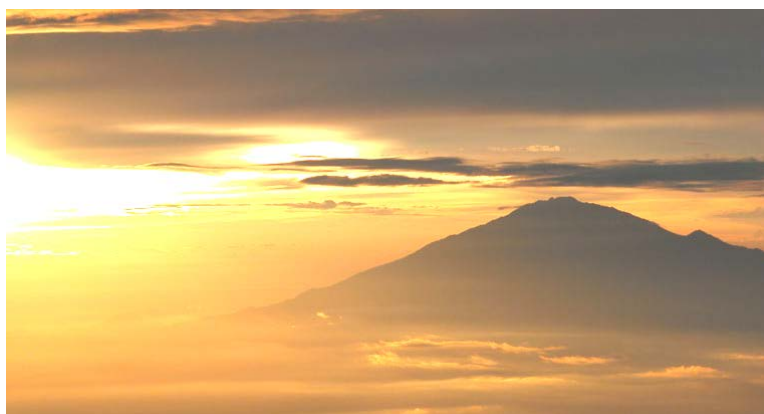




The Secrets of Health

By Matthew Sir



cleanse@detox.net.au

© 2012

Table of Contents

| | |
|---|-----------|
| THE SECRETS OF HEALTH | 1 |
| TABLE OF CONTENTS | 2 |
| 1. GETTING HEALTHY IS AN EFFORT | 3 |
| 2. WHY PEOPLE GAIN WEIGHT | 3 |
| 3. WHY PEOPLE GET SICK | 4 |
| 4. WHAT IS A TOXIC FOOD? | 5 |
| 5. VEGETARIANISM | 7 |
| 6. ACID/ALKALINE FOODS | 10 |
| 7. WHY THE BODY GETS SICK | 12 |
| 8. CLEANSING THE BODY – THE TRANSITION | 13 |
| WHAT TO EXPECT ON THE CLEANSE..... | 13 |
| A. THE 8 DAY "BLESSED HERBS DETOX" | 14 |
| B. A SLOW AND SIMPLE CLEANSE | 14 |
| C. THE “ARISE AND SHINE CLEANSE” | 15 |
| BOWEL CLEANER (CHOMPER)..... | 16 |
| NUTRITION | 16 |
| D. THE MASTER CLEANSE | 17 |
| 9. FOOD COMBINING | 18 |
| 10. EDIBLE WEEDS ARE A BLESSING, NOT A PAIN | 20 |
| 11. MENTAL-EMOTIONAL-SPIRITUAL AND KARMA | 24 |
| 12. HANDY TIPS | 25 |
| 13. APPENDIX A - PLANT BASED NUTRITION PROVIDES AN ABUNDANCE OF NUTRIENTS FOR VEGANS AND VEGETARIANS | 26 |
| 14. APPENDIX B – THE MASTER CLEANSE SUMMARY | 34 |
| SUMMARY OF THE MASTER CLEANSE | 34 |
| THE MASTER CLEANSE | 37 |
| HOW TO PREPARE THE MASTER CLEANSE | 38 |

Disclaimer – The information contained herein is a collection of the personal experiences and opinions of the author and have not been verified by the Medical Industry. Before doing any cleansing, or following anything contained in this document, it is advised that the reader do his/her own research and consult with your physician when in doubt.

The author takes no responsibility for actions the reader may take as a result of attending the course or reading this document.

Unauthorized reproduction, copying, reselling and distribution of this eBook is strictly prohibited. Offenders will be prosecuted.

1. Getting healthy is an effort

The path to health is not an easy one.

Many people treat their bodies like they treat their cars, they don't understand how it works and then when something goes wrong they take it to the doctor (mechanic) to fix it. The doctor usually prescribes a pill of some sort; they take it for a week or two and then think all is well. Not the case....

Most doctors do not cure the root of the disease but only attempt to remove the symptoms. If there is cancer, they cut it out. If there is an overgrowth of bacteria, they kill it. But these are not the answers. Why did cancer grow in the first place? Why did the person get sick with bacteria?

Fortunately there are answers which lie in the following:

- Change bad habits
- Cleanse the body
- Rebuild the body
- Maintain good habits

It is simple, yet complicated for many, as the bad habits are exactly that, habits. Often lifelong, but the good news is that they are fixable. If humans can get over alcoholism and heroin, surely people can change their eating habits, it may take some will power but it can be done and the rewards are great.

2. Why people gain weight

Here is the secret of all secrets. People gain weight because the body cannot eliminate fat soluble toxins and acids when the bowel and other organs are not functioning correctly. In an attempt to keep the acids from toxifying the body, it stores them in fat. Clean the bowel and your body will lose weight.

3. Why people get sick

People do not ever “catch” a cold. Bacteria and viruses are common in the air and our food. It is our immune system that protects us from disease; people get sick because their immune systems are compromised.

Q. Why do immune systems get weak?

A. Because people’s bodies are overloaded with toxins and the bodies eliminatory organs are blocked. The toxins build up; creating the perfect environment for bacteria and viruses to grow, the immune system becomes overloaded and fails.

Q. Why does the body get overloaded with toxins?

A. Because people keep pouring them into their mouths.

So the secret is to know what is toxic in the body and what isn’t.

4. What is a toxic food?

This topic is a difficult one as it challenges age old eating habits and beliefs; it even challenges the economic interests of our countries and governments.

Not all foods are immediately toxic in the body, but too much of them can be, but some foods are just plain toxic and should be avoided.

To keep it simple, there are two kinds of foods, those which leave an alkaline residue in the digestive tract, such as fresh fruits and vegetables, and those that leave an acidic residue, such as most nuts, grains and high proteins foods.

Of the acid forming foods there are 2 kinds:

- 1) Those which are acid forming because they have an abundance of acidic minerals (nuts and grains)
- 2) Those which are acid forming because they are difficult to digest and just plain toxic (meat, dairy, soft drink).

The optimum diet for a “clean” body consists of 25% acid forming foods from group 1 above and 75% alkaline forming foods.

It should also be noted at this point that there is a difference between acid forming foods and acidic foods. Oranges for example are acidic, but once ingested into the body are alkaline forming. This is due to the fact that the acids in the orange are easily broken down by the body, leaving a large amount of alkalizing minerals (calcium, potassium...) in their wake.

Below is a list of commonly accepted foods which are toxic or highly acid forming in the body:

- 1) White flour products
- 2) Soft drink
- 3) Meat
- 4) Salt
- 5) Refined sugar
- 6) Cooked or fried oil
- 7) Pasteurised milk

For more information on why the above foods are toxic in the body, I refer the reader to the book “*New Dimensions in Health From soil to psyche*” by David A. Phillips, one of Australia’s leading nutritionists.

Some of the reasons are summarised below.

- Calves fed pasteurised cows milk die within one week, the enzyme required to digest it (lactase) has been killed by the heating, along with a bunch of other enzymes.
- Human bodies are designed to be vegetarians due to our long digestive systems and our relatively weak stomach acid (weaker than a cat for instance). Even if we were meat eaters, like tigers, the meat should be eaten raw not

cooked, as cooking kills all the enzymes required to digest the complex proteins.

- Heart disease, high cholesterol, strokes and cancer (the biggest killers in the western world) are almost unheard of in countries too “poor” to afford meat, such as China. It is also interesting to note that the above diseases are on the increase in China as it becomes more “wealthy”.
- Soft drink has enormous amounts of refined sugar in it which leaches minerals from your body in an attempt to become “whole” again. Besides everyone knows sugar is bad, but possibly it is underestimated. Also the high levels of carbon dioxide toxify the blood.
- Salt (sodium) cannot be absorbed by the body unless it comes directly from a plant. Tomatoes, celery, beetroot and many other foods are high in sodium. In fact most foods naturally contain sodium. The sodium molecules in table salt (and sea salt, as this is where table salt comes from) are too large to be used by the cells of the body, so they float around the body hardening arteries and creating havoc. Even your doctor will tell you to stop all salt if you have high blood pressure or cholesterol (along with meat products, eggs ...).
- In grains, almost all the nutrition and fibre is contained in the germ, which is removed to make white flour. The white flour coats the delicate intestinal walls and ferments. Without fibre, or the germ, grains are dangerous. Mother Nature wasn't silly when she created grains; they are not supposed to be separated from their germ by a machine.

5. Vegetarianism

Many people have all kinds of misconceived concepts regarding vegetarians, but most of them couldn't be further from the truth.

A major study reported in the British Medical Journal found that, of 5000 meat eaters and 6000 non-meat eaters, vegetarians had a 40% less risk of cancer and 30% less risk of heart disease than meat eaters and were 20% less likely to die of any cause (Oxford Vegetarian Study). More and more scientific evidence supporting vegetarianism is found each year.

