The Life in Your Food

Note: This document is meant to be a summary of John Toomey's Nutrition presentation. It is not an exact prescription of a dietary plan for any individual. It is intended to assist readers to make positive, healthful changes to their dietary habits as they pursue better health. Individuals with particular problems or challenges should consult a trained Naturopath for further advice and individual guidance.

Why is Nutrition Important?

There are many reasons why people take an active interest in Nutrition. Most often they are motivated either by cosmetic factors or perhaps fear following a "bad health" experience.

A smaller percentage of people are interested in Nutrition simply because they are interested in maximising their own health. And then, there are those who are interested in Nutrition from a performance perspective.

At present, degenerative disease is rampant in Australia. It is the major cause of our ballooning health care cost, which doubles every seven years or so. Heart Disease, Cancers, Stroke, Diabetes, Arthritis, Osteoporosis and Altziemers Disease are the major degenerative disease, all of which have a strong relationship to poor dietary habits.

Nutrition Awareness and be classified into three major categories. They are:

- Weight Loss
- Health Enhancement
- Performance Improvement

Weight Loss

Weight Loss is an area that, in our community, almost entirely centres its focus on diet. With a weight loss industry in Australia valued annually at somewhere between $1.5B and $2B, there are a plethora of providers making a substantial business from the "nutrition side" of the weight loss business.

Dieting:
Unfortunately, dieting is only one part of the whole weight loss equation. It isn't effective. In fact, several researchers have shown that 95% of people who diet for weight loss fail. This is measured by comparing starting weight loss with

weight one year after starting the diet. This statistic makes the weight loss industry self propagating because it means there is always room for a new player in the marketplace.

Dieting can have a number of negative effects. These include:

- It requires a great deal of discipline Most of us already have to focus a great deal of discipline in so many other areas that strict discipline in a new area can be a great burden. It is often just too hard.
- Severe dieting can cause the body to be malnourished leading to fatigue. Sickness, loss of lean muscle tissue, increased fat storage and reduce overall metabolic rate.
- Breaking of a diet can bring feelings of failure and disappointment.

- The Female Fat Cell is an interesting case. Due to the ever present possibility of pregnancy, the female body must have enough energy reserves in store to feed both mother and child in times of food shortage. When a woman skips meals or goes on low Kilojoule diets, a reflex is triggered and the fat cells begin accumulating as much fat as they can, even to the point of taking away so much of the injested food that the body is then forced to metabolise its own muscle tissue to make up the daily shortfall. Yes, that's right. When you go on a crash diet, your fat cells can actually grow and your body can lose muscle tissue. On the other hand, feeding the body large volumes of plant based food on a regular basis will stimulate the fat cells to give up their stores of fat.

- If a dieting regime is to be used as a tool for losing weight, it must not be excessively calorie or kilojoule deficient. In fact, a person should not be consuming any more than 750 calories per day below their "energy balance" intake, i.e. that point where energy consumed equals energy expended. A weight loss program should be aimed more at making the body work a little harder by challenging it.

- Challenging the Body can be done by feeding the body large amounts of low calorie foods such as fruits and vegetables. Doing so will mean the digestive system must work for longer periods to digest nutrients from a highly fibrous package. Further, Exercise is a key. Exercising stimulates Elevated Energy Expenditure, an increase in Muscle Tone and a Higher Overall Metabolic Rate.

- Finally, Lifestyle is a major factor. How well you control stress, how and when you eat, where you choose to eat and shop, are all major factors in dealing with weight management. How can you possible lose weight if the people around you are not supportive, or if you are in a stressful situation over which you have no feeling of control.

High Protein diets

High Protein Diets are destructive to your health. They lead your body into a dangerous level of acidity, which can lead you to degenerative disease. If you choose to follow a High Protein Diet, I recommend that you limit this program to no more than 3 weeks. For more information on acidity, read on through this document.

Take a Holistic Viewpoint:

Combine Sensible Eating with Structured Exercise and a few positive changes to lifestyle. The Weight Loss will take care of itself. And, stop weighing yourself. Relax and let it happen. Your cloths will tell you how you are going.

Height vs Weight Tables:

Are you worried about your weight? Don't be. What you should be concerned about is how much fat you are carrying. Many very fit and healthy people fall into the "overweight" category on those tables simply because of the incredible density of their bones and muscles. The tables are not accurate.

Ask yourself, "Am I carrying too much fat?" If you look at yourself in the mirror whilst naked, the answer will be obvious. If you wish to monitor change, because looking at yourself every day it is hard to see change happening, take a few simple measurements with a tape measure. Write them down and re-measure yourself once each fortnight.

Energy Balance

If Energy Intake and Energy Expenditure are Equal, Body weight should remain constant.

If Energy Intake Exceeds Energy Expenditure, Body Weight will increase. If you are doing strenuous weight training, the weight gain may well be in the form of muscle tissue.

If Energy Intake is less than Energy Expenditure Body weight will drop.

If Energy Intake is drastically less than Energy Expenditure, your health will be severely compromised.

If you cut back your food intake too much, your body initiates a starvation reflex which drops your metabolic rate, effectively lowering your energy expenditure. If you allow this to go on for too long, you may find it difficult to get your metabolic rate back up again. Don't starve yourself. Don't skip meals, especially Breakfast.

Eating for Better Health and Improved Performance

There isn't a Great Deal of Difference between an Athlete's Dietary requirements and a non Athlete's Dietary requirements. The Major difference is Quantity. Each requires the correct balance of Nutrients, and enough of each Nutrient to satisfy the body's daily requirements.

There is no big Mystery. There is no Magic. It is simply Plain, Good Common Sense.

Understanding Nutrition - Some Basic Principles

There are several types of Nutrients in Food. There are the Macronutrients, which are the nutrients that contain energy (calories), and there are the Micronutrients which consist of vitamins, minerals, trace elements and a range of thousands of flavenoids.

Energy

Food contains energy. Contrary to popular teachings, food contains two distinct types of energy. One is Heat Energy, measured in calories or kilojoules and the other is Life energy.

When our bodies break a foodstuff down and metabolise it, it is actually burning the food, just like petrol in a combustion engine. This releases heat energy. By measuring this heat, we can assess the energy cost of the work being done by the body.

Life Energy is very different and, as yet, man has not invented any form of measuring system to determine the extent or impact of this life energy. But, you can see it. What happens when you plant a seemingly dry, inert seed and soak it with water. All of a sudden it sprouts into life and it's nutrient content explodes. What happens when you soak a mung bean for about 36 to 48 hours. All of a sudden it too sprouts and life reaches forth. And finally, what happens when you cut a segment off a beautiful flowing plant and plant that segment in your garden. Given time and care, it will begin to grow.

Macro Nutrients

Nutrients Containing Energy (i.e. Calories/Kilojoules)

Nutrient	Role of the Nutrient
Carbohydrate (CHO)	Energy
Protein	Cell Building and Maintenance
Alcohol	Social Drug
Fat	Energy, Insulation

1 Calorie = 4.2 Kilojoules

1 Gram CHO	16 Kilojoules	4 Calories
1 Gram Protein	17 Kilojoules	4 Calories
1 Gram Alcohol	29 Kilojoules	7 Calories
1 Gram Fat	37 Kilojoules	9 Calories

Get your Bowels right first!

