

RECOMMENDED

TRY TO AVOID

BEVERAGES  
cont'd

dandelion root and peppermint are good for the liver. Horsetail (Equisetum), rosehips and parsley are good for kidneys.

BREADS

Rye is preferable to wheat. Sourdough is preferable to yeast. Read the labels: the fewer the ingredients the better. Rye and salt are all you need. The most nourishing breads available today are:

1. Organic sourdough 100% rye from Berkshire Mountain bakery in MA. To order call 1-802-563-2224. Order 6 or more loaves and keep in the freezer.
2. "Manna bread" - plain rye is wheat-free, organic, sprouted and flourless.
3. Organic sourdough 100% rye in brick form, sliced thin. 2 and 3 are available frozen from Wild Oats and Alfalfa's. If you bake your own bread, keep your flour in the freezer to retard rancidity or else use a flour mill and grind it fresh each time you bake.

Best to avoid frequent use of white bread and white flour, products such as macaroni, noodles, pasta, crackers, muffins, doughnuts, bagels, cookies, cake, etc., etc., etc.

"French Meadow or 'Rudolph's'"

CEREALS  
Millet, oatmeal and oat groats, brown and wild rice, barley, unroasted buckwheat groats (preferable to kasha), spelt and bulghur wheat, or tabouli. For *biodynamic* oat groats or rolled oats in 5 lbs bags, call ~~Massena Farms at 1-402-238-2175.~~

Processed cereals, which are sweetened, fortified, etc. and have little or no nutritional value.

School of Life 1-888-384-9642

EGGS

Eggs used sparingly before 3:00 p.m.

Eggbeaters & powdered eggs. Eggs are harder to digest when hard-boiled.

FRUITS

All fresh fruits are better after 3:00 p.m. Apples, apricots, berries, melon, pears, citrus, etc. Unsulphured dried fruits, better stewed or cooked rather than raw. All fruits are better if organic or at least unsprayed.

Eat most of your fruit after 3 pm and try to avoid it at breakfast most of the time.

MEATS

Fresh fish, chicken or turkey (organically raised) broiled or baked. Use sparingly. Better before 3 pm.

Avoid most other meats, especially pork, and all shell-fish. No fried, smoked, salted or processed meats. No nitrates, nitrites, antibiotics, or hormones.