

# LET FOOD BE YOUR MEDICINE

- Food and Water, With a Twist! A Lemon Twist That Is!

It's not unusual for people to believe they are eating and supplementing correctly, and still not feel as great as they could. Read on, for simple strategies, healthful choices and an inspiring 7-Day Visual Diet Challenge!

Our bodies are similar to the waters of the ocean and the minerals of the earth. Once out of balance, it's important to reclaim your internal terrain.

Did you know that our body derives most of its nutrition from natural, unprocessed, organic foods, and that the most bio-available supplements are formulated or derived from vegetables, grasses, sprouts, leaves, herbs and the earth's elemental minerals? Good water, healthy nutrients and clean oxygen are all important elements for a balanced body.

The average adult is about 70% water. Newborn babies are born with as much as 90% water, yet some elderly and infirm are as low as 50% water. A body without sufficient clean water can dehydrate and begin to ferment or be too acidic. Many people suffer from dehydration and overly acidic conditions such as acid reflux, weight gain, stiff or sore muscles, joints, ligaments, digestive or elimination issues, skin problems – and the list goes on.

We all recognize that over the years our natural environment and food chain have been compromised. Is it any wonder our internal environment has also been compromised? Could this be why our ancestors didn't experience the same levels of chronic illness, or why cancer and diabetes were rare? We hear about ADD, ADHD, diabetes, arthritis, heart disease and other chronic or acute conditions on a daily basis, and they're not limited to adults. It's important to ask ourselves if we think our genetic weaknesses would be as apparent were we all focused on cleaning up the environment – our internal environment!

Consider your blood environment your river of life – do you think, based on what you eat and drink, that yours looks like a river in beautiful pristine mountains, or like a river you might find in a much less pristine environment? Since our blood is mostly water and functions as a two way street – one way carrying nutrients into the body, the other moving waste out of the body – you can see why the integrity of the body's fluids and blood (environment) is critical to our well-being.

Years ago, our water was pure and carried all the trace minerals of the earth into our body, balancing our minerals and internal terrain. We ate vegetables high in nutrients, laden with soil-based organisms, critical to our infrastructure of good bacteria (our immune system). The air was clean, with high oxygen. Our animals ate grasses and seed, clean of chemicals and hormones. Our oceans and rivers were clean and healthy.

Today we supplement our diets with vitamins and minerals. In addition, reviewing some simple strategies and healthful choices may be helpful.



## 7-DAY VISUAL DIET CHALLENGE!

- Change Your Inner Environment And Reclaim Your Body!

**W**hy is eating fruits and vegetables so important to good health? More than 150 studies have shown that people who eat five or more servings have a significantly reduced risk of developing cancer than those who consumed fewer than two servings a day.

— National Cancer Institute And Centers For Disease Control

While it is true there are supplements that will help you get back in balance, taking the 7-Day Visual Diet Challenge is inexpensive and simple to do:

- Eat mostly green vegetables, raw tomatoes, sprouted grains, and raw nuts.
- Use good oils in your salad, with stir-fried and lightly steamed veggies.
- Drink pure water with lots of fresh lemon or lime juice and add a good Stevia to make lemon or limeade (Lemon & Lime not recommended with acid reflux).
- Reduce intake of white and processed foods, and red meat.

At the end of each day make sure you've had at least one quart of water for every 50 pounds of body weight and that you've eaten 70-80% green vegetables, raw tomatoes, avocado, and sprouted grain.

# healthyliving

## Simple Strategies

1. Water should be pure either through filtration or reverse osmosis, minimally a quart a day for every 50 pounds of body weight. Water is the best way to carry supplements.
2. Vegetables (organic when possible) slightly cooked, steamed, stir fried, raw or pureed are the most important part of our diet. Learn the values of each vegetable.
3. Good Oils (organic when possible) should be virgin, extra virgin and cold pressed. Some oils will maintain their integrity with heat, others will not. We all need Omega 3, 6 & 9 oils.
4. Cold water and wild fish stand the best chance of having the fewest bad microorganisms and the highest amount of good oils and nutrients.
5. Meat and Chicken without hormones, antibiotics and chemicals are more compatible with a clean inner terrain.
6. Breads, tortillas, and cereals are easily found with sprouted grains (more easily digested) and there are many without yeast!

## Healthful Choices

1. Fresh lemons or lime juice daily
  - Add to your water
  - Add to good oils making delicious salad or veggie dressing
  - Add to herbal teas
  - Add to fish, pasta, or rice dishes

2. Stevia - A Minimum 80% Rebaudioside quality (literally a trade out for sugar without chemicals, and with high quality and no aftertaste)
  - Use in place of sugar
  - With lemons or limes, making delicious lemonade or limeade
  - With lemons, limes and blueberries, make frozen popsicles
  - With carob or raw chocolate, raw almonds or coconut, make healthful candy
3. Good Oils are all cold pressed and virgin
  - Avocado Oil is delicious and has a 574-degree heat point; massage therapists also use it
  - Coconut Oil carries many nutrients, and again, good internally and externally
  - Sesame, Flax and Olive Oils are good no or low heat oils
4. Vegetables are best lightly cooked or raw – and did you know
  - Broccoli is 49% protein
  - Sprouts are the most nutritious food
  - Artichoke is healthy for the liver
  - Asparagus is healthy for the kidneys ✱

— Maraline Krey

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