

MEDICINE-LESS CLINICS®

REPROGRAM YOUR DNA · REPROGRAM YOUR CORE

БЕБЪОСЪВАН ЛОПЪ ДИВ · БЕБЪОСЪВАН ЛОПЪ СОБЕ

MEDICINE-LESS CLINICS®

HEALTHY DIET RECOMMENDATIONS

Discover how you can change your diet and experience
Unlimited Energy, Vibrant Health, and Peace of Mind!

**“Create strong digestion and improve your immune system....
these are powerful principles of eating that can change your life forever...”**



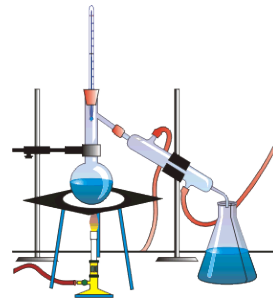
DO'S

- Drink plenty of Spring Water to nourish your cells.

or



- Use homemade distilled water for drinking.
- Always drink lukewarm water.



- 7 days, 7 vegetables

Eat one vegetable each day from the different colors of the spectrum, to nourish your body and soul more effectively.



- 3 Almonds (daily)







- 3-5 Peanuts (daily)



- Handful of Walnuts (daily)



<ul style="list-style-type: none"> • Warm Milk with a pinch of turmeric (daily - if you are not allergic to it). 	
<ul style="list-style-type: none"> • Broccoli 	
<ul style="list-style-type: none"> • Cottage Cheese 	
<ul style="list-style-type: none"> • Green Olives (preferably for males) 	
<ul style="list-style-type: none"> • Black Olives (preferably for females) 	
<ul style="list-style-type: none"> • Bananas (<i>see notes below</i>) 	
<ul style="list-style-type: none"> • Molasses Sugar (Gur) 	
<ul style="list-style-type: none"> • Green Tea 	
<ul style="list-style-type: none"> • Dates (preferably Ajwa Dates) 	
<ul style="list-style-type: none"> • Honey and Kalonji (preferably kalonji soaked in honey) 	

<ul style="list-style-type: none"> • Pomegranate, Apple and Carrot mixed Juice 	
<ul style="list-style-type: none"> • Coriander Leaves (Hara Dhania) 	
<ul style="list-style-type: none"> • Fresh Fruits 	
<ul style="list-style-type: none"> • Steamed Salad 	

DONT'S

<ul style="list-style-type: none"> • No Processed Food.
<ul style="list-style-type: none"> • No use of refrigerator. DO NOT keep fruits in the refrigerator. Bring only as many fruits as you can eat in a single day so you don't have to store the extras in the refrigerator.
<ul style="list-style-type: none"> • No junk food.
<ul style="list-style-type: none"> • No Carbonated Drinks.
<ul style="list-style-type: none"> • Avoid 3 white poisons: Sugar, Cigarette, and Processed Salt.
<ul style="list-style-type: none"> • Do NOT intake Caffeine.
<ul style="list-style-type: none"> • Do NOT drink cold water.
<ul style="list-style-type: none"> • Do NOT take Roti and Rice together on the same day and in the same meal, choose ONE.
<ul style="list-style-type: none"> • Do NOT take vegetables 'above the ground' and 'below the ground' together on the same day and in the same meal.
<ul style="list-style-type: none"> • Do NOT eat white meat and red meat together in a day, not even fish and chicken together as chicken is not whole white meat.
<ul style="list-style-type: none"> • Never eat fruits after a meal. Always make a habit to eat before a meal and give a little gap before the intake of the meal.
<ul style="list-style-type: none"> • Less intake of meat and more intakes of fresh fruits and vegetables.
<ul style="list-style-type: none"> • Avoid eating fruits that do not belong to your region or the area in which you live.
<ul style="list-style-type: none"> • Avoid drinking water during meals. Instead, drink water after half an hour.

ENJOY THE FOOD AND BOOST YOUR METABOLISM NOW...

BECOME WISE... LEARN WHICH FOODS, VEGETABLES AND FRUITS CAN INCREASE RISK OF CREATING AND ACCUMULATING TOXIN CREATING BLOCKS.

The following recommendations will help you to **create strong digestion** and a **healthy immune system**. Even if you are able to follow only one or two of the recommendations at first, you will find that over time you can incorporate more changes. It is important to be consistent, but please remember the most important thing is to **enjoy your food**.