Toxicity in the bowel is a huge problem. The human bowel is long, very long. The reason for this is to allow time for nutrients to be extracted from fibrous plant foods.

If humans were the size of horses, our bowels would be up to one and a half times the length of a horse's bowel. And, as your know, a horse is a pure herbivore.

The bowel walls have millions of small hair like protrusions projecting inwards. These are called Villi and are the site of nutrient absorption. They serve to give the bowel enormous surface area. The villi are liberally coated with a mucosa which contains billions of bacteria, mostly friendly, which serve to break down foodstuffs. The mucosa also lubricates the walls of the bowel.

Water serves us in two areas here. First, it is the basic ingredient of the mucosa and, when it is abundant, all of the matter contained within the bowel is quite soft and it moves freely down the bowel toward the colon.

A shortage of water can mean a depletion of the mucosa and a drying of the bowel contents can mean that passage times become slow and compaction may commence.

Autopsy reports have revealed people dying with up to 10 kilograms and even more of hard, compacted stools in their bowel. This situation breeds toxicity and reduces the body's ability to rid itself of toxic elements. In these cases, the body is forced to push waste products out through the skin and mucous membranes.

A further problem is the harboring of "unfriendly bacteria". The balance of bacteria in the bowel should always be in the favour of the friendly side by a ration of at least 90% to 10%. In cases of extreme toxicity, the scales can be tipped in the opposite direction.

Cleaning Your Bowel:

There are a couple of methods you can use. The first is Colonic Hydrotherapy, which I believe to be very effective. If you are interested in trying this technique, find a clinic in your area and visit them. Ask them to inform you about the process completely and check that they are well qualified to both care for you and advise you.

At home, you can clean your bowel by drinking a strong saline solution. This should not be attempted if you have a history of high blood pressure or heart problems. Contact a Natruopath for guidance.

Start with a 2 litre jug. Place a heaped dessert spoon of Celtic Sea Salt in the jug and then add about a cup of hot water. Stir till the salt has dissolved into solution. Fill the jug to the top with warm water.

Now, sit in a comfortable location and drink the solution. You should get it all into your body within 25 to 30 minutes.

This should be done at the start of the day and you should make sure that you have easy access to a toilet.

Continue drinking water once the solution is in your body. When the solution does its job, it will mean you may have up to four or five visits to the toilet.

If this solution does not have an impact upon you, you will know that your bowl is not in a very healthy state and it may be worth your while visiting either a Colonic Hydrotherapy specialist, or a Naturopath.

To help promote the growth of friendly bacteria in your bowel, drink a glass of warm water with the juice of a lemon every morning before you eat.

Acid versus Alkaline

Acidity in the human body can be a real problem.

How acidic is your body? "How do I find out?" is probably your first response. A simple litmus test will give you the answers. (Litmus paper might be available from your local chemist or health food store).

There is a simple rating scale for acidity which runs from 0 (Acid) through to 14 (Alkaline). 7 is neutral. Following are the pH (acid-alkaline) levels you should expect in your body.

- Saliva 7.0 to 7.2
- Urine 7.0 to 7.2
- Venous Blood 7.35
- Arterial Blood 7.4

If your arterial blood pH were to drop to 7.2, you would die.

If your arterial blood pH dropped from 7.4 to 7.35, there would be 65% less oxygen in your blood. Could you imagine trying to walk around whilst your muscles were only receiving 35% of normal oxygen levels.

But there is no need to panic. The rest of your body's cells will do everything they can to ensure that your arterial pH remains at 7.4.

The first method your body uses to keep arterial pH at 7.4 is to release Calcium from the bones. The Calcium is bonded to phosphates, an alkaline substance. When the phosphates are used to neutralise the acids, the calcium is left to be deposited somewhere in the body.

And this is one of the major causes of ill health we know. You see calcium deposits itself anywhere, like:

- On bone tissue as spurs
- In the kidney which then forms stones
- Mixes with Cholesterol to form plaque in arteries

A bit of a bomb shell for you; Cholesterol is really not the bad guy. Without the excess calcium, cholesterol would not clog your arteries. In fact some people, in an attempt to reduce cholesterol, reduce their levels too far then begin to suffer side effects, as cholesterol is a key ingredient in the production of hormones.

Simply, your cholesterol level should be between 4.6 and 5.5. Any higher, you increase your heart disease risk. Any lower, you increase your cancer risk.

And, if you have mercury-based fillings, you need cholesterol as it is one of the few things that will absorb mercury residues and remove them from your body.

So, how do you stop acidity. First, if you are acidic, you should make sure you drink plenty of filtered water, at least a litre per 25kg weight per day, to help remove as much calcium as possible.

Second, try to reduce acidic foods and increase alkaline foods. If you are not well and constantly fighting physical problems from headaches to rashes or colds, you may need to do a complete cleanse first to detoxify your body.

Acidic Foods are meats, dairy and most grains. Alkaline foods are Vegetables, most fruits, legumes, buckwheat and millet. Rise is neutral. All refined foods are acidic.

Reduce coffee, coke and alcohol too. Chocolate is very acidic, carob is not.

Make sure your bowels are working properly, and indulge in regular massage and steam saunas to help keep your body clean.

And, note this point: Cancer Cells cannot survive in a pH above 5.5.

Too Much Protein

Too much Protein! How much protein do we need? There is so much controversy about this issue. Some will tell you that we cannot get enough. Others will tell you that we have to select our protein foods very carefully because some are better than others. Well, it is not that complicated. Human beings do not need very much protein.

"Just ask yourself: When in a human being's life is the greatest amount of protein required in the diet?" The answer, when we are growing the fastest. And when you think of it, that is in the first 6 months of life as the human body doubles it's weight over that time. So, let us look to the Protein content of mother's milk. You may be shocked to find out that only 5% of the energy comes from protein.

Experts across the world argue that we only need between 3% and 8% of our daily energy intake to be made up from protein. That is not very much. In fact, you would get enough protein just eating a range of vegetables and nothing else.

Taking in additional protein is a problem. Once the body has served its protein requirements, the excess amino acids circulate around in the blood. Some are converted to other acids. The blood becomes too acidic and as you now know, the blood draws large volumes of calcium from the bones. The end result is significant accumulations of calcium and acid residues in the kidney (increasing the risk of stones) and potentially dangerous calcium loss from the bones.

The end result may well be Osteoporosis.

Excess Dietary protein has also been strongly linked to breast cancer.

Of course, you can hear the Dairy Industry Commercials on TV now can't you, telling you how important three serves of dairy food are each day for the prevention of Osteoporosis. Well, Dairy food is high in Protein and may well be one of the causes of people consuming too much protein.

And finally, animal protein has a high sulphur content which means the residue acids have a very low pH.

