresh fruit is not available, purchase frozen fruit without additives or preservatives (when shopping in a health food store, look for such organic brands as Cascadian Farms or Snow Pac). Avoid canned fruits.

Healthy, low-fat protein: chicken and turkey (white meat only), fish (choose deep sea fish such as salmon) or tofu (organic), vegetable or grain-based meat substitutes and legumes.

Milk substitutes: Almond Milk, Oat Milk, or Soy Milk (Edensoy Enriched). Consume only small amount at any given time and no more than twice daily.

Butter (organic when available) or Spectrum Spread or Earth Balance (found in most health food stores).

Cooking Oils: Canola, Safflower, Sesame, and extra-virgin Olive (avoid peanut oil). Look for words "Expeller or Cold-Pressed" on the labels (Spectrum and Hain are excellent brands).

Sauces: Bragg's Liquid Aminos is an excellent healthy alternative to soy sauce and tarmari (avoid soy sauce, tamari, processed salad dressing, mayonnaise, vinegar, and wine vinegar).

Purified Water: It is best to install your own filtration system in your home; preferably reverse osmosis. Bottled spring or distilled water should only be consumed when there are no other choices as the plastic in the bottle off-gases chemicals into the water.

Herbal teas: Suggestions: chamomile, echinacea (avoid caffeinated teas and coffee). Many health food stores carry a wide variety of healthy herbal teas.

Natural Sweeteners (*only small amounts*): honey, maple syrup, rice syrup, blackstrap molasses.

Mild Herbs and Seasonings: When available, purchase fresh herbs such as basil, oregano, and thyme. Many stores now carry fresh organic herbs (most dried herbs and seasonings are irradiated to prolong shelf life, therefore, try to purchase dried herbs in a health food store). A good brand is Frontier.

Seeds: organic unhulled sesame seeds and organic unsalted hulled sunflower seeds, as well as other organic seeds, can offer additional minerals and nutrients to your grain dishes. Look for these in your health food store.

Restaurant Guidelines During Phase I

The healthiest foods most often are those that you prepare in your own kitchen. On those occasions that you do eat out, please follow these important guidelines:

Do Order:

- Oatmeal, cream of wheat, cream of buckwheat with a small amount of honey or maple syrup.
- Fruit platter (avoid citrus fruits): Do not combine fruits with other foods.
- Steamed or cooked grains (can often be ordered as side orders).
- Steamed vegetable platter (small pat of butter or olive oil to taste).
- Baked or broiled fish (no shellfish), turkey or chicken (white meat without skin) with steamed vegetables.
- Vegetable or mild legume soup (avoid meat, dairy, or tomato-based soups).
- Grain and vegi-burger with steamed vegetables.
- Tofu or mild legumes with grains and steamed vegetables.

Do Not Order:

- Fried foods of any kind.
- Red meat (beef, pork, or processed meats).
- Shellfish.
- Raw salads.
- Breads or yeasted products.
- Pasta.
- Dairy products (including sauces and cheese).
- Dessert.
- Alcohol, soda, coffee, or carbonated beverages.

Healthy Recipes To Prepare During Phase I

Vegetable Quinoa

1 cup raw quinoa 1/4 cup sliced water chestnuts
2 cups water 2 Tbsp chopped fresh coriander
1/2 medium onion, finely chopped or 1 Tbsp dried coriander
1/4 each, red and green bell pepper, chopped 1 Tsp olive oil

Rinse quinoa thoroughly in a fine sieve. Bring 2 cups of water to a boil, then add quinoa and bring to a boil again. Cover, reduce heat to a simmer and cook for 15 minutes. Meanwhile, sauté onion and pepper in olive oil. Combine with grain. Just before serving, stir in water chestnuts and coriander leaves. Makes 3 cups.

Wild Rice

1 cup wild rice 5 cups boiling water
1/3 cup brown rice 1 tsp thyme
1 large stalk celery pinch of rosemary
1 carrot 1/2 tsp salt (optional)
6 green onions 1 tsp marjoram
2 garlic cloves dash of pepper

2 tbsp canola oil 1/4 cup sunflower seeds and/or unhulled sesame seeds

Rinse grain well. Chop carrot and celery in 1/4 inch cubes. Chop green onions and sauté them with chopped garlic in oil. Add water and bring to a boil. Cover, reduce heat and cook gently for an hour or more, until rice is tender. Add seeds about 20 minutes before serving. Makes about 5 cups.

