

In this society we are blessed with an abundance of foods from all over the world. Food plays a vital role in our celebrations. It is a sacrament in our religious observances and, of course, pervades our daily lives. Food is sustenance, nourishment, and life energy.

In societies where food is less plentiful, and where food distribution is less developed, questions of survival and hunger are more apparent than here. We in America, however, have too often turned this blessing of abundant and convenient food into a curse. Poor eating habits contribute to the degenerative diseases which plague the developed world. Modern medicines only treat the symptoms of these diseases. A better relationship to food will prevent and heal the causes of these degenerative diseases, and the body will regenerate.

How can a person begin or continue to improve eating habits, eating more healthfully and more joyfully? Changing one's diet can be challenging, and it can also be very rewarding. Experimenting with different eating patterns is an opportunity to learn more about oneself.

Because each person's constitution and lifestyle are unique, it is not advisable to give or take general nutritional advice. Nonetheless, a few useful guidelines can be offered.

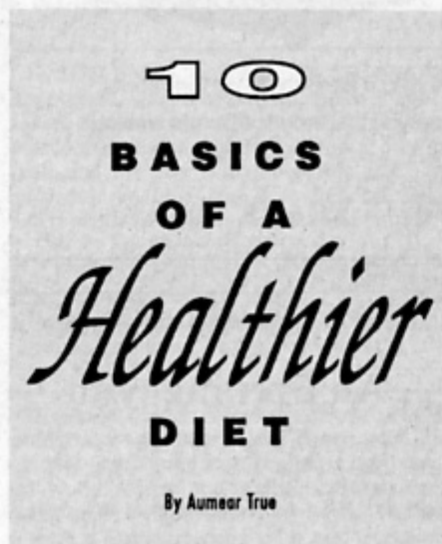
It is best to make dietary changes gradually, carefully observing your body's response, and with the support of an experienced counselor.

**1. Eat more simply.** Much of the harm of poor diet is the result of wrong food combining, such as meat and potatoes. Try eating meals of just grain, or just fruit, or just a few vegetables. Rather than eating something different every day, you might try eating the same daily menu every day for a week. Fresh, whole, raw, local, organic, unprocessed produce direct from your garden, or direct from the grower, is always best. \*

**2. Eat less.** On a diet of fresh fruit, salads, and vegetables you may not need to reduce your food intake. Notice how much you eat to feel "full." Then, eat only about two-thirds that amount. How do you feel when you eat only two meals a day? Do you prefer to skip breakfast or dinner? Drink more fluids between meals, and less during meals. Enjoy a cup of tea or soup broth before meals. Eat more slowly, chewing thoroughly. Some people feel most healthy when, one day each week, they eat nothing at all.



**3. Cook less.** Warm foods are better in cold weather. Cooking some foods makes them easier to digest. But, the essential living enzymes and nutrients in food are destroyed by extreme heat. Heat destroys oils, nuts and cheeses, especially, and they become unhealthful.



**4. Vary your diet more.** How many different kinds of vegetables do you eat routinely? How many have you never tried? If your usual diet is too limited or selective, you may overeat when your body senses you're not getting all the nutrients you need. Tired of brown rice? Substitute millet, amaranth, tell, spelt or quinoa. Instead of wheat (or "white") bread, choose wheat-free and sprouted-grain breads. If you tend to overindulge in nuts and seeds, substitute some pine nuts.

**5. Eat more sensuously.** Enjoy your food more. Share food with friends. Pamper yourself with your favorite foods, foods that are fun to eat, foods that look beautiful. Read *Sensuous Eating*, by Carol Marashi.

**6. Get enough sweetness.** Enjoy the wonderful natural sweetness of foods more, as you eat less processed sugar. Substitute maple syrup, brown rice syrup, or barley malt. Stevia leaf makes a sweet, healing tea.

## 7. Eat live foods.

*Sprouts.* There is good reason that sprouts are the quintessential food of the health-conscious gourmet. Sprouted beans, seeds, nuts and grains all make healthful and delicious fare. The water in which wheat berries are sprouted makes a tasty drink and is an excellent digestive aid, sometimes called Rejuvelac. Seed and nut oils are highly concentrated foods.

*Miso, tamari, and tempeh.* All three are derived from soy bean. Miso has the highest known free amino acid content of any food. Many uses besides as a great soup broth. Tamari (and shoyu) are natural, unpasteurized soy sauces. Tempeh contains 50% more protein than beef and is one of the richest sources of vitamin B12.

*Umeboshi plum and other vinegars.* This pickled plum and also the plum vinegar make a tasty digestive aid, and help balance the body's pH, compensating for over-acidity. Kim chee (Asian pickled cabbage) and raw apple cider vinegar are also good ways to get the digestive juices flowing. Read *Acid and Alkaline*, by Herman Aihara.

*Kombucha tea beverage.* A culture much like that found in vinegar, this one grows in sugared black tea, converting the sugar to B vitamins and many other nutrients including glucuronic acid. The culture is available from Search for Health, POB 75337, St. Paul, MN 55175, 612/222-0796.

*Blue green algae.* Grown wild only in Klamath Lake, Oregon. This ancient freshwater microorganism is in many ways even more nourishing than spirulina and the sea vegetables. It is an extraordinary source of neuropeptides, B complex and other vitamins.

*Yogurt.* A folk remedy, best when made from raw milk, preferably goat or non-dairy (soy bean). Soured milks (including buttermilk and cottage cheese) are preferable to pasteurized. For many, animal products are best avoided.

**8. Eat superfoods.** Superfoods and nutritional supplements can be very beneficial, especially for the great many people who have had poor eating habits, and for those who are eating mass-produced commercial foods grown in depleted soil. A few of these superfoods are listed below. Further information on most of these foods should be available at your health food store.