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MAINTAINING A HEALTHY LIFE THROUGH A 3 STEP PLAN

STEP #1

Detoxify your body from years of a poor diet.

- 1.) Take 10 ounces of magnesium citrate oral solution as directed (effervescent saline laxative). If you are a person taking medications, always consult with your primary healthcare provider before starting any detoxification program.

This product will clean the intestinal tract, drink plenty of natural spring water, one half your body weight in ounces each day to eliminate dehydration (except people who retain water only drink $\frac{1}{4}$ your body weight in ounces each day). Eat nothing but soft foods for the next 48 hours, preferably soups to allow the digestive system to maintain its balanced function.

- 2.) Use a colon cleanse regimen to properly clear out the colon of dangerous toxic buildup from many years of a poor diet. An over toxic colon can cause many serious health issues in several parts of the body. This is where most health problems begin with the breakdown of essential body functions such as the digestive system, the immune system, the circulatory system, the

intestinal tract, the central nervous system, the respiratory system, and the glandular system.

- 3.) Take one Epsom salt bath daily for one week, continue Epsom salt baths two to three times weekly for three weeks. Prepare hot bath water at a tolerable temperature and add two cups of Epsom salt, bathe at least 20 to 30 minutes.
- 4.) Take colon cleanse supplements daily for ongoing cleansing of the colon (preferably for life), take in between meals.
- 5.) Take a multi-enzyme vitamin supplement daily before each meal to enhance enzyme strength and function, which aids in the proper digestion of foods.

STEP #2

Strengthen the immune system by taking vitamin supplements and herbs daily, if you are taking medications always consult your primary healthcare provider before starting a vitamin and supplement program.

Recommended vitamins and supplements

- 1.) Non-fortified nutritional yeast for a natural form of vitamin “B” complex.
- 2.) Vitamin “C” (men and women should consume 1,000 mg 2 times daily before meals) natural form for best results.
- 3.) Vitamin “E” (both men and women should consume 400 to 800 mg daily, preferably d-alfa, which is all natural, take before meals).
- 4.) Garlic (both men and women should consume 1,000 mg daily, take before meals).
- 5.) Flaxseed oil (both men and women 1,000 mg daily, take before meals).

*To aid with digestion take fiber supplements and herbs.

Recommended vitamin fiber supplements: Take all fiber supplements in between meals.

- 1.) Saw Palmetto (both men and women 450 mg daily, take in between meals).
- 2.) Ginkgo Biloba (both men and women 120 mg daily, take in between meals).

- 3.) Green Tea Extract (both men and women 300 mg daily, take in between meals).
- 4.) Colon Cleanser (both men and women 1 to 2 times daily, take in between meals).

Strengthen Intestinal Enzymes and Pancreatic Enzymes:

- 1.) By taking a multi enzyme and pancreatic enzyme supplement 2 time daily before meals.
- 2.) By adding herbs and spices to food (after cooked) for best results, so cooking temperature does not deplete nutrients from herbs and spices, although adding herbs and spices to foods when cooked will add great new taste and nutritional value to meals.
- 3.) By taking apple cider vinegar capsules before meals, (non-fortified).

Recommended herbs and spices:

- | | |
|------------------|----------------------|
| 1.) Oregano | 9.) Curry Powder |
| 2.) Basil | 10.) Marjoram |
| 3.) Black Pepper | 11.) Ground Cardamom |
| 4.) Thyme | 12.) Sage |
| 5.) Rosemary | 13.) Ginger Powder |
| 6.) Turmeric | 14.) Cinnamon |
| 7.) Ground Cumin | 15.) Sea Salt |
| 8.) Celery Seed | 16.) Garlic |

STEP #3

- 1.) Follow a healthy diet plan by adding natural fruits, vegetables, nuts, seeds, whole grains, and legumes daily to your diet, preferably 5 to 7 servings of natural whole fruits and vegetables daily for added fiber to enhance healthy digestive maintenance for proper digestive function and a healthy heart.

To achieve a healthy weight follow steps below:

- 1.) Detoxify the body.
- 2.) Strengthen the immune system by taking vitamins, supplements, and herbs.
- 3.) Strengthen intestinal enzymes by using herbs and spices with food to aid with digestion as well as take enzyme supplements daily, just before meals.
- 4.) Follow a healthy diet plan by adding natural whole fruits, vegetables, nuts, seeds, whole grains, and legumes to your daily diet.
- 5.) Drink plenty of natural spring water daily $\frac{1}{2}$ your body's weight in ounces, and avoid caffeinated beverages such as coffee and sodas.
- 6.) Exercise at least 4 to 5 days a week 30 minutes to 1 hour each day.
Increasing exercise will strengthen the heart, joints, and muscles. This will also strengthen the digestive system, as well as the immune system.
Moreover, exercise burns fat which rids the body of unwanted toxins through the sweat glands.