Long Grain Brown Rice With Millet

2 1/2 cups organic brown Basmati rice 6 cups water
1/2 cup organic millet unhulled sesame seeds (optional)
small pinch of sea salt (optional) Bragg's Liquid Aminos (optional)

Place brown rice, millet, and water in a pan. Bring to a boil. Add sea salt, cover, and simmer for 45 minutes or until soft. Place cooked grains in a serving bowl and sprinkle with sesame seeds and small amount of Bragg's Liquid Aminos.

Brown Rice With Barley

2 cups organic brown Basmati rice 4 1/2 cups water
1 cup organic hulled barley small piece of kombu (optional)
Bragg's Liquid Aminos (optional) organic unhulled sesame
pinch sea salt/real salt (optional) Seeds (optional)

Place rice, pearl barley, sea salt, and water in a pan. Bring to a boil. Reduce heat, cover, and simmer for approximately 50 minutes or until grains are soft. Kombu can be added while grains are simmering. Place in a serving bowl and sprinkle with sesame seeds. Season with small amount of Bragg's Liquid Aminos if desired. A rice cooker can be used to cook this recipe. Be certain to let the grains remain in the cooker to steam for 15 minutes before serving.

Brown Rice With Quinoa

2 1/2 cups organic brown Basmati rice 4 1/2 cups water

1/2 cup organic quinoa Pinch of sea salt/real salt

organic unhulled sesame seeds or seeds of your choice (optional)

Place rice, quinoa, sea salt, and water in pan. Bring to a boil. Reduce heat, cover, and simmer for approximately 45 minutes. Remove from heat. Place in a serving bowl and sprinkle with sesame seeds, if desired. A rice cooker can be used to cook this recipe.

Brown Rice With Amaranth

2 1/2 cups organic brown Basmati rice 4 1/2 cups water

1/2 cup organic amaranth Sea salt/real salt (optional)

organic unhulled sesame seeds Bragg's Liquid Aminos (optional)
or seeds of your choice (optional)

Place rice, amaranth, sea salt, and water in a pan. Bring to a boil. Reduce heat, cover and simmer for 45-50 minutes or until grains are soft and fluffy. Remove from heat. Place in a serving bowl and sprinkle with sesame seeds and Bragg's Liquid Aminos, if desired. A rice cooker can be used to cook this recipe.

Brown Rice With Lentils

2 1/2 cups organic brown Basmati rice 4 1/2 cups water

1/2 cup lentils, washed sea salt/real salt (optional)

Place the rice, lentils, salt, and water in a pan. Bring to a boil. Reduce heat, cover and simmer for 45-50 minutes. Remove from heat. Place in a serving bowl and sprinkle with sesame seeds, if desired. A rice cooker can be used to cook this recipe.

Garlic Green Beans

2 tbsp olive oil 3-4 cloves garlic, minced

4 cups fresh string beans 1/2 tsp dried thyme

1/2 tsp sea salt/real salt pepper (optional)

2 cups water squeeze of fresh lemon juice

Heat oil in a saucepan. Add garlic and beans and sauté over high heat to sear beans. Stir beans frequently so they don't burn. Add thyme, salt, and pepper. Add water. Bring to a boil. Reduce heat, cover, and simmer for 20-25 minutes until the beans are tender. Add more water if necessary. Remove from heat. Drain excess fluid and place beans in a serving bowl. Add squeeze of lemon juice and toss. Serves 2.

Baker Potato and/or Baked Sweet Potato

1-2 large baking potatoes, washed 1-2 large sweet potatoes, washed

canola oil black pepper (optional)

cinnamon (optional)

Preheat oven to 375. Place small amount of oil into glass baking dish and spread oil around so that potatoes do not stick while cooking. Slice potatoes into 1 inch thick circles. Place potatoes into baking dish in a single layer. Spread a small amount of oil onto the top of each potato circle. Sprinkle baking potatoes with freshly ground black pepper. Sprinkle sweet potatoes with small amount of cinnamon. Cover baking dish and bake for 50-60 minutes or until cooked through. Serves 2-3.