Fat, Fat, Fat

Currently, the Average Western Diet is between 38% to 50% Fat (depending on the researcher), whereas the Recommended Healthy Diet 15% to 25% Fat. This means 15% to 25% of Calories and Not Weight

- High Fat Diets are the Major cause of Nutritional Problems in Australia.
- High Fat Diets play a significant role in Heart Disease, Stroke most Cancers, Diabetes, Arthritis, Multiple Sclerosis and Altzheimers Disease.

The Big Advertising Con

What is the True Fat Content of Food? Advertisers are there to do one job - sell products. What better way to sell food than to make it come across as an extremely healthy, low fat alternative.

Because Fat has 9 Calories per gram and CHO and Protein on 4 Calories each per gram, there is an opportunity for advertisers to hide true fat content.

Take 94% Fat Free Ice Cream for Example. This ice-cream, per 100 grams, contains 6 grams of fat. Therefore, the marketers sell it as being 94% free of fat. It makes the product sound low in fat. Consider the following.

Per 100 grams, there are 150 calories.

There are also:
6 Grams of Fat per 100 Grams
14 Grams of CHO per 100 Grams
10 Grams of Protein per 100 Grams

Total Fat	54 Cal	(6 Grams multiplied by 9 calories per gram)
Total CHO	56 Cal	
Total Protein	40 Cal	
Total Calories	150 Cal	54 Cals as a percentage of 150 Cals = 36%

Advertisers say it is only 6%. Normal ice-cream is between 35% and 40% fat.

So, what are the "High Fat" Foods.

High Fat Foods

All Full Cream Dairy Products

- Most cheeses are 75% fat or more.
- See next couple of pages on Milk.
- Cream is 100% fat.
- Skim Milk Cottage Cheese is a good alternative.
- If you want a good Milk Alternative, I suggest Bonsoy (Soy Milk) which is available from most health food stores and the health food section of your supermarket. Most other Soy Milks have vegetable oils added.

All Oils and Margarines

- Some oils are better than others because of the type of fat they contain. Extra Virgin Olive Oil is a good choice. Try not to use Oils when cooking. When oils are burned, they produce Trans Fatty Acids which are highly toxic. If you use non-stick pans, you don't need oil in your cooking. Then, you probably won't need to use detergent in your washing up. Better for the environment.
- Avoid processed vegetable oils. Canola is extracted from Rape Seed, one of the more toxic plants on the planet. It has become popular because it is cheap to produce.
- Flax Seed or Linseed as it is sometime known contains all of the "good oils" and play a significant role in cleansing your body of toxic residues. Consumption of just a teaspoon per day is an excellent aid in maximising your over-all health.
- Next time you have a sandwich, ask yourself "Do I really need Butter or Margarine?" Remember, 2 teaspoons of Margarine or Butter per day for a year yields over 3kg of Fat.

Most Red Meats and Meat Products

- Most Red Meats are 70% Fat or higher.
- Red Meat leaves a shocking trail of waste clinging to the walls of your intestines and bowel. Human bowels are too long to effectively expel meat waste.
- Poultry is better, without the skin. However, most Poultry available is produced in a very cruel and questionable manner.
- Deep Sea Fish is perhaps a better alternative. Be careful of consuming too much protein though.

Nuts and Seeds

Very good source of minerals and protein. But very high fat. Quantity is important. Eat just a few nuts or seeds and you will be doing OK.

Fried Foods

These have a High Oil and Fat Content. Further, oils that have been burned convert to trans fatty acids, which are extremely toxic and have been implicated as a causative agent in cancers.

Chocolate

Only about 50% fat. Makes it better than Butter or Margarine. Organic Chocolate is your best bet. Carob is not acidic like chocolate.

Pastries and Related Products

Full of Butter and Margarine.

If you can reduce the fats in your diet, and increase your complex carbohydrates, you will be moving toward a more balanced food intake.

Essential Fatty Acids

This is an area that is grossly misunderstood by most people, including health professionals. The reason they are called "Essential" Fatty Acids is because, without them, we would die.

The EFA's are oils and are liquid at room temperature and body temperature. They are classified as Omega 3, Omega 6 and Omega 9. The Omega is simply a letter from the Greek Alphabet. These Fatty Acids are a long Carbon chain with a Carboxyl Group at one end and a Methyl Group at the other end. When the first double bond along the carbon chain from the methyl end sits at the third position it is considered to be Omega 3. When it is at the 6th position, it is Omega 6 and so on. These fats may seem to be extremely similar, however the impact on the body of the Omega 6 compared to Omega 3 is almost the complete opposite.

Omega 6 promotes inflammation, blood clotting and tumor growth while the Omega 3 has the opposite impact.

A major problem with the Western Diet is that we consume way too much Omega 6 and nowhere near enough Omega 3. The recommended ratio of Omega 6 to Omega 3 should be about 1:1, however, the average Western diet is somewhere between 20:1 and 50:1.

Omega 6 exists in almost all foods, especially oils like Corn and Soy oils. Omega 6 is Linoleic Acid.

Omega 3 is much more rare. It come sin a couple of forms. First, it comes in Flaxseed and Walnut Oils in the form of alpha-linolenic acid. Second, it come sin fish oils in the form of Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA). The alpha-linolenic acid is converted to EPA and DHA in the body, however this process may be inefficient in some people, more often the aged.

Recent research has revealed that EPA and DHA play a crucial role in preventing:

- Atherosclerosis
- Heart Attack
- Cancer
- Depression

Supplementation of EPAand DHA has been proven to be effective in treating :

- Diabetes
- Rheumatoid Arthritis
- Ulcerative Colitis

Low DHA levels have been linked to low brain serotonin levels, which is a precursor to depression. There have been several encouraging clinical trials tat have demonstrated positive effects using Omega 3 supplements to treat depression, schizophrenia and bipolar disorder.

A Sydney University Study revealed that kids with a high Omega 3 intake were four times less likely to develop asthma. It also reduces soreness and stiffness in chronic arthritis suffers. Further, a great deal of research has linked high levels of Omega 3 to lower risks of cancer in the breast, colon and prostate.

85% of westerners are deficient in Omega 3 whilst consuming much too much Omega 6. Supplementation of 650mg per day I helpful to raise blood levels.

Fish Oils are the best source, but be sure they are not contaminated with mercury and that they are not rancid. Check the source of the oils. Also, test a capsule by bursting it. If you get a "fishy" aftertaste, the oil is rancid.

Fish Oil Capsules normally contain 180mg EPA and 120mg DHA. Take one capsule per 10kg of bodyweight, twice per day.

Be really vigilent as many Omega 3 supplements also contain a high level of Omega 6 which basically defeats the purpose of taking them.

Fish Oils reduce vitamin E levels in the blood, so if you are supplementing fish oils, add a vitamin E supplement. Some researchers are also recommending a Vitamin K supplement too.