UNDERSTANDING THE DIGESTIVE TRACT AND HOW THIS VITALY IMPORTANT SYSTEM WORKS

The Digestive System

Digestive disorders are one of the most common health problems that plague people today, both young and old are having more and more digestive difficulties. Improper digestion can cause poor assimilation, especially with essential minerals. Lack of essential minerals and important fatty acids can produce unhealthy cells. Digestive system upsets are mainly caused by stress, constipation, poor diet, drugs, alcohol, and tobacco. By eating wholesome all natural foods nourishes the digestive system and strengthens the whole body.

When eating your food you should try not to eat too fast, you should always chew your food thoroughly, by doing so will allow the saliva in the mouth to enhance digestive function, which allows digestive enzymes within the intestinal tract to break down food particles properly. Food that has been chewed up

properly into smaller particles enhances intestinal enzyme function and allows enzymes to work more effectively in the digestive process, keeping the digestive enzymes much stronger throughout your life. Weak enzymes will also cause unwanted weight gain, your digestive tract is a very important part of the body's distribution process. It distributes nutrients after food is broken down through the bloodstream to all vital organs of the body, including the heart and brain. This is why it is so important to eat healthy foods and avoid saturated fats that clog artery walls, which will eventually lead to strokes and heart attacks.

Chewing gum is one of the worst ways to weaken digestive enzymes. By chewing gum you are wasting the all - important saliva that GOD created to break down food within the digestive tract. The saliva in your mouth works in harmony with the enzymes in the digestive tract to break down food particles. Also when chewing gum you are adding unwanted and harmful sugars into the digestive tract, which leads to many digestive problems. This will also lead to weight gain and finally poor digestion.

The bottom line with poor digestion is the body stores this poorly broken down food as fat in many areas of the body such as the stomach, hips, thighs, buttocks, legs, and arms. All fat that is stored in the body is nothing more than toxic waste the body could not recognize and digest properly. This is why chemicals in processed foods must be avoided at all cost, such as additives, preservatives (chemical compounds added to canned, jarred, and boxed foods to preserve shelf life) and food colorings.

GOD did not create our bodies to digest these man-made chemicals in our bodies. In the beginning GOD created Adam and Eve and placed them in a perfect environment. GOD created us to eat all natural foods and herbs, that is why people from all nations are finally catching on and realizing whole foods such as fruits, vegetables, nuts, seeds, whole grains, legumes, and herbs are such a great source of vitamins, minerals, and nutrients that GOD created for our bodies to function normal, so that we can live long, healthy, and vibrant lives. There is no reason in this world why we should not be living life spans of 120 years as GOD'S word declares, as long as we follow his HOLY WORD, it's his owner's manual to a victorious life spiritually, physically, emotionally, and financially.

Herbs and spices are another way to strengthen enzymes in the digestive tract, both small and large intestine. There are many herbs and spices such as cumin, curry, turmeric, cardamom, basil, oregano, pepper, and cinnamon to name a few, all of which I use to cook with, which add wonderful new flavors to your food.

It's exciting to experiment with combinations of herbs and spices to add to salads, these combinations also taste wonderful when applied to your food just before enjoying your favorite meals at breakfast, lunch or dinner. What a great way to strengthen the digestive system at the same time adding exciting new flavors to your favorite meals, this can make a chef out of you in no time.

METABOLISM – HOW IT EFFECTS THE BODY AND IT'S NATURAL FUNCTIONS

Metabolism is the life sustaining chemical transformations within cells of living organisms, including digestion which transports substances into and between different cells that cause reactions within the cells, also known as intermediate metabolism.

Metabolism is the braking down of organic matter such as sugars, fats, carbohydrates, proteins, and amino acids to release nutrients throughout the body for sustainable and desirable energy required within the body. In other words metabolism plays key roles in digestion and weight control, as well as overall health.

Metabolism can affect the body in a negative or positive manner, when you are consuming a healthy diet rich in fruits, vegetables, legumes, nuts, seeds, and whole grains you are giving the body its proper fuel to enhance metabolism, as well as proper balance for normal overall bodily functions. In this section I will cover a few simple guidelines to follow, which can enhance and strengthen metabolism function by starting with some basic steps and strategies. The foods we consume will have either a negative or positive affect on metabolism.

