

General Nutritional Recommendations

WHOLE FOODS:

Refined foods are stripped of their mineral content, and laced with artificial additives and sugars, all of which have been proven to be harmful for optimum health. Avoid white flour and bread; aim to use whole-meal bread and flour, oatcakes, rice cakes and pumpernickel. Avoid white rice; use brown rice, millet, buckwheat, bulgur wheat, couscous, and oats. Avoid sugar sweets, cakes and biscuits; use fruits, either natural or dried. Instant processed meals, should be avoided, aim for meals made from fresh natural ingredients, ideally from foods in season.

DAIRY PRODUCE:

Milk and cheese are good sources of calcium; unfortunately, they lack magnesium, which is required by the body to utilize the calcium. High dairy consumption has been linked with heart disease, and perhaps surprisingly calcium deficiency. Reduce your milk and cheese intake, and swap it for low fat cheese, quark, live organic yogurt, Soya cheese, and tofu. Try and avoid consuming more than 3 eggs per week, Soya flour can be used as a good substitute in some recipes.

MEAT AND FISH:

Red meats have been linked to diseases in the gut, as well as high levels of saturated fat. Fish contains high levels of essential fatty acids, which protect against many diseases, namely heart disease. White meats and fish, especially herrings, mackerel, salmon and sardines are good choices.

FRUITS AND VEGETABLES:

Low in calories and high in important vitamins, minerals and water these items should be consumed regularly, especially vegetables, ideally organic. Raw foods have shown to improve energy, vitality and well-being. Aim to slowly implement them into your diet, as too quick a change, can result in problems with your digestive system.

ESSENTIAL FATTY ACIDS:

Required by the body for optimum health, from cold pressed oils, (safflower, walnut, flax, olive and sunflower) or nuts, seeds, avocados and fish oils. Avoid heat-treated oils and margarine's, especially hydrogenated oils.

DRINKS:

Maintaining a high intake of fluid is vital. Popular drinks such as tea, coffee and sugary drinks all have an adverse effect on your health. Aim to consume herb teas, diluted fruit juices and natural spring water.

<i>List of Alkaline Forming Foods:</i>	<i>VEGETABLES</i>	<i>VEGETABLES</i>	<i>FRUITS</i>	<i>FRUITS</i>	<i>PROTEIN</i>
<i>VEGETABLES</i>	Fermented-Veggies Garlic Green Beans Green Peas Kale Kohlrabi Lettuce Mushrooms Mustard Greens Nightshade Veggies Onions Parsnips (high-glycemic) Peas Peppers Pumpkin Radishes Rutabaga Sea Veggies Spinach, green	Spirulina Sprouts Sweet Potatoes Tomatoes Watercress Wheat Grass Wild Greens Daikon Dandelion Root Kombu Maitake Nori Reishi Shitake Umeboshi Wakame	Apple Apricot Avocado Banana (high-glycemic) Berries Blackberries Cantaloupe Cherries, sour Coconut, fresh Currants Dates, dried Figs, dried Grapes Grapefruit Honeydew Melon Lemon Lime	Muskmelons Nectarine Orange Peach Pear Pineapple Raisins Raspberries Rhubarb Strawberries Tangerine Tropical Fruits Umeboshi Plums Watermelon <i>PROTEIN</i> Almonds Chestnuts Millet Tempeh (fermented)	Tofu (fermented) Whey Protein Powder <i>SEASONINGS & SPICES</i> Chili Pepper Cinnamon Curry Ginger Herbs (all) Miso Mustard Sea Salt Tamari <i>NATURAL SWEETENERS</i> Stevia