

RECOMMENDED

OILS

The best fats available today are organic butter and virgin organic olive oil. See the book FATS THAT HEAL, FATS THAT KILL by Udo Erasmus, Alive Books. By far the best fat for baking is butter. Better before 3 pm, uncooked, unheated. See also Nourishing Traditions, by Sally Fallon, for the truth about cholesterol, fats and heart disease.

NUTS

Raw organic almonds, Almond milk, raw almond nut butter freshly made and refrigerated to avoid rancidity. Better before 3 pm.

SEASONING

Chives, garlic, parsley. Herbs: bay, oregano, basil, sage, thyme, savory, kelp, dulse and rosemary. Lots of cayenne, ginger and horseradish to warm the digestive fires.

SOY and LEGUMES

Soy is best when fermented, as in miso, tamari and tempeh. (Ask for Dr. Zava's information sheet). These and other legumes such as lentils, beans and peas can replace animal protein in those who eat vegetarian or vegan diets.

SPROUTS

Sunflower, broccoli, fenugreek, radish, garlic, clover, buckwheat and wheat, which can be made into wheat grass juice.

SWEETS

Raw honey, sparingly, in healthy desserts (with healthy ingredients). NOT BEFORE 3 PM and NOT MORE THAN ½ TEASPOON DAILY.

SEEDS

Sunflower, pumpkin, sesame, chia and flax. Better raw, not toasted. Better before 3 pm.

TRY TO AVOID

Avoid most other oils, especially cottonseed oil, no rancid or continuously heated oils. No shortening or margarine - if you knew how these were made you wouldn't want to eat them. Whenever any fat or oil is heated, stir-fried, sautéed, etc., it gets more rancid and more toxic (especially for the liver) faster. If you must fry or sauté, try not to get the skillet too hot and use a little butter or olive oil. FORGET Teflon or non-stick sprays. DO NOT USE ALUMINUM!

Peanuts and Peanut Butter (contain aflatoxins). Roasted or salted nuts.

Unfermented soy products contain many natural toxins or antinutrients which can be harmful. Avoid soy milk, soy cheese, soy butter and soy protein powders and other processed soy products. Use tofu sparingly.

Avoid chocolate! Attempt to satisfy your sweet tooth with fresh or dried fruit. *White sugar is not good, but it is far, far better than aspartame (Equal, Nutrasweet, etc.) which you should strictly avoid because it is seriously toxic to the nervous system, causing symptoms similar to M.S.*

Roasted or salted seeds.