

God's Plan for WELLNESS!

Water

- ✓ Drink one ounce of water for every two pounds that you weigh. Drink enough to keep your urine pale.
- ✓ Drink 2 glasses upon rising in the morning (may add the juice of one lemon to flush your system)
- ✓ Drink water between meals - no later than half an hour before, and no sooner than an hour after a meal.

Exercise

- ✓ Should be regular and brisk to raise your breathing and heart rate.
- ✓ Start out slowly and gradually increase.
- ✓ Exercise at least 3 times per week for 30 minutes or more.
- ✓ Walking and swimming are two of the best methods.

Live Temperately

- ✓ Abstain from everything harmful, and use all good things moderately.
- ✓ Abstain from recreation drugs, alcohol, tobacco, caffeine (coffee, tea, colas, chocolate), vinegar, refined sugar (limit desserts), artificial sweeteners, hydrogenated, partially hydrogenated, and trans fats, refined grains, spices (black pepper, chili, jalapeño, curry, mustard), and do not use excessive amounts of salt.

Lots of Fresh Air

- ✓ Using your diaphragm, take deep breaths of fresh air early in the morning.
- ✓ Sleep with window open.
- ✓ Air out bedding and clothing regularly.
- ✓ Wear non-constrictive clothing.
- ✓ Maintain a good posture.

Nutrition

- ✓ Breakfast - is the most important meal of the day! Eat 2-3 pieces of fresh fruit (not canned). Whole grains (oats, corn, whole wheat, brown rice, barley, millet, rye...), and a few nuts.
- ✓ Dinner - eat plenty of vegetables, a big green salad and a lightly cook vegetable. Whole grains (whole grain pasta, vegetarian patties or loaves, whole wheat bread), potatoes, and beans.
- ✓ Supper - eat very light e.g. fruit or salad, eaten several hours before bedtime.
- ✓ Do not eat unclean meats-lobster, shrimp, clams, cat fish, pork.
- ✓ Gradually eat less animal foods (chicken, fish, beef). Start by choosing 3 days a week that you will not eat meat. Increase your vegetarian meals as you learn new foods to replace the animal food. Omit cheese from your diet. (Purchase a good vegetarian cookbook)
- ✓ Bake, boil or steam rather than fry foods.
- ✓ Eat your meals at the same time each day, keeping 5 hours between them, and no snacking.
- ✓ Do not drink with your meals.
- ✓ Chew foods well; eat slowly.
- ✓ Do not overeat. Reach your ideal weight.

Entire trust in God

- ✓ Evaluate and rectify things in your life that take you away from God (TV, computer, hobbies, recreation, friends, work...)
- ✓ Spend personal time with God and the reading of the Bible every morning.
- ✓ Stay connected to God with prayer throughout the day.
- ✓ Study the Bible and memorize and claim it's promises.
- ✓ Attend church
- ✓ Have a spirit of cheerfulness, forgiveness, faith, and reach out to others.

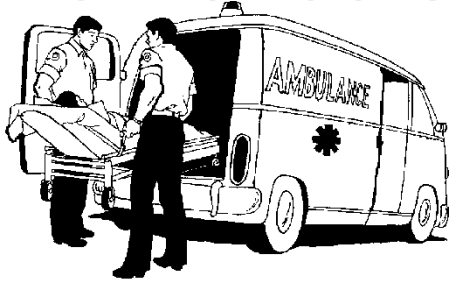
Sunshine

- ✓ Get a minimum of 15-30 minutes of sunshine each day.
- ✓ Protect your eyes by wearing sunglasses during midday sun.
- ✓ Avoid over exposure.
- ✓ Eat a low fat diet for reduced chance of skin cancer.

Sufficient Rest

- ✓ Get at least 8 hours of sleep every night. The hours before midnight are most important.
- ✓ Stay on a schedule. Go to bed at the same time every night.
- ✓ Develop a relaxing bedtime routine.
- ✓ Go to bed with an empty stomach.

The Fence or the Ambulance



'Twas a dangerous cliff, as they freely confessed,
 Though to walk near its crest was so pleasant:
But over its terrible edge there had slipped
 A duke and many a peasant;
So the people said something would have to be done,
 But their projects did not at all tally:
Some said, "Put a fence round the edge of the cliff";
 Some, "An ambulance down in the valley."

But the cry for the ambulance carried the day,
 For it spread to the neighboring city;
A fence may be useful or not, it is true,
 But each heart became brimful of pity
For those who had slipped o'er that dangerous cliff,
 And the dwellers in highway and alley
Gave pounds or gave pence, not to put up a fence,
 But an ambulance down in the valley.

"For the cliff is all right if you're careful," they said;
 "And if folks even slip or are dropping,
It isn't the slipping that hurts them so much
 As the shock down below—when they're
 stopping."
So day after day when these mishaps occurred,
 Quick forth would the rescuers sally
To pick up the victims who fell off the cliff
 With their ambulance down in the valley.

Then an old man remarked: "It's a marvel to me
 That people give far more attention
To repairing results than to stopping the cause,
 When they'd much better aim at prevention.
Let us stop at its source all this mischief," cried he,
 "Come neighbors and friends, let us rally;
If the cliff we will fence, we might almost dispense
 With the ambulance down in the valley."

"Oh, he's a fanatic," the others rejoined;
 "Dispense with the ambulance? Never!
He'd dispense with all charities, too, if he could:
 No, no! We'll support them forever.
Aren't we picking up folks just as fast as they fall?
 And shall this man dictate to us? Shall he?
Why should people of sense stop to put up a fence,
 While their ambulance works in the valley?"

Thus this story so old has beautifully told
 How our people, with best of intentions,
Have wasted their years and lavished their tears
 On treatment, with naught for prevention.

But a sensible few, who are practical, too,
Will not bear with such nonsense much longer;
They believe that prevention is better than cure,
 And their party will soon be the stronger.
Encourage them, then, with your purse, voice, and
 pen,
 And (while other philanthropists dally)
They will scorn all pretense, and put up a stout fence
 On the cliff that hangs over the valley.

-Joseph Malins

A Song of Health



(To the tune of Jingle Bells)

If you want good health, Nature's laws obey
All her precepts heed, Never from her stray,
Harmful habits shun, Do not "push" yourself
When too tired—or you may find, 'Twill put you on the shelf!

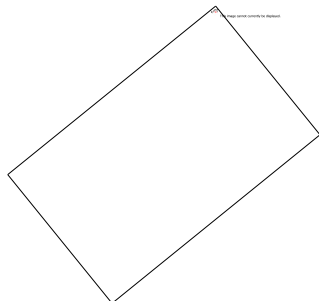
Chorus

Health for you! Health for me! Health for all mankind!
Healing for the halt and lame, And vision for the blind
Health for you! Health for me! Health for all mankind!
This our goal, a body whole, In spirit, flesh, and mind.

Take some time to play; Stand straight, breathe in deep;
Work while it is day, Always get your sleep;
Eat just what you need, Never more or less,
Moderation is the guide, To health and happiness!

Water is your friend! Used within, without
Cleanses, smooths, and heals, Puts the germs to rout;
Rest repairs the rents, Stress of living brings,
Loosens taut and "ragged" nerves, And gives the spirit wings!

Sunshine and fresh air, Clean and wholesome food
Proper exercise, Thoughts upright and good
Keep the cheeks aglow, Bodies fit and strong
Keep the brain alert and clean, And give the heart a song.



The Eight Doctors

Good health is a treasure and what's more it's free,
If sought for and guarded, quite happy you'll be.

I'm healthy, I'm happy, and if you ask why, I've been to eight doctors, will be my reply.

The first doctor playfully tussled my hair,
He said, "Leave the city and get some fresh air."
The second fine doctor smiled as he beamed down on me,
He said, "This is how you get vitamin D."
The third doctor pointed to the bountiful fields,
And planned me a menu from all it would yield.

I'm healthy, I'm happy, and if you ask why, I've been to eight doctors, will be my reply.

The fourth doctor cancelled our evening date,
He said, "Get some sleep now you've stayed up too late."
The fifth doctor said, "Enough of just talk,
Come now put your shoes on let's go for a walk."
The sixth careful doctor prescribed temperance,
And since then when tempted I say, "Get thee hence."