Oils and Products High in Omega 6

- Sunflower Oil
- Corn Oil
- Soy Oil
- Safflower Oil

- Canola Oil
- Hydrogenated or Partially Hydrogenated Fats
- Margarines
- Vegetable Oils
- Shortening

Acceptable Oils and Fats

- High Quality Extra Virgin Olive Oil
- Avocado
- Coconut Oil
- Grass Fed Organic Butter

Omega 6:3 Ratios

Fish	2:1 to 3:1
Grass Fed Organic Beef	0.16:1
Normal Beef	30:1 to 40:1

A Word about Canola Oil

There is no such thing as a Canola Plant. Canola is a trade name, shortened from Canada Oil. Canola is oil extracted from the rape seed, one of the more toxic plants on the planet. It is so toxic that insects give it a wide birth, which means it has few natural enemies. It is therefore cheap to produce, with little extra required to maximise crop yields.

In the human body it is an unfriendly invader as it is a highly penetrating oil. For this reason, it is very popular in printing inks. When this oil gets into your body, it penetrates tissues that other oils will not penetrate, making it difficult for your body to remove its residues.

Marketed as a health product, Canola Oil is an invader and should be avoided.

An Alternative to Margarine

Mix 250grams of unsalted butter, with a cup of Flax Seed Oil and half a teaspoon of Celtic Sea Salt in a food processor. Pour the mixture into a butter or margarine container and refrigerate. This is a perfect spread for bread, toast and boiled spuds.

High Carbohydrate Foods

Often maligned as fattening, Carbohydrate is essential to the human body as it provides the necessary fuel for muscles and the brain. Without it, we would perish.

However, out body is designed to consume carbohydrate foods in their whole form. Refined carbohydrates slide right past many normal digestive processes and "hit" our blood at high levels of concentration. Out bodies have difficulty protecting themselves from such an onslaught. Repeated ingestion of refined carbohydrates can lead to some rather extreme health challenges.

Grains and Cereals

- Try to Rotate your Grains. Don't just eat wheat products all the time.
- Good Grains: Spelt (what wheat used to be before hybridisation), Rye, Oats, Barley, Millet, Tritacale, Rice.
- Buy your bread from a good bakery or a health food store. Avoid Mass Produced Breads. Full of preservatives, chemicals and many mysterious additives.
- Be Careful of Breakfast Cereals. Choose Uncle Tobys Brand if you must have a processed breakfast cereal. They are far lower in additives and it is an Australian owned company. There are also some more expensive organic varieties in the health food shops like Norganic or Nature's path.

Vegetables

- Use Organic Products.
- Don't cook them in oil.
- Don't smother them in butter.
- Try Growing your own. Especially if you have kids. It is a great family activity.

Fruits

- Try to buy Organically Grown Fruits.
- The Human Body is designed to live off Fruit.
- Avocado is the only fruit that is not high in complex carbohydrates. It is about 89% monounsaturated fat (good fat).

Legumes

- Beans i.e. Soy, Navy, Kidney, Pinto etc.
- Chick Peas
- Split Peas.
- Lentils

Note: One of the best parts about our multi-cultural society is the influence of people from the Middle East and Europe. These people certainly know how to cook with legumes. Try some of their recipes.

Sugar and Honey

- Normally subject to much scrutiny by advertisers. The problem with sugar is that it is so refined. In it's natural form directly from the cane, sugar is a complex of many different nutrients. By the time it gets to the table, it has no Life energy left as so many of the natural components are gone.
- Dark Brown Sugar is a much more healthy alternative to Aspartame (Nutra Sweet).
- Use Dark Brown sugar, just use it sparingly.
- Avoid Artificial Sweeteners.
- Natural Honey is ok, but should be taken with other foodstuffs in moderate quantities.
- A great Honey alternative is Rice Malt or Barley Malt Syrup.

MILK - How Healthful is it.

The Milk we drink. Cow's Milk

Consider the difference between milk taken freshly from the cow, and the milk you purchase in a paper carton. The milk in the carton is:

- Mechanically Extracted
- Homogenised
- Pasteurised
- Added To - Including Blue/White Dye.
- Taken From
- Sometimes Irradiated.

Homogenising:

Convenient way of breaking up the cream into small particles which evenly disperses them throughout the milk. They escape the normal processes of digestion and clog up the lower bowel.

Pasteurisation

If you heat food to above 122 degrees Fahrenheit, the enzymes required for the assimilation of calcium (phosphatase) are destroyed. Pasteurisation heats to between 130 and 170 degrees Fahrenheit.

Some Researchers claim 50% or more of the calcium in Pasteurised Milk is not available for absorption.

A large component of Vitamin B Complex and Vitamin C is destroyed.

Biological Value of the Protein is drastically reduced. Lysine and Histidine are destroyed along with the identity of other amino acids. The absorbability of their nitrogen is drastically decreased.

So, if you decide to drink Raw Cow's Milk……

Lactose Intolerance:
The High Lactose Content in Milk can be a problem. Lactose is the most prominent of the mucus forming food class. Others include Gluten, Egg White, sugars and various allergens. Susceptibility to Lactose is almost Universal.

Lactose Digestion:
Lactose is a Composite Molecule. It comprises two simple sugars, glucose and galactose. During Digestion, these two components are supposed to be split apart. However, most non white races and many Caucasians do not make this lactose splitting enzyme leading to diarrhoea, flatulence and indigestion.

Galactose:
Babies need Galactose. That is why Mother's milk is high in Lactose. It is used to form vital brain and nerve tissue. By 7 to 8 years of age, children don't need it anymore, so the body has to do something with it. Our livers have to convert it into something useful. This is a long process and puts much strain on the liver. It also puts much strain on the kidneys as the body tries to get rid of it.

Eventually, it finishes up as mucic acid and can have the effect of "gumming up" mucus membranes.

What about Goat's Milk
Some estimates indicate that 65% of the milk consumed in the world is from Goats, in raw form. Goats are a more disease resistant animal than cows, so there is less need to pasteurise the milk.

In Children - Goats Milk is easier to digest than cow's milk as the oil globules are one fifth of the size. It is alkaline, the same as human milk. Cow's Milk is acidic and is acid forming.

Advice on Dairy Foods
Don't believe that Dairy Products are Health Foods. The adverts on television are there to sell a product on a commercial basis.

Is Full Cream Milk 4% Fat as the Television Advert Suggests?

If we agree that:

1 gram of Protein Contains	4 Calories (17 Kilojoules)
1 gram of Carbohydrate Contains	4 Calories (16 Kilojoules)
1 gram of Fat Contains	9 Calories (37 Kilojoules)

The Following Food Data Applies to Full Cream Milk

1 Cup (250ml) Contains	165 Calories
	8.25 Grams of Protein
	9.5 Grams of Fat
	11.5 Grams of Carbohydrate
	231 Grams of Water

As far as the weight of each item is concerned, as a percentage of 250mls, each represents:

	Weight	% Volume	Energy	% Total Energy
† Protein	8.25 grams	3.3%	33 Calories	20%
† Carbohydrate	11.5 grams	4.6%	46 Calories	28%
† Fat	9.5 grams	3.8%	85.5 Calories	52%
† Water	71.5 grams	88.5%	0 Calories	0%

Compared with Lower Fat Milks:

REV

Protein	39 Calories	30.5%
Carbohydrate	55 Calories	43%
Fat	33.75 Calories	26.5%
Water	0 Calories	0%

Skinny Milk

Protein	34 Calories	41%
Carbohydrate	47 Calories	56.5%
Fat	2.25 Calories	2.5%
Water	0 Calories	0%

A better choice of Milk, if you wish to consume Cow's Milk, is a bio-dynamic or organic, unhomogenised variety. If you can get unpasteurised, all the better. The unhomogenised variety can simply be strained through cheese cloth to remove most of the cream.