Roasted Veggies

5 russet potatoes 2 red onions 1 medium butternut squash, peeled
3 yams, peeled 2 red peppers 3 tbsp olive oil
salt and pepper to taste dried herbs to taste

Preheat oven to 400. Cut all vegetables into 1/2 inch chunks. Toss potatoes, yams, and squash with 2 tbsp. Olive oil so that all sides are coated. Spread vegetables in a single layer in two shallow baking pans and put in preheated oven for 10 minutes. Toss onion and peppers with remaining oil. Add to pans in oven, sprinkle with salt, pepper, and herbs and roast until vegetables are browned and begin to dehydrate, about another 20 minutes. Delicious hot or cold.

Steamed Vegetables In Lemon Butter Sauce

4-6 tender young carrots, cut into 1/2 inch cubes 2 medium yellow squash
2 medium zucchini 2 tsp fresh lemon juice
2 tbsp butter, melted Dried herbs to taste

Steam carrots in a vegetables steamer for 10 minutes. Add zucchini and squash, whole and steam 5-7 minutes or until just tender and still brightly colored. Place vegetables in a serving dish. Cut squash into quarters, lengthwise, then in 1/2 inch cubes. Combine butter and lemon juice and pour over vegetables. Sprinkle with dried herbs, if desired. Toss gently. Serves 4.

Types of Grain & Cooking Instructions

Amaranth - This wild-tasting Aztec grain has a sticky gelatinous texture. When a volume of 10-20% amaranth is cooked with another grain. Its texture is not obtrusive and the extra grain add welcome flavor. Cook 1 cup amaranth in 2 1/2 cups water for 20 minutes. If pressure cooking use 2 cups and cook 10 minutes.

Barley - Whole barley has a pleasant, chewy texture and a satisfying earthy taste. Substitute whole barley for brown rice and pearl barley for white in any rice dish. Cook 1 cup whole barley in 3 cups water for 50-60 minutes. If pressure cooking, use 2 1/2 cups water and cook 45 minutes. For pearled barley, cook 1 cup grain in 2 1/2 cups water for 40 minutes. If pressure cooking, use 2 cups water and cook 25 minutes.

Buckwheat - White or unroasted buckwheat grouts are mild tasting, whereas grouts toasted to a deep red (kasha) have a robust, hearty flavor. White or red buckwheat cooks into a substantial grain dish that is especially appropriate cold-weather fare. Cook 1 cup buckwheat in 2 cups water for 10 minutes.

Millet - This small, yellow, gluten-free grain offers a welcome change to rice. Light toasting prior to cooking gives it a pleasing aroma, an almost nutty flavor and a fluffy texture. Cook 1 cup millet in 3 cups water for 30 minutes. If pressure cooking, use 2 1/2 cups water and cook 20 minutes.

Oats - Commonly regarded as a breakfast cereal, whole oats make a tasty rice substitute in salads and soups. A native to harsh climates, oats have a excellent nutritional profile as well as filling and warming qualities. Cook 1 cup oats in 4 cups water for 60 minutes. If pressure cooking, use 3 cups water and cook 30 minutes. If you use rolled oats, cook 1 cup oats in 2 cups water for 10 minutes. For steel cut oats, cook 1 cup oats in 3 cups water for 30 minutes. To pressure cook steel cut oats, use 2 1/2 cups water to 1 cup oats and cook 20 minutes.

Quinoa - Quinoa has a light taste, pleasing texture and unlike other grains, is a whole protein. Quickest cooking of the whole grains, quinoa should be rinsed before cooking to remove its bitter tasting saponin. This Incan grain is delicious in salads, pilafs, soups, and desserts. Cook 1 cup quinoa in 2 cups water for 15 minutes. If pressure cooking, use 1 3/4 cups water and cook 10 minutes.