I'm healthy, I'm happy, and if you ask why, I've been to eight doctors, will be my reply.

The seventh kind doctor just gushed with advice,
He said, "Drink it, bathe in it water is nice."
The eighth fine doctor said with a nod,
"All things work together if you just trust in God."

I'm healthy, I'm happy, and if you ask why, I've been to eight doctors, will be my reply.



Natural Law



God's creation follows natural law: the stars in their orbit, the seasons that never fail, the birds that migrate in the winter, the caterpillar that turns into a butterfly, the daffodils in the spring. He created us with natural law too.

- Our body needs proper nutrition
- We need to move our body
- It needs water and sunshine
- We need to avoid harmful things and use wisely the good things
- Our cells need oxygen
- Rest is needed
- Trust in God brings peace and promotes good health

- Water**
- Exercise**
- Live Temperately**
- Lots of Fresh Air**
- Nutrition**
- Entire Trust in God**
- Sunshine**
- Sufficient Rest**

If you break the law of the land, like driving over the speed limit, you MAY get away with it, BUT You never get away with breaking the laws of our being. There is a SURE result.

If you eat a double cheeseburger, large fries, and a milk shake...your blood sugar and blood fat and calorie intake will go up.

If you do not get sufficient rest, you will have a breakdown of the body.

If you eat more calories than you use, you will gain weight.

If you exercise, your heart will be strong, you won't be overweight, you will sleep well, and the natural endorphins will make you happy, plus more...

If you go to bed early, your body will produce serotonin which will give you good health and a sense of well-being, your brain will store memories, and liver will clean up the system.

You may break man's laws and get away with it...But with God's health laws You NEVER get away with it!

“Every law governing the human machinery is to be considered just as truly divine in origin, in character and importance as the word of God. Every careless, inattentive action, any abuse put upon the Lord's wonderful mechanism, by disregarding His specified laws in the human habitation, is a **violation of God's law.**” CD17

“Health does not depend on chance. It is a result of obedience to law.” MH128

“Intemperance in eating and ignorance of nature's laws are causing much of the sickness that exists and are robbing God of the glory due Him. . . . it is better to know how to keep well than to know how to cure disease.” WM 126

“Disease never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health.” MH234

Lifestyle choices are the reason for the poor health we see all around us.
Genetics loads the gun-Lifestyle pulls the trigger.

To have poor health (in most cases) is a choice
To be healthy is a choice
To continue to be healthy is a choice

Make the decision - the will
Put it into action - our effort
Stick with it - faith in God's power

The greater the motivation
The greater the success
Do it for Jesus. “Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.” I Corinthians 10:31

Study that marvelous organism, the human system, and the laws by which it is governed. Those who perceive the evidences of God's love, who understand something of the wisdom and beneficence of His laws, and the results of obedience, will come to regard their duties and obligations from an altogether different point of view. Instead of looking upon an observance of the laws of health as a matter of sacrifice or self-denial, they will regard it as it really is, an *inestimable blessing*. Ev 526

And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in His sight, and wilt give ear to His commandments, and keep all His statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee. Ex 15:26

HEALTH: Freedom from disease; a state of complete **physical, mental, spiritual,** and **social** well-being and not merely the absence of disease or infirmity. (World Health Organization 1998)

And Jesus increased in **wisdom** and **stature**, and in favor with **God** and **man**. Luke 2:52

Nutrition

The original diet consisted of fruits, vegetables, grains and nuts. Only later, after the flood, was the option of flesh food given. Scientific research has proven that the basic original diet is still the most healthful. By eating foods in their natural state, unrefined and without additives, many diseases can be prevented and often even reversed.

Eat with pleasure. Food should have eye appeal as well as be flavorful. Our diets should include a variety of foods every day. By combining different types of food we are assured that we are getting all the necessary nutrients needed for good health.



Protein can be obtained from many sources other than meat. Peas and beans are excellent sources of protein, especially when eaten with a whole grain such as brown rice, whole wheat, oats or corn. Nuts are also rich in protein, but should be used in smaller quantities due to their high fat content. Even vegetables such as broccoli and potatoes contain protein and are high in vitamins and minerals too. Many myths exist about protein needs. Most people consume far more protein than needed, which can overwork the kidneys and produce kidney disease. Animal proteins have been shown to contribute to calcium loss as well.

Carbohydrates are an important source of food energy. It is best, however, to limit the simple carbohydrates (table sugar) found in most desserts, candies, soft drinks and sweetened cereals. Complex carbohydrates are much better for us. Good sources include potatoes, brown rice, whole grain breads and whole grain cereals.

Limit fats in the diet. Lard, shortening, butter, fish, meat, poultry, margarine, fried foods, cream, mayonnaise and cheese contain unhealthy saturated fats. Plant fats, such as avocado, olives, seeds and nuts, used in moderation, are healthier.

Fiber is like scrub brushes in our bodies to keep our digestive system clean and functioning well. High fiber foods are fresh fruits, vegetables, nuts and whole grains. Meats, milk products and refined foods have no fiber and tend to clog the digestive system, leading to disease. Research has shown that a high fiber diet decreases the risk of many forms of cancer. It also improves outcomes in weight loss and diabetes.

Sodium (salt) is hidden in many foods such as meat products, pickles, canned foods, baked goods with baking soda or baking powder and even many breakfast cereals. It promotes high blood pressure and heart disease. Be aware of sodium and try to limit amounts in your diet.

What should I eat? A balanced vegetarian diet is the best. Every day we should enjoy liberal portions of vegetables and fruit. Eat whole grains—they have all the fiber, vitamins and minerals that are lost in the refining process. They also help prevent overeating and obesity as they are much more satisfying. Be sure to include legumes and nuts in your diet as well.

Meal Planning. Breakfast is the most important meal of the day! A good breakfast should contain the most calories of any meal. Choose foods high in protein and complex carbohydrates. Don't forget the fruit. Try to eat a good lunch and a very light supper. This will give you energy for the day and a better night of rest.

Eat a variety of good food in the most natural form possible and in moderation. Enjoy your food!

Menu Planning

Breakfast

- 2-3 Fresh Fruit
- Whole Grain (whole wheat, brown rice, oats, corn, millet, rye...)
 - Granola
 - Pancakes
 - Waffles
 - Gravy on Rice or Toast
 - Fruit Toast or Fruit Crisp
 - Box Cereal (Shredded Wheat, Uncle Sam, Grape Nuts, Kashi)
 - Whole Wheat Toast
- Little natural fat (nuts, seeds, coconut)

Lunch

- Salad or Fresh Cut Vegetables
- Steamed Vegetable, Vegetables in Soup
- Entrée
 - Potato, Sweet Potato, Provision
 - Beans, Peas
 - Whole Grain (Brown Rice, Grain and Nut Loafs, Patties)
 - Whole Grain Pasta
- Misc. spreads, dressings, gravy

Supper

- Light and Early or Skip it
 - Fruit and Zwieback (Toast)

MENU PLANNER – BREAKFAST

Shopping list

Choose 2-3
FRESH FRUIT
 Apple
 Banana
 Grapefruit
 Orange
 Grapes
 Peaches
 Strawberries
 Mango
 Melons

Choose 1-2
WHOLE GRAINS
 Crockpot Cereal
 Granola
 Brown Rice
 Shredded Wheat
 WW Bread
 Waffles
 Baked Cereals
 Rice Pudding
 Fruit Crisp

Eat Sparingly
NUTS, SEEDS
 Almonds
 Brazil Nuts
 Walnuts
 Sunflower Seeds
 Nut Milk
 Nut Butters
 Flax Seed
 Gravy
 Coconut

MISC.
 Dried Fruit
 Soy or Nut Milk
 Rice Milk
 Fruit Toppings
 Applesauce
 Spreads
 Corn Butter
 Scrambled Tofu
 Beans

SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SABBATH				

MENU PLANNER - LUNCH

Shopping List

Choose 2-3

**RAW
VEGETABLE**

Lettuce-Variety
Kale
Cabbage
Carrots
Celery
Tomato
Broccoli
Cauliflower
Sprouts
Beets

Choose 1-2

**COOKED
VEGETABLE**

Greens
Green Beans
Zucchini
Pumpkin
Squash
Broccoli
Melongene
Lima Beans
Bodi
Corn

Choose 1-2

**STARCH AND
PROTEIN**

Potato
Sweet Potato
WW Pasta
Loaf or Patties
Brown Rice
Provision
Beans
Tofu
Hummus
WW Bread

Eat Sparingly

**NATURAL
FATS**

Nuts
Seeds
Avocado
Gray
Dressings
Olives
Nut cheese
Ground Flax
Spreads
Dessert

SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SABBATH				

Instructions on Eating

The disease and suffering that prevail everywhere are largely due to popular errors in diet. By carefully following the instructions below one may avoid many diseases.

