



# 7-Day Raw Food Plan



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**NATURAL HEALING**  
**THROUGH THE LAWS OF HEALTH**

*"Knowing that if you have the faith of a mustard seed, your faith can move mountains"*

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## INTRODUCTION

Fruits and vegetables are power-packed with phytonutrients, antioxidants, vitamins and minerals that prevent cancer, heart disease, strokes, osteoporosis, hypertension, high cholesterol and most other lifestyle and degenerative diseases.

Cooked food while quite nutritious can put strain on the digestive tract, especially when the combinations are wrong.

Going on a raw-food fast is one way to combat diseases. It can cause you to lose weight, is less strenuous on the body, supports detoxification, and liver function. It also makes it more efficient to get nutrients to the cells, thereby increasing energy.

While some people eat fruits and vegetables, we may not eat enough, the raw food diet is one way to help you consume more fruits that gives clear, glowing skin, improve mental alertness, increase energy and get you to appreciate more real food.

### **YOU MUST NOT GO TOTALLY RAW.**

This program is for a short duration of 7 to 30 days. There are benefits in raw but there are also other benefits in cooked, steamed or baked foods. For example, carrots when steamed, gives more beta-carotene, tomatoes, when cooked produces more lycopene. Not all vegetables can be eaten raw, some are coarse and some need to be cooked. This book is a guide for the 7-day raw food plan, which needs to be broken and return to including cooked food in your diet.

**It is advisable to consult with your personal health care provider  
before implementing any of these recommendations.**

## FRUITS AND VEGETABLES

*And God said, Let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding FRUIT after his kind, whose SEED IS IN itself, upon the earth:  
and it was so. Genesis 1:11*

### **Fruits**

Fruits provide nutrients to the body such as water, sugars, starch, fiber, organic acids, vitamins that fight infections, minerals, and phytochemicals. Their healing properties include **detoxifying the organism**, it facilitates the elimination of waste and blood impurities, as well as provide **antioxidants**, which avoids premature aging,

arteriosclerosis, cancer and other diseases. Fruits **regulate the intestines**, because of its natural laxative and softening effect on the intestinal mucosa, for example, apples regulate the digestive function and combat diarrhea. Fruits help to **prevent cancer**. There is a lower risk of cancer of the digestive, respiratory and urinary organs and it is great to **avoid cardiovascular disease**, as it is effective in the prevention of stroke and coronary disease. *Study at Forvie Site University at Cambridge (UK).*

What is a Fruit?

The biblical and botanical definition of a fruit is that which has the seed within itself.

*Dictionary says, The sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food.*

Fruits are considered to be, apples, oranges, bananas, kiwi, watermelons, honeydew, melons, cantaloupes, pears, grapes, peach, nectarine, grapefruit, tangerines, pineapples, mangoes, papaya, pomegranate, cherries, carambola, sapodillas, sour sop, sugar apples, raisins, prunes, currants, apricots, dates, figs, pineapples, cranberries, pears, peaches, star fruit, blueberries, raspberries, blackberries, lemons, limes, strawberries, tomatoes, cucumbers, bell pepper (red, orange, yellow), avocados, green or black olives, pumpkin, squash, zucchini, eggplant, plantain, strawberry, bodi and string beans are also fruits.

## Vegetables

Examples of vegetables are carrots, asparagus, garlic, onion, scallion, leek. The \*Cruciferous family of vegetables include: broccoli, brussels sprout, cabbage, collard greens, kale, horseradish, turnip, chinese cabbage, cauliflower, bok choy, radish, -  
*\*Note that you should use Dulse or Kelp when using foods from the Cruciferous family because it reduces the iodine absorption by the thyroid gland which is essential for its proper function.*

## Do not eat Fruits and vegetables should at the same meal?

- Mixing fruits and vegetables at the same meal causes **fermentation** in the stomach. This should be avoided as a fermented stomach can lead to gas, bloating, heartburn, and intestinal bacterial overgrowth among other diseases as a result of mal-absorption of nutrients.
- Fruit and vegetables taken at one meal produce **acidity** of the stomach; then **impurity of the blood** results, and the **mind is not clear** because the digestion is imperfect. Counsels on Diet and Foods p. 112.6
- There should not be a great variety at any one meal, for this encourages overeating, and causes **indigestion**. Counsels on Diet and Foods p. 112.2
- Fruit should **not** be eaten after a full meal of other foods. Counsels on Diet and Foods p. 309 a. 468

- Eat fruits at the beginning of the meal. Some make the choice of eating raw vegetable or fruit as a desert after a meal, this will cause indigestion, bloating or gas. The food in its raw state is easy to digest; therefore, it should be eaten first at that start of the meal. The stomach will work on digesting the raw fruit or vegetable quickly, the raw food also provides enzymes that enhance digestion of the meal that follows.
- Do not eat overripe, spoilt, bruised, partly-rotten fruit or vegetables. If there is a bad spot, do not cut it off and eat the rest. Throw out the entire thing as it is not healthy to eat. It is fermented and increased in Tyramine, histamine, and gases that can breakdown into Formaldehyde.

“Nicely prepared vegetables and fruits in their season will be beneficial, **if they are of the best quality, not showing the slightest sign of decay**, but are sound and unaffected by any disease or decay. **More die by eating decayed** fruit and decayed vegetables which **ferment in the stomach** and result in **blood poisoning**, than we have any idea of.” Counsels on Diet and Foods p. 309 a. 469

- If you can get apples, you are in a good condition as far as fruit is concerned, if you have nothing else.... I do not think such large varieties of fruit are essential, yet they should be carefully gathered and preserved in their season for use when there are no apples to be had. **Apples** are superior to any fruit for a standby that grows. Counsels on Diet and Foods p. 312.478  
**Apple family (Rosaceae): apple, crab apple, quince, pear, rosehips**

The meals should be varied. The same dishes, prepared in the same way, should not appear on the table meal after meal and day after day. The meals are eaten with greater relish, and the system is better nourished, when the food is varied. Ministry of Healing p. 300

For optimal amount of servings of fruit and vegetables, we should **aim for at least three to five servings or more of fruit and vegetables per day. Eat fruit at one meal and vegetables at another meal.**

### **Coarse Vegetables**

In Genesis 3:18 we find that vegetables were added to man’s diet, it was not part of his original diet but rather for the animals. Some vegetables when eaten raw are difficult for digesting in the stomach and they therefore need special preparation in order to be wholesome to our bodies.

**In the study of hygiene, students should be taught the nutrient value of different foods. The effect of a concentrated and stimulating diet, also of foods deficient in the elements of nutrition, should be made plain. Tea and coffee, fine-flour bread, pickles, coarse vegetables, candies, condiments, and pastries fail of supplying proper nutriment. Many a student has broken down as the result of using such**

**foods. Many a puny child, incapable of vigorous effort of mind or body, is the victim of an impoverished diet. Education p. 204.3**

Coarse vegetables contain cellulose fiber that is poorly digested by humans. This fiber is yet important in the diet as it helps to feed the gut bacteria, sweep the colon and provide bulk for stools.

Examples of coarse vegetables are: Broccoli, cauliflower, cabbage, carrots, beets, artichoke, celery stalk, rutabagas root, turnips root, radish, Brussels sprouts, asparagus, fennel stalk, cassava, jicama, yam, dasheen, potatoes, and edoes.

**The proper preparation of these foods is important. Therefore, to make these vegetables tender and more digestible, low, slow, steaming, cooking or baking will help to reduce the coarse effect.**

To steam vegetables, you can use a commercial vegetable steamer, or you can put water in a pot, and then place a colander inside the pot with vegetables and cover on low heat.

