

<p>EAT THIS: Alkaline/Neutral Forming Immune Building Healing Gluten Free Whole Foods</p>	<p>AVOID THAT: Acid Forming, Gluten Containing, mucus producing processed Foods.</p>
Fresh Vegetables & Salads	Canned & Frozen* vegetables
Pulses (beans/peas and lentils) & tofu,	Cow, sheep, pig, *organic meat
Fresh Fish (not farmed), *Organic/free range eggs	Fowl, *shell fish, farm fish, hatchery eggs
Nut's (Brazil, Walnut, Pecan, Almond etc) and seeds (sesame, pumpkin, linseed sunflower)	*peanut, *pistachio, *cashew
Natural Butter, Cold pressed oils omega 3, 6 & 9, Best Oils are flax, hemp, perilia, walnut, coconut, mustard, borage, canola, olive. NB UDO's oil. Avoid cooking oil best to add to food at end of cooking.	Refined vegetable oils and commercial cooking oils in clear plastic bottles. Artificial butter spreads (contains carcinogenic processed trans-fats which are indigestible, Butter is better).
Fresh Fruit & dried fruit	Canned or processed fruits (solvents)
Goats milk, Goats yoghurt, Rice Milk	Processed cows milk dairy products
Non Gm Soya Milk and products	GM Soya Products
Homemade Sauces, dressings & dips Tamari or shoyu (real fermented SoySauce)	Processed commercial sauces, dressings, dips. Unfermented Commercial Soy Sauce
Honey (unprocessed), Real Maple Syrup, Stevia (natural calorie free sweetener), Zylitol (natural sweetener from Birch tree)	White or brown sugar (sucrose), Fructose sugar or syrup, artificial sweeteners (contains serious toxins)
Unprocessed sea salt, celtic sea salt, macrobiotic salt, grey sea salt (hand harvested contains vital trace minerals for metabolism, nerve impulse, immunity and normalizing blood pressure)	Table salt = Toxic, Iodised and commercial free flowing sea salt. (Refined salt poisons your heart, arteries and kidney's causing high blood pressure and hardening of arteries)
Green tea and herbal beverages	Instant coffee, *organic coffee, *Black Tea
Water & 100% fruit juices (Dilute 30-50% with water to avoid stomach irritation)	Spirits, *beer, *wine, *stout, soda soft drinks containing fructose syrup, sugar/sucrose or artificial sweeteners.
Herbal antibiotics and probiotics, colloidal silver (potent natural antibacterial/viral/fungal/parasite alternative to synthetic antibiotics)	Antibiotics or anti-viral drugs Pharmaceutical drugs (where possible please follow your doctors advice, do not alter medication), Recreational Drugs
Tai Chi, yoga, deep breathing, Walking, Swimming, CranioSacral, Bowen, Reiki, Acupuncture & other holistic practices	Cigarettes (tobacco smoking esp premade cigarettes, *cigars are better)
Eating to 80% full (A wise man in India said you do not see people die of undereating – it overeating that kills) Undereating cures illness & builds Immune	Over eating or eating too fast. (Over eating healthy food causes acid residues and disease.

*Acceptable in small quantities to those who tolerate them

Food is meant to energize, revitalize and add to your being. Does it do this for you?

“Let Food Be your medicine and Medicine be your food” Hippocrates