1. Eat largely of fruits and vegetables prepared in a natural, yet tasty way.
2. Vary your diet from meal to meal, but do not eat too many varieties at any one meal. Keep both the meals and the dishes simple.
3. Use more of the whole grains such as whole wheat bread and brown rice. Use less food prepared from refined white flour and white rice.
4. Limit the rich foods. Eat less sugar, salt, and oils. Avoid spices, grease (especially lard), baking powder, baking soda, and vinegar.
5. Eat at the same mealtime daily, and allow at least 5 hours from the end of one meal to the beginning of the next meal. The digestive system works most efficiently when kept on a regular schedule.
6. Do not eat between meals. Eating between meals slows stomach emptying and gives time for the partially-digested food already in the stomach to ferment.
7. Eat a good breakfast. This should be the largest meal of the day. If eaten at all, supper should be the smallest meal of the day. Eat supper at least 2 to 3 hours before bedtime.
8. Eat all you need to maintain health and enjoy your food, but do not overeat. Too much food dulls the mind, causes tiredness, increases disease, and shortens life.
9. Eating slowly and chewing your food thoroughly will increase the enjoyment and the nutritional benefits of food. Mealtime should be pleasant and unhurried.
10. Drink enough water daily to keep the urine pale, but do **not** drink with your meals or just before or after meals.

Skip 1 to 4 meals periodically. Fasting is an aid in educating the appetite and a rehearsal of self-control. Fasting is the best remedy for many illnesses, especially for people who do not do much physical labor.

Eating Between Meals

X-ray studies conducted to determine the emptying time of the normal stomach shows the average to be between four and five hours. A study was run using several persons who were given a routine breakfast consisting of cereal and cream, bread, cooked fruit, and an egg. Their stomachs were x-rayed and found to be empty in four and one-half hours.

A few days later, these same persons were given the same type of breakfast. This time, two hours later they were fed snacks, and their emptying time was checked. The results are shown below:

Normal Breakfast	Two hours later	Results
Person #1	Ice cream cone	Residue in stomach after 6 hours
Person #2	Peanut butter sandwich	Residue after 9 hours
Person #3	Pumpkin pie, glass of milk	Residue after 9 hours
Person #4	Half-slice of bread and butter repeated every one and one-half hour interval and no dinner	More than half his breakfast in stomach after 9 hours
Person #5	A bit of chocolate candy twice in the morning and twice in the afternoon	13 ½ hours later, more than ½ the morning meal was still in the stomach

It has been found that even a little peanut nibbling delays digestion to the extent that even hours after breakfast there is still a large residue left in the stomach. This sort of routine insults the human mechanism, destroys its normal function, and lessens the efficiency of mind, body and emotions. Many of the chemicals produced during partial digestion are toxic, such as aldehydes, alcohols, and esters. These cause intoxication of brain, liver, kidneys, and other delicate tissues.

Probably the key to regularity in eating lies in having a good breakfast. When the morning meal is omitted, one tends to become hungry before noon and resorts to a snack. The snack decreases the appetite for lunch, so less is eaten, but before long hunger returns. Snacking in the afternoon seems to be the logical solution. There is no desire for food at 6:00 so dinner is delayed until later. Then there may be more snacking before retiring. At bedtime much food remains only partially digested to prevent the digestive organs from benefiting from the sleep. One arises unrefreshed, having slept the sleep of the drugged.

The best routine is to eat breakfast within three hours of arising and wait at least five hours before having lunch. Again wait five hours before supper, and have a light supper of fruit and grains, taken several hours before bedtime. If at all possible, the third meal, even though only of fruit and grain, should be omitted entirely. It may take several months (up to six) to develop the habit of omitting the evening meal. Those who have the stamina to persist will find it a great benefit to the life to have the extra strength which would be expended in digesting the third meal.

Principles for Better Digestion

1. Chew food thoroughly
2. Eat slowly
3. Don't drink with your meals
4. Avoid very hot or very cold foods
5. Eat nothing between meals
6. Eat low fat meals
7. Eat at regular times, keeping 5-6 hours between each meal
8. Eat moderately, avoid overeating
9. Eat fruits and vegetables at separate meals
10. Avoid unripe or over-ripe fruit
11. Eat breakfast like a king, lunch like a prince, and supper like a pauper
12. Eat when relaxed and happy, not when angry or stressed
13. Eat high-fiber foods
14. Avoid spices, i.e. pepper (black or red), chili, allspice, mustard, ginger, cinnamon, cloves, nutmeg, hot curry, horse-radish, etc.
15. Avoid stomach irritants, i.e. caffeine, vinegar, baking powder or soda
16. Don't eat fermented foods
17. Eat only 3-4 varieties of foods at a meal, but a wide variety of foods overall
18. Present food in an attractive manner

Some Like It Hot

Why not add a little spice to your life? Although this sounds like a positive twist, eating spicy foods may carry a significant health risk. East Indian cuisine is noted for its delicious, spicy-hot curries. However, India has a correspondingly high incidence of stomach and esophageal cancer. Today in America, spicy, ethnic foods are more popular than ever before. But even as Mexican, Italian, Indian, and other spicy cuisines gain in popularity, we are experiencing more cancers associated with the ingestion of harmful spices.

Actually, cancer is only one of many health risks associated with a spicy diet. For example, a hot, fiery dish may be the underlying cause of a hot fiery temper!¹ Scientific experiments conducted in the United States demonstrated that rats fed with pepper became irritable, fearful, and feisty, compared with those receiving a control diet. They even demonstrated a greater tendency to bit.

Other experiments designed to measure the effect of certain chemicals in spices were conducted on anesthetized dogs and cats. Significant negative effects on the electrical activity of the brain and heart were produced by *piperidine* from black pepper, and from *eugenol* from cloves and cinnamon and *cinnamic aldehyde* from cinnamon. A rise in blood pressure was also frequently observed.²

In one experiment, rats were placed in small cages that allowed very little freedom of movement. They were then fed a highly spiced diet. The control group of rats ate the standard laboratory rat chow. The others received the same diet--plus black pepper, cinnamon, cloves, or mustard. After six weeks, researchers examined the rat's stomachs. Every rat that had been fed one of the spices showed definite deterioration of the mucosal lining compared to the control group. The worst damage was in the group given black pepper.³

So what is the difference between spices (condiments) and herbs? Spices irritate the digestive tract, inflame the nerves, and create other diseased conditions in the body. Herbs are beneficial as well as healing. Below are some examples of each.

SPICES

Black and white pepper, chili pepper, jalapeno, cayenne, horseradish, hot curry, mustard, ginger, cloves, cinnamon, nutmeg, allspice. Other irritating substances are vinegar, baking soda, and baking powder (including Rumford's).

HERBS

Basil, bay leaf, caraway, cardamom, coriander, cilantro, celery seed, dill seed, fennel seed, garlic, marjoram, mint, onion, oregano, sweet paprika, parsley, peppermint, poppy seed, rosemary, saffron (turmeric), sage, sesame seed, spearmint, tarragon, thyme, cumin (geera).

When examining the labels of products it is easy to overlook the little spice that may be in it. What are some problem areas for those who want to make healthy choices? What would Mexican food be without salsa? All commercial salsa contains vinegar and hot peppers. What about our favorite spaghetti sauce? Many have vinegar, cheese, and most have black pepper. Tomato sauce is another

culprit, containing black pepper or other irritating peppers. (A better choice is tomato puree, crushed tomatoes, or tomato paste.) Salad dressings are a favorite; they too contain vinegar and spices. In fact most commercially prepared savory products contain unwanted spices. They may be listed as “flavorings, natural flavorings, natural ingredients, spices” or other terminology. The healthy alternative is to make your own; at least you will know what you are eating. Getting back to basics, eating food in as natural state as possible is the safest, healthiest way to go.