**Vegetables should be cooked until they are perfectly tender but not overdone. Many cooks spoil their vegetables by cooking them too long, while quite as many more serve them in an underdone state to preserve their form. Either plan makes them less palatable, and likely to be indigestible. *Science in The Kitchen by Mrs. E. E. Kellogg, A. M. 1893 p 56***

The heat breaks down the plants' thick cell walls and aids the body's uptake of vitamins and minerals that are bound to those cell walls. The vitamins and minerals are embedded in a complex mass of fiber called cellulose, a carbohydrate that is difficult for the human body to digest.

**Some vegetables, such as, carrots, spinach, asparagus, and cabbage when cooked supply more antioxidants, such as carotenoids and ferulic acid, to the body than they do when raw. *Journal of Agricultural and Food Chemistry, 2008, 56 (1), pp 139–147***

## **Sprouting**

Sprouts are the freshest, organic, least expensive, most nutritious year-round vegetable you can have. Some sprouts can be purchased, but it is easy to make your own. It is important to avoid spoilage and fungus growth on sprouts, therefore be very careful in raising and storing sprouts. They can be eaten raw, or incorporated in breads or beans when cooking.

### **How to sprout?**

Bean, seeds and grains for sprouting must be untreated and should be purchased from

natural food stores. An easy method for sprouting is to place the seeds, etc. in a glass jar with a mesh lid, cover with 2-3 times the height of water overnight and keep in a dark place like a cupboard. The next morning, pour out the water and rinse the seeds well. Do not keep seeds in direct sunlight, turn jar on its side to distribute seeds evenly. Place in a dark cool cupboard all day. You can rinse seeds 2 – 3 times during the day to keep them moist. Always keep the jar on the side to allow the sprouts to be spread and give some height. By evening the seeds may be sprouted, rinse thoroughly and store in cool dark place for another night. When sprouts reach the desired length, 1/2 to 1 inch, rinse, refrigerate, wash and eat. It is important to keep sprout rinsed to maintain freshness.

Some simple sprouts are mung beans, garbanzo, lentils, sunflower seeds or buckwheat. The yield from sprouts may amaze you as a little can go a long way.

Nutritional benefit from Mung bean sprouts: Protein availability increases by 30%, calcium, potassium, iron, phosphorous, vitamin A by 285%, vitamin B1 by 208%, vitamin B2 by 515% which is needed for cell respiration, formation of red blood cells and antibodies, healthy skin, nails and hair, and vitamin C with an infinite increase.

Sunflower seed have been used for arthritis, rheumatism, headaches, blurred vision, high blood pressure, diabetes, fluid retention, asthma, cancer, bleeding gums, strong bones, nails, tendons, muscles, eyesight, bronchitis, coughs and colds.

<b>Seed/Bean</b>	<b>Amount in 2Qt. Jar</b>	<b>Sprouting</b>	<b>Best length</b>
Mung beans, whole	3/4 cup	2-3 days	1 -2"
Sunflower seeds, whole	1 cup	2 days	1/8 to 1/4"
Garbanzo, whole	1 cup	3 days	1/2 – 1"
Lentils, whole	3/4 cup	3 days	3/4 – 1"

## **FOOD COMBINATIONS**

*Knowledge in regard to proper food combinations is of great worth,  
and is to be received as wisdom from God.  
Counsels on Diet and Foods p. 109.176*

**The meals should be varied. The same dishes, prepared in the same way, should not appear on the table meal after meal and day after day. The meals are eaten with greater relish, and the system is better nourished, when the food is varied. Counsels on Diet and Foods p. 112.188.3**

In terms of variety, this should be done over a course of a week or two, not many at the same meal, "It would be much better to eat only **two or three different kinds** of food at

a meal than to load the stomach with many varieties.” Counsels on Diet and Foods p. 110

**When too many varieties of food are eaten at one meal, it causes confusion in the stomach and delay digestion. Different enzymes are required to breakdown the variety of foods and digestion can take longer than usual. When food is delayed in the stomach, it begins to ferment, the blood becomes impure and disease follows.**

You may eat a variety of foods but within the same family. For example, the Cruciferous vegetables family, e.g.: collards, white or red cabbage, Chinese cabbage, cauliflower, broccoli, or Brussels sprout. Three of these can be on the same plate because they are of the same family. Therefore, the stomach treats it as one kind of food, making it easier for digestion.

**Do not have too great a variety at a meal; three or four dishes are a plenty. At the next meal, you can have a change. The cook should tax her inventive powers to vary the dishes she prepares for the table, and the stomach should not be compelled to take the same kinds of food meal after meal. Counsels on Diet and Foods p.109.177**

The variety of food at one meal causes unpleasantness, and destroys the good which each article, if taken alone, would do the system. This practice causes constant suffering, and often death. Counsels on Diet and Foods p. 110.181

## **HOW MANY KINDS AT ONE MEAL?**

The signal guidance is given: **It would be much better to eat only two or three different KINDS of food at a meal than to load the stomach with many varieties. Counsels on Diet and Foods p. 110.179**

We can ask ourselves a question: **Where is the first place we have seen this word “KIND” before?** Let’s go to scripture:

And God created great whales, and every living creature that moveth, which the waters brought forth abundantly, after their **KIND**, and every winged fowl after his **kind**: and God saw that [it was] good. Genesis 1:21

And God said, Let the earth bring forth the living creature after his kind, cattle, and creeping thing, and beast of the earth after his kind: and it was so. Genesis 1:24

And God made the beast of the earth after his **KIND**, and cattle after their **KIND**, and everything that creepeth upon the earth after his **KIND**: and God saw that [it was] good. Genesis 1:25

And the earth brought forth grass, [and] herb yielding seed after his **KIND**, and the tree yielding fruit, whose seed [was] in itself, after his **KIND**: and God saw that [it was] good. Genesis 1:12

According to Genesis 1:29, man's original diet constituted of fruits, grains, seeds and nuts. It says, *"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat."*

After sin, plants were introduced to the diet, Genesis 3:18, says, *"Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field; in the sweat of thy face shalt thou eat bread..."*

From the beginning, the Creator told of the **kinds of food** suitable for mankind, therefore, let's look at these four basic food groups:

## THE UNIVERSAL BASIC FOUR

Around the world people need nutrition. Our Creator in his matchless wisdom provided food for all nations for their sustenance wherever they are located. These people are contented, vibrant and healthy.

In developed countries, authorities have studied the foods available within their locale, and categorized foods within food groups then rolled it out as recommended food groupings, in their content, and quantity that they see to be necessary for their people to maintain health. Over the years some societies have developed food groups in varied amounts, for example, they may have had four or six then settled to five.

Let's look at some basic food groups that are common:

The Americans basic four are: Cereal Grains, Fruits and Vegetables, Meat and Milk

The Chinese basic four are: Cereal, Green leafy vegetables, Sweet potatoes and Soybean products.

The Australians has a basic five: Cereal, Fruits, Vegetables, Protein/meat and Dairy.

It depends on where in the world you are located or where you were schooled that you will find the promotion of a certain category of basic food groups, which may or may not fit with optimal health. The question therefore is; how do we get it right? Which food group do we subscribe to?