*** Remember, too much milk means too much protein.**

Hydration:

Lethargy and Tiredness

Your Blood Circulates round your body each day dropping water off at the sweat glands, in the kidney and in the lungs. It releases at least 1.5 litres in the average person who does not exercise.

It collects new water supplies from the bowel. Not many people realise that the body stores its water in the bowel.

If there is no water in the bowel, the water volume in the blood drops thus potentially making the blood a little thicker and reducing the effectiveness of circulation.

The brain then doesn't get all the nutrients it requires as quickly as it needs them, so a few things happen.

- You may begin to yawn in an attempt to get more oxygen.
- You may start to crave sweet foods in an attempt to increase blood sugars.
- Sleepiness may overtake you as your brain struggles to satisfy its own oxygen demands.
- The Pituitary Gland releases a hormone called Anti Diuretic Hormone (ADH).

The ADH causes the body to store fluid, a reflex action to create a fluid reservoir in case the water shortage becomes even more critical.

If water intake is low and there is none in the bowel, the contents of the bowel become very dry and compacted, resulting in constipation.

To cure all these, drink a litre of water per 25 kilograms of bodyweight per day. This figure is based on a range of research and is now considered a generalised recommendation by the Naturopathic community. If you are exercising, drink more. Once you start drinking this volume of water, the ADH should shut down within a few days. You find yourself running to the toilet constantly for up to three or four weeks while the body dumps all the stored fluid and normalises its water balance. Sometimes, drinking a lot of water when your body is used to being partially dehydrated, is like pouring water into a dry pot plant. To remedy this, mix about one quarter of your glass with organic apple juice. This will slow it down as it goes through your system.

Often, during these first few weeks, You may be tempted to stop drinking because you feel like the water is `just going through you' and you get sick of going to the Toilet. You have to hang in there because it will balance out.

In my own clinical experience, I have had female patients lose up to 5 kilo in the first week by increasing their water intake. You will feel more energetic; a reduction in appetite and you may even notice clearer skin.

It is a very good idea to purchase a water filter. See your local health food retailer for advice. If you don't use one, you are one!

Diseases and Hydration

The following notes on degenerative diseases and their relationship with dehydration are summaries taken from the book, "Your Body's many Cries for Water" authored by Dr. F. Batmanghelidj M.D. In his book, Dr. Batmanghelidj discusses his view that Medicine made a mistake when it failed to recognise that the human body is 70% water. By focusing on the 30%, perhaps a grave miscalculation has been made.

The remedy for your medical problems may be as close as your faucet! There is one major problem:

People won't drink that much due to the inconvenience of frequent urination . . . a small price to pay for better health. If your urine is not a very pale yellow, or even clear, you are not getting enough water (does not apply to those taking B-complex vitamins as these turn the urine bright yellow).

When I speak of water I do NOT refer to coffee, sodas or tea. Distilled is best but tap water will work just fine for most people. Some places have water that has an odor and is not at all that tasty. Put a jug in the fridge for a few days and it will taste better. Prior to drinking, shake it vigorously for a while. This will oxygenate it.

Cure # 1: Dump the Tums and cure heartburn.

Heartburn may be a signal of water shortage in the upper part of the gastrointestinal tract. It is a major thirst signal of the human body. The use of antacids or tablet medications in the treatment of this pain does not correct dehydration, and the body continues to suffer as a result of its water shortage.

Tragedy: Not recognizing heartburn as a sign of dehydration and treating it with antacids and pill medications will, in time, produce inflammation of the stomach and duodenum, hiatal hernia, ulceration, and eventually cancers in the gastrointestinal tract, including the liver and pancreas.

Cure # 2: Water may prevent and cure arthritis.

Rheumatoid Joint Pain - Arthritis - may be a signal of water shortage in the painful joint. It can affect the young as well as the old. The use of pain-killers does not cure the problem, but exposes the person to further damage from pain medications. Intake of water and small amounts of salt will cure this problem.

Cure # 3: Back pain.

Low Back Pain and Ankylosing Arthritis of the Spine may be signs of water shortage in the spinal column and discs - the spinal cushions that support the weight of the body. These conditions should be treated with increased water intake - not a commercial treatment, but a very effective one.

Tragedy: Not recognizing arthritis and low back pain as signs of dehydration in the joint cavities and treating them with pain-killers, manipulation, acupuncture, and eventually surgery will, in time, produce osteoarthritis when the cartilage cells in the joints have eventually all died. It will produce deformity of the spine. It will produce crippling deformities of the limbs. Pain medications have their own life-threatening complications.

Cure # 4: Angina.

Heart Pain - Angina - can be a sign of water shortage in the heart/lung axis. It should be treated with increased water intake until the patient is free of pain and independent of medications. Medical supervision is prudent. However, increased water intake may be your cure for angina.

Cure # 5: Migraines.

Migraine Headache may be a sign that the brain and the eyes need water. Migraine may be prevented by keeping dehydration from establishing in the body, and may be totally cleared up by treating for the condition of dehydration. This particular type of dehydration might eventually cause inflammation of the back of the eye and possibly loss of eyesight.

Cure #6: Colitis.

Colitis Pain is a signal of water shortage in the large gut. It is associated with constipation because the large intestine constricts to squeeze too much water from the excrements - thus the lack of water lubrication.

Tragedy: Not recognizing colitis pain as a sign of dehydration will cause persistent constipation, which can result in fecal impacting, verticulitis, hemorrhoids, polyps, and appreciably increase the possibility of developing cancers of the colon and rectum.

Cure # 7: Asthma.

Asthma, which also affects 12,000,000 children and kills several thousand of them every year, is a complication of dehydration in the body. It is caused by the drought management programs of the body. Free passage of air is obstructed so that water does not leave the body in the form of vapor - the winter steam. Increased water intake will prevent asthma attacks. Asthmatics need also to take more salt to break the mucus plugs in the lungs, which obstruct the free flow of air in and out of the air sacs.

Tragedy: Not recognizing asthma as the indicator of dehydration in growing children not only will sentence many thousands of children to die every year, but will permit irreversible genetic damage to establish in the remaining asthmatic children.

Cure # 8: High blood pressure.

Hypertension is a state of adaptation of the body to a generalized drought, when there is not enough water to fill all the blood vessels that diffuse water into vital cells. As part of the mechanism of reverse osmosis, when water from the serum is filtered and injected into important cells through minute holes in their membranes, extra pressure is needed for the "injection process." Just as we inject I.V. "water" in hospitals, so the body injects water into tens of trillions of cells all at the same time. Water and some salt intake will bring blood pressure back to normal!