Here are a few instructions the Lord has given to us.

“We bear positive testimony against tobacco, spirituous liquors, snuff, tea, coffee, flesh meats, butter, spices, rich cakes, mince pies, a large amount of salt, and all exciting substances used as articles of food. CD 468

“The child was proverbial for her nervousness and irritability of temper, and these fiery condiments were well calculated to produce such a condition.” CE 164

“Many a mother sets a table that is a snare to her family. Flesh-meats, butter, cheese, rich pastry, spiced foods, and condiments are freely partaken of by both old and young. These things do their work in deranging the stomach, exciting the nerves, and enfeebling the intellect. The blood-making organs cannot convert such things into good blood.” CT 47

“If any have a perverted taste that craves tea, coffee, condiments, and unhealthful dishes, enlighten them.” CT 118

“Condiments, so frequently used by those of the world, are ruinous to the digestion.” CD 339

“In this fast age, the less exciting the food, the better. Condiments are injurious in their nature. Mustard, pepper, spices, pickles, and other things of a like character, irritate the stomach and make the blood feverish and impure. The inflamed condition of the drunkard's stomach is often pictured as illustrating the effect of alcoholic liquors. A similarly inflamed condition is produced by the use of irritating condiments. Soon ordinary food does not satisfy the appetite. The system feels a want, a craving, for something more stimulating.” CD 339

“Food prepared with condiments and spices inflames the stomach, corrupts the blood, and paves the way to stronger stimulants. It induces nervous debility, impatience, and lack of self-control. Tobacco and the wine cup follow.” Te 57

You may say, “There are more important things to think about”, and you are right. But do little things matter to God? Consider this counsel:

“We should not be prevailed upon to take anything into the mouth that will bring the body into an unhealthy condition, no matter how much we like it. Why? Because we are God's property. You have a

crown to win, a heaven to gain, and a hell to shun. Then for Christ's sake, I ask you, Will you have the light shine before you in clear and distinct rays, and then turn away from it and say, "I love this, and I love that"? God calls upon every one of you to begin to plan, to cooperate with God in His great care and love, to elevate, ennoble, and sanctify the whole soul, body, and spirit, that we may be workers together with God. . . ." CD 328

"While you hesitate and stand back, failing to lay hold upon the blessing which it is your privilege to receive, you suffer loss. You are stumbling over the very blessing which heaven has placed in your path to make progress less difficult." CD39

"No man can become a successful workman in spiritual things until he observes strict temperance in his dietetic habits. God cannot let His Holy Spirit rest upon those who, while they know how they should eat for health, persist in a course that will enfeeble mind and body." CD55

References: ¹Barbara Watson, Director of *Step Fast*, ²*Nutrition for Vegetarians*, Drs. Thrash p 80, ³*Nutrition for the Nineties*, Drs. Baldwin, p 216

Some Specific Spice Problems Include:

- *Black pepper, mustard, and horseradish contain carcinogens.*
- *Black pepper contains piperidine, a chemical that causes increased release of a body hormone that stimulates the stomach to make more hydrochloric acid.*
- *Black pepper, all spice, mace and cinnamon contain acids or volatile oils potentially harmful to the kidney.*
- *Mice exposed to an extract of black pepper applied to the skin for a long time developed more lung, liver and skin cancers.*
- *All three forms of pepper (red, black, and white) have been shown to cause focal areas of necrosis and hemorrhage in the stomach.*
- *Black pepper may alter cells permanently which could lead to cancer or deformities in offspring.*
- *Some spices including pepper, mustard, and ginger may produce hypertension.*
- *Cloves, cinnamon, and allspice contain eugenol, or oil of cloves which damages the lining (mucosal barrier) of the stomach, making it more susceptible to ulcer formation.*
- *Cinnamon contains, in addition to eugenol, oil of cinnamon, which causes inflammation and corrosion of the lining of the stomach and upper intestines.*
- *Myristicin, in nutmeg, is known to be depressive of the central nervous system.*
- *Capsicum (cayenne and the hot red peppers) produces gastrointestinal irritation, an increase in mucus secretion in the stomach, a slight increase in intestinal motility and induces mild diarrhea.*

This For That

Meat-----Vegetarian patties and loafs, beans, nuts, whole grains, tofu, cooked whole wheat

Milk-----Nut milk, rice milk, soy milk, fruit juice

Cheese-----Vegan recipes for cheese substitute

Eggs-----In recipes, use tofu or instant potatoes, 1 T ground flax seed mixed with 3 T water, or just leave it out; scrambled eggs--use tofu

Sweets-----Fruit, dried fruit, Smoothies, homemade whole food desserts

Ice Cream----Blend frozen fruit (any kind, bananas make it smooth) in water, juice or soy milk

Sugar-----Fruit, fruit juice, raisins, dates, honey, or Stevia. Eat foods less sweet to change your taste

Chips-----Whole grain crackers (without hydrogenated fat or baking soda), raw or dry roasted nuts (sparingly), hot air popcorn, baked pita chips

Drinks-----Water, water, water, unsweetened herbal teas

Snacks-----Nothing, only eat at meal time

Dressing-----Vegan substitute recipes-Lemon juice, blended tofu, nuts or seeds with lemon juice, honey, salt, and herbs

Frying-----Sauté in water, or use a little coconut milk, bake or boil instead

Free fats----- Coconut milk, applesauce, or ground nuts or flax seed, mashed avocado

White rice----Brown rice

White flour---Whole wheat flour, or whole wheat pastry flour

Chocolate----Carob

Black pepper-Variety of herbs to flavor your food

Cinnamon----3 parts coriander and 1 part cardamom

Chili-----Cumin

Vinegar-----Lemon juice

Healthy High Calorie Foods: Eat Sparingly

All nuts and peanuts and seeds
Nut and seed butters (peanut, almond, cashew, tahini...)
Avocado
Olives
Granola (may make low calorie)
Coconut (unsweetened)
Dried Fruits
Fruit Juices (100%)
Honey, molasses
Desserts made with nuts and concentrated fruit or honey
Dressings or spreads made with nuts or seeds
Gravies made with nuts or seeds
Nondairy soups made with nuts or seeds

Unhealthy: Eat None

All meats, all dairy (butter, cream, mild, cheeses, ice cream), and eggs
Lard
Margarine
Commercial mayonnaise
Commercial salad dressings
Cooking oils
Gravies
Cream Soups
All store bought desserts and baked goods (cakes, puddings, cookies, pastries, muffins)
Sugar
Jelly, Jams
Sodas, all kinds
Chocolate
Snack foods (chips, pretzels, crackers, microwave popcorn)

Helps to Reduce Fat in Your Diet

- *Just leave out lard, butter, margarine, and oils
- *For flavor, add more herbs
- *Do not use any hydrogenated or partially hydrogenated fats
- *Sauté in water
- *Use a non-stick skillet and non-stick sprays
- *Read all labels, most prepared food has added fat
- *Foods without labels are best; apples, brown rice, pinto beans, carrots, almonds, etc.
- *Prepare your own food rather than ready made
- *Beware of pastries, cookies, crackers, chips, ice cream, breads, dressings, mayo, and gravy
- *Meat and animal products (milk, cheese, eggs) contain much fat and cholesterol, and no fiber; limit their use
- *In recipes use water, unsweetened applesauce or ground nuts or seeds in place of oils or other fats
- *Purchase a pure vegetarian cookbook that does not use concentrated fats
- *Use healthy fats-nuts, olives, avocado, seeds-in moderation.



How to Reach and Maintain your Ideal Weight

Let's Take a Look at a Balanced Approach

Keep your program simple

Don't be in a hurry, losing 1-2 pounds a week is a reasonable goal

Weigh yourself only once a week, avoid the emotional roller coaster

Breakfast-king, lunch-prince, supper-pauper (better yet, skip it)

Short fasts-24 hour, from breakfast to breakfast; or dinner to dinner

Ask yourself 3 questions...

“Is it the right time to eat?”

“Is it healthy?”