How about a basic food grouping that is common to all mankind around the world; that, which is guaranteed to be healthful and nutritious. There is no need to reinvent the wheel; in the book of Genesis, from the beginning, the Creator of the Universe,

prescribed a BASIC FOUR that fits across all nations, tongue and people. Gen. 1:29, 3:18

## FOUR BASIC FOOD GROUPS

<p><b>GRAINS &amp; LEGUMES</b></p> <p>Rice (all types), wheat, millet, corn, spelt, rye, kamut, teff, bamboo, quinoa, buckwheat, amaranth, green peas, chick peas, pigeon peas, lentils, red bean, lima bean, kidney beans, black beans, black eye beans</p>	<p><b>FRUITS</b></p> <p>Apples, grapes, melons, oranges, grapefruit, banana, strawberries, kiwi, tomatoes, peppers, plums, mango, cucumbers, pumpkin, squash, zucchini, okra, eggplant</p>
<p><b>NUTS &amp; SEEDS</b></p> <p>Almonds, pecans, walnuts, pistachio, peanuts, pumpkin seeds, sunflower seeds, pine nuts, flax seed, chia seeds, sesame seeds</p>	<p><b>VEGETABLES</b></p> <p>Carrots, beets, cabbage, radish, cauliflower, Brussels sprouts, kale, mustard greens, spinach, dasheen bush, water cress, lettuce, potato, yam, dasheen, cassava, edoes, sweet potato</p>

## ORIGINAL DIET OF MANKIND

*GRAINS, FRUITS, NUTS, AND VEGETABLES constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet. Ministry of Healing p. 296*

**GRAINS, FRUITS, NUTS, AND VEGETABLES, IN PROPER COMBINATION**, contain all the elements of nutrition; and when **properly prepared**, they constitute the diet that **best promotes both physical and mental strength**. Education p. 204.3

From a scientific standpoint, foods belong to **various families**. It would be beneficial to our health therefore not to have too many varieties at a meal. **KEEPING A SIMPLE MEAL WITH TWO OR THREE BOTANICAL KINDS SHOULD BE OUR GOAL.**

The principle is simple, this is how it works: Let's look at the **Botanical family, Cucurbitaceae**, it consists of watermelon, melon, cantaloupe melon, cucumber, honeydew, pumpkin, and squash. If more than one of these foods is served at a meal, the stomach treats them as one kind. Another example is the **Gramineae** family, which consists of foods such as barley, rice, millet or rye, you can have at least three items within this family and have a multi-grain dish but the stomach treats the combination as one kind. The **Leguminosae** botanical family consists of foods such as pigeon pea, jack bean, chick pea, soybean, lentil and mung bean. You can have a multi-bean dish and the stomach treats the combination as one kind.

It is important to note, that botanical families such as the **Gramineae, Amaranthaceae, Chenopodiaceae, Polygonaceae, Leguminosae and the varieties within the nuts and seeds category are all considered seeds and so the stomach treats them as one kind**. Therefore, a meal containing rice, red beans and pecans, is treated as one kind by the stomach. So, to complete the plate, simply add a food item of one or two more botanical families of fruits or vegetables. Then the completed plate will essentially have two or three different kinds of food.

In the pages that follow, we will show botanical families and some foods belonging to those categories.

# FOOD BOTANICAL FAMILIES

## FOOD BOTANICAL FAMILIES

GRAINS BOTANICAL FAMILY	
This botanical family is the most important in the world for human nutrition. These are true grains. <b>These require long cooking for at least 3 hours.</b>	
<b>GRAMINEAE</b>	Bamboo shoots, Oats, Adlay, Teff, Teosinte, Barley, Rice, Millet, Rye, Sorghum, Wheat, Emmer, Kamut, Spelt, Corn, Maize, Cornmeal, Wild rice
<b>PSEUDO GRAINS</b> These hold similar use and nutritional value to grains. However, they belong to other botanical families than Gramineae which are the true grains. <b>These do not require long cooking.</b>	
<b>AMARANTHACEAE</b>	Amaranth seeds
<b>CHENOPODIACEAE</b>	Quinoa
<b>POLYGONACEAE</b>	Buckwheat

LEGUMES BOTANICAL FAMILY	
This botanical family consists of more than 13000 species spread across the world. Only 50 species of legumes are of dietary interest. "Together with grains they are the richest in nutrients of any that grow on the earth, and those that contribute the most to the proper nutrition of humanity." EFHP Vol. 1.90	
<b>LEGUMINOSAE</b>	Pigeon pea, Jack bean, Chick pea, Guar, Lablab, Yard-Long bean, Soybean, Lathyrus pea, Lentil, Lupine, Alfalfa, Tepary bean, Common bean, Adzuki, Mung bean, Bambara groundnut, Black bean, Tofu

## FOOD BOTANICAL FAMILIES

<b>FRUIT BOTANICAL FAMILY</b>	
ACTINIDIACEAE	Kiwi
ANACARDIACEAE	Gandaria, Mango, Ambarella (Golden apple), Yellow mombin, Red mombin, Imbu, Cashew apple
ANNONACEAE	Cherimoya, Soursop, Custard apple, Sugar apple, Pawpaw
BROMELIACEAE	Pineapple
CACTACEAE	Prickly pear
CAPRIFOLIACEAE	American elderberry, Elderberry
CARICACEAE	Papayuela, Papaya
CUCURBITACEAE	Watermelon, Melon, Cantaloupe melon, Kiwano, Cucumber, Honeydew, Persian melon, Pumpkin, Acorn squash, Buttercup squash, Squash, Zucchini, Bottle gourd, Luffa, Sponge gourd, Bitter melon, Chayote (christophine), Squash seed
EBENACEAE	Persimmon, Date plum
ERICACEAE	Arbutus berry, Blueberry, Cranberry, Bilberry, Cowberry
EUPHORBIACEAE	Rambai fruit, Otaheite apple (pommerac), gooseberry
GUTTIFERAE	Garcinia, Mangosteen, Mamey, Madrono
LAURACEAE	Avocado
LEGUMINOSAE	Purging cassia, Carob, Guama (padoo), Tamarind
MALPIGHIACEAE	Acerola
MALVACEAE	Okra (ochro)
MORACEAE	Breadfruit, Jackfruit, Fig, White mulberry, Black mulberry
MUSACEAE	Banana, Plantain, bugament
MYRTACEAE	Feijoa, Para guava, Wild guava, Guava, Brazilian guava, Water rose, Rose apple, Pitanga, Java apple

## FOOD BOTANICAL FAMILIES

OLEACEAE	Olives
OXALIDACEAE	Bilimbi, Carambola
PALMAE	Peach palm, Beach palm, Date, Salak
PASSIFLORACEAE	Passion fruit, Curuba, Giant granadilla
POLYGONACEAE	Garden sorrel, Rhubarb, Sea grape
PUNICACEAE	Pomegranate
ROSACEAE	Cocoplum, Azarole, Quince, Loquat, Strawberry, Medlar, Pear, Apple, Apricot, Cherry, Sour cherry, Plum, Peach, Sloe berry, Brier hip, Blackberry, Andes berry, Raspberry, Loganberry, Serviceberry, Dewberry, Wineberry, Quince, Rosehips
RUTACEAE	White sapote, Lime, Seville orange, Bergamot, Sweet lime, Lemon, Citron, Calamondin, Grapefruit, Tangerine, Orange, Kumquat
SAPINDACEAE	Akee, Longan, Litchi, Genipa, Rambutan
SAPOTACEAE	Sapote, Caimito, Chicosapote (sapodilla), Lucmo
SAXIFRAGACEAE	Black currant, Red currant, Gooseberry
SOLANACEAE	Pepper, Tomato, Eggplant, Potato (all varieties), Pepino (melon pear), Bell peppers, Sweet peppers, Cayenne peppers, Chili peppers, Paprika, Pimiento, Tobacco, Tamarillo, Winter cherry, Cape gooseberry, Pepino
VITACEAE	Grape, Currant, Raisin

<b>VEGETABLES BOTANICAL FAMILY</b>	
ALGAE	Agar-agar, Carrageen, Kelp, Dulse
AMARANTHACEAE	Amaranth leaves
ARACEAE	Taro, Malanga, Dasheen, Poi, Yautia
BORAGINACEAE	Borage
CHENOPODIACEAE	Chard, Red beet, Marsh samphire, Spinach