Our body produces healthy fat and how it is metabolized and broken down in our digestive system, which can cause weight gain. This fat accumulates within the tissues of various parts of the body if it's not broken down properly, although

exercise and a healthy diet can reduce fat intake within the body by burning accumulated fat. There are alternative measures that can be taken, by eliminating fattening foods, convenience foods, and processed foods from our diet, which are outrageously high in fat content and processed artificial sugars, such as high fructose corn syrup. These artificial sugars will cause yeast and fungal infections, as well as cause bad bacteria to build within the digestive tract, resulting in a slow metabolism and consequently weight gain. Whole grains and vegetables will enhance sustainable healthy metabolic rate due to their high levels of enzymes and amino acids needed to break down fat deposits, although these foods are highly susceptible to heat, which breaks down enzymes during the cooking process.

A LIST OF METABOLISM BOOSTING ENHANCMENT NUTRIENTS

- 1.) Probiotic Acidophilus
- 2.) Apple Cider Vinegar (non-fortified) capsules or liquid
- 3.) Liquid Amino Acids (amino complex)
- 4.) Multi enzyme formula (digestive aid for braking down proteins, fats, and carbohydrates.

THE IMPORTANCE OF HEALTHY FOOD CHOICES

GOD has given us guidelines in his word for a healthy eating plan to follow of what animals are clean and unclean. In the book of Leviticus, chapter 11 GOD gives us these healthy and unhealthy choices. GOD is the master creator and has given specific guidelines to follow in his word. He knows what is best for our lives spiritually, physically, financially, emotionally, and mentally, as well as wants to make us complete in Jesus Christ the hope of all glory.

This is a list of the meats and seafood found in Leviticus, chapter 11, and Deuteronomy chapter 14 that GOD considers unclean and should not be eaten:

- | | |
|-------------------------------|--------------------------------------|
| 1.) Shrimp | 6.) Pork |
| 2.) Crabs and Clams | 7.) Badgers (Leviticus 11:4-8) |
| 3.) Lobster (Leviticus 11:10) | 8.) All fish without fins and scales |
| 4.) Camel | 9.) Catfish |
| 5.) Rabbits | 10.) Shark |

- 11.) Dolphin
- 12.) Eel
- 13.) Stingray (Leviticus 11:10)

- 14.) Seal
- 15.) Whale

These are the unclean birds we are not to eat:

- | | |
|--------------|-------------------------------------|
| 1.) Eagle | 6.) Cormorant (Leviticus 11:13- 19) |
| 2.) Vulture | 7.) Ospreys |
| 3.) Kite | 8.) All Heron |
| 4.) All Owls | 9.) Bats |
| 5.) Seagulls | 10.) Hoopoes |

These are the unclean crawling creatures that are unclean:

- | | |
|-------------|----------------|
| 1.) Moles | 4.) Geckos |
| 2.) Rats | 5.) Crocodiles |
| 3.) Lizards | 6.) Chameleons |

By not eating these unclean animals you will maintain a healthier life due to these animals falling into one of these categories:

- 1.) They are scavengers.
- 2.) They feed from the ocean floor.
- 3.) They eat garbage and dung.

Any animal, bird or fish that has this type of eating habit is 100% surely carrying parasites, worms, and diseases. This is how several diseases are transmitted into humans. Have you ever heard the saying, “you are what you eat”? We need to face the facts of consequences for making unhealthy and unwise dietary choices. We need to use common sense as well as a little wisdom when choosing what we allow to make its way through our digestive tract, sooner or later we will pay the price for poor food choices.

EATING YOUR WAY TO A LONG HEALTHY LIFE

In this section I will help you to discover more superior healthy food choices from meats to sweets and everything in between. As I go through the different categories, keep in mind that organic is always the best choice.

Category:

Meat:

- | | |
|---------------------|-------------|
| 1.) Venison or Deer | 5.) Buffalo |
| 2.) Lamb | 6.) Veal |
| 3.) Goat | 7.) Beef |
| 4.) Elk | |

Note: When cooking any meat it is always best to remove all fat beforehand, the fat holds the majority of the toxins and parasites the animal has consumed throughout its lifespan. This will reduce your chances of ingesting these unwanted parasites and worms into your intestinal tract.

Fish:

- | | |
|-------------|------------------|
| 1.) Salmon | 8.) Tilapia |
| 2.) Tuna | 9.) Haddock |
| 3.) Trout | 10.) Herring |
| 4.) Cod | 11.) Crappie |
| 5.) Grouper | 12.) Wahoo |
| 6.) Snapper | 13.) Mahi – Mahi |
| 7.) Bass | |

There are many more species for healthy choices in this category, I wanted to give you an idea of a few salt and fresh water choices. Keep in mind no fins and no scales is the group of fish to keep out of your diet.