Tragedy: Not recognizing hypertension as one of the major indicators of dehydration in the human body, and treating it with diuretics that further dehydrate the body will, in time, cause blockage by cholesterol of the heart arteries and the arteries that go to the brain. It will cause heart attacks and small or massive strokes that paralyze. It will eventually cause kidney diseases. It will cause brain damage and neurological disorders, such as Alzheimer's disease.

Cure # 9: Adult-onset diabetes.

Adult-Onset Diabetes is another adaptive state to severe dehydration of the human body. To have adequate water in circulation and for the brain's priority water needs, the release of insulin is inhibited to prevent insulin from pushing water into all body cells. In diabetes only some cells get survival rations of water. Water and some salt will reverse adult-onset diabetes in its early stages. Tragedy: Not recognizing adult-onset diabetes as a complication of dehydration may, in time, cause massive damage to the blood vessels all over the body. It may cause eventual loss of the toes, feet and legs from gangrene. It may cause eye damage, even blindness.

Cure # 10: Blood cholesterol.

A High Cholesterol level is an indicator of early drought management by the body. Cholesterol is a clay-like material that is poured in the gaps of some cell membranes to safeguard them from losing their vital water content to the osmotically more powerful blood circulating in their vicinity. Cholesterol, apart from being used to manufacture nerve cell membranes and hormones, is also used as a "shield" against water taxation of other vital cells that would normally exchange water through their cell membranes.

Cure # 11: Depression, Loss of libido, Chronic fatigue syndrome, Lupus, Multiple sclerosis, Muscular dystrophy.

These conditions may be caused by prolonged chronic dehydration. If so, they will clear up once the body becomes well and regularly hydrated. In these conditions, exercising one's muscles should be part of the treatment program.

University of Washington:

A University of Washington study demonstrated that one glass of water shut down midnight hunger pangs for almost 100% of participating dieters.

Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math and difficulty focusing on the computer screen or on a printed page.

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%. One is also 50% less likely to develop bladder cancer.
Some Clinical Research

"Kidney Stones: Urinary Calculus" David L. Hoffmann B.Sc. (Hons), M.N.I.M.H

Avoid dehydration especially after exercise, but even during routine days, by the ingestion of copious amounts of fluid. Drink 4 to 6 pts of fluid a day and 1 pt of fluid before going to bed. Drink enough to ensure that twenty-four hour urine output is never less than 3 pts. Ideally, the patient should be drinking enough to cause routine awakening at night to urinate. "Although there is no controlled clinical study that examines the effectiveness of an increase in fluid intake, data strongly suggest that hydration is effective in preventing stone formation. While strict guidelines are not available, a doubling of the urinary output or a 24-hour urinary output of greater than 2 liters is generally recommended to reduce new stone formation. In actual practice, however, the beneficial effects of hydration may be seen with much less increase in urinary volume."

Prevention and Treatment of Kidney Stones NIH Consens Statement Online 1988 Mar 28-30;7(1):1-23.

It is a very good idea to purchase a water filter. See your local health food retailer for advice.

Micro Nutrients

Vitamins
Minerals
Trace Elements
Bio-flavenoids

If you are eating a largely plant based diet, and all of the produce you are consuming is fully organic, you should not need too much in the way of supplements. You have to choose organically grown fruits and vegetables as they are grown in rich, uncontaminated soil. You must also avoid fast food, processed food and refined food and your micro nutrient levels should be fine, even Calcium.

We recommend the consumption of a high quality, naturally produced vitamin C powder every morning. Half a teaspoon full in juice is an excellent source of antioxidants and a wonderful boost to your immune system.

The only other item we recommend is a probiotic supplement and a mineral supplement in a colloidal form. If you require further information on these, please contact us at Life Balance.

If you are concerned, speak to an expert in this area, such as a Naturopath.

Salt

Table Salt is problematic because it is a concentration of sodium. When you consume it, your natural balance between sodium and other minerals is sent into a state of imbalance. Your body then has to send the renal system into "overdrive" to clear out the excess calcium.

A healthful alternative is Celtic Sea Salt. This salt is naturally occurring and is harvested from the ocean via settling ponds in the north of France. The mineral composition of this salt is almost identical to the normal mineral spectrum of the human body. When you consume it, nothing goes out of balance so there are no adverse effects. On the contrary, the salt is both nutritious and alkalizing. It can be used to replace normal table and cooking salts.

Osteoporosis

The major causes of Osteoporosis are too high protein intake and a lack of exercise. You don't have to eat volumes of dairy foods each day to avoid Osteoporosis. You are better off eating organically grown produce, lots of grains and getting some regular exercise. Cut down on your protein rich foods too if you consume a lot of them, i.e. meats, chicken, dairy foods etc.

Remember, the people who go on television telling you to consume dairy food for your health are being paid a lot of money to do that. And, they always tell you that exercise is essential.

There are many countries in the world where dairy food is not consumed and there is no Osteoporosis. This is just another "modern disease", caused not by a nutritional deficiency, but a nutritional excess - Animal products.

Powerful Immunity

Being a strict vegetarian who eats only organic produce and who consumes plenty of filtered water and all the right supplements, may not be enough to make you immune to disease.

Immunity is about so many things. So, keep working on the whole lot. For your information, Dr. George Solomon defined an immunologically sound person as someone who is:

- In touch with bodily and psychological needs
- Able to meet those needs by assertive action
- Possessing Coping Skills - Ward off depression
- Ability to express emotions
- Able to seek or accept support from loved ones
- Having a sense of meaning and purpose in daily activities - work and relationships
- Having a capacity for pleasure and play

What to eat.

Juicing:

In the mornings, drinking organic juice is a wonderful way of drastically increasing your nutrient consumption without consuming a whole array of calories. Both Carrot and Apple are excellent juice bases. You can also juice other items into one or both of these, including:

- Beetroot
- Celery
- Pineapple
- Water Melon
- Ginger
- Cucumber
- Barley, Wheat or Oat Grass (Excellent shot of Chlorophyl)

Make your juice, stir in half a teaspoon of Vitamin C and drink slowly. Make sure you have already consumed your morning's water intake.

Note: A simple rule for eating throughout the day. Breakfast like a King. Lunch like a Prince and Dinner like a Pauper.

Breakfast	- Grains: Oats, Wheat, Barley, Rye, Millet - Fruits - Soy Milk (Bonsoy, Vitasoy, Aussie Soy) or Fruit Juice - Wholegrain, Sourdough Toast with Fruit Spreads
Lunch	- Sandwiches (Variety of Good Quality Breads) - Pasties and Pies (Good Quality Organic and Chemical Free) - Pastas, Legumes
Dinner	- Vegetables, Salads, Grains, Beans and Pulses
Snacks	- Fruits, Breads - Low Fat, High Nutrition Cakes, Muffins and Cookies

Ancient Oriental Philosophy

You must strive to attain the life force from the WHOLE FOOD.

There are 1000's nutrients available in foods when you include the incredible range of flavenoids whose influence, until recently, have been ignored. Consider the French Paradox. In France, there is a flavenoids which exists in the grapes used for the production of dry red wines. This flavenoid, when ingested, reduces blood platelet stickiness. Hence, we have a very credible explanation as to why the French, who eat such high proportions of saturated fats, have a relatively low incidence of Coronary Heart Disease.