Rice - Of the common whole grains, brown rice is by far the most versatile. Long-grain rice is a light and fluffy relative to the more hearty short-grain rice. Medium-grain rice is closer to long-grain in appearance and performance. Sweet rice, which has a decidedly sticky texture is best suited for desserts. Basmati rice has a hearty, nutty flavor. Cook 1 cup short-grain brown rice in 2 cups water for 60 minutes. If pressure cooking, use 1 3/4 cups water and cook 50 minutes. To prepare medium-grain, long-grain, or basmati rice, cook 1 cup rice in 1 1/2 cups water for 45-50 minutes. If pressure cooking, use 1 1/4 cups water and cook 50 minutes. For sweet brown rice, cook 1 cup rice in 1 1/2 cups water for 30 minutes. If pressure cooking, use 1 cup water and cook 20 minutes.

Teff - This Ethiopian grain is often made into a flat bread called Ingera. The smallest of the cereal grains, teff's granular texture limits its applications as a whole grain; however, it's delicious in combination with other grains. Teff flour enhances many baked goods and quick breads, but not yeast products.

Wheat - Rarely used as a whole grain because it's so chewy, wheat most often is used as a flour or refined into couscous, cracked wheat or bulgur. Soft wheat is made into crackers and pastries, hard wheat is used for bread, while durum wheat is used for pasta and couscous. For a wheat-berry dish, durum or soft wheat is preferred over hard wheat. To prepare wheat, cook 1 cup grain in 3 cups water for 60 minutes. If pressure cooking, use 2 1/2 cups water and cook 50 minutes. For couscous, cook 1 cup couscous in 2 1/2 cups water for 10 minutes. If using cracked wheat, cook 1 cup cracked wheat in 2 cups water for 15 minutes. To make bulgur, cook 1 cup grain in 2 cups water for 10 minutes.

Wild Rice - A distinct, woody flavor, pleasant chewy texture and a high price make wild rice a gourmet food item. This nutritious grain is delicious by itself or in combination with other grains. To prepare, cook 1 cup wild rice in 2 1/2 cups water for 50 minutes. If pressure cooking, use 2 cups water and cook for 45 minutes.

Peak Season For Fruits, Melons, and Berries

Apples	September - November
Oranges	November - March
Bananas	All Months
Pears	September - December
Cherries	June
Plums	July - August
Figs	August - October
Raspberries	June - July
Honeydew	June
Watermelons	July - August
Nectarines	July - August
Avocados	January - April
Peaches	June - August
Cantaloupe	June - August
Pineapple	March - June
Dates	November
Pomegranates	October
Grapes	August - November
Tangerines	December
Apricots	June - July
Papayas	December - April
Blackberries	June - July
Persimmons	November
Coconuts	September - December
Prunes	September
Grapefruits	January - April
Strawberries	May - June
Mangos	June

Vegetable Steam/Boil Chart

2 Pounds Fresh Vegetable (4-8 Servings) Time: Minutes	Steam	Boil
Artichokes, whole	30	35- 40
Asparagus, whole	3 - 5	3 - 7
Beans, lima, green	3 - 5	4 - 6
Beans, green or wax	4 - 7	5 - 8
Beets, sliced	15 - 25	20 - 30
Broccoli, large stalks	5 - 8	10 - 12
Brussels sprouts, whole	10 - 15	15 - 20
Cabbage, quartered	10 - 15	15 - 20
Carrots, young, whole	10 - 15	15 - 20
Carrots, mature, sliced	12 - 20	15 - 20
Cauliflower, whole	15 - 20	15 - 20
Cauliflower, flowerets	8 - 10	8 - 15
Celery, sliced	5 - 8	8 - 10
Collards	3 - 5	3 - 5
Corn on the cob	8 - 10	10
Eggplant, sliced	8 - 10	10 - 20
Kale	3 - 5	3 - 5
Okra, whole	8 - 10	8 - 10
Onions, small, whole	10 - 12	12 - 15
Onions, large, quartered	10 - 12	12 - 15
Parsnips	12 - 20	10 - 20
Peas	3 - 5	5 - 8
Potatoes, small, whole	20	25 - 35
Potatoes, large, quartered	20 - 25	20 - 25
Rutabaga, diced	10 - 15	15 - 20
Spinach	1 - 3	3 - 5
Squash, Hubbard, cubed	25 - 35	25 - 40
Squash, summer, sliced	10	10 - 20
Sweet potatoes, quartered	25 - 35	25 - 35
Turnips, sliced	15 - 20	20 - 25
Mushrooms, whole	3 - 5	3 - 5
Zucchini, sliced	3 - 5	3 - 5

The amount of time required to steam or boil vegetables depends greatly upon the desired taste and texture results. To obtain "al dente" vegetables, cooking time would be at the lower end of the scale.