Poultry:

- | | |
|-------------|-----------------|
| 1.) Turkey | 3.) Cornish Hen |
| 2.) Chicken | 4.) Duck |

Any chicken or turkey products should be free of pork ingredients, such as bacon, sausage, or hot dogs. When choosing these types of combined ingredients always be aware of the chemical sodium nitrate, which is a chemical food coloring additive that is dangerous for your health. This chemical can cause mental disorders, such as ADD in children as well as brain dysfunction disorders and digestive disorders. Always read labels when purchasing your food products, this will indicate what you are consuming into your digestive system. You should always pay close attention to the ingredients on every label of all food products you are purchasing, this is a sure indication what you are allowing into your digestive system. A good rule to follow is if you can't pronounce the ingredient on the label, there is a good chance it is a chemical that should not be digested such as additives and preservatives. The problem is the human body does not know how to digest these manmade chemicals, therefore the digestive process is unbalanced and dysfunctional, causing unwanted weight gain. This is one of the main reasons our nation is one of the most obese nations in the world. I recommend everyone conduct an inventory of their food pantry and inspect the food ingredient labels of the products you are consuming.

Dairy: (organic is best), pasture raised

- | | |
|--------------------------------|--------------------------------|
| 1.) Raw goat's milk (KEFIR) | 4.) Cheese from raw cow's milk |
| 2.) Cheese from raw goats milk | 5.) Raw goat's milk butter |
| 3.) Raw cow's milk (KEFIR) | 6.) Raw cow's milk butter |

OIL: (Organic is best)

- | | |
|---|---|
| 1.) Cold pressed extra virgin olive oil (great for cooking) | 4.) Cold pressed extra virgin Avocado oil |
| 2.) Coconut oil (great for cooking) | 5.) Almond oil |
| 3.) Flaxseed oil | |

All these organic oils are great to use in fresh salads along with your favorite herbs and spices.

Vegetables: (Organic frozen or fresh organic is best)

- | | |
|----------------------|-------------------|
| 1.) Artichokes | 14.) Kale |
| 2.) Asparagus | 15.) Lettuce |
| 3.) Beets | 16.) Mushrooms |
| 4.) Broccoli | 17.) Okra |
| 5.) Brussels sprouts | 18.) Onions |
| 6.) Cabbage | 19.) Peas |
| 7.) Carrots | 20.) Peppers |
| 8.) Cauliflower | 21.) Potatoes |
| 9.) Cucumbers | 22.) Radish |
| 10.) Celery | 23.) Sprouts |
| 11.) Collard greens | 24.) String beans |
| 12.) Corn | 25.) Spinach |
| 13.) Eggplant | 26.) Squash |

For best vitamin and nutrient absorption, juicing vegetables and fruits through a juice machine will give you the highest results for nutritional health value. The next best option to absorb nutrients is by eating them raw in their natural state, followed by steaming and then cooking, although keep in mind that when cooking vegetables a certain percentage of the nutrients are released.

Fruit category: (Fresh organic is best and frozen bagged)

- | | |
|----------------|-------------------|
| 1.) Apples | 4.) Blackberries |
| 2.) Apricots | 5.) Blueberries |
| 3.) Bananas | 6.) Dates |
| 7.) Figs | 15.) Papayas |
| 8.) Grapes | 16.) Peaches |
| 9.) Grapefruit | 17.) Pineapples |
| 10.) Lemons | 18.) Prunes |
| 11.) Limes | 19.) Plums |
| 12.) Mangoes | 20.) Raspberries |
| 13.) Melons | 21.) Strawberries |
| 14.) Oranges | 22.) Tomatoes |

For best vitamin and nutrient absorption juicing fruits through a juice machine will give you the highest results for nutritional health values, followed by eating them in their natural raw state, and last would be cooking, which depletes a certain percentage of the nutrients.

Bean or Legume category:

- | | |
|-----------------------|------------------|
| 1.) Black bean | 8.) MISO bean |
| 2.) Black – eyed peas | 9.) NATTO bean |
| 3.) Broad bean | 10.) Navy bean |
| 4.) Garbanzo bean | 11.) Pinto bean |
| 5.) Kidney bean | 12.) Split peas |
| 6.) Lentils | 13.) Tempeh |
| 7.) Lima beans | 14.) White beans |

Nuts and seeds category: (Organic or raw is best)

- | | |
|-----------------|----------------------|
| 1.) Almonds | 7.) Macadamia nuts |
| 2.) Brazil nuts | 8.) Pecans |
| 3.) Cashews | 9.) Pumpkin seeds |
| 4.) Flaxseeds | 10.) Sunflower seeds |
| 5.) Hazelnuts | 11.) Walnuts |
| 6.) Hemp seeds | |

Whole grain category: (Organic or whole grains are best)