Q. Where will I get my protein?

A. A commonly asked question. Almost everything contains protein, even an apple. But some of the world's highest protein foods are actually of vegetable origin. Take Spirulina for example; boasting a massive 70% protein, it is also high in B vitamins and iron, another major concern among meat eaters. Nuts also have high protein content, generally equalling that of meat. Grains and legumes are also a great source. But forget about the % level of protein for a second and think about how much of that protein your body can use, this is called the "digestibility coefficient". Spirulina for example has the highest protein content of all foods and also the highest useable portion, weighing in at a massive 95%. Soaked almonds and sunflower seeds also rank very high, much higher than meat.

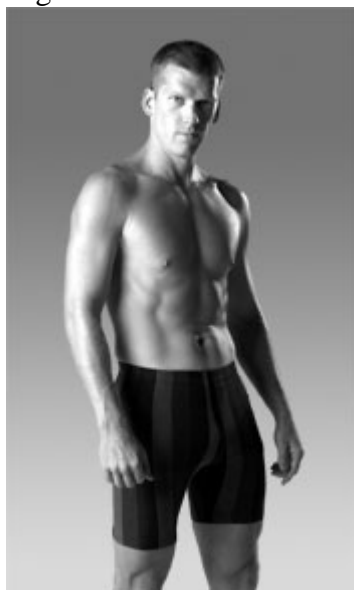
So what happens to protein that is not digested? It toxifies the body, hence one of the reasons meat eaters are more susceptible to cancer and illness.

In Appendix A there is a great article called "**Plant Based Nutrition Provides an Abundance of Nutrients for Vegans and Vegetarians**" written by a personal friend of mine Eve Adam who is a naturopath.

Do any of the following vegetarians look like they are lacking protein, or anything else?



Below is a picture of **Mike Adams** taken from the website below, he is a complete vegan.



<http://www.newstarget.com/AdamsHealthStats.html>

And here is Mike's blood and body analysis:

Age: 35

Height: 6' 1"

Weight: 184 lbs.

Body fat: 10.5%

Resting pulse: 48 beats per minute

Blood pressure: 105 / 60

[BioPhotonic scanner score](#): 89,000

Bone Mineral Density (BMD): 2.51

RBC (red blood cell count): 4.53

Hemoglobin: 14.1

Blood sedimentation rate: 2

Triglycerides: 70

HDL cholesterol: 62

LDL cholesterol: 67

LDL / HDL ratio: 1.08

Total cholesterol / HDL ratio: 2.3

Fasting blood glucose: 87

Calcium: 9.3

Phosphorus: 3.2

Magnesium: 2.2

Alkaline phosphatase: 108

As you can see from the above results, Mike is probably one of the healthiest people on the planet.

6. Acid/Alkaline foods

Below is a list of acid forming and alkaline forming foods

<http://www.thebiocleanse.com/Colon%20Cleansing/Preparing%20for%20a%20cleansing> . Note - The “avoid entirely” on the acid forming foods title refers to people doing the cleanse.

| Acid-forming Foods. Avoid entirely. | Alkaline-forming Foods. Consume freely. Buy Organic! |
|--|--|
| <p>Alcohol</p> <p>All processed foods with wheat or “white” flour</p> <p>Black pepper</p> <p>Bottled salad dressings</p> <p>All Bread</p> <p>Cake</p> <p>Canned and frozen food</p> <p>Chocolate</p> <p>Cigarettes</p> <p>Coffee</p> <p>Complaining</p> <p>Cooked grains, except Millet and Quinoa</p> <p>Dairy (butter, cheese, ice cream, milk, etc.)</p> <p>Distilled vinegar</p> <p>Eggs</p> <p>Foods cooked with oils</p> <p>Fruits that have been glazed or sulfured</p> <p>Meat, fish, birds, shellfish</p> <p>Nuts, seeds and legumes</p> <p>Pasta</p> <p>Popcorn</p> <p>Processed cereals</p> <p>Processed milks (soy, rice, almond, oatmeal)</p> <p>Salt</p> <p>Soda crackers</p> <p>Soft drinks</p> <p>Sugar</p> <p>Tea (except herbal, caffeine-free tea)</p> <p>Tofu and soy products</p> | <p>(Studies have shown that organically grown produce has as much as 300% more minerals and total nutrition than commercially grown produce. Health cannot be maintained without an adequate supply of minerals.)</p> <p>All fresh fruits</p> <p>All raw vegetables</p> <p>All salad greens</p> <p>All sprouts — grains*, beans*, seeds, nuts*</p> <p>Apple cider vinegar (raw)</p> <p>Dates</p> <p>Dried apricots</p> <p>Dried figs</p> <p>Appreciation</p> <p>Dulse</p> <p>Fresh or dried seasoning herbs</p> <p>Fresh, raw juice</p> <p>Fun</p> <p>Grapefruit — Do not mix citrus or melons with any other foods.</p> <p>Herbal Teas — no caffeine.</p> <p>Honey*</p> <p>Joy</p> <p>Maple Syrup, organic</p> <p>Melons</p> <p>Millet*</p> <p>Molasses</p> <p>Lima Beans*</p> <p>Potatoes*</p> <p>Quinoa*</p> <p>Raisins</p> <p>Raw, cold-pressed, organic olive oil</p> <p>Raw, cold-pressed, organic flax seed oil</p> |

The foods which are alkaline forming are non-toxic to the body and have an abundance of **alkalizing** minerals such as **calcium, magnesium, sodium, potassium and iron.**

Acid forming foods are either toxic, such as alcohol, or are usually starch and protein rich food, which should be consumed in moderation. Their dominant minerals are sulfur, phosphorous and chlorine.

7. Why the body gets sick

When a person eats too much acid forming food for too long, the body becomes deficient in alkaline forming minerals and the digestive function becomes impaired. In this situation the body is often forced to excrete mucous into the bowel to protect itself from inadequately digested food. If this happens too often the mucous becomes hardened (mucoïd plaque) and impairs food absorption. This hardened mucous is very difficult to remove and becomes a breeding ground for parasites and other unfriendly organisms, which are a constant source of toxins that flow into the bloodstream and wreak havoc on all the organs. This is the start of disease. As time goes on the organs start to break down, and generally speaking, this is where most disease originates.

Below are some pictures of mucoïd plaque that was removed from a person doing a cleanse:



The plaque takes on the shape of the bowel because it was stuck the wall, and is often rubbery.

8. Cleansing the body – The transition

Many misconceptions have come about regarding vegetarianism because of the large numbers of people who have tried to switch from a meat eating diet to a vegetarian one with limited knowledge. They usually feel tired and sick, blame it on the diet and switch back to meat eating. There is a good reason why this can occur.

When a person eats meat and toxic food for a long time, the body generally stores these toxins in the body somewhere, in fat tissue, tumours, and the wall of the bowel as hardened mucous. When the person changes their diet, the body often starts to cleanse itself of these toxins, releasing them into the blood stream and making the person feel sick and tired. The person blames the diet, thinking they are lacking nutrition and then switches back to meat. When this happens, the body stops cleansing itself, because all its energy goes into digesting the meat and the person feels better again.

This is a grave mistake, yes in the “transition” stage the person can **sometimes** feel a bit lousy, but in the long run they would have felt much better. In general though I actually felt better on the cleanse than when I wasn’t on it. Also on the meat diet the toxins are forever building up and will often manifest themselves as disease further down the road.

Personally I felt better when I switched to a vegetarian diet, as I did it in a gradual way, by replacing meat with Tofu, TVP and other high protein “meat substitutes”. Although these foods are not optimal for nutrition because of their low digestibility coefficients (still better than meat), I still felt fine. The cleansing process for me came later when I did a proper cleansing program, which I will outline later. I consider this way the most ideal way to switch from meat. I was still consuming salt, cooked oil, sugar and other “toxic” foods as before, but just left out the meat. The cleansing process was delayed and thus the transition took place in stages which were manageable.

What to expect on the cleanse

During a cleanse, the Cleanser (person doing a cleanse) will generally take some herbs to aid the body with its natural cleansing process. There are many cleanses available, but there is a huge difference between them all, I will outline one of the most effective ones later.

As the body starts to detoxify itself the mucous on the bowel wall will become soft and it will be removed from the body. As this happens some toxins are released into the body, hence the Cleanser should be careful not to be gunho about it, doing so can cause extreme tiredness and may damage the body.