First rule is this: only eat when **hungry**. Do not eat large meals at nights and must leave 2 hours after eating before going to sleep. Drink half an hour before or half an hour after meals. If in case you feel the need to drink during your meal please enjoy warm beverages (room temperature). **Avoid icy drinks at all times.**

FOODS TO ENJOY:

In general, foods that are cooked, moist, light and easy to digest are preferable because they will not disturb your digestive system or create toxins.

VEGETABLES TO ENJOY:

Parsnip, Rutabaga, Sweet Potato, Taro Root, Turnip, Yam, Beetroot, Carrot, Beet, Onion, Shallot, Leek, Garlic, Ginger, Arugula, Beet Greens, Collard Greens, Kale, Mustard Greens, Spinach, Swiss Chard, Turnip Greens, Brussels Sprouts, Cabbage, Chinese Cabbage, Broccoli, Cauliflower, Acorn Squash, Pumpkin, Butternut, Spaghetti Squash, Bok Choy, Celery, Chicory, Endive, Bell Peppers (except green), Sweet Corn, Sweet Peppers, Artichoke, Asparagus, Fennel, Kohlrabi, Jerusalem Artichoke, Water Chestnut, Zucchini, Seaweed, basically all vegetables except the vegetables mentioned below.

NOTE: It is highly recommended to consume green leafy vegetables daily.

VEGETABLES TO AVOID:

Tomatoes (in ANY form including: Tomato Paste, Tomato Sauce, Ketchup, Cooked Tomatoes, etc.) **Eggplants, Okra, Potatoes** (in ANY form including: Red-Skinned Potatoes, Potato Chips, French-fries, Baked Potatoes, etc.), **Mushrooms**.

NOTE: Sweet potatoes or Yams are not from the potato family. Please enjoy them, however, they are NOT recommended for people with diabetes.

No raw vegetables. All vegetables must be thoroughly cooked.

FRUITS TO ENJOY:

Pomegranates and Papayas come highly recommend. **Even people with diabetes could enjoy both Pomegranates and Papayas, although all other fruits, due to their high sugar content, are to be completely avoided.**

Fruits are to be enjoyed ripe and sweet, seasonally and preferably locally grown. Enjoy the below mentioned fruit, according to their season:

Apple, Pear, Apricot, Grapes, Cherries, Plum, Blueberries, Strawberries, Raspberries, Fresh Figs, Cantaloupe, Peach, Lychee, Coconut, Gooseberry and Persimmon. Enjoy Mangoes if they are sweet and ripe.

NOTE: Bananas are cold in nature and they create mucus. Enjoy them in warm weather, or you may eat very ripe or cooked bananas during cooler times.

FRUITS TO AVOID:

Citrus fruits such as oranges, lemons, limes, tangerines and grapefruits, etc., are not recommended.

NOTE: You may enjoy oranges and tangerines occasionally if they are not sour.

Dried fruits are hard to digest, soak them overnight or cook them to soften them so they can be easily digested.

DAIRY (MILK) PRODUCTS TO ENJOY:

Of all milk products Ghee (clarified butter) is the only beneficial and recommended product, for its medicinal and balancing properties. Please use Ghee in moderation. The recommended amount is: 1 to 2 teaspoons per day.

Fresh soft cheese such as Cottage Cheese, Ricotta Cheese, Feta Cheese and Paneer are preferred for occasional consumption. Adding some cinnamon and/or turmeric or other spices such as fresh ginger or ground cardamom and boiling together, will help the digestion of milk.

DAIRY (MILK) PRODUCTS TO AVOID:

Basically milk products are to be avoided due to the mucus producing qualities which cause digestion problems. It is recommended that children over the age of two stop drinking milk and substitute with milks such as almond milk, rice milk, hemp milk, oat milk, coconut milk and soy milk. Old, aged and hard cheeses are to be completely avoided as is Buttermilk, Sour Cream, processed cheeses, lassie, etc. Yogurt, due to its sourness and fermentation is damaging to the bones, to the digestive tract, creates inflammation and arthritis. This includes all fruit yogurts and yogurt desserts.