- | | |
|----------------|------------|
| 1.) Barley | 6.) Millet |
| 2.) Brown rice | 7.) Oats |
| 3.) Buckwheat | 8.) Rye |
| 4.) Corn wheat | 9.) Spelt |
| 5.) Kamet | 10.) Wheat |

Sweeteners category: (Organic is best), all are “0” calories

- 1.) Erythritol (non-GMO)
- 2.) Munk fruit (non-GMO)
- 3.) Stevia
- 4.) Xylitol

Beverages category: (Organic is best)

- | | |
|---|---|
| 1.) Natural spring water | 6.) Raw vegetable juice (through a juice machine) |
| 2.) Distilled water | 7.) Raw goats milk |
| 3.) Purified water | 8.) Almond milk |
| 4.) Herbal teas (Caffeine free) | |
| 5.) Raw fruit juice (through a juice machine) | |

FOODS THAT SHOULD BE AVOIDED ALTOGETHER:

- 1.) All pork
- 2.) All shell fish (such as crab, lobster, shrimp, clams, and oysters)
- 3.) Lunch meats that contain sodium nitrate
- 4.) Deep fried meats
- 5.) White powder sugar
- 6.) White flour
- 7.) Dairy products (Homogenized or pasteurized cheeses)
- 8.) Hydrogenated oils, such as canola oil, vegetable oil, peanut oil, cotton seed oil, and sunflower oil to name a few.
- 9.) Junk foods (such as cakes, donuts, cookies, candy bars, and snack cakes)
- 10.) High fructose corn syrup (all ingredients ending in tose)
- 11.) Artificial sweeteners (such as aspartame, sucralose, sorbitol, and maltitol)

*** Food colorings, additives, and preservatives (which are in all processed foods in cans or boxes that are not organic) always read labels, if there are ingredients on the label under the ingredients portion that you can't pronounce more than likely it is a chemical. **NOTE: AVOID THESE FOODS!!!**

HOLISTIC FOOD CHOICES, WHY THEY ARE VITALLY IMPORTANT FOR OVERALL HEALTH & A VIBRANT LONG LASTING LIFE

As we have now reached the 21st century, today's society has become overwhelmed with health challenges, because of our increasingly developed nation. Our nation consists of many of the world's most intelligent people

worldwide, our culture continues to change due to increasing advancements in technology, although our bodies have to contend with more and more toxic waste from air pollution, chemical compounds from the plastic industry, which there are thousands, toxic exposure on our jobs, especially in manufacturing, as well as our demanding food chain that continues to be compromised by chemical additives, chemical preservatives, chemical dyes, food colorings, artificial sweeteners, and manmade high fructose corn syrup. All of these toxic exposures are the primary reason of the three leading causes of death known as heart disease, cancer, and diabetes, which continue to plague our nation. We as a people must become aware of our surroundings and what we can do to defend ourselves against this increasing overload of toxic exposure. We do have the power to change our ongoing toxic food chain that consists of companies that continue to compromise our health to increase their profit margin.

We must learn to read labels properly to recognize what harmful substances we are consuming into our bodies, which are the primary leading cause of death in our nation, and compromise our health and well-being. The FDA (Food & Drug Administration) does require food processing companies to make the public aware of what they are putting in their products, therefore formularize yourself to these harmful ingredients and do not purchase these products, it is not worth the long term results of heart disease, cancer or diabetes. If we as a people become smarter to our food choices and do not purchase these products, food processing companies will have no choice but to change their ingredients to safe organic ingredients to process their products with or go out of business. I suggest we purchase organic products, and more holistic foods in the produce section of the grocery store in the form of fruits, vegetables, legumes, nuts, seeds, and whole grains.

These are the six pillars that will lay a strong foundation for improved overall health, due to their overwhelming content of natural sources of vitamins, antioxidants, minerals, protein, amino acids, and phytonutrients that strengthen and nourish all systems of the human body. In the beginning of creation we were created by GOD from the dust of the earth, which contains all the essential vitamins and minerals that fuel and strengthen the body for proper growth, maintenance, and function. It's no wonder our body's respond so well to holistic foods that our body may function on an optimum level. As you read this

wonderful book you will more fully understand the value of holistic food choices, and the choice is yours to make. I truly hope and pray that this book will become the determining factor that will convince you of the truth of health and nutrition, as well as help you to have a made up mind to stop buying unhealthy processed foods, because we can make a difference in the way food processing companies process their products for consumers. 90% of the battle is in our mind, once we have a made up mind we will then be empowered to make healthy choices.