Cooking Chart For Beans & Legumes

Beans & Legumes	Soak Time	Cooking Time
Adzuki Beans	6 - 8 hours	1 - 1 1/2 hours
Black-eyed Peas	None	1 - 1 1/2 hours
Garbanzo (Chick Peas)	6 - 8 hours	1 - 1 1/2 hours
Great Northern Beans	6 - 8 hours	1 - 1 1/2 hours
Kidney Beans	6 - 8 hours	1 - 1 1/2 hours
Lima Beans (large)	4 hours	45 - 60 minutes
Lima Beans (baby)	4 hours	40 - 50 minutes
Pink Beans	6 - 8 hours	1 - 1 1/2 hours
Red Beans	6 - 8 hours	1 - 1 1/2 hours
Small White Beans	6 - 8 hours	1 - 1 1/2 hours
Soybeans*	24 hours	3 hours
Lentils (brown)	None	30 - 40 minutes
Lentils (green)	None	30 - 40 minutes
Split Peas (green)	None	40 - 50 minutes
Split Peas (yellow)	None	40 - 50 minutes

Soybeans must be refrigerated during soaking to retard fermentation. Drain off the soaking water and add fresh water for cooking. Measurement ratio: 1 part beans to 3 parts water. If you are rushed for time, beans may be soaked for a shorter period of time by bringing the beans and water to a boil for 2 minutes. Remove from heat and soak 1 hour.

Cooking Times For Grains

ONE CUP GRAIN	WATER: CUPS	TIME: MINUTES
Brown Rice	2	30 - 45
Brown Rice, Flakes	1 1/2	20 - 30
Whole Wheat Kernels (berries)	2	30 - 40
Wheat Flakes	1 1/2	20 - 30
Bulgur Wheat	2	40
Whole Rye	2	30 - 40
Rye Flakes	1 1/2	20 - 30
Whole Oats	2	30 - 45
Rolled Oats (oatmeal)	1 1/2	35
Hulled Barley	2 - 2 1/2	40 50
Millet	2 - 2 1/2	30 - 40
Dried Corn	2 - 2 1/2	40 - 60
Cracked Hominy	2 1/2 - 3	30
Buckwheat Grouts	2 - 2 1/2	30 - 45

Stress Management

Stress reduction and stress management are very important keys to help you improve your overall health and well-being. Long-term or chronic stress and tension can tire out your internal organs and glands, interfere with your digestion, deplete your immune system and over time, contribute to an acidic biochemical environment and premature aging. Most ailments and disease processes are closely linked with chronic stress.

One of the most effective measures that you can take to manage stress is to incorporate basic relaxation exercises into your daily routine. Some read the bible and pray, while others might play golf. Most physical relaxation exercises incorporate breathing techniques to help you slow down, increase oxygenation to all of your vital tissues, release unwanted carbon dioxide, and relax tense and tired muscles.

If stress has become a challenge in your life, NOW is the perfect time to learn new, healthy techniques to combat and control tension. Remember, stress is something we create in our minds. Learn to not receive stress. By knowing you have a choice, it can make stress more manageable. Many communities, health care centers, and hospitals offer basic advance courses in stress management. There are also many helpful books, audio, and video programs that can help you to learn the basics of relaxation in the comfort of your own home. Look for these in your local library, bookstore, or video store. Three basic breathing exercises are included to help you get started. Use these exercises as often as needed throughout the day.

Exercise 1 - Sigh of Relief

Close your eyes. Inhale slowly and deeply through your nostrils. While inhaling, picture relaxation, happiness, and peace entering or flowing into you.

