

Health for You: 21: Seventy-Five Tips for Tops in Health

Want Real Food?

1. Eat Whole foods
2. Eat foods from plants, especially greens
3. Don't eat anything your great-grandmother wouldn't recognize as food
4. Eat foods you can picture in their raw state growing in nature
5. Eat it as close to natural as is reasonable
6. If it had a face and a mother, don't eat it
7. Avoid all 'Food-Like Substances', why pay for a counterfeit?
8. If it came from a plant, eat it; if it was manufactured in a plant, don't
9. Fear not to eat your fill of whole, unrefined Starchy Foods
10. Eat sweet foods as you find them in nature

Want to Learn to Cook?

1. If a Recipe is time-consuming or complex, forget it, you don't need it.
2. Don't have several dishes at a meal, three or less is a good guide
3. If you can, get the Kitchen gadgets and a freezer to make it easier
4. Soak dry Beans and whole grains overnight , then rinse, to increase nutrients and lower cooking time. You may want to go an extra day and let them start to sprout, rinsing twice daily.
5. Cook extra whole grains and beans and freeze surplus in portions to save time later
6. Use Crock-Pots or better yet, Instant Pots, to save stove time
7. If a recipe has more than 5 main ingredients, simplify it or forget it.
8. If you can happily eat it raw, why cook it?
9. Prepare food to nourish, not to show off
10. Prepare foods that someone reasonably hungry will enjoy, don't cater to picky, unhealthy appetites

Want Fast Food?

1. Just eat an apple, or other raw Fruit
2. Use Raw Green Smoothies from fresh fruits and greens
3. Buy your fast food at the farmers market or produce store
4. Have a selection of plain frozen vegetables, legumes and precooked whole grains in your freezer, so you can make a meal in minutes.
5. Plan a couple healthy quick meals and have the 'fixins' on hand that you could prepare quickly for 'company' to avoid the fast-food counter
6. Keep some organic tinned foods on hand for a 'Meal in a minute'
7. Keep your Whole Grain breads frozen to stay fresh, and pop slices in the toaster to thaw
8. Make extra hearty Vegetable Soup and freeze, for a quick hot meal when needed
9. Whole Grain Breads can be carefully dried and kept in a tight container to serve with soup

10. Have some pre-prepared patties and whole grain buns in the freezer for a unexpected rush meal

Want Better Health?

1. What you don't eat is equally important as what you do eat!
2. Avoid GMO foods
3. Avoid MSG or its siblings Disodium Guanylate and Disodium Inosinate. These flavor enhancers/intensifiers are almost always used in conjunction with MSG. the combination is known as disodium 5'-ribonucleotides.
4. Avoid food products containing ingredients that no ordinary human would keep in the fridge or pantry
5. Avoid all spices that are hot when they are cold
6. Avoid food products that contain high-fructose corn syrup, or that have any form of refined sugar or sweetener added
7. Avoid food products containing ingredients that a third-grader cannot pronounce
8. Buying something at a Health Food Store doesn't automatically make it healthy!
9. Avoid foods you see advertised on television; Better yet—avoid television
10. Actually make it easy, Avoid food *products*—instead eat whole foods

Want Good Digestion?

1. Don't eat closer than 4 hours before bedtime; let the stomach rest too!
2. Eat when you are hungry, not when you are bored
3. Eat slowly; the banquet is in the first bite
4. If you are very rushed or stressed, don't eat
5. If you are ill, eat light and drink heavy (Raw juice, herbal teas, and water)
6. Eat scheduled meals—grazing harms digestion in the long run
7. Eat enough at mealtime, then nothing but water between
8. Eat no more than three meals, two main ones and a light one in the evening
9. Don't eat sweet fruits after a hearty cooked vegetable meal
10. If you have digestive upsets, figure out what you did to deserve it and change

Want to Max your Nutrition

1. Eat a rainbow of colors
2. Be adventurous trying new kinds of fruit and veggies
3. Cook on low heat with minimal water that is absorbed when the food is cooked
4. Eat well-grown food from healthy soil, local and organic if you can get it
5. Salt your food yourself, and use natural unrefined salt minimally
6. The whiter your bread, the sooner you're dead
7. Don't eat food that is fried or broiled
8. If a treat is bad for your health; it is a trick not a treat
9. If it would be harmful to eat daily, don't eat it at all
10. Ask God's blessing and eat with an attitude of gratitude

Want to Avoid Confusion?

1. Seek for health religiously; but don't make your diet your religion
2. Don't use diet as an ego trip
3. Don't sacrifice your health to keep a 100% label—i.e. 'Vegan'; 'All Raw'
4. Don't dishonor your healthy foods by imitating the unhealthy common stuff
5. There's no real evidence an all-raw whole-food vegan diet gives better health than using some simply cooked foods as well. Many raw gourmet recipes are unhealthier than SAD foods! Cooked or Raw, keep it simple and low fat!
6. Most 'all-raw' promoters are presenting their ideas in connection with metaphysical energy theories. If it talks about 'universal energy'; 'chi'; 'energy healing' or spirits—run, don't walk, away!
7. The basics work for all—but details will vary between persons
8. There is no actual proof that oils and fats eaten moderately in whole, raw nuts, seeds and avocados will contribute to heart disease.
9. If any free oils are used, make it very little extra-virgin olive or coconut in cooking; a little hemp or flax can be used cold on salad, but far better to use the whole food rather than extracted oils.
10. Use coconut or virgin olive oil externally as moisturizing lotions for dry skin
11. Spend your money on quality whole foods rather than expensive miracle supplements
12. Nourish and cherish your body, don't starve and deprive it of what it needs
13. Eating 'imitation animal foods' is not the way to radiant plant based health
14. There is no 'magic food' , fad diet, or supplement that will restore your health; all the 8 laws must play their part in healing
15. There is a funny little verse that says; 'Beer and Franks with cheer and thanks; is better than sprouts and bread with doubts and dread.' The point being that attitude at the table is as important to your family's health as the food on the table. That being said, don't drop the one for the other, because the best is good food and cheerful attitudes, and why settle for less?