By following a special program, being sensible and listening to the body, the Cleanser will generally feel better while on a cleanse. Lighter and happier.

a. The 9 Day "Bio Cleanse Detox Kit"

A great cleanse for people who can only spare 9 days yet want to go for it, similar to the Arise and Shine cleanse, which I discuss later. Basically another hybrid of Bernard Jensen's program only better in my opinion. Check out the [Bio Cleanse](http://TheBioCleanse.com/detox) Detox kits here <http://TheBioCleanse.com/detox> . The cleanse consists of a modified diet, special cleansing herbs, bentonite, psyllium and other important nutrients. It is more convenient than the Arise and Shine cleanse as enemas are not required, yet the bowels still move very well.

b. A slow and simple cleanse

For those people interested in doing a slower and simpler cleanse than Richard's or the Bio Cleanse above (also a good place to start), I would recommend the following program:

- Start each day with about 200-500 grams of green or unripe paw paw (papaya), with the skin on, in the blender, mixed with other fresh tropical fruits. Also add raw organic apple cider vinegar.
- Follow 20 minutes later with about 10 grams of Spirulina.
- For lunch eat only alkalizing foods from the list on the previous page. Try to eat less of the starches like potatoes and more salads and vegetables. The heavy foods slow the cleanse, but regulate it as you wish. Add cayenne pepper, apple vinegar and olive oil (don't cook the oil) to the food.
- For dinner you can eat fresh fruit (for a more rapid cleanse) or something similar to lunch.
- Take a probiotic capsule such as Microgenics Probiotic 8, 30 mins after the meal.
- At least 1 hour after dinner have a glass of Hilde Hermes Bowel Cleanse tea or some other strong herbal laxative formula (with senna leaf in it). Don't do this step if your bowel already moves more than once per day, unless you feel you are blocked up.

Additional Notes:

- Whenever you want, consume the green papaya shake through the day, this dissolves mucoid plaque in the bowel, it is fine. Spirulina is also good.
- If you get hungry through the day and want a snack, try drinking some herbal tea (remember normal tea and coffee is acid forming) or have some organic or naturally dried fruit.
- Drink at least 2 litres of purified water or herbal tea a day. Teas made from the herbs in Richards cleanse are the best for cleansing.
- You can do the cleanse for as long as you want, but try to cut back on the laxative tea once you start feeling cleaner.
- Try to exercise at least 3 times per week, this stimulates the body, strengthens the muscles and organs, and helps with the cleansing process. If going through deep cleansing then exercise should be light, such as walking or damage can occur to the liver. Listen to your body!
- Do enemas or have colonics whenever you want to "get it all out" and feel squeaky clean. I would highly recommend this.

- **If you are having trouble with tiredness** , or just not feeling well do the following:

- 1) Drink more water (purified of course), if that doesn't work then
- 2) Do an enema or a colonic, if that doesn't work then
- 3) Eat a baked potato
 - a. The reason you feel tired is because the body is overloaded with toxins. The first 2 steps are designed to cleanse the body as rapidly as possible of those toxins. The third step will slow the cleanse.

c. The “Arise and Shine Cleanse”

Developed by Dr Richard Anderson, it is a hybrid of the original intestinal cleanse developed by Dr Bernard Jensen. It is probably one of the most effective cleanses available at the moment.

The Cleanser alters his/her diet to include only alkaline forming food from the chart on the previous page. There are 4 different levels of the cleanse, with the stronger levels eating less food and taking more herbs.

To start with you should eat 2 or 3 alkaline forming meals a day and take the herbs 3-5 times a day. You also take a “shake” which contains psyllium husks and liquid bentonite clay 3-5 times per day.

The purpose of the herbs is to nourish the body, dissolve the hardened mucoid plaque and cleanse the organs. The purpose of the “shake” is to absorb toxins to prevent them entering the bloodstream and help sweep the bowel clean.

On the more powerful phases of the cleanse, which should only be done by people who are strong (strong means they have built up adequate alkaline mineral reserves in the body, there is a method to test this in Richard’s cleanse booklet), the Cleanser stops eating all together, except for fresh juice and Spirulina, and does 2 enemas a day. This is the phase when the most rapid cleansing can occur and mounds of mucoid plaque can be removed. When I was doing this phase I removed about 8 mounds of blacky/green slime, large enough to fill the toilet above the water line, a day, for 7 days. I would like to point out that I had been a full vegetarian for 2 years prior to this. I was astounded. There was worms coming out, smells of food that I hadn't eaten for years, such as beef and chicken. It was amazing.

For those serious about doing this cleanse they should read the cleanse booklet provided in the appendix, written by Richard Anderson, and purchase the following, from the places listed:

Items required for the Arise and Shine cleanse and where to get them

| What to buy | Where to buy it |
|---|-------------------------|
| At least 1 litre of liquid bentonite clay | Health Shop |
| 250 grams psyllium husks | Health Shop |
| Microgenics Probiotic 8 (or some similar) | Health Shop or internet |

| | |
|---|--|
| probiotic with at least 5 strains of bacteria) | |
| 1 enema or “Higgins Syringe” | Health Shop or chemist |
| Chomper and Herbal Nutrition cleansing herb mix | Mullumbimby Herbals * – Phone (02) 6684 3002 (for Australians) or www.ariseandshine.com |
| 200 grams Cayenne Pepper | Supermarket, Health Shop |

* Note: The Chomper and Herbal Nutrition cleansing herb mix was originally designed by Dr Richard Anderson and is available from his website also at www.ariseandshine.com , along with the 2 books he wrote which are recommended reading. Mullumbimby Herbals know the recipe and also mix it up. You can also get a naturopath to mix it up from the following formula. They may choose to vary some of the ingredient amounts depending on your condition. For example, if you have irritable bowel syndrome they may choose to use less laxative herbs, etc.

Recipe for Richard Anderson’s Chomper and Herbal Nutrition herbal cleansing formula

Bowel Cleaner (chomper)

 Barberry Bark - 40ml (Dry Herb 10.5 parts)
 Cascara Sagrada Bark - 40ml (" 10.5)
 Fennel Seed - 40ml ("10.5)
 Ginger root - 10ml (" 2.5)
 Golden Seal Root - 30ml (" 8 parts)
 Lobelia Leaf - NOT LEGAL IN AUSTRALIA
 Myrrh Gum - 20ml (" 5 parts)
 Peppermint Leaf - 30ml (" 8 parts)
 Plantain Leaf - 50ml (" 13 parts)
 Red Raspberry Leaf - 30ml ("8 parts)
 Turkey Rhubarb Root - 40ml (" 10.5)
 Sheep Sorrel Leaf - 50ml (" 13 parts)
 [NB: " = dry herb)

Nutrition

 Alfalfa Leaf - 60ml (13 parts)
 Dandelion Root - 40ml (8.5 parts)
 Atlantic kelp - 40ml (8.5 parts)
 Rose Hips - 40ml (8.5 parts)
 Shavegrass - 40ml(8.5 parts)
 Yellow dock root - 30ml (7 parts)
 Chickweed leaf - 40ml(8.5 parts)
 Hawthorne Berry - 50ml (11 parts)
 Irish moss - 40ml(8.5 parts)
 Licorice root - 40ml(8.5 parts)
 Marshmallow root - 40ml(8.5 parts)
 Cellulase - (could also use papain or green papaya)
 Amylase - (could also use papain or green papaya)

d. The Master Cleanse

A very popular and effective cleanse developed by Stanley Burroughs, involves abstaining from all food for around 10 days and consuming only the following:

- The Lemonade Drink which contains cayenne pepper powder, maple syrup (genuine) and fresh lemon juice.
- Herbal laxative tea at night
- Sea Salt water drink
- Pure Water

The Master cleanse is quite strong and it is recommended that people adopt a vegetarian diet for at least 6 months prior to performing it. A summary of the cleanse can be found in appendix B at the end of this document. Another good guide for people doing the cleanse is the [Master Cleanse Secrets Guide](#), which contains many helpful tips to help people stay on the diet for the full duration.

9. Food Combining

Doing a cleanse and being a vegetarian are the first steps to being truly healthy and avoiding physical suffering. But there is another very important point, and that is the one of food combining.

The body was not really designed to eat such a symphony of foods all at once, even healthy ones. This is due to the fact that our digestive enzymes require a certain PH, or acidity, to function. Also some foods require longer in the stomach (such as proteins) and others require less. Also some foods, such as fat, coat the stomach lining and make it difficult for the stomach to secrete acid, so eating nuts and olive oil together, although both healthy in other situations, is a bad mix. The olive oil coats the stomach and makes the body work very hard to digest the nuts.

So being healthy is not just about eating good food, but also eating that food in the right way and at the right times.

Below is a list of points to note:

- 1) Avoid mixing protein (nuts, tofu etc.) and carbohydrate concentrated (rice, pasta, bread, legumes) foods at the same meal.
- 2) Avoid mixing proteins and fats at the same meal.
- 3) Avoid combining totally different proteins at the same meal (cheese and nuts).
- 4) Avoid mixing carbohydrates and acid fruits (tomatoes, oranges etc) at the same meal.
- 5) Melons should be eaten alone.
- 6) Many fruits and vegetables do not mix well in the same meal.
- 7) Milk does not mix with any other food (pasteurized milk is highly acid forming).

The above points are the based on scientific principals of digestion and are the knowledge of most nutritionist. They can be learned at University.