PULSES (BEANS) TO ENJOY:

The King of all beans and the food has always been Mung beans. You can enjoy Mung in the whole green form or split, Yellow Mung. Mung in all form is easy to digest, full of nutrients and, in itself, a wonderful nourishing meal. Tur Dahl, Lentils and other beans could be enjoyed easily.

Sprouted Mung can also be used, but needs to be cooked.

PULSES (BEANS) TO CONSUME IN MODERATION:

The heavier, starchier beans, like Channa Dahl (Chickpeas), Black-Eyed Peas, Kidney Beans, Soy Beans (edamme) etc., can be taken occasionally and must be soaked overnight and cooked **thoroughly**.

NOTE: Use spices, which will be listed in the Spice category, which will help with the digestion of Beans and Pulses.

GRAINS TO ENJOY:

Millet, Quinoa, Kamut, Splet, Corn, Oats, Rye, Buckwheat, Rice, and Wild Rice. Instead of Wheat (whole or white) use Spelt flour to make all your baked goods.

GRAINS TO AVOID:

Wheat is the absolute most difficult grain to digest and should be avoided at all times. Wheat creates many blocks and inflammation in the body, especially the digestive tract. We strongly suggest substituting any of the above mentioned grains/flours to be used instead of wheat. We have had great success with **Spelt**, due to its similarity in taste and texture.

NOTE: Avoid whole wheat, white flour, whole purpose flour, cake flour, wheat crackers, store bought cookies, most breakfast cereals, thickeners and many snack foods made from wheat.

OILS TO ENJOY:

Rice Bran and Pure Vegetable Oils are the best for cooking. Olive Oil is beneficial when used in the Extra-Virgin form and drizzled on top of cooked dishes, but it is not suitable for cooking or heating.

OILS TO AVOID:

Peanut and Mustard Oils are aggravating and should be avoided; **Margarine, Lard, Crisco and Cooking Sprays and all Imitation Oils should be completely avoided.**

SEEDS AND NUTS TO ENJOY:

Seeds and nuts such as Pumpkin, Sesame, Poppy and Sunflower, Pine Nuts, Almonds, Walnuts, Hazelnuts, and Pistachios are best consumed in small amounts as they are heavy to digest. They are more easily digested if cooked, ground, soaked overnight or made into a paste or milk. The milk, cream and flakes of coconut can be used.

SEEDS AND NUTS TO AVOID:

Due to their heavy nature and difficult digestion, avoid peanuts (take only 5 nuts a days), cashew nuts and peanut butter. Almond butter is a good substitute.

PROTEINS TO ENJOY:

Eggs, tofu are to be enjoyed in moderation.

PROTEINS TO AVOID:

Seitan, which is made completely of wheat gluten, and quorn (highly processed fungus protein isolate) should definitely be avoided.

SWEETENERS TO ENJOY:

Always take sweeteners in moderation. Use Jaggary, solidified sugar cane juice. You may also enjoy Agave extract. Honey is a natural sweetener although it is not suitable for children under 12 months of age. You may also use pure, natural Maple Syrup.

NOTE: Honey should not be heated or mixed with very hot beverages since it will turn into toxins.

SWEETENERS TO AVOID:

Refined sugar and artificial sweeteners Aspartame (Equal, NutraSweet), Saccharin, (Sweet'N Low), Sucralose (Splenda, Altern), Xylitol, Sorbitol, etc. are toxic. ***Honey may be added as a sweetener to tea after the tea has cooled to a warm temperature.***

DRINKS TO ENJOY:

Tea and coffee should be consumed in moderation. Ginger tea made from fresh roots is warming, removes mucus and toxins and is an excellent remedy for cough and colds. Plain hot water is also good for clearing the digestive tract. Fresh vegetables and fruit juices are very nourishing, but should be avoided in cold weather or while suffering from colds.

DRINKS TO AVOID:

All soft drinks, such as Coke, Diet Coke, Pepsi, Diet Pepsi, Root Beer, 7-Up, Sprite, Caffeinated, Decaffeinated, Sugar-free flavoured water, Gatorade, Vitamin Water, Red Bull, and all bottled juices are to be avoided.

NOTE: Ice-cold drinks extinguish the digestive fire. They are best avoided totally. Warm or room temperature drinks and food are better for digestion.