## FOOD BOTANICAL FAMILIES

COMPOSITAE	Sea aster, Endive, Belgian endive, Radicchio, Chicory, Cardoon, Artichoke, Jerusalem artichoke, Lettuce, Scorzonera, Salsify, Jicama, Sweet potato
CRUCIFERAE	Cabbage, Brussels sprouts, Cauliflower, Kohlrabi, Broccoli, Romanesca, cauliflower, Chinese cabbage, Turnip (leaves), Scurvy grass, Arugula, Watercress, Radish
CYPERACEAE	Chinese water-chestnut
DIOSCOREACEAE	Yam, Sweet yam
EUPHORBIACEAE	Cassava, Sweet cassava
GRAMINEAE	Bamboo shoots, Sugarcane, Lemongrass, Citronella
IRIDACEAE	Saffron
LABIATAE	Chinese artichoke
LAMIACEAE	Basil, sage, rosemary, thyme, marjoram, oregano, savory, winter savory, lavender, lemon balm, self-heal, bergamot, hyssop, teak
LILIACEAE	Shallot, Onion, Welsh onion, Leek, Garlic, Chive, Bear's garlic, Asparagus
MARANTACEAE	Arrowroot
MORINGACEAE	Benoil tree
OXALIDACEAE	Lucky clover, Oca
PALMAE	Dwarf palm, Heart of palm
PORTULACACEAE	Winter purslane, Purslane
UMBELLIFERAE	Celery, Peruvian parsnip, Turnip-rooted chervil, Carrot, Fennel, Parsnip
VALERIANACEAE	Lamb's lettuce
ZINGIBERACEAE	Cardamom, ginger, turmeric

## FOOD BOTANICAL FAMILIES

<b>NUTS BOTANICAL FAMILY</b>	
ANACARDIACEAE	Cashew, Pistachio
BETULACEAE	Hazelnut or Filbert
BIXACEAE	Annatto
COMPOSITAE	Sunflower
CUCURBITACEAE	Squash seeds
CYPERACEAE	Tiger nut
FAGACEAE	Chestnut, Beechnut, Acorn
JUGLANDACEAE	Pecan, English walnut
LAMIACEAE	Chia seed
LECYTHIDACEAE	Brazil nut
LEGUMINOSAE	Peanut
LINACEAE	Flaxseed
PALMAE	Coconut, King coconut, Sea coconut, Sago starch
PEDALIACEAE	Sesame seeds, Sesame oil, Tahini
PINACEAE	Chile pine nut, Pine nut
PROTEACEAE	Macadamia
ROSACEAE	Almond

<b>FUNGUS BOTANICAL FAMILY</b>	
FUNGUS	Baker's yeast, Nutritional yeast, Citric acid

# GLUTEN-FREE/WHEAT-FREE/INFLAMMATION-FREE/FREE FROM ALLERGIES/ASTHMA/SINUS DIET

*Using this food guide, you will clear your body of sinus, allergies, asthma, migraine, skin rashes and other skin conditions, mucus, inflammation, joint aches and pain, arthritis, yeast infection, small intestinal bacterial overgrowth and more.*

Eat **organic** as much as you can.

## **Meat**

No flesh at all. This includes fish, chicken, turkey, beef, pork, cattle, goat, sheep, shrimp, lobster, conch, crab, all shellfish products and all of their byproducts: milk, cheese, butter, eggs, ice-cream, sausage

## **Grains**

These can be eaten:

Gluten free rice  
Organic cornmeal  
Millet, Buckwheat  
Sorghum, Teff, Quinoa, Amaranth

## **Ground Provision**

All can be eaten

## **Beans**

All can be eaten except soy and it's by products like chunks, soy curls, mince. Make sure you watch lentils and red beans: if there is an allergic reaction with their use, you might have to use in organic form or eliminate completely

Restriction on the flesh, grains and their by-products should be maintained, as they are not the best food for humans. Restriction on the nuts, fruits and vegetables are for 3-4 months then they can be reintroduced into your diet one at a time and see if there are any adverse reactions, if yes, hold off on that food for a while longer, if no reaction, keep in the diet.

## **Vegetables**

All veggies can be used except for carrot and celery

## **Fruits**

All fruits can be used except:

Banana and its family  
Banana, plantain, finger rose, bugament  
Melon and its family  
Watermelon, honeydew, cantaloupe, cucumber, pumpkin, zucchini, butternut, table squash, Papaya, avocado, kiwi, strawberry, currant, raisins

## **Nuts**

All nuts can be used except: peanut and walnut

# 7-DAY RAW FOOD PLAN

## WASHING OFF PRODUCE PESTICIDES AND WAXES

Organic fruits and vegetables are best because they are grown without pesticides or herbicides; however, in some areas spraying is permitted. Here are some rules to remember when purchasing fruits and vegetables.

1. Look for thicker peels: usually, the thicker the peel, the safer the fruit. For example, oranges, grapefruit and watermelon.
  
2. Some fruits and vegetables are waxes to seal in water and prevent the produce from spoiling too quickly; for example, apples, grapes, strawberries, tomatoes, spinach and potatoes.
  - a) You can purchase a natural biodegradable cleanser from a health food store. Use it to gently scrub off the wax and then wash the produce off.
  
  - b) You may also soak the produce in a mild castile soap detergent for five minutes, then gently scrub your fruits and vegetables and rinse them off.

Soak fruits with thin peels and leafy vegetables for only five minutes, for thicker fibrous vegetables, soak for ten to fifteen minutes.

# 7-DAY RAW FOOD PLAN

## BEFORE YOUR 7-DAY RAW PLAN

Determine which fruits and vegetables you are going to eat.

Low-fiber fruits like oranges, tangerines, or watermelon will not hold you for very long, so eat that with another fruit with lots of fiber like pineapple and add nuts and seeds at the meal.

If you are on medication do not grapefruit, as it will cause your medication to hold in your blood for as long as three days, thereby giving you concentrations of medication in your body.

Use a variety of fruits and vegetables to get a wide range of nutrition during the days. So if mango is in season, do not use mango only, eat some other fruits.

Plan your meals ahead.

Decide if you are going to purchase fruits and vegetables for all of the seven days or for two days at a time.

Purchase enough plus a little extra fruits and vegetables to make sure you always have on hand to keep you full at mealtime.

Get ingredients of the sauces you are going to use. These sauces are all natural with no preservatives, so keep them in the refrigerator. Sauces and salad dressings are food, not just a dressing, so use them liberally even when you will later use them on cooked food, you can pour them on your rice, beans etc.

## DURING YOUR 7-DAY RAW PLAN

Upon awaking, drink 2 to 4 8oz cups of warm water. In one cup, add 1-2 tablespoons of lemon juice, stir and drink. When you drink lemon, always use a straw to protect the enamel of your teeth.

Set eating times: e.g. 6 am 12 noon and 6 pm

Space your meals at least 5 hours apart.

Make time to prepare your meals even though they are raw it requires some time.

Drink lots of water, in-between meals.

Drink water 15 – 30 minutes before eating and two hours after you will have finished eating so you will not interfere with digestion.

## 7-DAY RAW FOOD PLAN

You may drink spring water, but not alkaline water. Alkaline water is harmful to your body.

Include nuts and seeds in your raw foods. A handful of nuts at the end of your meal will prevent gas, bloating, and sustain you until your next meal as fats take longer to digest.

Flax seed and chia seeds need to be broken in order to get the nutritional properties from them. They can be blended in a coffee grinder or blended in a drink.

Get a natural bristle vegetable brush as you will want to keep peeling to a minimum, many valuable nutrients are in or just under the skin of fruits and vegetables.

Include the skin of the fruits where possible. This will provide fiber and aid in regular bowel movement, all part of the cleansing program.

All fruits can be eaten unless you are on the allergen free diet where you are restricted to certain fruits.

Most vegetables are coarse and cannot be eaten raw. Not cabbage, carrots, beets, bok choy, kale, broccoli, cauliflower.

Tender leaves can be eaten raw like, lettuce, dandelion, thyme, mint, coriander, or rosemary. Raw leafy vegetables are important because of the chlorophyll they contain.

Leafy lettuce are recommended because they are far more nutritious than head lettuce, such as iceberg. For example, romaine lettuce contains more vitamin A, calcium and iron, soft head leafy lettuce contain 2-3 times more vitamin A, calcium and iron.

After each meal, walk casually for 15 minutes to aid digestion of your food.