At first the above points may seem daunting, but gradually they can be incorporated into any diet. Putting the list on the fridge is a good idea. Some examples of some well combined meals are as follows:

- Acid fruits (oranges) or sub-acid fruits (apples) and nuts (protein)
- Brown rice, vegetables and legumes (carbohydrate). Also some cold pressed oil can be added (uncooked) or avocado (a personal favourite).
- Nuts or Tofu (protein) with salad or vegetables.
- Salad, baked vegetables or steamed vegetables with fats (olive oil, avocado)

Some common examples of poorly combined foods are as follows:

- Tofu (protein) and white rice with fried oil.
- Tomatoes (acid fruit) and pasta.
- Cows milk with cereal (soy milk better).
- Pizza.
- Anything with fried oil or table salt.

Eating well combined food allows the body to digest more efficiently, thus leaving more energy and concentration for other constructive things. Eating a poorly

combined meal will generally leave the person consuming it feeling full, bloated and tired.

The reason there is an emphasis on brown rice as opposed to white is because most of the vitamins and minerals from the rice is contained in the brown bit (germ). The germ of the rice also contains a lot of fibre which helps the bowels in their movements. White rice doesn't really contain much nutrition apart from carbohydrates, where brown is practically a whole food, which even contains B vitamins.

Below is a **table classifying the different foods** and showing what mixes with what. The table is taken from "New Dimensions in Health From soil to psyche" by David A. Phillips, one of Australia's leading nutritionists.



| | | | | |
|---|---|--|---|---|
| PROTEINS <i>Primary</i> Almonds Brazil Nuts Cashew Nuts Hazel Nuts Pine Nuts Pistachios Walnuts Pepitas Sunflower Seeds Wheat germ Sesame Seeds Lecithin Soya beans <i>Secondary</i> Peanuts Cheese Eggs Yogurt Poultry* Meat* Fish* *Not recommended for good nutrition | STARCHES Rice Wheat Corn Rye Millet Buckwheat Lima Beans Red Beans Pinto Beans Navy Beans Mung Beans Broad Beans Garbanzos Lentils Chestnuts Breadfruit Jackfruit Potato Sweet Potato Jerusalem Artichokes Pumpkin Taro Yams | FATS Avocados Oils Macadamia Nuts Pecan Nuts Coconut Olives Butter, Margarine MELONS Cantaloupes Watermelon Honeydew VEGETABLES Globe Artichokes Beetroot Carrots Capsicums Cucumbers Swedes Parsley Brussels Sprouts Cauliflower Cabbage | Celery Lettuce Turnips Fresh Beans Fresh Sprouts Fresh Peas Zucchini Chokoes Squash Broccoli Asparagus Eggplant Silverbeet New Zealand Spinach Tomatoes (not with starches) Onions (best cooked) SWEET FRUITS Bananas Figs Custard Apples Monstera Deliciosa Persimmons All dried fruits | SUB-ACID FRUITS Mulberries Raspberries Blackberries Blueberries Grapes Pears Apples Cherries Apricots Peaches Plums Nectarines Paw paws Mangoes Guavas ACID FRUITS Grapefruit Lemons Oranges Limes Mandarins Pineapples Strawberries Passionfruit |
|---|---|--|---|---|

| Food Groups | Primary Proteins | Secondary Proteins | Fats | Starches | Melons | Vegetables | Sweet Fruits | Sub-acid Fruits | Acid Fruits |
|--------------------|------------------|--------------------|------|----------|--------|------------|--------------|-----------------|-------------|
| Primary Proteins | Good | Poor | Poor | Poor | Poor | Good | Poor | Fair | Good |
| Secondary Proteins | Poor | Fair | Poor | Poor | Poor | Good | Poor | Poor | Fair |
| Fats | Poor | Poor | Good | Fair | Poor | Good | Fair | Fair | Fair |
| Starches | Poor | Poor | Fair | Good | Poor | Good | Fair | Fair | Poor |
| Melons | Poor | Poor | Poor | Poor | Good | Poor | Fair | Fair | Poor |
| Vegetables | Good | Good | Good | Good | Poor | Good | Poor | Poor | Poor |
| Sweet Fruits | Poor | Poor | Fair | Fair | Fair | Poor | Good | Good | Poor |
| Sub-acid Fruits | Fair | Poor | Fair | Fair | Fair | Poor | Good | Good | Good |
| Acid Fruits | Good | Fair | Fair | Poor | Poor | Poor | Poor | Good | Good |

10. Edible Weeds are a Blessing, not a Pain

One of the many blessings of living in the tropics is that “weeds” grow better than anywhere else. Below is a list of “weeds” that I consume almost everyday and grow everywhere up here. Not only are they all tasty, but some of them are world class therapeutic herbs, especially Dandelion or Catsear (great for digestion and liver cleansing) and Milk Thistle (great for protecting the liver). All the weeds below are very rich in vitamins and minerals; in fact I do not doubt that one could live on them entirely if necessary. Get used to what they look like, keep an eye out for them and why not eat them, it’s free food!

All text and images from <http://middlepath.com.au/plant/weeds.php> with thanks.

| | |
|---|---|
|  | <p>The Catsear plant looks very similar to Dandelion, but has several branches coming from the central stalk with a smaller yellow flower and leaves. Dandelion flower stalks are hollow bearing a single flower and this provides a reliable differentiation between the two plants.</p> <p>The leaves are edible and can be used as a vegetable in stir fries and steamed or boiled. The root may also be used to make coffee by roasting.</p> <p>In Europe this "weed" is still a delicacy - served with olive oil and garlic - used in the same manner as Dandelion.</p> <p>Catsear's medicinal properties are similar to Dandelion but less potent. I have found it of great benefit for a variety of Liver conditions.</p> <p>At present my investigations into this plant's medicinal and nutritional properties are incomplete, but I regard it as a useful alternative to Dandelion.</p> |
| <p>Catsear (similar to Dandelion)</p> | |
|  | <p>This lovely low-growing, trailing weed is delicious; the whole herb is used in salads, soups or stir fry's and as a herbal tea.</p> <p>Chickweed is very high in Protein and minerals. It is very high in Vitamin C and is excellent for helping to dissolve fats in the body. Helps to liquefy and remove mucous from the Respiratory tract. Is used to stop bleeding and inflammation from the lungs, bowels and stomach.</p> <p>Used as a poultice it is wonderful for rashes and sores and a great scrub for acne.</p> |
| <p>Chickweed (the chickens' like it and so do I)</p> | <p>Is excellent for weight reduction, particularly in discouraging fat retention.</p> |



Cobbler's Peg

Of all the wild food available in Australia the Cobblers Peg, otherwise called Farmers Friend because the seed sticks to you, would have to be the most unpopular.

And yet, in many other parts of the world - mainly the Southern hemisphere interestingly enough, it is a popular and widely-used foodstuff and medicine. Its therapeutic uses are extraordinarily comprehensive (as the list below demonstrates), where it is in daily use as a vegetable. The leaves are dried and stored for future use.

As a foodstuff, it is in daily use as a vegetable in Africa. The leaves can be dried and stored for future or cooked. Some folks advise draining and refreshing the water often during cooking to purge the bitterness from the taste. We use the leaves straight from the plant in salads or direct to the mouth and experience no bitterness. The taste is a slightly nutty flavour and, like all herbs, our bodies will tell us exactly and unambiguously when we have eaten enough in one session.

We had a drive full of Cobblers Pegs when we first arrived here at Middle Path, but found that when we applied a few applications of rock powder to the area where they were growing, they didn't come back. Nature has an amazing way of restoring the balance. Wherever our neighbours spray chemicals there come up the Cobblers Pegs like a lawn doing their utmost to restore balance again.

A friend of mine sent for some seeds of a particular herb overseas which was known to be excellent for stomach ulcers. When she got the seeds, she laughed, it was Cobblers Pegs.

This weed is rich in minerals and especially Calcium which is the great healer for stomach ulcers.

Cobblers Pegs can be dried and used as a herbal tea as well as a vegetable source.



**Milk Thistle, Saint Mary's Thistle
(my favourite steamed)**

The young stalks, leaves, roots and flowers can be eaten.

It is well known medicinally for its beneficial effect on the Liver and help in the production of breast milk.

The seeds were a specific to be taken when you had stitches in your side, and are used for cardiovascular disorders. However these are very powerful and should not be taken without the guidance of an experienced herbal practitioner.

Milk thistle helps nausea and travel sickness as well.

I have known it to be used topically for leg ulcers and varicose veins.

It is a great tonic and increases appetite and aids in digestion.

At Middle Path, we use it as a tea or in our salad or stir fry.



Thickhead (grows everywhere)

Sometimes regarded as a newcomer amongst Australian weeds, thickhead was largely unknown to the non-indigenes of Australia only 20 years ago.

The plant is thought to have its origins in Africa.