SPICES TO ENJOY:

Spices aid in digestion and absorption of nutrients and improve the flavour of foods. Food should be spiced to have an overall warming effect but not a hot effect. It is the overall effect of the combination of spices that is most important.

Cumin, coriander, fennel and saffron should be used liberally. Also enjoy black pepper, fresh ginger root and ginger powder, turmeric, cinnamon cardamom, cloves, mustard seeds, (unrefined sea salt); thyme, bayleaf and Asafoetida (hing) may also be used.

NOTE: Please avoid hot spices (red chillies and cayenne pepper).

OTHER IMPORTANT POINTS TO REMEMBER:

Avoid **ready-made, frozen, canned, processed and microwaved** foods. They are devoid of nutrition and life force, deplete the digestive fire and produce toxins in the body. This includes fast foods and condiments such as ketchup, mustard, and mayonnaise.

Excessive intake of dry foods such as **crackers, chips, granola and bread** will cause toxins to build and should only be taken in small amounts. If constipation or other such ailments are present, they are better avoided.

Fermented food, such as **soy sauce, tamarind, yogurt, alcohol, hard cheese and yeast** containing foods must be avoided. Whenever there is too much heat in the intestines,

fermentation is multiplied, thus resulting in gas and decreased digestive capacity. Fermented foods are also dull in nature and therefore contribute to dullness of mind and lethargy.

Keeping a regular schedule, getting plenty of rest and most importantly a good night's deep sleep will boost the immune system, reduce stress and clear the mind and balance the emotions.

SOME USEFUL RECIPES

GINGER TEA

Ginger water is the ideal remedy when you have a cough, cold or excess mucus accumulation in your throat and sinuses. Being hot in nature, ginger has the quality to cut into and loosen mucus as well as stimulate the digestive fire so that the stomach can clear the mucus effectively. Due to this stimulating action on the digestion it is also the perfect drink to be taken either before a meal or half an hour afterwards.

Cut 4-5 slices of fresh ginger root and place in a pan of water. Bring it to a boil and allow it to simmer for at least 5 minutes. Strain into a mug and enjoy. If you wish to sweeten it with honey, add it only after the liquid has cooled to a slightly warm temperature as honey is not heat stable.

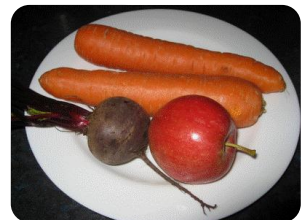
ENERGY DRINK

Soak the following ingredients overnight in a cup of pure water: 2-4 blanched almonds, 4 dates or 1 fig, 2 cardamom pods, and 1 teaspoon of fennel seeds. Use a blender to thoroughly mix in the morning and take before breakfast.

This is a highly nutritious drink that is high in iron, potassium (which promotes the absorption of calcium), protein and B group vitamins. It increases digestive energy and gives strength.

MIRACLE DRINK:

You need one beet root, one carrot and one apple that combine together to make the JUICE. Wash and cut with the skin on into pieces and put them into the juicer, blend them and immediately drink the juice.



This Miracle Drink will be effective for the following ailments:

1. Prevents cancer cells to develop. It will restrain cancer cells to grow.
2. Prevents liver, kidney, pancreas diseases and it can cure ulcer as well.
3. Strengthens the lungs; prevents heart attack and high blood pressure.
4. Strengthens the immune system.
5. Good for the eyesight, eliminates red and tired eyes or dry eyes.
6. Helps to eliminate pain from physical training and muscle aches.
7. Improves bad breath due to indigestion and throat infection.
8. Lessens menstrual pain.
9. Assists Hay Fever Sufferer from Hay Fever attacks.
10. Detoxifies and assists bowel movement, and eliminates constipation. Therefore it will make skin healthy and look more radiant. It is very good for acne problems.

There are absolutely no side effects. Highly nutritious and easily absorbs! Very effective if you need to Let Go (Lose) Weight. You will notice your immune system will be improved after a 2 week routine. Please make sure to drink immediately from the juicer for best effects.

DRINK IT FIRST THING IN THE MORNING ON EMPTY STOMACH! AFTER ONE HOUR YOU CAN EAT BREAKFAST. FOR FAST RESULTS DRINK 2 TIMES A DAY, IN THE MORNING AND BEFORE 5 P.M.