Eat peas for breakfast and lunch only and not for supper.

Eat fruits only for supper, no green leafy vegetable.

No nuts and seeds should be eaten for supper.

Juice, drink, shake, smoothie should be made thick so you will have to eat your drink rather than gulp it down. Mull it around in your mouth or chew particles in your drink to mix it with salivary enzymes that will support digestion of your drink.

Go out into the sunlight daily between the hours of 9am and 3pm. For lighter complexion get, 10 to 15 minutes sunlight daily. For darker complexion, get 45 minutes to 1 1/2 hours of sunlight exposure daily.

Go to bed by 9:30pm. Sleep will give you adequate rest for cellular repair and help with the detoxification process while on the raw-food plan.

# 7-DAY RAW FOOD PLAN

**While on the raw-food diet up to 90 days  
CLEANSE YOUR LIVER, BLOOD, KIDNEY, AND COLON.**

## Option 1

Burdock – 2 capsules three times daily with meals

Uva Ursi – 2 capsules three times daily with meals

Slippery Elm – 2 capsules three times daily with meals

Or

## Option 2

Make a daily Tea:

2 tablespoons Burdock root

2 tablespoons Slippery Elm

1 handful Parsley or Cornsilk

Bring 4 1/2 cups water to a boil, add burdock and slippery elm and steam for 15 minutes, then add parsley or cornsilk and cover and steep for 40 minutes to 4 hours. Drink during the day.

**Take probiotic capsules before each meal**

2 Bio-Kult Probiotic capsules before meals

## **General instructions for preparing teas**

- Hard parts of the plant such as: roots, seeds, rhizome or bark: BOIL for 15 minutes, and then draw for 40 minutes to 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then DRAW/STEEP for 40 minutes to 3 hours.
- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 40 minutes to 4 hours.
- Drink as water through the day.

## **BREAKING YOUR 7-DAY RAW PLAN**

Add cooked foods little at a time for the first three days after you break your plan.

Use more raw on the plate. For example, half the plate with raw, quarter of the plate with steamed carbohydrate, like potatoes, brown rice, quinoa and quarter of the plate with cooked peas and beans, like split peas. Eat simple whole foods.

# 7-DAY RAW FOOD PLAN

## DAILY MENUS

### DAY 1

Start your day:  
2-4 cups of warm water and lemon

#### Breakfast

1 glass Pineapple coconut smoothie  
15 minutes spacing  
Grape salad  
1 handful of almond nuts

#### Lunch

Green Peas Salad  
1 handful of cashew nuts

#### Supper

1 plate Cantalope

### DAY 3

Start your day:  
2-4 cups of warm water and lemon

#### Breakfast

1 glass Mango drink  
15 minutes spacing  
Papaya coconut Salad  
1 handful of almond nuts

#### Lunch

Herbed Corn Salad  
1 handful of cashew nuts

#### Supper

Coconut water

### DAY 2

Start your day:  
2-4 cups of warm water and lemon

#### Breakfast

Summer Fruit Salad  
1 handful of pumpkin seeds

#### Lunch

1 full plate of Lettuce Salad 1  
1 handful of almond nuts

#### Supper

1 plate Pineapple slices

### DAY 4

Start your day:  
2-4 cups of warm water and lemon

#### Breakfast

Green Bean Cucumber Salad  
1 handful of sunflower seeds

#### Lunch

Lettuce Salad 2  
1 handful of cashew nuts

#### Supper

4 oranges

# 7-DAY RAW FOOD PLAN

## DAY 5

Start your day:  
2-4 cups of warm water and lemon

### Breakfast

Coconut water  
Pumpkin Salad  
1 handful of pecan nuts

### Lunch

Green peas salad  
1 handful of cashew nuts

### Supper

3 -4 mangoes

## DAY 7

Start your day:  
2-4 cups of warm water and lemon

### Breakfast

1 cup of sliced tomatoes  
Mung Bean Salad  
1 handful of pistachio nuts

### Lunch

1 full plate of Lettuce salad 1  
1 teaspoon kelp powder  
1 handful of almond nuts

### Supper

3 golden apples

## DAY 6

Start your day:  
2-4 cups of warm water and lemon

### Breakfast

Okra salad  
1 handful of pecan nuts

### Lunch

Tomato bean salad  
1 handful of cashew nuts

### Supper

4 tangerines

# RECIPES

## DRINK RECIPES

Liquids other than water should be drunk at mealtime but spaced away from the solid food. Therefore, drink 15 – 30 minutes before eating a meal. e.g.

Cane  
Watermelon, melon  
Coconut water  
Any smoothie  
Any juice

### GUAVA SMOOTHIE

#### Ingredients

8 medium guavas, sliced  
2 cups water  
1 tablespoon honey  
Blend well, strain and drink.  
You may add a handful of almond nuts for a rich creamy texture.

### CLEANSING DRINK

#### Ingredients

2 large cucumbers  
2 pears  
2 apples  
Blend all ingredients well and serve.

### GRAPEFRUIT DRINK

#### Ingredients

1 pink grapefruit, peeled  
1/2 small lemon  
1 apple, peeled  
Blend all ingredients together.

### PINEAPPLE COCONUT SMOOTHIE

#### Ingredients

2 cups pineapple  
1 cup thick coconut jelly  
1 1/2 cup water  
1 pinch PH sea salt  
1 tablespoon honey, or to taste  
2 tablespoons chia seeds

Blend well until creamy  
Add more water as needed

Note: the thick coconut jelly gives a natural milky texture.

### SOUR SOP SMOOTHIE

#### Ingredients

2 cups Sour Sop, seedless  
1/3 cup raw cashew nuts  
1 cup water  
1/8 teaspoon pink Himalayan sea salt  
1 tablespoon honey, optional

Blend until creamy  
add 1 cup water or more if too thick.

### MANGO JUICE

#### Ingredients

1 cup of sliced mango  
2 cups water  
1 tablespoon honey  
2 tablespoons chia seeds

Blend well and refrigerate. Shake well before serving.

# RECIPES

## SALADS RECIPES

### FRUIT SALAD 1

#### Ingredients

2 tangerines  
2 oranges  
2 cups pineapple  
1 handful almond nuts  
Combine in a bowl.

### FRUIT SALAD 2

#### Ingredients

Mango, slices  
Golden apple, slices  
2 tablespoons Sesame seeds, sprinkled  
Combine in a bowl.

### GUACAMOLE SALAD

#### Ingredients

2 avocados, peeled, diced  
1 teaspoon lime, squeezed over  
2 tomatoes, diced  
1/8 teaspoon pink sea salt  
7 Olives, sliced  
2 tablespoons Pumpkin/sunflower seeds, sprinkled  
Combine in a bowl and serve.

### OKRA SALAD

#### Ingredients

7 Okra, washed, sliced  
2 Tomatoes, diced  
7 olives, diced  
1/8 teaspoon pink sea salt  
Combine in a bowl

Useful for pain relief, urinary problems, syphilis, lung inflammation and sore throat.

High in fiber, okra also offers the bulk of the recommended dietary allowance of vitamin K, manganese, folate and vitamin C.

### LETTUCE SALAD 1

#### Ingredients

1 plate of lettuce  
Sauce: sunflower seed sauce drizzled on lettuce leaves  
Almond nuts, blanched, sliced, sprinkled on salad

### LETTUCE SALAD 2

#### Ingredients

1 cup frozen Organic Corn, thawed  
Dandelion leaves or Lettuce leaves  
Cashew sauce

Place corn on plate  
Top with dandelion leaves or lettuce  
Drizzle with cashew sauce

Make sure you eat enough to feel satisfied, so feel free to double up recipe.

### FRUIT BOWL

#### Ingredients

1 cup Soursop or Sweetsop  
2 Custard apples  
2 Sugar apples  
1 cup Papaya  
2 tablespoons Sesame seeds

Chop a combination of the above and sprinkle with Sesame seeds.  
End meal with a handful of Almond nuts.