At Middle Path we use it in our salads and it has a flavorsome nutty taste. It grows here and there amongst rockeries, hills and gardens. It is a wonderful new addition to our salad greens.

I understand it has been in widespread use amongst the Australian Aborigines as a salad green - either cooked or eaten raw.

At present my investigations into this plant's medicinal and nutritional properties are incomplete.

11. Mental-Emotional-Spiritual and Karma

The path of cleansing the body and being healthy is not necessarily an easy one. It requires self discipline and courage. It will require you to completely change the way you look at yourself and unlearn all those bad habits that have been ingrained in you since childhood. The path is also somewhat against the social trend of self abuse through miss-eating and ignorance.

On the positive side, it is becoming popular, or well accepted, to be a healthy person these days, as more and more people shy away from the mainstream medicine and ways. The rewards of this path are also great as you will start to enjoy excellent health and less suffering in the physical body and mind.

Everything that we do in this world has a cost, the Hindus and Buddhists call it karma. For every action there is a reaction. Eating meat for example has the karma of killing attached to it. If people didn't go to the butcher and buy meat, people wouldn't kill animals for food, there would be no demand.

When the animals are killed, they suffer, there is no denying this, and there is fear in their eyes and pain in their screams and bellows. That fear and pain is ingrained in the meat which people consume and inevitability comes out through their body as sickness and suffering. To explain it in a scientific way we could say that the fear creates toxin in the meat and this can cause disease in humans, this has been proven by science already.

Food is also not only used by humans as nourishment for the body, but also used for pleasure, relief from boredom, or escape from disturbing emotions or situations. This in itself can also create problems for the body, as it is abused in the process of gluttony.

The bowel is well known in the "alternative healing" circles to be the hub of emotions in the body. Hence a lot of emotions are contained in the mucoid plaque and toxins in the bowel. It is not only our brain that stores memory but every cell in the body. The toxic cells also house toxic memories and thoughts. When a person takes action and prompts the body to cleanse itself of this toxic physical matter, the negative emotions and thoughts are also released. The mind, emotions and body are all intricately tied together, with one mimicking the other. Hence **the act of physical cleansing is also an act of emotional cleansing**, with greater levels of **happiness and bliss** as its reward. Choosing to suffer a little now will most likely save you a lot of suffering in the future, as the cause of future disease is eradicated completely.

I wish you all the best of luck should you choose to take this path.

12. Handy Tips

- The best time to eat is when you are hungry. If you're not hungry, don't eat. Try it.
- Drink lots of pure water (not tap water)
- When steaming vegetables or salad greens (such as the weeds from the park or your garden), steam the tough ones for longer than the delicate ones. Older Dandelion leaves for example are a bit tough and need a few minutes in the steamer, young Milk Thistle leaves on the other hand are good after less than a minute, while the leaves are still bright green but have gone limp. Once the colour turns a more dull green, a lot more nutrition is lost.
- Practise some kind of meditation or relaxation each day, make it a habit.
- Practise love, both on yourself and others. Try to avoid the negative side of others and yourself. Life will get better.
- If you feel emotional or sad, DO NOT EAT. Go for a walk, listen to some music or go meditate if that's what you do.
- Dry skin brush everyday. The skin is the body's second largest eliminatory organ. The brushing will remove dead skin cells better than soap and it will also make you feel invigorated. Buy the brush at a health food shop.

13. Appendix A - Plant Based Nutrition Provides an Abundance of Nutrients for Vegans and Vegetarians

The aim of this article is to empower **vegetarians** and **vegans** with information to increase their quality of life and, quite importantly, to increase their confidence in the choice of diet that they have chosen. In my experience this can be of particular importance when dealing with orthodox practitioners, and also natural therapists to some extent (especially when issues such as the blood type diet, iron deficiency, or protein intake are concerned).

So arm yourself with the following knowledge and become confident in your choice to follow a vegetarian or vegan diet. You might find that you will have to be the educator if you ever have to visit a Doctor's office, or another health care practitioner (in my experience even naturopaths and chiropractors). This knowledge may be beneficial to other vegetarians who visit your health care provider in the future.

Consider the following quote: "It is the position of the American Dietetic Association and Dietitians of Canada that appropriately planned vegetarian diets are healthful, nutritionally adequate, and provide health benefits in the prevention and treatment of certain diseases". (J Am Diet Assoc. 2003; 103:748-765). To further prove this, the information below has been compiled based on nutrient concerns that I've often heard raised amongst health care practitioners arguing against plant-based diets.

Protein

Protein is considered to be the basic structure of all living things that we know of. We require protein for its amino acids (there are eight amino acids that the adult body doesn't make, and therefore needs to have supplied). Many people actually consider plant protein to be far more superior to that of animal protein. One reason for this is that plant-based protein lacks the saturated fat that meat contains. Another reason is because it is believed that relying on plants for protein avoids excessive intakes of nitrogen which may be damaging to bone and kidney health.

We need protein for different reasons such as to make body tissues; enzymes; & protein hormones, and to make antibodies and immune system molecules. Many people mistakenly believe that if you don't eat meat you won't get enough protein. The recommended daily intake of protein is 0.5 - 1g per 1kg of body weight daily. Many educated people believe that this figure may actually be less for vegetarians. This figure also varies between individuals and different lifestyles. It is very easy to eat adequate amounts of protein. Examples of foods that offer generous amounts of protein include tofu, beans (soy beans, mung beans, baked beans, barloti beans, navy beans, kidney beans), lentils, nuts (cashews, brazil nuts, almonds, peanuts), chick peas, seeds (sunflower seeds, pumpkin seeds, etc.), tempeh, whole grains (quinoa, whole wheat, rye, amaranth, oats millet, barley, buckwheat), brown

rice etc.

The once widely held notion of protein combining has (thankfully) become a thing of the Past. Frances Moore Lappe introduced the idea of protein combining in the '70s in her book entitled "Diet for a Small Planet". The book highlighted the issue of food scarcity and guided people on the path to choose the best diet for their bodies and for our planet.

The guidelines included the theory of combining foods to get the most balanced amount of amino acids in each meal. However in her 10th anniversary revised edition of her book she renounced the protein combining ideal and apologized for giving people the impression that a plant-based diet was in any way inferior to a carnivorous diet.

The American Dietetic Association agrees. In 1993 they released a paper entitled "Position of the American Dietetic Association: Vegetarian Diets (1993)" in which they stated, "Plant sources of protein alone can provide adequate amounts of the essential and nonessential amino acids, assuming that dietary protein sources from plants are reasonably varied and that caloric intake is sufficient to meet energy needs. Whole grains, legumes, vegetables, seeds, and nuts all contain essential and nonessential amino acids. Conscious combining of these foods within a given meal, as the complementary protein dictum suggests, is unnecessary. Additionally, soy protein has been shown to be nutritionally equivalent in protein value to proteins of animal origin and, thus, can serve as the sole source of protein intake if desired."

Thus, it is plain to see that diets based solely on plant foods easily supply the recommended amounts of all the amino acids, and protein combining at each meal is unnecessary. I highlight that food combining is not necessary because I have found it to be a common belief amongst many natural health care providers.

Iron

Iron is an important mineral for the body. It forms an essential part of haemoglobin (the oxygen carrying part of the blood), assists in energy and stamina levels, prevents iron-deficiency anaemia, and has a role to play in the immune system's resistance to infections. Iron is particularly important to menstruating women.

The recommended daily intake of iron is approximately 7mg for adult men and 12-16mg for women (of course this varies with factors such as gestation). For vegetarians and vegans it is helpful to know how to maximise iron absorption, especially due to the lowered iron content of many plant foods due to inorganic methods of farming and food processing.

There are two types of iron – haeme iron and non-haeme iron. The form of haem iron is found in meat. A benefit of haeme iron is that it is more efficiently absorbed than non-haeme iron. A disadvantage of haeme iron is that it continues to be stored in the body even if iron stores are already high. As with all things in excess, excessive iron can be a problem just as much as iron deficiency.

The other form - non-haeme iron - appears in plants. Non-haeme iron is generally not as readily absorbed as haeme iron. However studies show that the amount of iron absorption is often proportional to the amount of iron already in an individual's body.

The theory is that if the body's iron levels are low, the body scavenges the non-haeme iron. Alternatively, if iron levels are satisfactory, the body won't absorb so much. (This absorption is affected by other dietary factors discussed further on.) So, the absorption of haeme iron appears to decline as iron stores rise in the body, thus preventing very high iron stores on a plant based diet.

Plant sources of iron include spirulina, blackstrap molasses (organic is best), nuts, broccoli, brewers yeast, watercress, celeriac, apricots, dates, kelp, wheat bran and wholemeal bread, lentils and red, blue, purple and black foods such as eggplant, berries and red cabbage.