You may enjoy imagining a cool, soothing color like blue flowing in to soothe you. Hold this breath.

After holding this breath for a few seconds, exhale very slowly through your mouth. As you do so, imagine all of your tension, fear, or anger being released and blown away. Repeat as often as needed.

Exercise II - 1 To 8 Count Breathing

Close your eyes. Inhale slowly and deeply through your nostrils. As you do so, imagine the number 1 clearly in your mind. See it printed large and bold.

Exhale slowly and completely through your nostrils. As you do this, see the number 2 boldly in your mind.

Inhale again and see the number 3. Continue this exercise to the count of 8. Inhale and exhale very slowly. Repeat this sequence as often as needed during the day.

Exercise III - 1 To 4 & 1 To 8 Count Breathing

Close your eyes. Inhale slowly and deeply to the count of 1-2-3-4. Feel your lungs filling with air.

Hold this air to the count of 1-2-3-4. Exhale very slowly through your nostrils to the count of 1-2-3-4-5-6-7-8.

Repeat this sequence three or more times. Use this exercise as often as needed during the day.

HEALING – Fire Cools – Water Seeks Its Own Level

No matter how extreme a situation is, it will change. It cannot continue forever. Thus, a great forest fire is always destined to burn itself out; a turbulent sea will become calmer. Natural events balance themselves out by seeking their opposites, and this process of balance is at the heart of all healing. If the body is out of balance, in time it will get better. This process takes time. If an event is not great, the balancing required is slight. If it is momentous, then it may take days, years, even lifetimes for things to return to an even keel. That is why, even in the midst of an extreme situation, the wise are patient. Whether the situation is illness, calamity, or their own anger, they know that healing will soon follow.

How Important is Diet in the Regulation and Modification of the Biological Terrain?

Alternation of dietary intake is paramount to successfully modify the underlying body's chemistry. Without the addition or elimination of certain dietary factors, a full and comprehensive change in the underlying biochemical parameters would be impossible.

In order to fully appreciate the depth of this statement, we need to understand the factors which are used to calculate the parameters of Biological Terrain. There are three distinct categories which must be considered. First, we must calculate the pH of the body's actions and reactions. This is done by utilizing saliva to represent digestive function, urine to represent elimination and removal of waste, and blood to represent current cellular integrity as well as levels of toxic load. Second, we must calculate the oxidation reduction potential of these three bodily fluids. Thirdly, the resistivity factor of these three same fluids must also be analyzed. Once this data has been attained, comparison to healthy normal data is essential.

From research, which is based on years of hands-on clinical experience, approximately 90% of all patients tested have demonstrated a similar biological pattern. This pattern remained consistent throughout the current research regardless of patient/client age, race, gender, genetic predisposition or presenting symptomatology. The parameters which define this pattern are as follows: A urine sample which is acid and reduced, a saliva sample which is alkaline and oxidized, and a blood sample which is also alkaline and oxidized.

To fully understand and comprehend the modes of calculation of the above samples, or their in-depth effect on all parameters of terrain is not the intention of this writing. Instead let it suffice to state that these parameters are accurate and can easily and precisely dictate necessary dietary alterations.

The most obvious parameter is the high acidic content of the urine. Since an appropriate urine sample is collected following a twelve-hour fast, its data is an excellent representation of mesenchymal pH. An analysis of this factor clearly indicates the existence of excess acid accumulation in the tissue. This is known as mesenchymal acidosis. Although there are many causes of mesenchymal acidosis, by far the most common is incorrect dietary intake for that particular organism. These dietary indiscretions can best be summarized as follows:

- Excessive ingestion of animal products.
- Ingestion of sugars.
- Ingestion of partially or completely saturated fats and oil or oils of the transhydrogen configuration.
- Consumption of white flour.
- Ingestion of carbonated beverages.

- Consumption of beverages or foods containing phosphate which readily become phosphoric acid.

The ingestion and consumption of the above mentioned products create mesenchymal acidosis in its primary state. This over-abundance of hydrogen ions (H⁺) sets up the cells of the tissue to no longer run aerobically, but instead creates an anaerobic environment. Once this oxygen poor cell is established, its invasion by bacteria or virus is inevitable.