When I got to this point the first decision I made several years ago was to remove these harmful products from my home and never purchase them again. This is how to completely win the battle and overcome tempting cravings, and begin a new path that will lead to a healthier life, as well as reduce the risk of serious health diseases. We must learn to read labels correctly by paying more attention to the ingredients portion of the label, this will reveal its contents. The first ingredient is the highest content within that product, the second is the second highest, the third is the third highest, the fourth is the fourth highest content, and so-on, furthermore the last ingredient is the least amount ingredient content in that product.

Be aware of food colorings and harmful chemical dies, the body cannot digest these chemicals and they do have harmful long term effects on the body. If you come across words you can't pronounce more than likely it is a chemical ingredient, avoid these products at all cost and put them back on the shelf. The nutritional facts portion of the label is used by companies to enhance marketing techniques to catch your eye and draw your attention away from the ingredients portion of the label. This is how companies truly market their products, hoping you will pay no attention to what's truly in their product.

The only content of the nutrition portion of the label that is important is the amount of sugar content, which should be no more than 5 to 7 grams, any higher than these amounts become compromising to the pancreas, which is the organ GOD created to balance blood sugar insulin levels within the body. The amount of sodium is also very important, high sodium levels in the body can cause harmful effects to the heart by raising blood pressure and restricting normal blood circulation, therefore causing conditions of atherosclerosis, stroke, and heart attacks. Also be aware of high saturated fat contents in products, which are the

leading cause of heart disease due to its ability to cause plaque buildup within arteries and blood vessels, which can also lead to atherosclerosis, stroke, and heart attacks.

These are the three main reasons I highly recommend all people should completely avoid processed foods, if you are going to purchase processed foods shop in the organic section of your grocery store, although these products are all not what they claim to be, I have also picked up some of these products and discovered unhealthy ingredients in them also, so use caution no matter where the product is in the store, companies are trying to outsmart us by placing organic labels on products to disguise harmful ingredients.

HOLISTIC FOOD APPROACH

VEGETABLES

- | | | |
|-------------------|------------------|--------------|
| ❖ Artichoke | ❖ Corn | ❖ Radish |
| ❖ Arugula | ❖ Endive | ❖ Rhubarb |
| ❖ Asparagus | ❖ Kale | ❖ Rutabaga |
| ❖ Bok Choy | ❖ Lettuce | ❖ Shallot |
| ❖ Broccoli | ❖ Mushrooms | ❖ Spinach |
| ❖ Brussels Sprout | ❖ Mustard Greens | ❖ Squash |
| ❖ Cabbage | ❖ Okra | ❖ Taro |
| ❖ Cauliflower | ❖ Onion | ❖ Turnip |
| ❖ Celery | ❖ Peppers | ❖ Yam |
| ❖ Chard | ❖ Potato | ❖ Wasabi |
| ❖ Collard Greens | ❖ Pumpkin | ❖ Watercress |

FRUITS

- | | | |
|--------------|---------------|--------------|
| ❖ Acai Berry | ❖ Bananas | ❖ Breadfruit |
| ❖ Ackee | ❖ Bilberry | ❖ Cantaloupe |
| ❖ Apples | ❖ Blueberry | ❖ Cherimoya |
| ❖ Apricots | ❖ Blackberry | ❖ Cherries |
| ❖ Avocado | ❖ Boysenberry | ❖ Coconut |

- ❖ Cranberry
- ❖ Dates
- ❖ Durian
- ❖ Eggplant
- ❖ Elderberry
- ❖ Figs
- ❖ Gallia Melon
- ❖ Goji Berry
- ❖ Gooseberry
- ❖ Grapes
- ❖ Grapefruit
- ❖ Honeydew
- ❖ Huckleberry
- ❖ Jujube
- ❖ Kiwano
- ❖ Kiwi Fruit
- ❖ Kumquat
- ❖ Lemon

- ❖ Lime Fruit
- ❖ Lulo
- ❖ Lychee
- ❖ Mango
- ❖ Mangosteen
- ❖ Mulberry
- ❖ Nectarine
- ❖ Olive
- ❖ Orange
- ❖ Papaya
- ❖ Passion Fruit
- ❖ Peach
- ❖ Peach Palm
- ❖ Pear
- ❖ Persimmon
- ❖ Pineapple
- ❖ Plum
- ❖ Plout

- ❖ Pomelo
- ❖ Pomegranate
- ❖ Prickly Pear
- ❖ Quince Fruit
- ❖ Raspberry
- ❖ Rose Apple
- ❖ Rowanberry
- ❖ Salak Fruit
- ❖ Star Fruit
- ❖ Sapodilla Fruit
- ❖ Strawberry
- ❖ Tamarind
- ❖ Tangerine
- ❖ Tomato
- ❖ Tomatillo
- ❖ Ugli Fruit
- ❖ Velvet Apple
- ❖ Watermelon