Bear in mind that organic produce contains far more iron. Consider the iron content of the following vegetables bought from the supermarket as opposed to organic farmers: (measurements are made in mg/kg. From the Nutritional study undertaken by Organic Retailers and Growers Association of Australia 1999. Analysis performed by Australian Government Analytical Labs)

| | Supermarket | Organic |
|-------------------|--------------------|----------------|
| Beans | 0.6 | 5 |
| Tomatoes | 0.5 | 5 |
| Capsicum | 0.5 | 5 |
| Silverbeet | 1.4 | 9.4 |

As you can see the difference in the amount of iron is quite significant! This amount is incredibly different with many other nutrients including calcium, potassium, magnesium and zinc for example.

There are many ways in which the absorption of iron is enhanced. In particular, vitamin c and other organic acids such as citric acid, malic acid, tartaric acid, and lactic acid (all found in fruits) all dramatically increase the absorption of non-haeme iron. Hence, fruit and vegetables play a vital role in iron absorption from plant foods and offer other co-factors required to strengthen red blood cells and assist iron in its roles within the body.

There are certain foods and food components that lower iron absorption. This includes certain polyphenols (including tannins). The polyphenols that affect iron absorption can be found in teas (black and oolong and green tea to a much lesser extent), coffee, wines (mainly red wines), chocolate and the herbs guarana and yerba mate. It has been recommended that people drink only limited or no tea and coffee each day to avoid excessive interference with iron absorption.

Some alternatives to tea and coffee can include dandelion tea, rooibos tea, Echo, organic de-cafeinated coffee (water extraction method) and other herbal teas (peppermint, chamomile, ginger, lemon balm etc) and other coffee substitutes.

Furthermore, it is important to remember that caffeine can be found in significant amounts in certain soft drinks.

Phytates can also have an inhibitory affect on iron. Phytates or phytic acid can be found in large quantities in unrefined seeds. They can also be found in grains and legumes. It has been pointed out that humans have the enzyme phytase which breaks down phytic acid in plant foods. For those still concerned though, methods to overcome phytate content can include fermentation, germination and soaking to release the natural phytases from cereal grains or flours which degrade the phytic acid.

Certain proteins are also thought to decrease iron absorption. These include cow milk proteins, egg proteins and soy milk proteins. However, research has been done that indicates that marginally iron deficient individuals will absorb the iron from soy beans. This takes us back to the notion of the body scavenging iron if in need.

The good news is that in a varied plant-based diet with fruit and vegetables being consumed at most meals, absorption enhancers can greatly neutralize the effects of inhibitors. This means that good overall absorption can be maintained and iron stores settle at a healthful level.

Please don't feel disillusioned if iron levels fall! We live in a society that largely sells inorganic products, encourages stress and encourages poor eating habits and digestion in addition to placing a massive stress on the body through pollution! Hence, one may need to take an iron supplement (a blood test is the best way to confirm this). I have seen many non-vegetarian women who have benefited significantly from iron supplementation also.

When taking an iron supplement, many people find an organic form best (this is stated on labels as being an "iron amino acid chelate", "ferrous phosphate", or "ferrous lactate" for example). In nature phosphate seems to be a natural regulator of iron absorption (in balanced doses). These organic forms of iron favour the formation of ferritin, an iron-containing protein that functions in the storage of iron. This means that the iron stores better within the body when using organic forms of iron.

Some organic forms that offer maximum absorption include Spirulina, Ferro Force, Floradix and Floravital. Spirulina is available in tablets, capsules and powder. Other tablet forms of iron include Thompsons Iron, Ethical Nutrients Iron Plus and Nutrimecine's iron formula.

Inorganic forms of iron such as ferrous sulphate may cause problems such as constipation, nausea and vomiting. Sometimes it causes diarrhea. It may also encourage a deficiency of vitamins E, A, C, beta-carotene and increase a need for oxygen, vitamin B5, and essential fatty acids. It may also interfere with zinc absorption. In excess this form of iron may poison the mucosal cells by binding to cytoplasmic protein and disrupting cell metabolism.

When taking an iron supplement be sure to take it a few hours away from drinking any tea or coffee and/or taking calcium supplements.

Calcium

The main function of calcium is structural – it assists in bone health and strength. We also require calcium for strengthening teeth, normal communication amongst nerve cells, muscle contraction, blood clotting, and proper parathyroid function. Hence, due to its varied roles within the body it is important to maintain optimal calcium balance within the body. Unfortunately many members of society still think that dairy foods are the sole and best form of calcium. As we will soon discover, this simply isn't the case!

The following foods all contain calcium: broccoli, fortified plant milks, kale, blackstrap molasses, collards, almonds, figs, apples, cabbage, bok choy, kidney beans, chick peas, papaya, brown rice, beetroot, amaranth, oats, rye, soy beans, watercress, sesame seeds, quinoa, kelp, alfalfa, prunes, , eggplant, fennel, lentils, olives, dates, whole wheat, mung beans, okra and dairy products (from cows, goat etc). Organic forms of these foods contain more calcium than inorganic forms.

Tofu can also be a source of calcium if it is made using calcium chloride or calcium sulphate, and also if the sodium content is relatively low.

Many of these foods further contain nutrients such as magnesium, silica, boron, potassium and vitamin K which can assist in calcium absorption and utilization!

The concept that sodium interferes with calcium absorption is only half true. There are two types of sodium – organic and inorganic. Most people consume inorganic sodium from table salt (sodium chloride). However, it can not be used by the body because the sodium and chloride are held together by ionic bonds. It is this form of salt that studies have shown to increase blood pressure and contribute to other health problems. Much of today's foods are high in sodium chloride.

Inorganic sodium can interfere with calcium absorption when the body doesn't have organic sodium available for use as a buffer to acids. If this occurs the body tends to use calcium in place of the organic sodium. Sodium chloride may not be used as a buffer because it isn't organic. (Sodium chloride can actually cause an increase in acidity which can further deplete calcium).

The other type of sodium (derived from plants) is organic. This form of salt is covalently bonded, meaning that the bonds are easily broken down and the sodium is readily used. The body can use this form of sodium because it has been chelated to a protein molecule. This occurs as the salt passes through the plant kingdom. Hence this form of sodium can be found in fruits and vegetables in abundance.

The moral is to watch the sodium and salt content of foods in order to keep inorganic sodium to a minimum. You can do this by reading labels and checking the salt or sodium content (especially on some canned foods), getting out of the habit of adding salt to meals, eat less fast-foods and when dining at restaurants ask that salt not be added in your meal. Also increase intake of fruit and vegetables.

If you still crave that salty flavour seaweed and sea vegetables taste great (quite salty!) and are high in minerals additional to organic sodium! Because of the high iodine content of sea vegetables, they are best avoided by people with hyperthyroid and Graves Disease.

Lifestyle factors are important. Getting enough sunlight provides Vitamin D which assists calcium absorption and utilisation! Vitamin D works in the intestines to increase calcium absorption, on the bones to increase calcium re-sorption and on the kidney to reduce calcium loss in the urine. It may also be found in sunflower seeds and mushrooms to some extent.

To ensure adequate “intake” of this vitamin it is important to get regular sunlight. At least fifteen minutes per day is advisable (perhaps more in winter). In summer it may be best to avoid the sun between the times when the sun is at its strongest (generally an hour to two hours before and after midday). Despite the winter cold, this may mean an extended trip to the clothesline, eating lunch outdoors when at work, etc. Furthermore, tanning beds offer no assurance of vitamin D as they may not provide enough UVB wavelengths needed to generate vitamin D.

Certain other factors may inhibit absorption of vitamin D from the sun. These include sunscreens of an SPF rating of 8 or higher, mineral oil on the body (e.g. baby oil), and certain medications such as sedatives and tranquilisers. For ladies this may influence the type of make-up worn in winter months (check if there is an SPF factor in foundations). And if people are taking these medications and are concerned, a chat with their health professional will assist in this area.

I highlight the need for vitamin D from sunshine because most forms of supplemental D in Australia are in the form of vitamin D3 (cholecalciferol). In his book *Plant Based Nutrition and Health*, Stephen Walsh PhD explains that “cholecalciferol is the form generated by the action of sunlight on skin and is commercially produced by exposing wool or skins obtained from slaughterhouses to radiation, or by a more complex synthesis from cholesterol. In all cases the raw material for vitamin D3 production is derived from animals”. (pg 105)

Obviously it would be a personal choice as to whether or not one wishes to consume vitamin D3 in supplemental form. For some the thought of vitamin D being synthesized on animal skin or animal cholesterol, or lanolin from sheep wool may be acceptable (as the animals aren't killed for their skin in particular), while for others it may not be acceptable. The best thing would be to ring companies if you wish to take a supplement containing vitamin D to find out the method they use and whether or not you feel comfortable taking the supplement.

