

Eat a **VARIETY OF FOOD, WHICH ARE IN SEASON**. Cereals should not exceed a third of each meal. Vary the kinds of cereals eaten (millet, brown rice, corn grits, buckwheat etc. To no more than a third of the entire meal)

- Minimize the amount of added sweeteners, vinegar and pepper.
- Indulge in greater amounts of fresh seasonal food (fruit and vegetables) in smaller portions.
- In winter, and also in colder weather, add hot spices, which warm the body (horseradish, nutmeg, ginger, cinnamon, marjoram, thyme).
- In summer, and in warmer weather, eat mainly fresh, plain food with a minimum of hot spices (those mentioned previously).
- Drink fruit and vegetable juices on an empty stomach and between meals. If eating a breakfast cereal, leave at least a half hour interval after drinking fruit juice.
- Eat a minimum of processed and preserved foods.
- Use a minimum of apple vinegar and mustard and a moderate amount of salt. Vinegar may be substituted by lemon, with a little olive, sesame or other cold pressed oil.
- Eat breakfast before 9 o'clock and eat dinner three or four hours before bedtime.
- Exercise regularly and spend more time in the fresh air and in nature.
- Keep calm as this will improve the body's defenses.

***Eat a minimum amount of:***

- white pasta, potatoes, egg products, white flour products, eggplants, tomatoes, peppers, meat and fish.
- milk and full fat dairy products (recommended are moderate amounts of fermented milk products which contain very little milk fat),
- fried foods (especially restrict the use of animal fats),
- peanuts, nuts, fruit dried using sulphur, (small quantities of fruit dried without using sulphur, may occasionally be eaten), bananas (especially if they are artificially ripened or are not fully ripe),
- foods, which contain a lot of fat, flour, or artificial and natural sugars.

Take into account the acidity and alkalinity of foods when deciding on quantities keeping to the approximate proportion of 1 to 4.		
FOOD	RECOMMENDATION	NOT IN COMBINATION
cereals, rice, pasta (thick, starchy foods and the like.)	with raw leafy vegetables, sweet fruit, cooked vegetables and all kinds of lettuce.	with milk, pulses, nuts, acidic fruits and large amounts of fluids.
fresh cheese, feta, nuts and the like.	with cooked or fresh vegetables, tomatoes, lettuce.	with starchy foods, milk, sweet fruits, sweets.
vegetables, lettuce and the like.	with low fat fermented milk products, game meats (fish, rabbit, turkey, and the like.)	
fermented, non-homogenized skim milk products	with cooked or raw vegetables, cooked or fresh fruits (not bananas).	with carbohydrates, skim milk yogurt may be drunk a half hour after carbohydrates but not accompanying meals.
fresh sweet fruits (not too many bananas especially if they are not fully ripe).	with carbohydrates, lettuce, fresh or cooked vegetables, fermented skim milk products.	with fats (protein or very greasy foods)
fresh (sour) and dried sweet fruits; eat melons unaccompanied 10 – 15 minutes before a meal; fresh and dried fruits, eat sweet and sour fruits separately.	with fermented, non-homogenized skim milk products, sour cream, with nuts (after a half hour interval).	with thick starchy foods (bread and other kinds or cereal products.

Eating these foods slows down digestion and creates a lining on the mucous membrane of the digestive system, indigestion impedes the work of the immune system and in the long term may also cause enlarged lymph glands. For well functioning intestinal bacteria it is beneficial to sometimes eat **small quantities** of low fat milk products (skim milk yogurt, drinking yogurt, sour cream or whey).