The ancient Chinese always believed that the food contained a "Life Force". Perhaps, to put that into some form of scientific perspective, the combination of all the flavenoids in a particular fruit, vegetable or other food, provide the body with a unique and essential form of nourishment. If that food is interfered with in the growing or storage phase, this sensitive balance of flavenoids may be disturbed, thus reducing that foods ability to truly nourish the human body.

This is the Life Energy I referred to earlier.

The Chinese also believe that, when you are eating, you should have as many different colors on your plate as possible.

Plant food that has been genetically engineered, or grown in very poor soil, may have substantially less of these nutrients than plants grown organically, in rich soil.

Your Body receives such a pounding from chemicals and other forms of stress, you must seek to restore full, healthful functionality to your body's cells. To do this, you must choose non-contaminated vegetable produce that has been grown organically.

Consumption of Animal Products

The China Stiudy, a combined epidemiological study in China run by Cornell, Oxford and Beijing Universities since the mid 1980's, has followed the lives of 6000 randomly selected Chinese people and their families. The study looked at dietary habits, disease patterns and lifestyle and included samples from a range of different regions across the country, both city and country.

The results of the study were stunning. The only places where the team found significant evidence of coronary heart disease, cancers or osteoporosis, were the wealthier city areas. The major difference between these areas and the other areas was the volume of animal products consumed. Campbell made the bold conclusions that, if Americans were to cease consumption of animal products, across the board, the country would reduce 90% of its cancers and coronary heart disease problems.

Is Man a Herbivore or a Carnivore?

Compare yourself to a dog. Your teeth are designed for cutting (front) and crushing (rear), just what the body needs for the preparation of grains and vegetables for digestion. A dog's teeth are designed for tearing and ripping (front) and cutting (back). The teeth are completely different. Further, we have a sliding jaw that can move sideways for a grinding motion. A Dog's jaw works only ins a scissor fashion.

And vision. Humans have color vision whereas dogs have monochrome vision. When looking at an apple tree, the human needs to be able to see the red fruit among the green leaves. On the other hand, the dog only really needs to see if a small creature moves or not so that it can move in closer to use its keen sense of smell.

The bowel is probably where the major difference occurs. The dog has a very short bowel, designed to extract the nutrients it requires, then expel the waste, as the waste from flesh can become very toxic if it is left to rot. The human bowel is very long as we need more time to break down vegetable fibre and extract nutrients. Flesh passing through the long human bowel is almost certain to commence rotting before it reaches the end of the line.

In fact, perhaps due to the length of the bowel, and the large volume of animal products consumed by humans, most Australian adults have accumulated a layer of putrefying, rotting waste on the walls of their bowels, up to 8 kilograms in some cases. This layer is not only causes a risk in terms of toxicity, but plays a major role in reducing the effectiveness of intestinal absorption of food stuffs.

Our Bowel is so long that, if we were the size of a horse, our bowels would be one and a half times the length of a horse's bowel.

It is a popular belief that this factor is the major cause of bowel cancers.

If you are to eat meat, are you happy with the quality?

Firstly, when you eat meat, you are eating at the top of the food chain. This means that all the chemical residues being used in agriculture are in their most concentrated form in meat.

Second, when cattle are herded into a slaughter house, what do they feel? Are we arrogant enough to believe that a cow is completely stupid with no senses. It is also a popular belief that the cattle can sense death and they become very, very distressed. This results in a massive adrenaline surge just prior to death, which means the meat you eat is well loaded with stress hormones. These hormones do not simply pass through your system.

Third, it is reliably estimated that animals being bred for the slaughter are fed, on average, 25 times the volume of antibiotics consumed by people, per annum. Twenty Five Times. Can you sit and ponder that figure for just one moment.

Forth, the Omega 6 to Omega 3 ratios in Feedlot produced meat are dangerously high. Normal, free range meat has an Omega 6 to Omega 3 ration of about 1.5:1. Meat from the feedlot can have a ratio of up to 50:1.

And, we should pay heed to the cruelty factor in closing. Many animals, cattle, pigs, chickens especially, have a very unhappy life. They are locked up for economic convenience, fed steroids and antibiotics in large doses and slaughtered as soon as they are big enough.

Whilst farmers are extremely caring people, they cannot control what happens to their beasts once the truck takes them away. Every human being should visit a slaughter house and a chicken production plant. That way, if you choose to eat animal products, you will be well informed.

Can we ever go back to the times when grains, fruits and vegetables were the main staple, and on special occasions a beast was slaughtered, very humanely, by a "bullet from nowhere" whilst standing happily in a paddock.

Think before you eat.

In Summary

- Reduce Protein Consumption
- Reduce Fat Consumption
- Reduce Refined Food Consumption.
- Reduce Consumption of Chemical Residues.
- Increase Complex Carbohydrate Consumption.
- Increase Water Consumption.
- Try to Eat Organic Produce.

Food Consumption Tips

Vegetables

6 - 12 or more serves per day:

- 1 Cup Raw Leafy Vegies
- 1/2 Cup raw vegetables
- 1/2 Cup cooked beans/peas
- 1 ear corn - 1 small potato
- 1/2 cup cooked vegetables

See if you can eat 6 to 10 servings of vegetables each day.
Check your booklet for Recipe ideas.

Sea Vegetables

- Japanese use Sea Vegetables extensively.
- Very high in Minerals.
- Perfectly balanced for the human body.
- Kombu, Nori and others.

Grains

Spelt	Buckwheat
Barley	Quinoa
Oats	Bulger
Rye	Polenta
Millet	Couscous (from Wheat)
Rice	Triticale

Breads

- Sour Dough Breads
- No Additives
- Refined Flours?
- White High Fibre?
- Find a Good Bakery

Cereals

- Natural Cereals
- Porridge
- Muselis
- Processed Cereals
  - Salt
  - Sugar
  - Other Additives
- Choice Survey

Grain Malt Syrups

- Rice Malt Syrup.
- Barley Malt Syrup.
- Complex Carbohydrate.
- Flavor as well as sweetness.
- Buy in Bulk.

Grain Tips!

- 5 - 8 Grain Servings per day.
- Keep Cooked Rice in the Fridge.
- Grains at Breakfast.
- Bread at Lunch.
- Grains at Dinner.
- Go for WHOLE Grains - not refined.
- Try Organic.

Fruits

- Naturally Sweet
- Convenient
- Fructose
- The Human Body could live off fruit.
- Be wary of Grower's Chemicals.

2 - 4 or more serves per day:

- 3/4 Cup of Juice
- 1 Apple, Orange or Peach
- 1/2 Cup Berries (Raspberries)
- 2 Plums - 3 Apricots
- 1/2 Large Fruit i.e. Cantaloupe

Fruits Ideas

- Smoothies and Shakes
- Fruit Salads
- Juicing
- Dried Fruits
- Purees
- Poached Fresh Fruits

Fruit for Breakfast

Simple and Quick. Very Refreshing, especially in summer. Kids love it.
Supplies water, CHO and Fibre. Gives you great energy.
Gets your bowels working.