The balance of protein in the body will also influence calcium absorption. Too high and too low protein can both be bad. If low, this may reduce the rate of repair of bone and muscle. In this instance increased protein may be beneficial for calcium absorption. Alternatively, very high protein intake tends towards calcium loss. Hence, the protein information earlier will assist in promoting a protein balance in the diet.

And once again I will be mentioning caffeine (my apologies to any coffee lovers!). Caffeine actually encourages the kidneys to lose calcium in the urine. As mentioned earlier, caffeine can come in many forms such as coffee, black tea, green tea, softdrinks, “energy” drinks, chocolate etc. So it may be beneficial to avoid these more often (see under iron for a list of tea and coffee alternatives!).

Softdrinks in particular may severely affect calcium absorption. This is not merely because of the high caffeine content in some! They also generally contain excessive amounts of sugar and contain a high phosphoric acid content. Both of these things can affect calcium absorption.

The ratio of calcium to phosphorus in the body is ideally 2:1. When phosphorus is consumed within other foods, the food contains other nutrients as well. Hence the phosphorus is absorbed normally. The problem with softdrinks may well lie in the fact that the phosphoric acid is being consumed without any calcium. This extra phosphorus can bind with calcium and prevent it from being absorbed within the body.

It is also worth mentioning another calcium inhibitor here – Aluminium. This substance can be found in inconspicuous places within our society such as antacids, deodorants, salt, tap water (aluminium sulfate), flour (as a bleaching agent), foil, baking powder, cookware, and some cheeses (used as an emulsifier). Aluminium can bind with calcium and preventing it from use in the body. (It may also interfere with folic acid, potassium, copper and phosphorus content in the body).

It is difficult to avoid consuming aluminium altogether in today’s society. So here are some hints for minimizing aluminium consumption. For those suffering from heartburn there are natural supplements that may be used as an alternative to antacids. These can include products like slippery elm, Fruitin (made by Wagner), and other supplements on the market (especially cleansing programs which may deal with the root of the problem). It is best to check with a health professional for further details.

For those who think they may benefit from taking a calcium supplement, remember it is best taken at night, and away from softdrinks, caffeine-containing beverages and iron supplements. Generally speaking dolomite is not the ideal source of calcium. An ideal calcium supplement will come with other nutrients such as magnesium, silica, boron, potassium etc. Swisse make a good Calcium supplement.

Finally I would like to highlight that dairy products are not necessary for healthy calcium levels within the body! Many studies have also come to this conclusion. For example, the Harvard Nurses’ Health Study, which followed more than 75,000 women for 12 years, showed no protective effect of increased milk consumption on fracture risk. In fact, increased intake of calcium from dairy products was associated with a higher fracture risk. An Australian study showed the same results, while other studies also found no protective effect of dairy calcium on bone (see references for these and other study results).

But why is this? Some reasons that have been put forward include: dairy milk is high in protein which may affect the calcium absorption; it has a calcium to magnesium ratio that doesn't suit our body's; doesn't contain other minerals such as silica, boron etc. that assist in calcium absorption (and if it does, only minor amounts); and the rate of calcium to phosphorus is imbalanced (1.3:1 as compared to human milk being 2.3:1).

For those of you who enjoy drinking dairy milk it would be healthier for both yourself and the dairy cows to opt for biodynamic products, or if this option is unavailable to look for organic products. Jalna makes a tasty biodynamic yoghurt.

(Please note that there is no affiliation between the writer of this article and any brand names mentioned. The brand names are simply listed as examples).

Author:

Eve Adam ND BHSc
(Naturopath)

14. Appendix B – The Master Cleanse Summary

Below is a summary of The Master Cleanser by Stanley Burroughs. A person performing the cleanse should purchase the [complete book](#) and become familiar with it before starting the diet. It is also **recommended to read** the [Master Cleanse Secrets eBook](#). This eBook will help the cleanser stay on the diet with many helpful tips and advice.

A complete kit with all the ingredients you need for the cleanse including [maple syrup](#), [mint and laxative tea](#), [cayenne peper](#) and [sea salt](#) can be [purchased here](#)

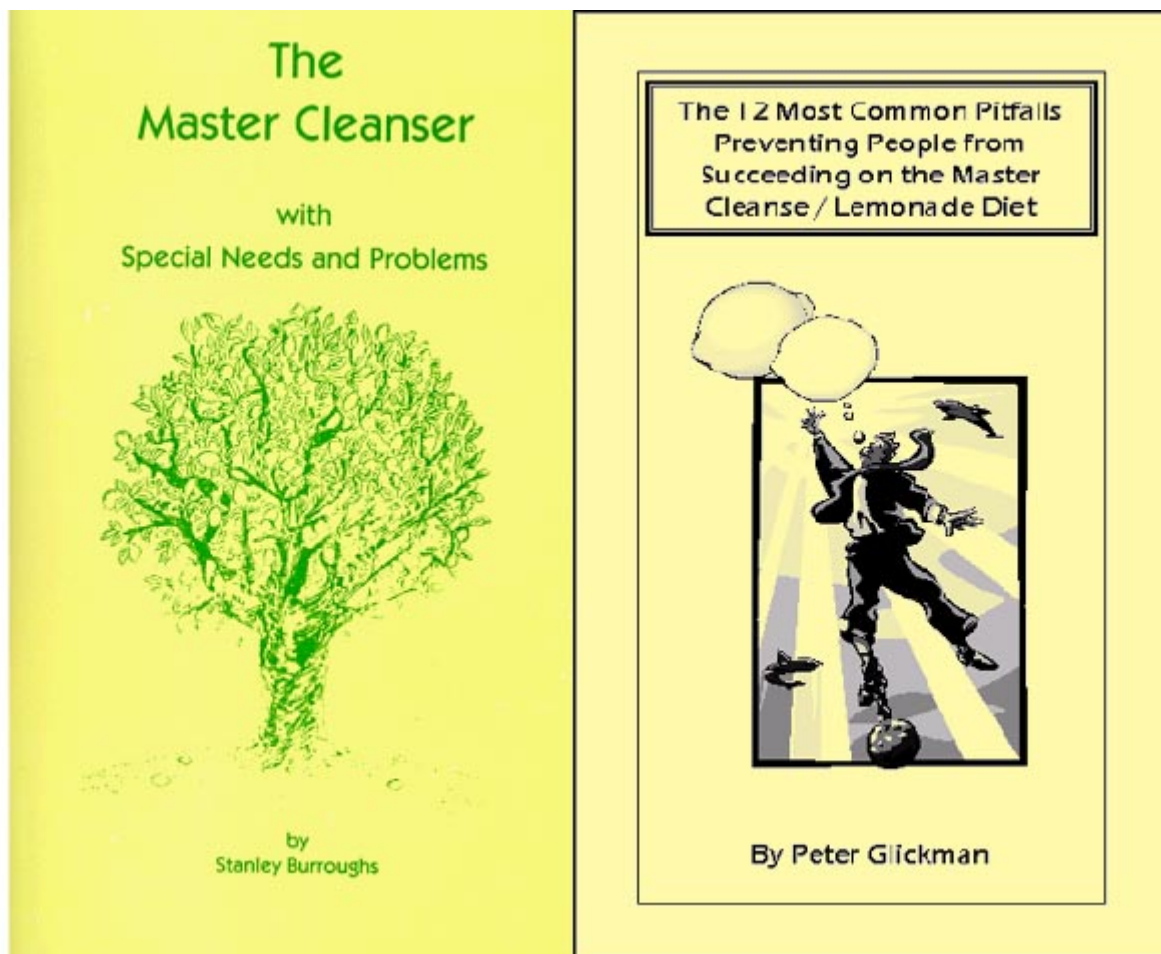


Summary of the Master Cleanse

Introduction

Pray and ask God to bless your food before you eat. It has been scientifically proven that pray has power.

The basic cause of all disease is an unbalanced lifestyle that lacks exercise, spirituality and a healthy diet. This forms toxins in which turn into congestion and then disease. To cure the sickness the person must remove the bad habits and replace them with positive healthy ones and use corrective techniques to help eliminate the toxins. The corrective techniques recommended by Stanley Burroughs, the Author of the Master Cleanser, is the Lemonade diet, which is also know as the Master Cleanse.



Modern medicine seems to have the method of only covering up the symptoms of disease and cutting out anything that is not right. This only adds to the unbalance and does not solve the underlying problem of not living in harmony with nature and yourself.

The **Master Cleanse** diet has been tried and tested for over 60 years, all over the world, as the best cleansing diet of all (the author claims this, it may be possible). It is far superior to any other for toning, reducing and cleansing the body.

Many of the concepts in the Master Cleanser book (also known as the Lemonade Diet, The Master Cleanse Diet and the Cayenne, Maple Syrup and Lemon Cleanse) are the opposite of what you may have been taught or are familiar with it, but try them for yourself, as the truth lies in your own experience, not in the words of others.

The diet will allow the body to heal itself.