ACID FORMING FOODS (30 g)		LKALINE FORMING FOODS (30 g)		THE ALKALI SCORE OF INDIVIDUAL JUICES (480 g)	
Food	Acid score	Food	Alkali score	Food	Alkali score
rolled oats	3.6	figs (dried)	30.0	fig	200.0
barley	3.0	molasses	18.0	beet greens	64.0
cereals (in general)	3.0	olives	16.0	dandelion	64.0
pasta made without eggs	3.0	beans	12.0	spinach	64.0
rice (white or brown)	2.8	soy beans	12.0	turnip greens	64.0
nuts	2.4	dried apricots	9.5	parsnip	28.0
whole grain bread	2.2	spinach	8.0	carrot	28.0
corn grits	1.6	mustard greens	8.0	beet	28.0
lentils	1.5	turnips	8.0	celery	20.0
baby corn	0.5	dandelion greens	8.0	rhubarb	20.0
		beet greens	8.0	cucumber	20.0
		artichokes	5.0	parsley	1.0
		green beans	4.5	apricot	16.0
		parsnips	3.6	banana	16.0
		almonds	3.6	pomegranate	16.0
		carrots	3.5	water cress	16.0
		rhubarb	2.5	cabbage	14.0
		celery	2.5	sauerkraut	13.0
		unpeeled cucumbers	2.5	tomato	13.0
		green lettuce	2.2	apple	9.0
		melons	2.2	lemon	13.0
		parsley	2.2	pear	9.0
		endive	2.2	grape	8.0
		pomegranate	2.0	watermelon	8.0
		water cress	2.0	asparagus	1.5
		fresh pineapple	2.0		
		coconut	2.0		
		white beans	2.0		
		cabbage	1.8		
		sweet cherries	1.8		
		nectarines	1.8		
		grapefruit	1.7		
		dried currants	1.7		
		radishes	1.7		
		pulses	1.7		
		lemons	1.6		
		cauliflower	1.6		
		peaches	1.6		
		mushrooms	1.5		
		apples	1.2		
		pears	1.1		
		bananas	1.1		
		grapes	1.1		
		watermelons	1.0		
		whey	1.0		
		full fat milk	0.7		
		onions	0.5		
		peas	0.4		
		asparagus	0.3		

**THE ACIDITY AND ALKALINITY OF FOODS IN THE BODY**

**ADDITIONAL NUTRITIONAL ADVICE:**

**FATS:** OIL, LARD, AVOCADO, OLIVE

*Good: with vegetables*

*Allowable: fruit – sweet, sweeteners, honey, carbohydrates, pulses, proteins*

- **Do not heat fats, add to already cooked foods.**
- **SALT:** *allowable* eat with pulses and vegetables, and in bread.
- **VINEGAR:** vinegar is not compatible with carbohydrates (salad!). Vinegar may be substituted with lemon.
- Eat most food raw, cook foods for the least amount of time, roast cereals or soak them and eat them raw (wheat, buckwheat, millet)
- Soak nuts and seeds (flax and sesame).
- Combine a maximum of 4 to 6 kinds of fruit or vegetable in the one meal.
- **PROTEINS AND CARBOHYDRATES** should not be eaten at the same meal. (the exception is avocado and vegetable carbohydrates, vegetables and cereals).
- **FRUIT** should not be combined with **CARBOHYDRATES**.
- **FRUIT** should not be combined with **PROTEIN**.
- It is permissible to combine Carbohydrates with **CARBOHYDRATES**, **PROTEINS** with **PROTEINS**, **VEGETABLES** with **VEGETABLES**.
- **INTERVALS BETWEEN MEALS:**

After **FRUIT** 30 minutes to 1 hour (bananas, dried fruits)

After **VEGETABLES** 2 hours

After **CARBOHYDRATES** 3 hours

After **PROTEINS** 4 hours

Vegetables, fruit, grains, and nuts have enzymes, and are comprised of 70 percent water. These enzymes are only viable to 54 degrees Celsius and are therefore destroyed by cooking (raw milk). Seventy percent of the daily intake of food should consist of foods high in water content and thirty percent should consist of solid foods (carbohydrates and proteins).

Carbohydrates in the digestive system are digested in alkaline environment, proteins are digested in acidic environment therefore these types of foods should be eaten at separate meals, otherwise the alkaline and acid neutralize each other and digestion may last 8 hours in the stomach and 20 hours in the intestines (carbohydrates stew, proteins decompose, fruits rot, sugars stew)