# RECIPES

## PUMPKIN SALAD

### Ingredients

1 cup Pumpkin, diced  
1/2 cup Green beans, diced  
7 olives  
Pumpkin seed dressing

Benefits: beta-carotene, vitamin A, antioxidant, eyes, nerve, prostate, bladder tonic, beautiful skin, hair, and mood enhancer.

## CORN SALAD

### Ingredients

1 cup frozen Organic Corn, thawed  
1 red bell pepper, diced  
3 Tomatoes, diced  
1/2 cup Green peas  
7 olives  
Honey-Lemon Zest

## PEACH AVOCADO SALAD

### Ingredients

1 peach  
1 apple  
1 avocado  
2 tablespoon chopped Almond nuts  
Juice from half a lime  
Dash of salt

Chop the peach, apple, avocado into cubes and place in a bowl.  
Add the almond nuts, lime juice, and dash of salt.  
Mix everything together and enjoy!

## HERBED CORN SALAD

### Ingredients

1 cup frozen Organic Corn, thawed  
1 cup string beans, sliced  
Leaves of: mint, rosemary, thyme  
Sunflower seed sauce

Place corn on plate  
Combine string bean slices  
Top with mint, rosemary, thyme  
Drizzle with sunflower seed sauce

Make sure you eat enough to feel satisfied, so feel free to double up recipe.

## PAPAYA SALAD

### Ingredients

2 cups papaya, large cubed  
1/4 cup coconut, shred  
Honey-Lemon Zest

Place papaya on a plate, sprinkle shred coconut over, drizzle with honey-lemon zest. You can double the recipe or eat full coconut slices at the end of this meal to feel satisfied.

## PINEAPPLE SALAD

### Ingredients

2 cups pineapple, cubed  
1/4 cup Sunflower seeds  
Combine and serve

# RECIPES

## GREEN BEAN CUCUMBER SALAD

### Ingredients

1 large handful of string beans  
1 small cucumber  
1 medium zucchini  
1 tablespoon chia seeds, ground  
Cream cucumber dressing

Slice beans  
Cut cucumber and zucchini slices  
Cover with cucumber dressing  
Sprinkle ground chia seeds

## TOMATO BEAN SALAD

### Ingredients

4 sliced tomatoes  
2 sliced red sweet peppers  
7 chopped olives  
10 sliced string beans  
1/4 cup Sunflower seeds

Combine all ingredients. Sprinkled pink Himalayan sea salt or use the cashew dressing or the lemon ginger zest dressing

## PUMPKIN PEAS SALAD

### Ingredients

2 cups pumpkin sticks  
1 cup Green peas  
7 olives, sliced  
Cashew dressing

## MUNG BEAN SALAD

### Ingredients

1 cup mung beans, sprouted  
3 Tomatoes, cubed  
1 cup Organic Corn  
Sunflower seed dressing

## TOMATO AVOCADO SALAD

### Ingredients

4 tomatoes, sliced  
1 avocado, cubed  
Honey-lemon zest dressing  
Combine tomatoes and avocado and top with dressing.

## SUMMER FRUIT SALAD

### Ingredients

3 peaches, sliced  
3 apples, sliced  
1/4 cup blackberries  
3 kiwis, sliced  
Fill fruit bowl. Surround it with freshly grated coconut. Thread honey on kiwis.

## GRAPE SALAD

### Ingredients

Red, blue and green grapes  
Pineapple chunks  
Combine in a bowl.

## GREEN PEAS SALAD

### Ingredients

1 cup organic corn  
1 cup green pigeon peas  
10 lettuce leaves  
Lemon-honey ginger zest dressing  
Combine all ingredients.

# RECIPES

## SAUCES RECIPES

### SUNFLOWER SEED DRESSING

#### Ingredients

1 cup sunflower seeds (or pumpkin seeds)  
1 cup water  
1/4 teaspoon pink Himalayan sea salt  
1 tablespoon Coriander grind  
1 teaspoon honey

Blend all ingredients together until smooth. Keep refrigerated.

### PUMPKIN SEED DRESSING

#### Ingredients

1 cup pumpkin seeds  
2 tablespoons chia seeds  
1/4 teaspoon pink Himalayan sea salt  
1 teaspoon honey  
1 cup water

Blend all ingredients together until smooth.

Keep refrigerated.

### CUCUMBER DRESSING

1/3 cup raw cashew nuts  
2 cucumbers, chopped  
1 tablespoon lemon juice  
1 tablespoon honey  
1/4 teaspoon pink Himalayan sea salt

Blend all ingredients together until creamy.

### HONEY-LEMON ZEST

#### Ingredients

1 tablespoon honey  
4 tablespoons lemon juice  
1/8 pink Himalayan sea salt

Whisk all ingredients together.  
Keep refrigerated.

### LEMON HONEY GINGER ZEST

#### Ingredients

2 inches finely grated ginger  
1/4 cup lemon juice  
2 tablespoons honey  
1/4 teaspoon pink Himalayan sea salt

Whisk all ingredients together.  
Keep refrigerated.

### CASHEW DRESSING

#### Ingredients

1 cup raw cashews  
1/4 cup lemon juice  
1 1/2 tablespoon honey  
1 teaspoon pink Himalayan sea salt  
1/4 cup water (optional)

Blend ingredients together until smooth.  
Keep refrigerated.

# MAINTAIN YOUR HEALTH

Now you have gone through the raw-food plan for seven or more days and experienced vitality, lost weight, sharp mind, cleared your body of other conditions that troubled you, you are now reset and ready to maintain your health.

If we are to enjoy more of the blessings of the Lord, we need to heed the light, which he has been pleased to give us in regard to the laws of life and health. *The Review and Herald, May 8, 1883*

## THE LAWS OF LIFE AND HEALTH

### PURE AIR:

1. **MAKE SURE YOU SLEEP WITH YOUR WINDOWS SLIGHTLY OPEN.**
2. Avoid wearing tightly fitting clothing, including belts and elastics.
3. It has been proven that **PROPER BREATHING AND DEEP BREATHING** help in expelling the stale air from inside.
4. Pure air is essential to good health; **INCLUDE PLANTS THROUGHOUT THE HOME TO PURIFY THE AIR.**
5. **OPEN THE WINDOWS DAILY IN YOUR HOME TO HAVE PURE AIR CIRCULATED THROUGHOUT.**
6. Avoid having shady trees and fallen leaves too close to the house.
7. **AVOID HAVING SPOILED FRUITS, VEGETABLES OR FOOD IN AND AROUND THE HOME. EMPTY THE KITCHEN GARBAGE DAILY.**

### SUNLIGHT:

1. **SEEK TO GET SUNLIGHT FOR 45 MINUTES TO 1½ HOURS DAILY DURING THE HOURS OF 9:00AM AND 3:00PM.** There is a receptor site for **Vitamin D** in every cell in the human body.
2. To avoid sunburn: **DO NOT USE SUNBLOCK**, wear cotton clothing to cover the arms and legs, wear a hat on your head, keep drinking water to be hydrated, and go on a low-fat, plant-based diet.
3. Use **VITAMIN D3 LIQUID SUPPLEMENT** by Nature's Answer - see recommended amounts at the back of this form

### ABSTEMIOUSNESS (BALANCE):

1. **CONSUME NO FORM OF CAFFEINE, TOBACCO AND ALCOHOL.** Smoking and alcohol consumption increases your risk of cancer and heart disease. If you currently smoke or drink, you need to stop immediately.