Since the ancient times, men and women have used fasting and cleansing techniques to heal their bodies. Jesus Christ fasted in the desert for 40 days and 40 nights. In the Essene Gospel of Peace, Jesus also describes to his follows how they should fast and cleanse their bodies by abstaining from food and using a hollow stick to perform enemas.

The Master Cleanser philosophy is similar to most of the fasting, cleansing and detox programs. The digestive system and body are given a rest from the arduous task of digesting foods, so they can have a chance to throw off the toxins and poisons that have been lodged in the body. Most programs use some kind of herbs to assist with the cleansing (except pure water fasting). The Lemonade diet uses cayenne pepper and lemon as the cleansing agents, and maple syrup for minerals. The lemon and cayenne pepper are also high in vitamins and minerals.

Unfortunately in today's society many people have been led to believe they would die if they do not eat enough food. This is an unfortunate misconception, and in fact it is their lack of fasting and 'abstaining from food' which is leading to much sickness and death in the world today. In America and many Western countries, obesity has been declared a national pandemic. Heart problems, cancer and cholesterol are common and this is surely related to the excessive consumption of food, especially meat.

There are many different ways to cleanse the body, I will outline a few below:

- The Hygienists' Method – Followers of Dr. Herbert Shelton, use pure distilled water fasting, nothing else, and no enemas. When not fasting they are strict vegans and eat raw food whilst employing food combining techniques
- Dr. Walker and Dr. Airola use fruit and vegetable juice fasting
- In Europe, naturopaths use vegetable broth and vegetable juice fast rather than the water fast.
- The Herbal Methods – Originally made popular by Dr Bernard Jensen and now Dr. Richard Anderson. The cleanser takes a combination of cleansing and mucus dissolving herbs and also psyllium and liquid bentonite clay. They eat only vegan alkaline forming foods, if they do eat, and perform enemas.

Germ Theory

In the olden days, people believed that when they got sick it was a punishment from God, or the work of the devil. Today man believes that they get sick because they catch it from someone else. A complete turn around in opinion, with one age believing they got sick because they did someone wrong, and the modern age believing they got ill because they 'caught' it from someone else through no fault of their own.

The truth is probably closer to the olden days. How is it possible to get sick, and catch one of these nasty bugs if a person is strong and healthy? The immune system of a human is amazing, and to think that a little tiny bug can make its way in, multiply and then disrupt our whole organism is a bit strange really. Certainly the bugs do get in, but why? Could it not be because our systems have become weak and overloaded with toxins and stress from our unnatural lifestyle and diet? I personally question the whole germ theory myself, as does Stanley Burroughs in his book the Master Cleanser. It is interesting to note that when many people start a detox they often feel as if they have the 'flu'. Is it possible that the feelings we associate with the flu are indeed the feelings of the body cleaning itself.

In modern medicine when someone catches a “bug” the first thing they attempt to do is kill it. There is no question as to how the bug got through the bodies defense systems. In an attempt to ‘kill the bug’ more toxins are added to the body and the symptoms of disease are merely repressed until further notice.

The body then needs to store these toxins somewhere, to stop them overloading and toxifying the organs, thus lumps and fats develop all over the body which are used to store the toxins. It is interesting to note that many epidemics occur after holiday feasting.

The Master Cleanse

It is recommended to read the [Master Cleanse Secrets eBook](#).

Stanley Burroughs has designed his Master Cleanse to both cleanse and nourish the body at the same time; unlike water fasting which only cleanses the body, but could possibly leave it in short supply of minerals, vitamins and energy. The Master Cleanse assumes that all disease is one disease, which is a body that is not clean, a body of toxins. When we expel the cause of all disease, the body will become clean and healthy.

The Lemonade Diet book states that lemons and limes are the richest source of minerals and vitamins of any food known to man. They are also available year round, in all parts of the world. maple syrup is also very high in minerals and sugar, which helps to sustain the body through the cleansing process. cayenne pepper helps to stimulate the body’s cleansing process, and also breaks up the mucus that is clogging the body.

The Master Cleanser book highlights the disastrous effects of eating meat on the body; eating flesh robs the body of the vital organic sodium compound (not to be confused with sea salt or table salt, organic sodium is ONLY available from food), which helps to buffer acids and poison. Once the body becomes deficient in organic sodium and other minerals, the body loses its natural PH balance and become weak. At this point the body becomes susceptible to all kinds of diseases and infections. This is the primary cause of stomach ulcers, and almost all other diseases. The acid in the stomach needs organic minerals to create the mucous, which protects the precious stomach wall lining.

The Purpose of the Master Cleanse:

- **To dissolve and remove toxins and mucous from the body.**
- **To clean the kidneys and digestive system.**
- **To cleanse the glands and cells of the body.**
- **To remove waste and hardened matter in the joints and muscles.**
- **To relieve pressure and irritation in the nerves, arteries and blood vessels.**
- **To create a healthy blood stream.**
- **To return youthfulness to everybody, even the elderly.**

When to use the Master Cleanse:

- **When sickness has developed.**
- **When the digestive system needs a clean.**
- **When a person has become overweight.**
- **When the body needs to be rebuilt and better assimilation of nutrients and food is needed.**

How often should one do the Master Cleanse?

The Master Cleanse can be performed three or four times a year to keep the body in a normal healthy condition. But the diet may be undertaken more frequently for serious problems.

How long does one do the cleanse for?

The diet should be followed for a minimum of 10 days or more. Up to 40 days and beyond, may be safely followed for extreme cases.

How to prepare the Master Cleanse

Ingredients

- Two tablespoons of **fresh** organic lemon or lime juice, (approximately half a lemon). Do not use bottled or canned lemon juice.
- Two tablespoons of genuine maple syrup. Not Maple flavored sugar syrup.
- 1/10 teaspoon of cayenne pepper or to taste
- 8 ounces of water (250ml), at room temperature

Combine all the above ingredients in a jar and shake together. Drink the mixture.



How much should I drink?

It is recommended to drink 6 to 12 glasses of the Cayenne , maple syrup and lemon mixture per day.

No other food or juice should be taken during the time of the Lemonade diet.

The lemonade mixture contains all the vitamins, minerals, nutrients and energy your body requires. Do not take vitamin pills. Overweight people can use less maple syrup , and for people who are underweight they can use more. Never vary the amount of lemon juice per glass.

Elimination

Your body should be having three to four bowel movements a day, even though you are not eating any solid food. You would be passing the waste from your body, which was stored in the form of toxins and mucous. **If you are not feeling well on the cleanse, it is probably because you are not going to the toilet enough.** In this case it may be a good idea to take either some herbal laxative tea or use internal salt water bathing.

There are many excellent herbal laxative teas available, which contain ingredients such as senna and cascara sagrada bark. The herbal laxative tea can be taking each night before going to bed. The Digest Power formula contained within The Bio Cleanse kit works wonders, and can be purchased here

<http://TheBioCleanse.com/detox>

Directions for internal salt water bathing:

Prepare a full quart (1 litre) of lukewarm water and add two level teaspoons of sea salt (more for coarse salt) and drink it first thing in the morning. You should do this on an empty stomach, and the salt water will cleanse the entire intestinal tract.

It is not recommended to take supplements or vitamins while on the Master Cleanse.

How will I feel while on the lemonade diet?

Many people will feel great while on the Master Cleanse and will be able to continue with their normal daily routine. Other people however, who have a lot toxins in the body or have been addicted to alcohol, drugs, cigarettes or coffee, may have cleansing reactions at certain times. In these cases toxins will be stirred up, as the body releases them from the various areas. Pain may be felt in the joints, headaches, nausea or vomiting and diarrhea can also occur. In these cases it is recommended that the person rest more. Be sure you are having three to four bowel movements a day by taking herbal laxative tea and the internal salt water bathing and try to keep a positive attitude and refraining from eating food and going off the diet. It is important to stay on the Master Cleanse diet to continue removing toxins from the body, so the body may enter a healthy state once again. It is usually found that once the Master Cleanse has finished, the person's addictions will be removed.

Instructions for Diabetics

The book contains instruction on how diabetics can use the cleanse to get off insulin.

Please refer to the full book the [Master Cleanser by Stanley Burroughs](#) for instructions.

How to End the Lemonade Diet Cleanse

The following instructions for ending the lemonade diet are very important. Be sure to adhere to them.

First and second day after the diet:

Three 8 ounces glasses of fresh orange juice during the day.

Day three

Orange juice in the morning.

Raw fruit at lunchtime and the raw fruit or raw vegetable salad at night.

After this point that person is ready to return to their normal diet, assuming it was a vegetarian one. It is recommended to eat a vegetarian diet, or one of raw fruits, vegetables and nuts as this is the most health giving.

People wishing to return to a non-vegetarian one should refer to the complete book [The Master Cleanser by Stanley Burroughs](#) for instruction.