Legumes

- Soya Beans
- Navy, Kidney, Pinto, Aduki and other Beans
- Chick Peas
- Lentils and Split Peas

Balanced Protein and Carbohydrate. Low Fat. High in Micronutrients.

Legume Tips!

- Use in Casseroles and Stews.
- Use in Stir Fries.
- Soak Overnight.
- Very, very cheap.
- Make your own dips.
- Try as Flour alternatives.
- Try Organic.

Pantry Essentials

Miso	Rice Malt Syrup
Nori Sheets	Kombu
Celtic Sea Salt	Corn Flour
Range of Grains	Apple/Pear Juice Concentrate
Tahini	LSA Mix
Shoyu and Tamari	Garlic in Olive Oil

Breakfast Options

Breakfast must be an easy, energising meal with loads of complex carbohydrates and fibre. It is the meal that kick starts your day, as well as the elimination process.

Breakfast No 1: Hot Grain Cereal

- Half Cup of Rolled Grain.
- 1 Cup Water.
- Dried Fruit - Grated Apple - Diced Banana.
- LSA Mix.
- Grain Malt Syrup (optional).
- Soy Milk or Juice.

Breakfast No 2: Cold Cereal

- Toasted Grain Flake Cereal.
- Dried Fruit - Grated Apple - Diced Banana.
- LSA Mix. Soy Milk or Juice.
- Perhaps Pour on a Smoothie.
- Grain Malt Syrup (optional).

Breakfast No 3: Home Made Muesli

- Mixture of Rolled Grains.
- Dried Fruit, Sesame Seeds and Shredded Coconut, LSA Mix.
- Grain Malt Syrup or Juice Concentrate.
- Fine Spray of Oil.
- Bake in Oven till brown, then toss.
- Try different variations.

Breakfast No 4: Toast

- Toast a Good Full Grain Bread or Pita.
- Mash one Banana.
- Thin spread of Tahini on Toast.
- Spread Mashed Banana.
- Sprinkle LSA Mix

Breakfast No 5: Pancakes

- 1 Cup Whole Grain Flour (Wheat, Buckwheat). 1 tsp Baking Powder.
- 1 Cup Soy Milk. Mashed Banana.
- Combine and Cook in Non-Stick Pan.
- Top with Whole Jam, or Grain Malt Syrup.
- Add fruit salad.

Breakfast No 6: Fruit

- Slice a range of Fresh Fruits.
- Serve on a platter with a fork for each person.
- Use puree Strawberries as a dip.
- Eat and enjoy.
- Tip: Make sure there is at least 5 different fruits on the platter.

Lunch Options

Lunch must be a fulfilling meal that will take you through the afternoon, right to dinner. If you exercise after work, it has an even bigger role to play.

Lunch No 1: Sandwich

- Whole Grain Bread (No preservatives etc)
- Spread: Hummous or Avocado.
- Salad Vegetables plus sprouts. Use as many vegetables as possible.
- Add a few seeds or nuts.
- Home made Chutney

Lunch No 2: Falafel

- Pita Bread plus Falafels
- Spread: Hummous or Avacado.
- Salad Vegetables including Tabouli.
- Add additional dips.
- If still hungry, eat raw vegies like carrots and celery.

Lunch No 3: Burgers

- Whole Grain Bread Bun or Pita.
- Spread: Hummous or Avacado.
- Vegie Berger, Tofu Berger or Tempeh Burger.
- Salad Vegetables plus sprouts. Add a few seeds or nuts.
- Home made Chutney

Lunch No 4: Hot Meal

- Pasta.
- Vegetable Sauce. Ask for Extra Vegetables.
- OR
- Plate of Steamed or Baked Vegetables.
- Whole Grain Roll.

Lunch No 5: Liquid Lunch

- Giant Sized Smoothie.
- Soy or Rice Milk, or Juice.
- Chopped Fruit.
- Whole Grain Muffin.
- OR
- Mixed Vegetable Juice

Lunch No 6: Fruit

- Fruit Salad
- OR
- A Range of Fresh Fruits eaten whole.
- Chop Fruits up and share with a friend.

Make sure you eat a reasonable volume.

Dinner Options

Lunch must be a satisfying meal that without being too heavy.
It is best to eat as early as possible in the evening.

Dinner No 1: Stir Fry

- Chop as Many Vegetables as you can.
- Start with a splash of water and a few drops of Olive Oil.
- Cook Garlic and Onions then slowly add all vegetables.
- Use Sauces to taste. Add a few nuts.
- Serve alone or on noodles or rice.

Dinner No 2: Pasta

- Cook up noodles, use varying types.
- Steam broccoli, zucchini, onion.
- Puree adding a little garlic oil.
- Pour over cooked pasta and serve with a salad.

Dinner No 3: Quick Rice Dish

- Keep a pot of cooked Brown Rice in the fridge.
- Heat Leftovers or some baked beans.
- Run boiling water over rice, then add to rest.
- OR
- Add Fruit Salad plus a small Smoothie to Rice for a differnet meal.

Dinner No 4: Casserole

- Place handful of Lentils, Brown Rice and pre-soaked beans to casserole dish.
- Add range of chopped vegetables.
- Add Sea Salt and Garlic plus other herbs.
- Add can of tomato soup, or tub tomato paste.
- Fill with water and bake for 1 hour.
- Serve with bread.

Dinner No 5: Soup

- Soak Kombu and Shitake Mushrooms overnight.
- Set to boil. While cooking, cut up range of vegetables, especially green variety.
- Add vegies and cook.
- Add cooked buckwheat noodles at end. Use Miso or Shoyu to taste.
- Serve in bowls with Brown rice optional.

Dinner No 6: Grill

- Slice, Marinate and Grill Egg Plant, Zucchini, Capsicum, Sweet Potato, Potato, Tomato, Onions, Tempeh or Tofu.
- Serve with Dry Roast Potato and Chutney.
- Fresh Sour Dough Bread.

Snacks

It is important to have easy access to tasty and nutritious snacks for when you are "starving" or feeling run-down and needing a shot of energy.

Snack No 1: Muffins

- Low Fat Option.
- Whole Grain Variety.
- Use Mashed Banana as a Binding Agent.
- Use Fruit Juice Concentrate instead of Oil and Sugar.

Snack No 2: Nibbles

- Rice Cakes
- Rice Crackers
- Baked Corn Chips
- Dried Fruits
- Nut/Seed/Dry Fruit Mix

Snack No 3: Fruits

- Carry Fruit in the Car
- Buy your Favorite Varieties
- Summer is a great time for Fruit.
- Juice your Favorite Fruits
- An Apple a day...

Snack No 4: Vegetables and Dips

- Your Favorite Dips
- Chopped Vegetables including:
  Carrots, Broccoli, Cauliflower, Zucchini, Cucumber
- Add some Crackers

And Don't Forget

- Water in the Morning
- Lemon Juice in Warm Water as part of your morning Water consumption
- Water During the Day
- Drink 20 minutes before meals.
- You cannot really drink too much.
- Filter your water where possible.