“Is it the right amount?”

Know the high calorie foods, eat less of these

Choose a high complex carbohydrate diet of whole plant foods

Portion control-don't eat until you feel full, quit when satisfied

Eat a little less than you WANT to

Fresh (raw)-with every meal, best eaten at the beginning of the meal

Variety of foods over the week, limit variety to 3-4 at a meal

Regular meal times

Meal spacing-at least 5 hours apart

No snacking-only water between meals and lots of it

No refined foods-white flour, white rice, pasta, sugar

Eliminate concentrated fats (oils, dressings, mayo, butter, margarine)

Put color in your meals

Ask yourself at the end of the week...

Did I eat fresh fruit every day?

Did I eat yellow, orange, and red fruit?

Did I eat fresh vegetables every day?

Did I eat green, orange, and red?

Did I eat whole grains every day?

Did I eat at least 3 different kinds?

Did I eat natural fats this week?

Did I use them sparingly and used at least 3 different kinds?

Exercise 5x a week

Plan ahead (your meals, your social occasions) not to fail

Right tools easily accessible in your kitchen (appliances, sharp knives, vegan cookbooks...)

Get support from family and friends

Right motive-for God

TIPS TO PREVENT OVEREATING

- *Clean cupboard of all unhealthy and fattening items
- *Remove food from all rooms except kitchen
- *Store food out of sight
- *Follow shopping rules
 - Use a list
 - Never shop when hungry
 - Shop alone
 - Read labels
 - No impulse buying
- *Regularity of meal times (5-6 hours between), no snacking
- *Cook less
- *Serve needed amount, no seconds except raw or leafy foods
- *Eat with a merry heart
- *Use smaller dishes and serving utensils
- *Eat slowly, take small bites, and chew thoroughly
- *Do not do anything while eating (read, watch TV, work)
- *Do not prepare the next bite while eating the last
- *Pause in middle of the meal
- *Put fork down between bites
- *Take 35-45 minutes to eat
- *Leave table promptly when finished eating
- *Put away all leftovers (may freeze them)
- *Brush teeth immediately after meals
- *Go for a stroll
- *Drink 6-8 cups of water between meals
- *Get enough sleep (for more will power the next day)
- *Daily outdoor exercise, a minimum of 30 minutes
- *Put more activity into daily routine
- *Pray, trusting God for help
- *Claim Bible promises
- *Get support of friends and family

WITH GOD'S HELP YOU CAN DO IT!

A Dozen Weapons to Use for Victory over Appetite

1. Pray, ask God for strength, claim a Bible promise
2. Guard your thoughts, say, "No, I will eat at the right time, the right amount, and the right food."
3. Take three deep breaths
4. Drink 8-10 glasses of water each day. When it gets tough, drink a big glass of cool water, wait 10 minutes, the craving will be gone
5. Count backwards from one hundred
6. Look at your watch and postpone eating for one minute, then another...
7. Think about something else, get involved in a project
8. Brush your teeth with mint toothpaste
8. Phone your buddy or friend
9. Take a walk, or do stretching and relaxation exercises
11. Say, "I give my appetite to you Jesus. You suffered for me; I want to deny myself for You. I choose to be on a healthy program, I love this lifestyle"
12. Claim a Bible promise; Philippians 4:13 "I can do all things through Christ which strengtheneth me.", II Corinthians 12:9 "And He said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness", Isaiah 40:29 "He giveth power to the faint; and to them that have no might He increaseth strength."

Try These Deadly D's

Dart up a prayer
Diligently repeat a Bible promise
Drop what you're doing
Do something else
Delay the urge
Deep breathe
Drink water
Don't accept the thought

Demonstrate perseverance
Double your efforts
Discourage bad thoughts
Discipline yourself
Disappoint the devil
Detest indulging in appetite
Depend on Christ
Do what is right

The Fiber Story

Fiber is the part of the food that has no nutrition, but has a very important function in the body. It:

- Reduces levels of serum cholesterol and triglycerides
- Reduces blood pressure in those with hypertension
- Promotes discontinuation of insulin therapy for non-insulin dependent diabetics
- Reduces risk of death from heart disease
- Improves gastrointestinal function and bowel movements
- Reduces body weight in the obese
- Reduces risk of kidney damage
- Reduces insulin requirements
- Improves glycemic control

There are two types of fiber:

Soluble (pectins, gums)

- It binds and lowers cholesterol, slows gastric emptying, and stabilizes the blood sugar curve
- Sources; Oats, apples, citrus, berries, legumes, carrots

Insoluble (cellulose and hemicellulose)

- Draws water into the stool, laxative effect, reduces colonic pressure, binds bile salts
- Sources: Whole grains, beans, cruciferous (cabbage, broccoli, cauliflower), and root vegetables

Examples of foods rich in fiber:

Amount	Food Item	Soluble Fiber (g)	Insoluble Fiber (g)
10 each	Dried figs	7.5	9.9
1 cup	Garbanzo beans/chickpea	8.6	15.4
1 cup	Large Lima beans	8.9	24.9
1 cup	Soybeans-dry	12.6	18.0
1 cup	Red kidney beans	12.7	22.4
1 cup	Corn grits	15.4	2.5
1 cup	Carob flour	30.1	10.9

These foods contain NO FIBER:

- Meat
- Refined cereals
- Visible fat
- Sugar
- Cheese
- Milk
- Eggs
- Alcohol

A low fiber diet contributes to the following problems:

- Appendicitis
- Gall bladder problems
- Varicose veins
- Thrombosis
- Hiatal hernia
- Diverticular disease
- Hemorrhoids
- Colon cancer
- Obesity

Here are more sources of good fiber:

- Beans
- Greens
- Berries
- Figs
- Oranges

These whole grains are high in nutrition and fiber, yet low in fat

- Examples:
 - Wheat Millet
 - Rice Buckwheat
 - Oats Spelt
 - Barley Quinoa
 - Corn Kamut

Components of whole grains

- Bran: Outer layer
Rich in niacin, thiamin, riboflavin, magnesium, phosphorus, iron, zinc, fiber
- Germ: Where plant originates
Rich in niacin, thiamin, riboflavin, magnesium, phosphorus, iron, zinc, fiber, vitamin E, protein, fat
- Endosperm: The kernel
Protein, carbohydrates, small amount vitamins and minerals