EDIBLE SEEDS

- ❖ Buckwheat
- ❖ Chia Seed
- ❖ Flaxseed

- ❖ Poppy Seed
- ❖ Pumpkin Seed
- ❖ Quinoa Seed

- ❖ Sesame Seed
- ❖ Sunflower Seed

LEGUMES

- ❖ Alfalfa Sprouts
- ❖ Adzuki Bean
- ❖ Black Bean
- ❖ Broad Bean
- ❖ Chickpea

- ❖ Green Bean
- ❖ Kidney Bean
- ❖ Lentils
- ❖ Lima Bean
- ❖ Mug Bean

- ❖ Navy Bean
- ❖ Peas
- ❖ Pinto Bean
- ❖ Split Pea
- ❖ Soy Bean

EDIBLE NUTS

- | | | |
|--------------|-----------------|-------------|
| ❖ Almonds | ❖ Hickory Nut | ❖ Pine Nut |
| ❖ Brazil Nut | ❖ Kola Nut | ❖ Pistachio |
| ❖ Cashew Nut | ❖ Macadamia Nut | ❖ Walnut |
| ❖ Hazelnut | ❖ Pecan | |

EDIBLE GRAINS

- | | | |
|------------------|----------------|-------------|
| ❖ Amaranth | ❖ Oats | ❖ Spelt |
| ❖ Barley | ❖ Quinoa | ❖ Teff |
| ❖ Freekeh | ❖ Rice (Brown) | ❖ Triticale |
| ❖ Khorasan Wheat | ❖ Rye | ❖ Wheat |
| ❖ Millet | ❖ Sorghum | ❖ Wild Rice |

FOODS TO AVOID

- ❖ All lunch meats that contain sodium nitrite or nitrates.
- ❖ All pork products – ham, bacon, sausage, etc.
- ❖ Margarine products that contain hydrogenated oils, and saturated fats.
- ❖ Deep fried foods.
- ❖ All junk foods – such as snack cakes, candy bars, donuts, and all chips, which are loaded with harmful saturated fats and processed sugars.
- ❖ All soda pops.
- ❖ Dairy products.
- ❖ Artificial sweeteners – such as aspartame and saccharine.
- ❖ All processed sugars and flour.
- ❖ All artificial flavorings and food colorings.

THE IMPORTANCE OF DRINKING WATER

Drink to live healthy:

One of the most important steps to great health is to drink plenty of water every day, one half your body weight in ounces (for example, if I weighed 200 pounds, I would need to consume 100 ounces of water daily). The reason water is so

important is to replenish the largest cell membrane of the human body, the skin which makes up 90% of blood plasma. The water in your body carries nutrients and oxygen to the cells, which cushion the joints, protects your organs and tissues, as well as removes toxins from your body through the kidneys and assists with proper maintenance for strength and endurance.

Your body needs plenty of water to remain vibrant and healthy. I carry natural spring bottled water with me everywhere I go, even to church. If you want healthy vibrant skin appearance drink plenty of water, ½ the body's weight in ounces daily. I can't stress how vitally important it is to drink the recommended amount of water daily and diet sodas do not count due to they are full of artificial sugars that put tremendous stress on your pancreas, brain, and heart, which is a major factor in type 1 and type 2 diabetes, dementia, and Alzheimer's disease, along with foods that are full of high amounts of man-made sugars.

One of the most important times to replenish water is during excessive exposure to heat from the sun and especially when playing sports on a hot sunny day. It is extremely important to rehydrate with plenty of water during these times, failure to do so can result in dehydration, which can lead to heat exhaustion and possible heat stroke that may lead to an unwanted trip to the emergency room. Please use common sense when putting your body through excessive strain in hot weather.

The second most important time you need plenty of water is during workouts, whether your exercise is using weights for building muscle or cardio exercises for endurance, the body uses extra fluid to offset perspiration. This water must be replenished during a stressful workout. If not, you can cause a breakdown in muscle and joint tissue, which will cause muscle and joint fatigue that may lead to possible injury. It's best to use common sense and make good decisions.

Another great way to provide your body with essential water is by drinking herbal teas, and please be aware that drinking herbal teas should not be considered a substitute for drinking water that your body needs each day. I have in the past drank two to three cups of herbal tea each day to enhance my immune system, increase energy, improve digestion, and increase metabolism. Herbal teas have been well known for thousands of years by some of the healthiest people worldwide. Consuming herbal teas two to three times daily is one way we can

improve our health. Many herbal teas are packed full of antioxidants, which help reduce cellular damage, there have been numerous studies indicating anticancer fighting compounds present in herbal tea that have the ability to boost metabolism, improve digestion by strengthening enzyme function, increase energy, as well as strengthen the immune system.