## MAINTAIN YOUR HEALTH

2. **ELIMINATE TEA** e.g. red tea, black tea, white tea, green tea, chai tea.
3. **CHEW YOUR FOOD SLOWLY AND THOROUGHLY TO AVOID DIGESTIVE ISSUES.**
4. **DO NOT SNACK IN BETWEEN MEALS.**
5. **EAT AT SET MEAL TIMES ALL YOU NEED FOR YOUR MEAL.**
6. **SPACE YOUR MEALS AT LEAST 5 HOURS APART.**
7. Avoid wasting time and spend your time wisely and constructively.
8. Take restful periods in your life and avoid overwork.
9. Avoid any form of competition.
10. Reduce excess weight, which contributes to many sickness and disease.
11. Check the medications you may be using as it can have side-effects that may be affecting you.
12. **WEAR LONGER GARMENTS** – long sleeves, long skirts to encourage adequate blood flow to the extremities. Shorter clothing reduces the amount of blood needed by your hands and feet. Keep feet warm.
13. **AVOID WEARING HIGH HEALS** – wear heels 2 inches or less with broad base for good support and to improve circulation in the feet.

### REST:

1. **AVOID EATING AT LEAST THREE HOURS BEFORE BEDTIME.**
2. **GO TO BED BEFORE 10:00 PM AT NIGHT. THE BODY HEALS ITSELF BETWEEN THE HOURS OF 10:00 PM AND 12:00 AM.** In addition, the later you go to bed the greater the risk of lowering your immune system.
3. Research shows that going to bed after 10:00 p.m. at night continually for two weeks elevates blood glucose, blood pressure and cholesterol levels.
4. **SLEEP IN A DARK ROOM**, not with light shining in the room.
5. Spend some time weekly to meditate and relax.

### EXERCISE:

1. Exercise is very essential to good health and blood circulation. Walking is superior to other forms of exercise as the entire body is in motion. **WALK FOR AT LEAST ONE HOUR DAILY**, preferably early morning.
2. **AFTER EACH MEAL WALK CASUALLY FOR 15 to 30 MINUTES TO AID WITH DIGESTION.** Avoid too much talk; studying or sleeping right after a meal as the blood required for digesting your meal is demanded by other parts of the

# MAINTAIN YOUR HEALTH

body. This is one way to prevent indigestion of your food and get the most benefit from your meal when it is digested properly.

3. If you feel pain during or after walking, do check with your Health Care Provider.
4. The more brainpower required, the more regularly you would need to exercise.

## PROPER DIET:

1. **GRAINS, FRUITS, NUTS AND VEGETABLES** constitute the diet chosen for us by our Creator. *Counsels on Diet and Foods p 310 art. 471*
2. **ELIMINATE ALL FLESH FOOD (NO CHICKEN, TURKEY, FISH, SHRIMP, LOBSTER, CRAB, CONCH, LAMB, BEEF, AND THEIR BY-PRODUCTS (NO MILK, CHEESE, EGGS, BUTTER, ICE CREAM, SAUSAGES) FROM YOUR DIET.** Meats are high in sodium; contain hypoxanthine (stimulator like caffeine) and increases blood cholesterol and reducing blood flow to your extremities, it narrows or clogs the arteries, thus also increasing the blood pressure.
3. **ELIMINATE ALL DAIRY FOODS** Use milk drinks from plant-based sources such as almonds, cashews, rice etc.
4. **AVOID THE USE OF STIMULATING SUBSTANCES – NO TEA, COFFEE, CHOCOLATE, COCOA**
5. **AVOID THE USE OF ALL ENERGY DRINKS** such as Red Bull, Rock Star and Monster as they contain large doses of caffeine and other stimulants thus increasing the heart rate.
6. **AVOID THE USE OF CONDIMENTS (NO VINEGAR - KETCHUP, MUSTARD, MAYONNAISE, BARBEQUE SAUCES, VEGGIENAISE, NAYONAISE, SALAD DRESSINGS, PICKLES, ETC.), AND SPICES, (CINNAMON, NUTMEG, CLOVES, CURRY, HOT SAUCES, CAYENNE PEPPER, BLACK AND WHITE PEPPERS, ETC.)** used instead coriander, cardamom, turmeric.
7. **TOAST ALL GRAINS** e.g. oats, whole rice, barley, millet, corn, wheat germ, for at least 3 hours at 170° and turn it every 20 to 30 minutes. Thereafter, store in container for later use when it will be cooked in the usual way. This prevents the intake of phytic acid and other toxins which interferes with the body's absorption of nutrients such as copper, zinc, calcium, iron, magnesium and the enzymes for digesting protein and starches.
8. **AVOID HIGHLY PROCESSED FOODS AND USE WHOLE FOODS.**
9. **ELIMINATE FRIED FOODS** from the diet. **ELIMINATE ALL OILS FROM THE DIET INCLUDING COLD-PRESSED OLIVE OIL AND COCONUT OIL** if you have heart disease (high cholesterol, diabetes, hypertension).
10. **NO CANNED FOODS** these increases toxins in the body

## MAINTAIN YOUR HEALTH

11. **DO NOT USE BAKING SODA OR BAKING POWDER**, as it is harmful and unnecessary to the body. It keeps the PH in the stomach high thereby causing low stomach acid, which **interferes with the digestion of protein**.
12. **NO SUGAR, CRYSTALIZED SUGAR, SPLENDA, SWEET & LOW, EQUAL OR ADDITIONAL ARTIFICIAL FLAVORS, SWEETENERS AND COLORS**. No natural sweeteners until your situation is resolved (honey, dates, raisins, honey, agave, maple syrup, brown rice syrup, black strap molasses).
13. **USE NUTS, SEEDS, PEAS, ALL FORMS OF BEANS AND WHOLE GRAINS**. The body converts the amino acid in these foods called L-Arginine into nitric oxide, which relaxes the blood vessels and allows better blood flow.
14. **USE HEALTHY FATS**. Avocado, coconut, and nuts are high in fat and should be **used moderately** as consuming too much of these items will overwork the liver, increase cholesterol and interfere with blood circulation.
15. Do not eliminate salt but use the right kind of salt, as it will help with improved results in maintaining a healthy body. All-natural sea salt also supports the adrenals which regulates blood pressure. Use sea salt with iodine, such as **PINK HIMALAYAN SEA SALT**, which has 84 essential trace elements including iodine, iron, calcium, potassium and magnesium.
16. Always use **FATS AT THE END OF THE MEAL SUCH AS A HANDFUL OF NUTS, OR A PIECE OF COCONUT**.
17. Read your labels carefully to avoid the use of items, which you would want to stay away from.
18. Use **OMEGA FATS**: ground flax seed and chia seeds, olives, pistachio, pumpkin seeds, sunflower seeds.
19. **EAT THREE TO FIVE SERVINGS OF FRUIT AND VEGETABLES DAILY**.
20. **DO NOT MIX FRUITS AND VEGETABLES AT THE SAME MEAL**.
21. **EAT FRUITS AT ONE MEAL AND VEGETABLES AT ANOTHER**.
22. **EAT GLUTEN FREE: NO WHEAT, RYE, BARLEY, SPELT, BULGAR, KAMUT, OATS**. Eat instead, gluten free or organic rice, brown or non GMO brown rice, organic cornmeal, millet, buckwheat, sorghum, teff, quinoa, amaranth, organic gluten free cornmeal

### THE USE OF WATER:

1. **NO SODA AND CARBONATED** drinks.
2. **AVOID INTOXICATING DRINKS SUCH AS WINE, ALCOHOL, BEER**.
3. Avoid eating ice or drinking hot or cold beverages.
4. **AVOID DRINKING WITH YOUR MEAL**.
5. Drink water at room temperature.