Refined grains

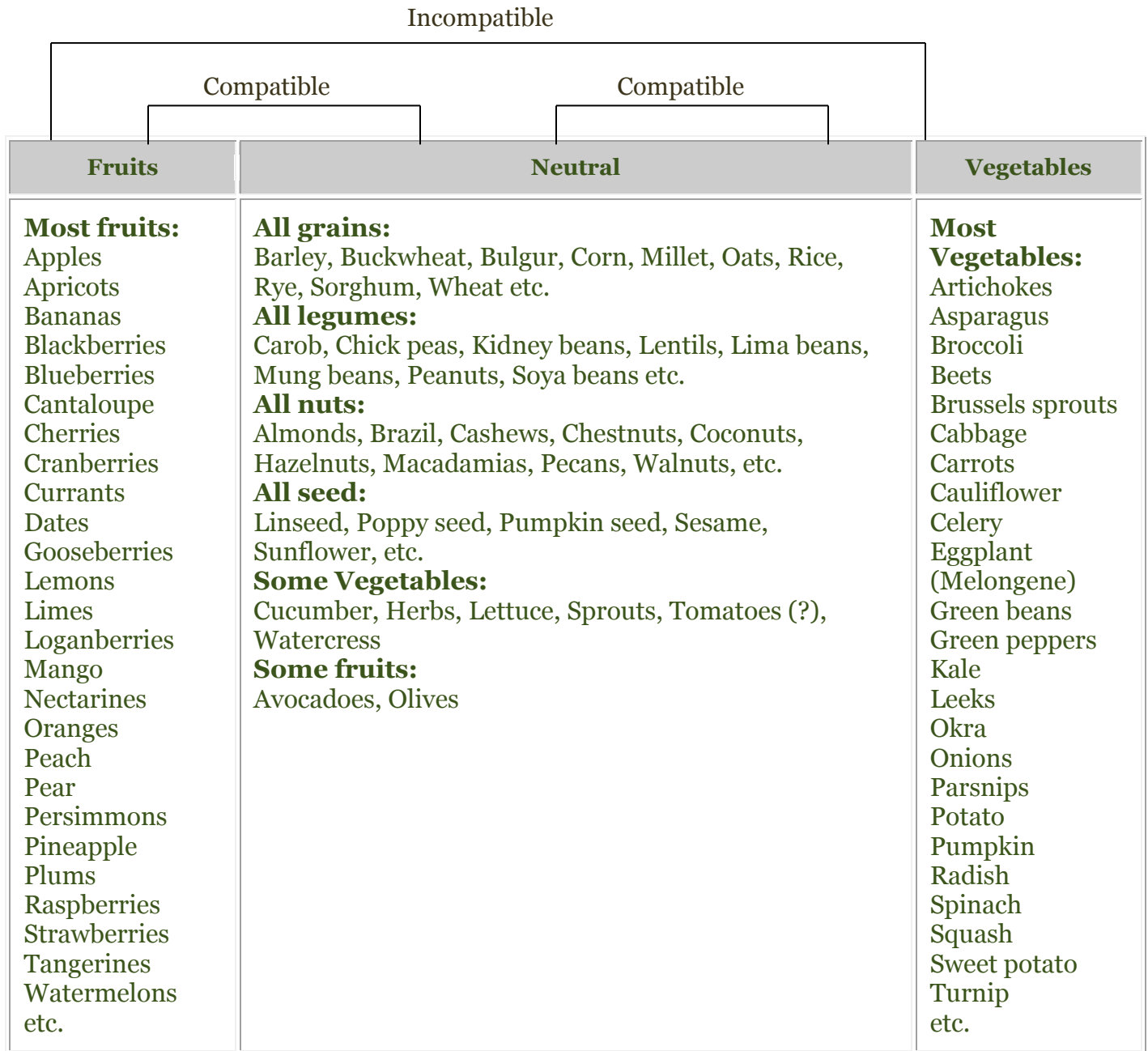
- The bran and germ are removed, leaving only the endosperm. Then it is “enriched” with a few synthetic nutrients.
- Refining grains robs them of vitamins, minerals, essential fat, and fiber
- The calorie content of refined white flour actually increases about 10% because of everything else that has been taken out.
- An average of 66% of the B vitamins have been removed.
- An average of 70% of all minerals have been removed.
- 79% of the fiber has been removed.
- An average of 19% of the protein has been removed.

If I asked you to give me a \$1.00, and gave you back \$0.10, would you feel “enriched”?

The conclusion of the matter is; all unrefined, whole grains, vegetables, beans, nuts, and fruits contain the fiber that you need to stay healthy. Refined products lose fiber and other important nutrients.

Compatible Combinations of Plant Foods - Graph

This graph was taken from the book Diet and Health, by Prof. Walter Veith, from page 148



by Professor Walter J. Veith PhD.



Protein

Body's Need of Protein-

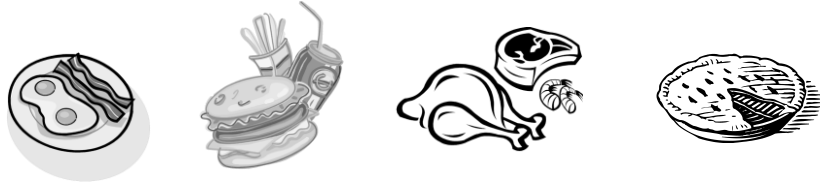
- Necessary for transporting nutrients in & out of cells
- Vital for muscle function
- Vital for hormone synthesis
- Vital for the production of enzymes
- Need increased amounts during repair of tissues or muscle building

Recommended Daily Allowance (RDA)-

- The National Academy of Sciences has set the U.S. recommended daily allowance of protein at **60 grams** for the average man & **45 grams** for the average woman.
- **Established by the National Academy of Sciences-**
 - Calculated that an adult in good health needs 0.36gms of protein per pound of body weight.
 - To find your RDA take your (WEIGHT X .36 = RDA) Example: 160lbs. X .36 = 58grams
 - It's best to use this equation with you IDEAL weight.

Protein in a Typical American Diet-

- Provides 185 grams a day (at the least)



Problem with High Protein Diets-

- **Dr. Robert R. Gross, Ph.D.**, New York professional Hygienist, stated the problem this way: "The hitch is the end products of protein digestion which are acidic—urea, uric acids, adenine, etc., which, beyond a certain normal range, will cause degeneration of body tissues, producing gout, liver malfunctions, kidney disorders, digestive disturbances, arthritis and even hallucinations."

High Protein Health Concerns-

- ❑ **Kidney Stones-**
 - With a high protein diet the kidneys & liver become overworked as they try to eliminate all the toxic by-products of protein metabolism.
 - One of those by products is **Uric acid** which is slightly soluble in water and easily precipitates out of solution therefore forming needlelike crystals of sodium urate which contribute to the formation of kidney stones.
- ❑ **Osteoporosis –**
 - According to medical researcher Dr. Robert Heaney, is that "the more protein you take in, the more calcium you excrete." His studies have shown that a diet that contains 50% more protein than is needed may result in as much as *one percent loss of bone per year*.
- ❑ **Heart Disease-**
 - A high protein diet is high in fat, high in saturated fats, high in cholesterol and has no fiber which will result in narrowed arteries, hardened arteries, possible stroke & heart attack, accelerated aging and shortens life span.
- ❑ **Gout-**
- ❑ A high protein diet causes an increased amount of uric acid which produces a painful arthritic disorder called gout resulting from the deposition of uric acid salts in cartilage in the joints.
- ❑ **Cancer-**
 - **Dr. Ernest Wynder-** "announced to the Greater Boston Medical Society that dietary fat and animal protein combine with bacteria in the colon to form acids which are linked to tumor formations. He also said that evidence furthermore shows that such high-protein, high-fat foods are also implicated in tumors of the breast, pancreas, kidneys, ovaries, and prostate.
 - **Ammonia**-excessive protein decomposes in the stomach & turns into poisonous ammonia. This ammonia in turn produces **nitrosamines**. Nitrosamines, according to biochemist Dr. Lijinsky, are "among the most potent cancer causing chemicals known."

Protein in Plant Based Diet-

- Provides 70 grams which is a sufficient amount of protein for both the average woman and man.
- Plus it's low in fat, has no cholesterol and is high in fiber!



All Unrefined foods contain protein-

- Fruit – (1 to 3 grams per serving)
- Vegetable- (2-8 grams per serving)
- Bread- (3-4 grams per slice)

FOOD	Amount	Protein (grams)
Soybeans, cooked	1 cup	29
Lentils, cooked	1 cup	18
Black beans, cooked	1 cup	15
Kidney beans, cooked	1 cup	13
Veggie burger	1 patty	13
Chickpeas, cooked	1 cup	12
Veggie baked beans	1 cup	12
Quinoa, cooked	1 cup	9
Peas, cooked	1 cup	9
Sunflower seeds	1/4 cup	6

The list goes on...

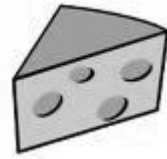
Complete & Incomplete Proteins-

- **Complete proteins-** foods that contain all the essential amino acids
- **Incomplete proteins-** Foods that lack certain amino acids
- **Complementary proteins-** Foods that have incomplete proteins that can be eaten with other foods whose amino acid structure complements or completes a protein. The key is Variety!

Harmful Effects of Animal Protein Diet-

- Stimulants in meat trigger a desire to eat other unhealthy foods
- High in fat and cholesterol
- Provides too much protein
- No fiber
- High calories
- A cause of a variety of diseases
- Animals are diseased
- Animals are injected with chemicals & hormones

Do You Like Cheese?



This article may curb your appetite for it...

Let me share with you some interesting information.

The Food and Drug Administration (FDA) allows 750 million pus cells in every liter of milk (about two pounds). In Europe, regulators allow 400 million pus cells per liter. France and Italy are known for their magnificent cheeses. Perhaps that's their secret: Less pus! Since it takes 10 pounds of milk to make one pound of cheese, a pound of cheese can contain up to 7.5 billion pus cells. If your American cheese is sliced so that there are 16 slices to a pound, that single slice of American or Swiss can contain over 468 million pus cells.