Seasonal adjustments need to be made regarding nutrition.		
1.day	2. day	3. day
B: carrot juice 2-4 dl apple	B: 2-4 dl non-sweet juice	B: fresh seasonal fruit
S: sunflower seeds	S: almonds	S: apple
L: green salad with a little oil	L: celery salad	L: dandelion leaves with beans
vegetable soup with miso	lentil soup with vegetables, mashed carrots brown rice, sliced vegetables	apple purée
braised kohlrabi and broccoli	roasted soy bean curd	
soy bean curd in sauce		
S: sliced apple	S: seasonal fruit	S: pears
D: soy milk, polenta (cornmeal)	D: millet porridge with dried plums	D: sour milk, cooked vegetables
4 .day	5. day	6. day
B: carrot and beet juice	B: natural apple juice	B: pineapple and/or kiwi juice
S: apples, pears	S: pumpkin seeds	S: bananas
L: lentils in celery salad	L: alfalfa sprouts	L: dandelion greens with carrots
cauliflower soup with oats	vegetable soup	barley minestrone
fermented soy beans in sauce	braised greens and peas	
steamed vegetables		
S: dried fruit	S: almonds, raisins, sultanas	S: oat flakes, tea
D: roasted tofu and vegetables	D: wholegrain wheat in soy milk	D: endive risotto
7. day	8.day	9. day
B: seasonal fruit juice 2-4 dl apples	B: carrot juice	B: seasonal fruit juice
S: fresh pineapple	S: apples	kiwifruit
L: green salad with carrots	S: apple purée	S: pears
mushroom soup	L: salad	L: lamb's lettuce
roasted soy bean curd	cream of broccoli soup	chickpea casserole
braised kale, silverbeet, cauliflower	braised cabbage with lentils	with seasonal greens
steamed greens		
S: dried plum and apple compote	S: dried fruit, almonds	S: a slice of bread, salad
D: polenta and soy milk	D: tea, wholemeal crackers	D: soy milk
unsweetened jam (jelly)		

10. day	11. day	12. day
B: carrot and apple juice	B: beet and carrot juice	B: apple juice
apples	pears	apples
S: wheat cake	S: fresh fruit	S: pineapple
L: chicory with horseradish	L: bean and lettuce salad	L: green salad
vegetable soup	cream of mixed vegetable soup carrot soup	carrot soup
grille mushrooms	lentils with vegetables	soy bean curds (tofu) in vegetable sauce
grilled soy bean curds, carrot mash, vegetables		
S: dried fruit and nuts	S: soy dessert	S: soy milk with molasses
D: green salad	D: polenta (cornmeal), wheat sprouts	D: yogurt
roasted bean curds	soy milk	
13. day	14. day	15. day
B: pear juice	B: apple juice	B: carrot juice
kiwi fruit	apples	apples
S: mandarins	S: fruit salad	S: nuts
L: chickpea salad	L: green salad	L: dandelion green salad
with pasta	avocado with tofu	celery soup
spaghetti with mushroom sauce	vegetable soup	lentils with mushrooms
fermented soy beans with vegetable sauce	mashed carrots	
S: soy milk with molasses	S: fruit salad	S: apple purée
D: plum compote	D: corn cake	D: millet porridge with soy milk
crackers	apple compote	
16. day	17. day	18. day
B: mandarin juice with a interval of 45 minutes soy milk, sesame seeds	B: orange juice	B: mandarin juice
	soy milk	
L: beets with vegetables and millet gruel	L: cauliflower soup, beets with barley grits and vegetables	L: kohlrabi with beans, salad
D: cooked lentil salad, vegetables	D: mandarins, dates	D: grapes, mandarins with an interval of 45 minutes; wholemeal crackers with tofu spread
19. day	20. day	21. day
B: apple juice	B: orange juice	B: orange juice, grapefruit
L: braised leeks with cabbage	L: vegetable soup with tofu (kohlrabi, carrots, celery), salad (lamb's tongue lettuce)	L: tofu, lentils, soup vegetables, salad
D: grapes, dried fruit	D: avocado, apples	D: dried fruit (apricots, plums, apples) nuts (hazelnuts, almonds), yogurt
22. day	23. day	24. day
B: orange juice	B: kiwi fruit juice	B: apple juice
L: salad with sesame seeds (lamb's leaf lettuce), polenta cauliflower	L: salad, rice with leeks, carrots and fennel, dried fruit	L: barley gruel with vegetables
D: grapes, mandarins, with and interval of 45 minutes; polenta, soy milk, dates	D: wholemeal crackers with tofu spread, salad	D: dried fruit, apples, mandarins, crackers, butter
25. day	26. day	27. day
B: orange juice	B: juice	B: pear juice
L: rice with vegetables, salad	L: vegetable juice, salad (celery, pumpkin)	L: lamb's leaf lettuce, beets, tofu
D: yogurt, fruit	D: cabbage, buckwheat dumplings (made without eggs) with millet grits, apple wrap	D: dried fruit. buttered bread
28. day	29. day	30. day
B: apple juice	B: grated apple, orange juice	B: seasonal fruit
L: lamb's leaf lettuce with beans and cooked carrots	L: wholemeal pasta with broccoli, cabbage salad	L: vegetable casserole, millet grits cooked cabbage
D: kale with tofu	D: blueberries with LCA yogurt	D: grilled tofu, leeks with olive oil and lemon