## MAINTAIN YOUR HEALTH

6. **DRINK 16 – 32 OZ OF WARM WATER UPON AWAKING TO CLEANSE YOUR SYSTEM.**
7. **DRINK WATER AT LEAST 15 TO 30 MINUTES BEFORE A MEAL AND 2 HOURS AFTER A MEAL.**
8. **DRINK ONLY WATER IN-BETWEEN MEALS.**
9. **DO NOT DRINK ALKALINE WATER.**
10. **DRINK 2 MOUTHFULS OF WATER AT A TIME – keep sipping from a bottle.**
11. **DRINK WATER UNTIL YOUR URINE IS PALE YELLOW TO CLEAR.**

### TRUST IN DIVINE POWER:

1. Spend at least one hour in quiet, private meditation each day.
2. **MAKE TIME TO READ THE BIBLE DAILY.**
3. Return a faithful systematic tithe, plus offerings.
4. **TRUST THE LORD WITH YOUR LIFE AND DO NOT WORRY OR BE FEARFUL.**
5. Whatever you do, make sure to ask God for forgiveness and have everything settled up with Jesus.
6. Healing comes from God, therefore, pray for recovery according to His will for your life. Understand that even if you do all you can and yet healing does not come, it is important that your soul is right with God and you gain eternal life.

### CLEANLINESS:

1. Have free circulation of air through the sleeping room day and night.
2. Make sure your home is away from water-logged areas.
3. Avoid dampness in the home; it should be kept clean and dry.
4. Keep the home free from molds, fungus, rust, or rot and the air will be sweet and pure.
5. Wash garments frequently or after use and avoid reuse of clothing after perspiring in it.
6. Take full baths regularly and rub the skin to keep it clean and healthy.
7. Wash your hands regularly.
8. Brush and floss your teeth daily.
9. Use natural products on your skin to avoid clogging the pores and to prevent allergic reactions.

# MAINTAIN YOUR HEALTH

## PURITY:

1. Be contented with what you have and avoid wanting more than what you really need.
2. Carry a cheerful spirit within and radiate that to all who comes within your reach.
3. Allow the Spirit of God to influence your every thought, word or deed.
4. Refuse to maintain a spirit of depression, gloominess, and sadness.
5. Put away all doubt, worry, fear, resentment, or hatred and maintain a clear conscience.
6. Think positively at all times and maintain a spirit of gratitude and praise as nothing tends more to promote health of body and of soul than that does.
7. Be sure to do well and be a blessing to someone every day.
8. Experience the rich reward of blissful health through the freedom and joy in right doing.

## MY DAILY SCHEDULE

**Space out meals at least FIVE HOURS apart and Supper must be before 6:30pm**

**Example of a two-meal plan. For three meals, consider meal times to be 6am 12 noon and 6pm.**

Time to get up: 5:00am

Time for lunch: 2-3pm

Time for morning devotion: 5-6am

Time for digestive walk: 15-30 mins

Time for exercise: 6-7am

Time for Supper: -

Time for food preparation: daily

Time for digestive walk: -

Time for breakfast: 7-8am

Time for evening devotion: 8:30pm

Time for digestion walk: 15-30 mins

Time for rest: 9:00pm

# MAINTAIN YOUR HEALTH

## DEVOTIONAL RECOMMENDATIONS

### MORNING DEVOTION

Start with prayer

Sing a few hymns

Read a devotional book / Bible

Read the conflict of the ages series

1. Patriarchs and Prophets

2. Prophets and Kings

3. Desire of Ages

4. Acts of Apostles

5. Great Controversy

God Cares series

1. Daniel

2. Revelation

Close with a word of prayer

### EVENING DEVOTION

Start with prayer

Sing a few hymns

Do your lesson study

Study health messages

1. Pathways / Ministry of Healing

2. Counsels on Diet and Foods

3. Counsels on Health

4. Temperance

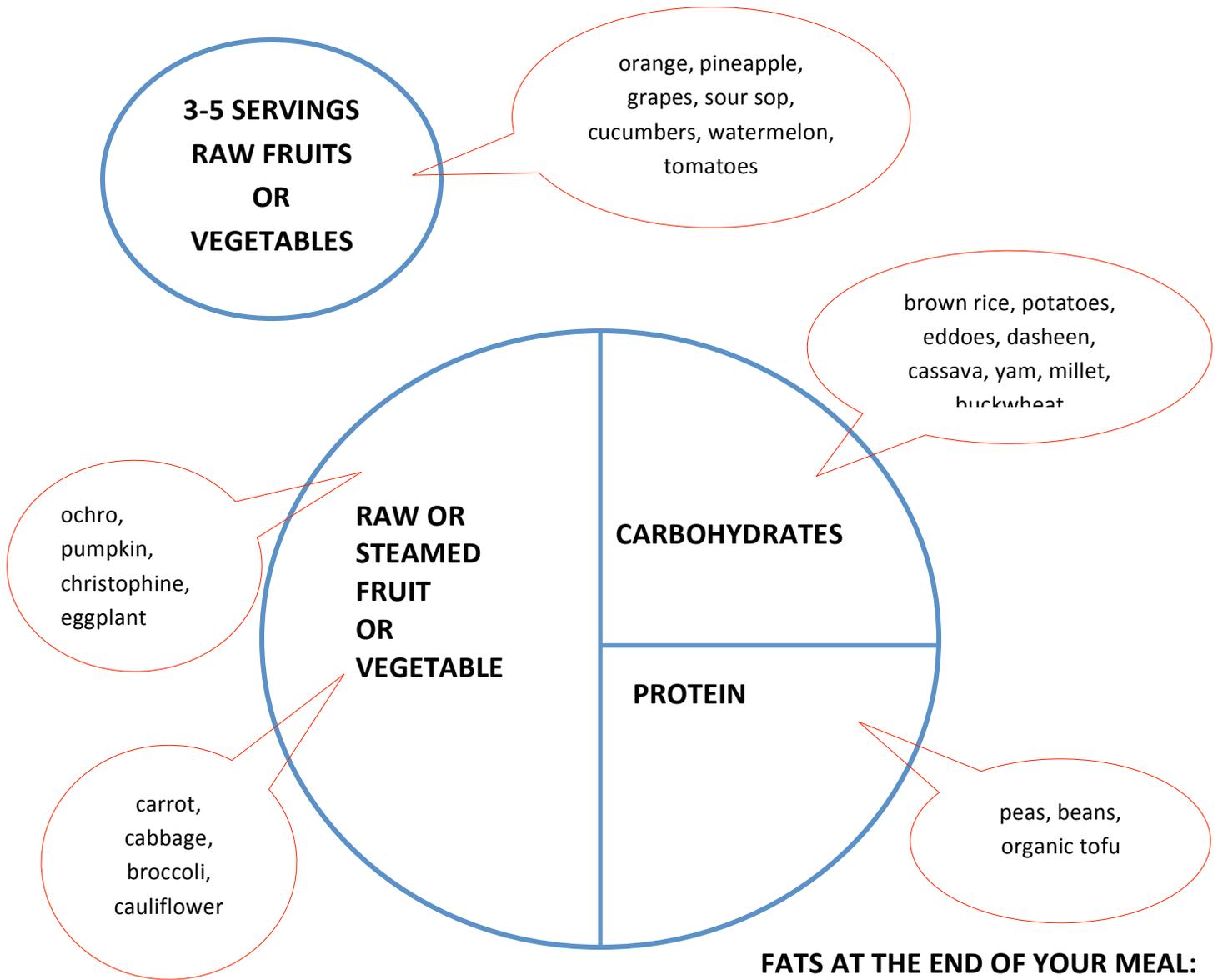
5. Health books

Close with a word of prayer

PS: please read the scriptures when studying the conflict of the ages e.g. read the bible chapter(s) first that correspond with chapter 1 of Patriarchs and Prophets

# MAINTAIN YOUR HEALTH

## BREAKFAST AND LUNCH



### FATS AT THE END OF YOUR MEAL:

- A handful of your favorite nuts
- A piece of dried coconut
- A slice or two of bread with nut butter on it

## SUPPER

- Fruits or
- Bread (gluten-free) with natural fruit spread or
- Lemon water

The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and up building is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammeled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind. Ministry of Healing, pg. 128

But in the end it will be found that nature, untrammeled, does her work wisely and well. Those who persevere Ministry of Healing, pg. 128

There are many ways of practicing the healing art, but there is only one way that Heaven approves. God's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying. 2 Selected Messages pg. 287.3