Eighty percent of milk protein consists of casein, a tenacious glue. Casein is the glue that is used to hold a label to a bottle. Constipation is one negative effect of this in the body.

Rennet is used to coagulate the milk. Rennet is from young mammals that live on milk, like a calf. It is from their 4th stomach. Since the 90's most cheese made in the USA has been made with a genetically engineered substitute for rennet. Do we know that these synthetic additives are safe?

Casein is a foreign protein and your body reacts to its presence by creating an antibody. That antibody-antigen reaction creates histamines. Anti-histamines (like Benadryl) are used to counter the effects of histamines. Mucus and phlegm are produced as a result of cheese consumption. Mucus congests internal body organs. Mucus creates phlegm.

Every sip of milk has 59 different powerful hormones. One pound of cheese can contain ten times the amount of hormones as one pound of milk.

Consumers Union and the Wall Street Journal tested milk samples in the New York metropolitan area and found the presence of 52 different antibiotics.

In February of 1999, the Land of Lakes Company recalled nearly four hundred thousand cases of cheese products from supermarkets in every one of America's 50 states. Cheese makes a remarkable culture medium for bacteria, which stay alive for up to six months. This year's recall was due to listeria. Eat listeria and it can take 3-70 days for you to get sick. Would you make the connection? Listeria outbreaks number about 2,500, resulting in about 500 deaths each year.

Cheeses can also contain mycobacterium paratuberculosis which causes diarrhea and irritable bowel syndrome.

Americans eat an average of 30 lbs. of cheese per person per year. In 1910 the average was 5 lbs. per person.

Disadvantages of eating cheese: it is
A product of putrefaction

High in bacteria

A potential carrier of animal disease to man (Over 90% of cows are diseased today.)

Difficult to digest

A contributing factor in constipation

Frequently a high source of allergies

High in cholesterol and fat

A source of migraine headaches

Contaminated with antibiotics and hormones

A product that God told us not to eat

Why has our loving God given us this instruction?

“Cheese should never be introduced into the stomach.” CD 368

“Cheese is still more objectionable; it is wholly unfit for food.” CD 368

“... the time will soon come when there will be no safety in using eggs, milk, cream, or butter, because disease in animals is increasing in proportion to the increase of wickedness among men.” CD 356

Jesus wants us to be happy, healthy, and holy. He knows what is best. He wants us ready for heaven.

“All our habits, tastes, and inclinations must be educated in harmony with the laws of life and health. By this means we may secure the very best physical conditions, and have mental clearness to discern between the evil and the good.” CD 28

Calcium in Common Foods

Food Item	Amount	Calcium (mg)
Mustard greens	1 c.	152
Tahini	2 Tbsp.	152
Okra	1 c.	172
Soy beans	1 c.	175
Kale	1 c.	179
Turnip greens	1 c.	249
Filberts/Hazelnuts	1 c.	254
Green soybeans	1 c.	261
Turnip Greens	1 c.	249
Figs (dried)	10	269
Amaranth grain	1 c.	298
Tofu	4 ounces	200-300
Collard greens	1 c.	357
Carob flour	1 c.	358
Black strap molasses	2 Tbsp.	400
Lambsquarters	1 c.	464
Unhulled Sesame seeds	1 c.	1404

High Potassium Foods

DRINKS

- 1 cup milk (all kinds)
- 1/2 cup orange juice
- 1/2 cup prune juice
- 1/2 cup tomato juice
- 1 cup buttermilk
- 1 cup milk (all kinds)

FRUITS

- 3 medium (fresh) or 7 halves of (dried) apricots
- 1/2 of a banana
- 1 cup cantaloupe cubes
- 2 medium fresh or dried figs
- 1 cup honeydew melon cubes
- 1/2 of a nectarine
- 1 orange
- 1 papaya
- 5 prunes
- 1/3 cup raisins
- 1 cup watermelon cubes

VEGETABLES

- 1/2 large avocado
- 1/2 cup cooked dried peas, beans, or lentils
- 1/2 cup mashed potato or 1 small potato
- 1/2 cup pumpkin
- 1/2 cup spinach
- 1/2 cup tomato juice or 1 medium tomato
- 1/2 cup tomato sauce
- 1/2 cup winter squash
- 1 small sweet potato
- 1/2 cup cooked beet greens
- 1/2 cup bran cereal
- 1/2 cup cooked chard

OTHER

- 1 ounce bitter chocolate
- 1 tablespoon molasses
- 1/4 cup sunflower seeds
- 1/2 cup raw tofu
- 1 tablespoon wheat bran or germ

SOY

SOY PROTEIN ISOLATE

Advances in technology make it possible to produce isolated soy protein from what was once considered a waste product - the defatted, high-protein soy chips - and then transform something that looks and smells terrible into products that can be consumed by human beings. Flavorings, preservatives, sweeteners, emulsifiers and synthetic nutrients have turned soy protein isolate, the food processors' ugly duckling, into a New Age Cinderella.

The new fairy-tale food has been marketed not so much for her beauty but for her virtues. Early on, products based on soy protein isolate were sold as extenders and meat substitutes - a strategy that failed to produce the requisite consumer demand. The industry changed its approach. "The quickest way to gain product acceptability in the less affluent society," said an industry spokesman, "is to have the product consumed on its own merit in a more affluent society." So soy is now sold to the upscale consumer, not as a cheap, poverty food but as a miracle substance that will prevent heart disease and cancer, whisk away hot flushes, build strong bones and keep us forever young. The competition - meat, milk, cheese, butter and eggs - has been duly demonized by the appropriate government bodies. Soy serves as meat and milk for a new generation of virtuous vegetarians

NOT SO FRIENDLY

Soy processors have worked hard to get these antinutrients out of the finished product, particularly soy protein isolate (SPI) which is the key ingredient in most soy foods that imitate meat and dairy products, including baby formulas and some brands of soy milk.

SPI is not something you can make in your own kitchen. Production takes place in industrial factories where a slurry of soy beans is first mixed with an alkaline solution to remove fiber, then precipitated and separated using an acid wash and, finally, neutralized in an alkaline solution. Acid washing in aluminum tanks leaches high levels of aluminum into the final product. The resultant curds are spray-dried at high temperatures to produce a high-protein powder. A final indignity to the original soybean is high-temperature, high-pressure extrusion processing of soy protein isolate to produce textured vegetable protein (TVP).

Much of the trypsin inhibitor content can be removed through high-temperature processing, but not all. Trypsin inhibitor content of soy protein isolate can vary as much as fivefold. (In rats, even low-level trypsin inhibitor SPI feeding results in reduced weight gain compared to controls.) But high-temperature processing has the unfortunate side-effect of so denaturing the other proteins in soy that they are rendered largely ineffective. That's why animals on soy feed need lysine supplements for normal growth.

Nitrites, which are potent carcinogens, are formed during spray-drying, and a toxin called lysinoalanine is formed during alkaline processing. Numerous artificial flavorings, particularly MSG, are added to soy protein isolate and textured vegetable protein products to mask their strong "beany" taste and to impart the flavor of meat.

In feeding experiments, the use of SPI increased requirements for vitamins E, K, D and B12 and created deficiency symptoms of calcium, magnesium, manganese, molybdenum, copper, iron and zinc. Phytic acid remaining in these soy products greatly inhibits zinc and iron absorption; test animals fed SPI develop enlarged organs, particularly the pancreas and thyroid gland, and increased deposition of fatty acids in the liver.

Grocery Store Tidbits

Go with a list

Keep a paper on your refrigerator or counter and write things down when you are cooking and see the need. Keep the food groups in mind; fruit, vegetables, whole grains, beans, nuts, and seeds.

Sale hopping

With the price of gas and the value of your time, it is not a wise plan to shop at several stores to purchase their sale items, unless, the stores are near each other, you are going in that direction for another errand, and you have the time.

Pricing

Look at the pricing labels on the shelves. It will tell you how much you are paying by weight or piece.

Favorite store

You can save time by shopping at the same store each week. You will get use to where things are; routine saves time.

Choosing a store

Choose a store that is in a convenient location, has overall good prices, and carries nice, fresh produce.