Equally as detrimental to the organism is the creation of fermentation on a cellular level. Fermentation produces more acids and allows for yeast, mold, and fungus to proliferate. It then becomes a vicious and degenerative cycle where the acid environment breeds more acids, sets up disease states, and weakens the cells mechanism of survival and correct duplication by eliminating its respiration.

Its easily becomes evident that the immediate reversal of this detrimental state is paramount. While numerous herbal, homeopathic, and glandular therapies are essential in this process, alteration and modification of dietary input is critical. Not only must the patient eliminate the dangerous substances mentioned earlier, but they must also discontinue any additional acid consumption and replace it with alkaline based nutrients.

Due to the predetermined weakness already present in their gastro-intestinal system, the consumption of raw foods should also be eliminated. This irritation creates histamine in the body, which further creates an acid environment and feeds this degrading spiral. The only exception that I place on raw food consumption being eliminated is that of fruits.

A piece of fruit eaten ripe, during the peak season of its growth produces an enzymatic healing effect upon the gastrointestinal system. This does not create a burden on the gastrointestinal system like that created by other raw foods. Although there are many authors and researchers who agree with this approach, the exact biochemical quantitative reasons for fruit being acceptable remains unclear.

The most significant food sources that we can add to our diet is alkalizing grains and steamed seasonal vegetables. While the prospect of acting a life of these limited food sources is rather dismal, one need only understand that this restrictive program need to be followed strictly for a limited and defined period. In most cases a twenty-one day (three week) cycle of strict adherence to this diet is adequate.

Following this time, and assuming the urine is showing signs of rebounding out of the severe acid pH, and up to its normal only slightly acidic reading of 6.8, we can then slowly and deliberately reintroduce other culinary selections. This is usually the appropriate time to add into the dietary regime, legumes, pastas, and small amount of raw vegetables. The speed and quantity of these or other new products introduced into the diet should be slow, cautious, and accomplished only while monitoring the urine pH. If a sudden drop in urine pH is observed, this process is progressing at an accelerated detrimental pace. Backing off the new foods and reliving the base-line diet will create the desired results.

Indican Protocol

Consume the foods as described in Phase 1.

Products needed:

- 1) Probiotic Eleven (Nature's Sunshine)
- 2) Broad Spectrum Enzyme (Proactazyme Plus or Food Enzymes)
- 3) Aloe Vera Whole Leaf (NSP) and Chlorophyll (NSP).
- 3) L-Glutamine
- 4) Enema Bag (Fleet works good)
- 5) Organic Bone Broth (optional)

Important Guidelines to follow:

- 1) With every meal, take an enzyme to enhance proper digestion.
- 2) Take 1 Probiotic Eleven with every meal and 2 at night after dinner every night.
- 3) Liquids with meals are ok. Room temperature and **no more** than 16 ounces.
- 4) Chew your foods slowly and thoroughly.

Throughout the day:

- 1) Mix 2 to 3 ounces of Aloe Vera Whole Leaf into the amount of water you need to drink each day. Drink this throughout the day.
- 2) Take 5 grams of L-Glutamine 2x day. With or without food based on your body.
- 3) Drink 8 ounces of the Organic Bone Broth warmed up. Add some herbal spices to taste.

At bedtime every 4 days:

- 1) Mix 4 capsules of Probiotic Eleven with 2 ounces of pure water (temp. 98 degrees).
- 2) Lay on your left side.
- 3) Use enema to put mixture into rectum. A lubricant should be used. Note: before doing this, if you have the urge to go have a bowel movement, use the enema to induce a bowel movement, then proceed. If you put four capsules there and then have the need to go to the bathroom, you just wasted 4 capsules.
- 4) Stay on your left side for 5 minutes and hold the solution there.
- 5) Next lay on your back for 5 minutes.
- 6) Next lay on your right-side for 5 minutes.
- 7) If you have a bowel movement during this process, repeat.
- 8) The solution should be held overnight.

This protocol will need to be followed until no Indican is present.

Depending on Indican level, it is suggested to reassess every 4 weeks.