Herbal teas are one of many GOD given nutritional blessings he placed on this earth for health and healing. I recommend two to three cups of herbal tea daily, which will provide numerous wonderful health benefits.

One truth that I have experienced with drinking two cups of herbal tea a day or more, when drinking this amount of tea daily your body may experience an abnormal amount of calcium. This can cause a problem for those people who do not metabolize calcium properly, which can cause additional problems if you are taking calcium supplements. This overload of calcium deposits can accumulate within the kidneys when combined with oxalate will cause kidney stones to form. I recommend that you do not take calcium supplements if you are going to drink herbal tea combinations, such as teas that contain several different types of herbs in them. I have personally experienced this condition of calcium and oxalate build-up within the kidneys that caused kidney stones to form, which GOD healed me of, praise GOD for his wonderful healing power. So I stopped taking calcium supplements and have not experienced this condition since, this has been several years ago, I also am now taking a mineral known as Boron which enhances the absorption of calcium within the body for additional support.

VITAMINS AND SUPPLEMENTS, THEIR KNOWN HEALTH BENEFITS

Why suffer any longer with poor health when you can take action by making the proper choices towards a healthier you. This chapter will shed light on the right steps you can take and help you choose the vitamins and supplements that will reverse many ailments and diseases through a healthier lifestyle.

You are just one step away from changing your life to a healthier you, the only one who can change you is you and Jesus. It is never too late to begin the right path to better health, once you have a made up mind half the battle is won, although to win the total victory over your health you need to move forward by

making lifestyle changes of eating a healthy balanced diet, exercising, and taking vitamins, supplements, and herbs which will change your life.

GOD truly wants us to have a happy, healthy, balanced life so we can fulfill his wonderful plan and design he has purposed for our lives, if we will just put our faith and trust in him, which comes from Proverbs Chapter 3 verse 5 and 6. I pray that the knowledge of vitamins and supplements will revolutionize your life and empower you with the wisdom you need to make better choices to change your life forever to a healthier you. All things are possible to those who believe, this is from Mark Chapter 9 verse 23, which is the words of Jesus, and if he said it we can rest our hearts on it that it is absolute truth.

RECOMMENDED VITAMINS & SUPPLEMENTS TO TAKE

- Potassium citrate
- “B” Complex through non-fortified nutritional yeast (tablets or powder)
- Vitamin “D”³
- Vitamin “C”
- Vitamin “E” (Natural “D” Alpha)
- Flaxseed Oil
- Magnesium citrate
- Zinc

SUPPLEMENTS TO IMPROVE DIGESTION

- Multi Enzyme
- Pancreatic Enzyme
- Probiotic Acidophilus
- Apple cider vinegar (non-fortified)
- Liquid amino acid (amino complex)

HERBAL SUPPLEMENTS TO IMPROVE ENERGY

- Maca extract (1000 mg daily)
- Berberine (500 mg daily)
- Ashwagandha (500 mg daily)

- Licorice root (450 mg daily)
- Tribulus Terrestris (2000 mg daily)

For best results take before work or workouts, (never before bed)

THE IMPORTANCE OF PHYSICAL EXERCISE

Exercising in the simplest form will support metabolism enhancement, such as riding indoor stationary exercise bike equipment, outdoor bike riding, treadmills, elliptical exercise equipment, abdominal exercises such as crunches or setups, as well as pushups, weight training, and stretching exercises will all increase metabolic rate, and reduce weight gain.

An effective exercise regimen is the most productive and efficient way to not only burn calories, but also speed your metabolism. Exercising has the ability to speed your metabolism at resting for 24 hours after a vigorous workout. Exercise relieves stress, strengthens the immune system, enhances and speeds digestion, strengthens the heart, strengthens the cardiovascular system, the circulatory system, strengthens the central nervous system, strengthens joints, builds muscle, and alleviates chronic pain. If I can instill any one thing in your mind I want this one to stick, because exercise and proper diet are the magic billets to living a long healthy life.

Benefits of exercise

- 1.) Strengthens all human systems of the human body, such as the muscular system, the skeletal system, central nervous system, the immune system, the digestive system by enhancing metabolism, the glandular system, the circulatory system, as well as increase weight loss.**
- 2.) Reduces stress.**
- 3.) Improves joint mobility as well as reduces joint pain.**
- 4.) Strengthens the heart as well as proper blood flow to all major organs.**
- 5.) Increases stamina and strength to improve overall health.**

6.) Strengthens libido in both men and women to improve sexual performance.

7.) Reduces the aging process by keeping the entire body youthful.

NOTES

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.