

RECOMMENDED

VEGETABLE

All raw or lightly steamed greens and fresh vegetable produce, if possible organically grown. Homemade soups with lots of garlic and onions, herbs and spices. Yams and sweet potatoes are great. So are beets, carrots, turnips and radishes

DAIRY

Unsweetened yogurt, kefir, whey and "clabbered" or curdled raw milk. The younger, milder cheeses like cottage, ricotta, farmer cheese, etc. are more nourishing and digestible than the aged, sharper cheeses. All dairy is better before 3 pm.

FOODS TO AVOID

Best to avoid mushrooms, eggplant, potatoes and green peppers (nightshades). Tomatoes and red peppers are better nightshades. Avoid tomatoes if you have ever had cancer.

Best to avoid processed cheese, smoked cheese and soy cheese most of the time. Pasteurization, homogenization, antibiotics, pesticides and hormones are detrimental to the nutritional value of any milk product.

Important:

Please read carefully

NOTE ABOUT YOUR LIVER:

Like Prometheus in the Greek myth, everyone's liver today is under attack. Any toxic, cooling or stressful influence of modern life will weaken liver energy. As the word suggests, the liver is the center of our life forces, and also of our will. We have a sense of well-being and a "can do" attitude when our liver is healthy. When the liver is stressed we are irritable, when it's congested we are depressed, when it's depleted we are exhausted and when it's dysfunctional we crave addicting substances. When it's healthy we desire foods which truly nourish and strengthen us, when it's unhealthy we often desire foods either for their stimulating effect or for their numbing effect. Substances which stress and weaken the liver are alcohol, chocolate, colas and soft drinks, sugar, coffee, peanuts and peanut butter, fats and oils which are fried or heated, and in many people, wheat flour products.

Foods which strengthen and cleanse the liver are bitter herbs like yarrow, dandelion and chicory, root vegetables like beets, carrots, turnips and parsnips, vegetables in the onion-garlic-leek family, vegetables in the kale, cabbage, broccoli family (crucifers) and thistles like globe artichokes. Sour and bitter tastes strengthen the liver while sweet tends to weaken it, especially a sweet breakfast. The liver functions better when you eat most of your proteins, fats or oils before 3:00 p.m. and most of your fruits or sweets after 3:00 p.m.

Many traditional cultures have developed a process whereby foods ferment naturally and produce lactic acid. Such foods are sauerkraut, cultured milk products (like yogurt), sourdough bread (without yeast) and pickled beets, cucumbers and other vegetables made without vinegar. All these foods are very healthy, especially for the liver. Some of these, available at Wild Oats, Alfalfa's or Whole Foods, which I recommend are:

1. Kim Chi - a culture of chopped organic carrots and cabbage, spicy! By Rejuvenative Foods, in refrigerated section.
2. Live Zing Salad - a culture of grated organic beets, cabbage, carrots also by Rejuvenative Foods.
3. Cascadian Farm low sodium organic sauerkraut.

(1 and 2 are fresher and contain more life-energy than 3, because they are not pasteurized.)