Store brands

Store brands are usually your best buy, yet some of the products are inferior in quality or taste. If you are unsatisfied with a product, spend a little more the next time, it will be worth it in the end.

Organic?

Some claimed organic products are not what you would expect, yet organic food usually is better quality in nutrition and less chemicals and GMO. Purchase it when you are able according to availability and price.

GMO? (Genetically Modified Organisms)

These are foods that biological engineers have taken genes from one plant, insect, or animal and placed it in the food they are changing. They do this for many reasons, better taste, longer shelf life, more uniform produce, more “perfect” looking product, resist insects, disease and weeds, less time for maturing, reduce need of pesticides.

These all may seem like legitimate reasons, BUT, the big question is, IS IT SAFE? The USA does not require any labeling of GMO foods. Two very common ones are corn and soy beans. It would be wise to purchase organic corn and soybean products.

Frequency

Shopping once a week for those who have a family, and once every two weeks for one or two people, will save time and money. Avoid going to the store to pick up one or two items.

Produce

Look for food that is in season, on sale, and looks fresh. Smell the item, if there is no smell, it probably is not ripe, and will not have any flavor, although some fruit can ripen at home and be very nice. Purchase a variety of colors of fruits and vegetables, resist buying the same items week after week, vary your choices. Sometimes you will want to choose convenience over cheaper price, such as the salad bags

Bread

Look for whole grain bread. The first ingredient should say, “Whole Wheat”, but if it has 2 or more other flours in the bread, you may be getting more refined grains than whole grains. Whole Wheat Pita bread is a wholesome choice. It is sold at the deli. Avoid breads with dough conditioners, mono and diglycerides, hydrogenated and partially hydrogenated fats, vinegar, whey, caseinate.

Crackers

Read the labels and avoid refined grains, hydrogenated, partially hydrogenated, and trans fats, baking soda (sodium bicarbonate), baking powder, spices, preservatives. Healthy brands are Ryvita, Wasa, and Kavli.

Chips

Concentrated fats (oils) which are heated, as in frying, undergo a molecular change which is harmful to the body. Staying away from chips is the healthiest choice. Make some pita chips from whole wheat pita bread.

Nuts and Seeds

Nuts and seeds that are roasted and salted are done so in oil. It is best to purchase them raw and unroasted. You can usually find some in grocery stores, but you may get a better price at a health food store. Look for the weight when you compare prices.

Peanut Butter

Purchase a brand that contains only peanuts and salt (or salt free).

Jams

100% fruit jams have no white sugar in them, but they actually contain more fruit “sugars” than low sugar jams. Read the label: check the serving size (usually 1 Tbsp.) and then the sugar content. 4 mg of sugar equals 1 tsp. sugar. It is best to soften your favorite dried fruit in some fruit juice or water and blend it to make your own jam. Strawberry jam can be made with fresh or frozen strawberries and softened dates.

Olives

The green olives with pimentos in them are fermented with lactic acid. Not a good choice, stick to the black ones, and even better, the tree ripened olives found in health food stores.

Pasta

Purchase whole grain pasta. Durham semolina is not a whole grain. It must say “whole wheat”.

Beans

Your best choice for nutrition and price is to buy dried beans. Yet it is wise to have a few canned beans on hand for convenience. The main problem with canned beans is the salt content. This can be remedied by rinsing the beans before using.

Canned tomatoes

Many canned tomatoes contain unwanted spices and sugar. Better choices are: whole, diced, or crushed tomatoes, tomato puree, and tomato paste.

Frozen vegetables

Keep a supply of frozen vegetables on hand. Choose the kind that has nothing added, just the vegetables. Keeping on hand some canned vegetables is a good practice, but do not use them freely. Fresh or frozen is best.

Juice

Watch the labels; you want no added sweetener of any kind. If you drink juice for breakfast or for supper, a good choice would be the 100% juice NOT from concentrate (it is better to not drink juices with meals at all). Having some tomato juice in a bottle or can, will come in handy for some recipes, and it is great in soups.

Cereals

Oats, brown rice, and barley are whole grains you can find at a grocery store. The best commercial boxed cereals are; Wheatabix, Shredded Wheat, Wheat Chex, Grape Nuts.

Milk

Commercial soy and rice milks are available. Look for brands without the carrageenan, low in sugar (5mg or less per serving), and no oils. VitaSoy, and Westsoy are two good brands. Rice milk does not list a sugar in the ingredients, but the rice is refined to such a degree that it is more like rice syrup. You will see in the Nutrition Facts part of the label that it is high in sugar. You can easily make your own milk at home, from cashews, almonds, cooked brown rice, or soybeans.

Seasonings

Most, if not all, pre mixed seasonings contain unwanted spices, MSG, sugars, fats, and synthetic flavorings. You can blend together healthy herbs of your choice and have it ready to flavor your foods. Goya Adobo All Purpose Seasoning without Pepper is a good one.

STOCKING YOUR PANTRY

Here you will find listed items found in the grocery store as well as those usually found in the health food store. There is no need to buy everything at once. Choose several recipes you'd like to try, and purchase the needed ingredients. Gradually you can stock your pantry with the various items you will need on a regular basis. While initially you may invest in some new items, you will find that on a plant-based diet of simple foods, you will spend *less* on your grocery bill.

Items Commonly Found in the Grocery Store

Baking Goods:

Coconut milk
Cornstarch or arrowroot powder
Yeast for bread making
Honey
Molasses
Tapioca
Herbs and seasonings:
Onion and garlic powder, rather than onion/garlic salt
Basil
Coriander
Cumin
Dill weed
Parsley flakes
Sage
Thyme
Goya Adobo without pepper
Vanilla, lemon and maple extract

Canned* & Dried Beans:

Black beans
Black-eyed peas
Kidney beans
Lentils, brown
Lima beans
Garbanzos
Pinto beans
Split peas
*Look for low sodium

Cold Cereals: Pick the high fiber, low sugar varieties

All-Bran Cereal
Total
Cheerios
Shredded Wheat
Bran Flakes
Wheetabix
Wheat Chex
Grape Nuts

Dried Fruits: Great for spreads

Apples, Dates
Apricots, Raisins
Berries, Cherries

Fruits & Juices: Fresh, canned and frozen

Apples, bananas, pears, citrus, grapes, mangos, kiwis, pineapple, etc., fresh and in abundant variety!

Grains, whole:

Barley - a good low-glycemic grain

Bran, oat and wheat - remember this is primarily fiber
Brown Rice - short & long grain varieties
Cornmeal - stoneground with the bran & germ
Grits - made from the whole grain
Oats, quick and regular rolled
Multi-grain -Quaker
Wheat germ - for added nutrition

Non-Dairy Milks:

Westsoy, VitaSoy (look for brands without carrageenan, and low sugar, 5 g per serving or less, and no added oils)

Nut Butter:

Natural peanut butter (Smucker's)-no hydrogenated oils or sugar

Nuts and seeds, raw:

Cashews, almonds, pecans, walnuts, peanuts, sesame seeds, sunflower seeds, pumpkin seeds

Olives: ripe, whole and/or sliced

Pastas:

Whole wheat spaghetti and spirals or penne

Sauces:

Tomato puree, crushed tomatoes & paste

Teas, Herb:

Celestial Seasonings has a large variety of caffeine-free herb teas though the natural flavorings are not desirable

Tofu: - fresh pack & Mori-Nu silken in aseptic pack

Vegetables, Canned*

Pimentos - for making homemade cheeses
Tomatoes, diced – no-salt & regular
Tomatoes, stewed – no-salt & regular

*There are a lot of canned vegetables on the market, but because they often add salt and sugars, purchasing frozen vegetables is best.

Vegetables: Fresh & Frozen

As for fresh, try some new varieties, and eat a large variety of those more familiar.

Beans - a large variety
Chinese vegetable Mixes
Stewed vegetable Mixes

Fresh & frozen vegetables: collards, kale, lettuce, spinach, corn, peas, etc.

Whole grain breads: bagels, pita, (look for breads without whey, dough conditioners, vinegar)

Whole grain crackers: Wasa Rye Crispbread, Ryvita,

Whole grain flours:

Whole wheat flour, Spelt, Buckwheat, etc.

Misc.

Cold-pressed virgin olive oil