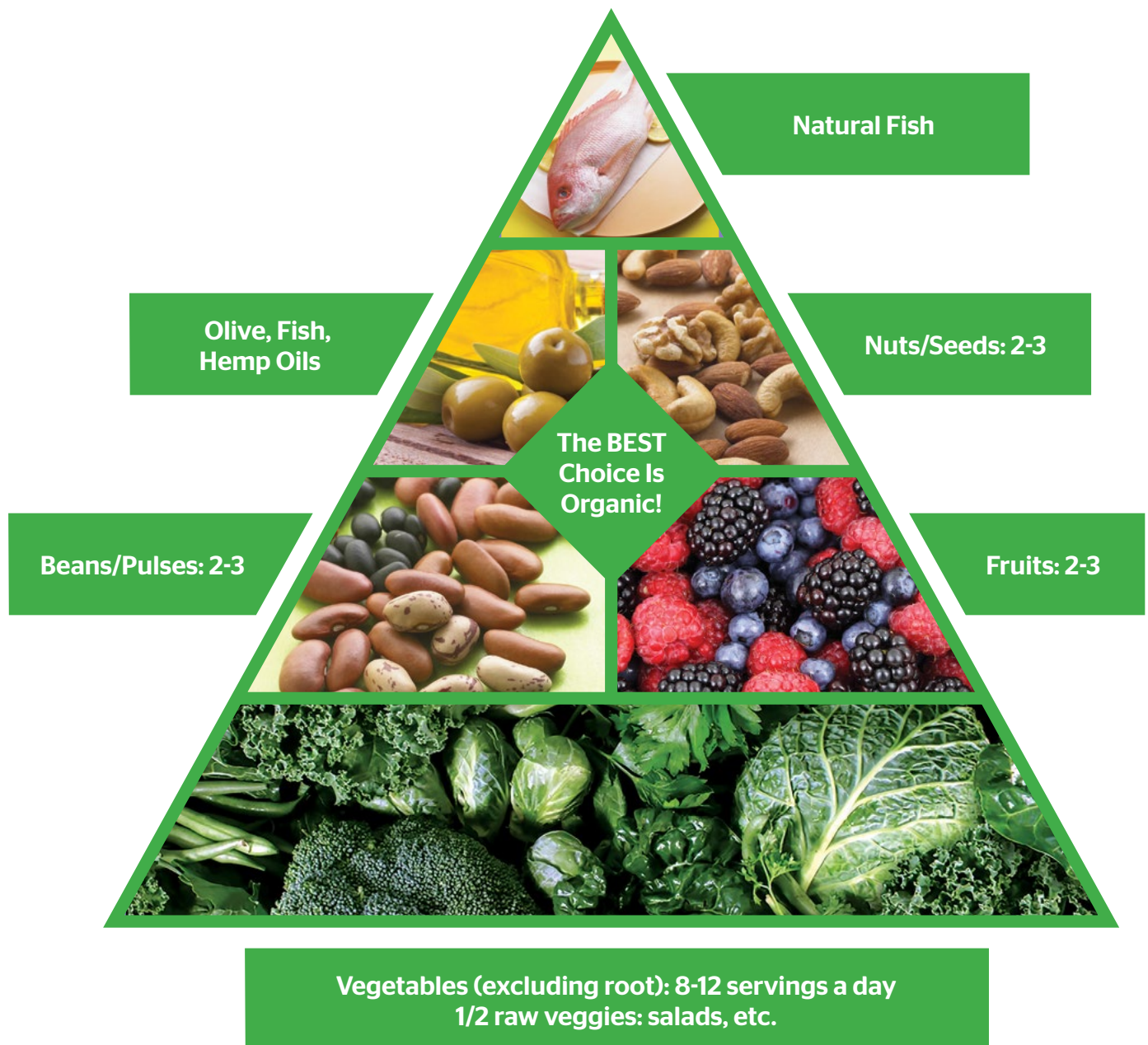


The Garden of Eden Food Pyramid™

You will have seen the Food Pyramid put out by the food industry that encourages you to eat mostly starchy carbohydrates in your diet. Could this have anything to do with the fact that starchy carbohydrates are the easiest and most profitable foods for the industry? In fact, without starchy carbohydrates and other processed junk foods, the industry would hardly exist.

My food pyramid is based upon the Garden of Eden Diet™ that will not only help your recovery from disease but will also help your Good Health for Life Plan™.



Junk-the-Junk Foods

Before we start on the basic 10 Step Plan, I want to make one last plea for getting the junk food out of your life. I know it is usually tasty to say the least, but the fact is junk foods all have high glucose, sugar, and salt, and all become addictive. Who wants to be an addict all of their life and pay for it with poor health?

What are Junk Foods?

- Breads, pastry, biscuits, breakfast cereals, polished (white) rice, potatoes and potato products, parsnips, and pasta.
- Intensive farmed meats and fish (i.e. fed on grains and cereals to fatten them quickly instead of the natural food in nature), smoked meats, sausages, and practically any processed fish and meats.
- Homogenised and pasteurised milk, cheeses, yoghurts, and in fact any milk products. It is believed by many researchers that processed milk products can cause cancer and other problems. If you want these in your life, then it is possible to obtain what is known as organic, raw milk products. They are not perfect, but I believe they are much healthier than the processed types.
- ALL Fruit Juices from shops are pasteurised and should be avoided. There is no such thing as fresh squeezed juice from a shop. Gasp... you mean they tell lies? Yes, they at least mislead you. Small amounts of juice that you have made fresh from fruit are acceptable. It is much better to eat the full fruit.
- Do not eat food that has been microwaved or irradiated. Studies show that these foods reduce the lifespan of any animal (or human) eating them.
- It is difficult to list every junk food, but basically anything that is processed in a factory and then repackaged in boxes, bottles, or cartons. Frozen fresh is second best to fresh. Tinned is a poor third because of the high temperatures they are subject to in preparation.

The list includes the following at least:

- Breads
- Grains
- Corn
- Wheat
- Rice
- Processed foods
- Potatoes
- Breakfast cereals
- Root vegetables
- Pastry
- Biscuits
- Sweets
- Sugars
- Ice cream
- Meats
- Cakes
- Soft drinks
- Fruit juices
- Dairy products

In the following pages, you will see the basic action plan for general good health.

Any action plan for a particular condition will obviously get better results when combined with this Basic Health Plan.

The following is my Basic Health Plan that has been used by many thousands with great success. It needs to be used in conjunction with the enzymes and is strongly advised as a continuing lifestyle choice for good health for the rest of your life.

You may have been told that all you need is in a balanced diet. The Ministry of Agriculture's own figures show that some minerals have reduced by 75% over the past 50 years.

If anyone tells you that the nutrients for health are contained in a balanced diet, then you have my permission to call them "an ignorant fool" from me.

“10 Step Plan ”

1. Take the basic nutrients missing from the average daily diet for daily good health:

- Active Life Vitamins & Minerals in a capsule form
- Soil Based Probiotic - with over 29 probiotic microflora
- Digestive Enzyme Complex
- Fatty Acid Complex - Fish Oil or Hemp Oil

2. Drink water.

6+ glasses of water are essential for good health.

3. Eat living foods that regenerate your cells.

Live foods bring life, and dead foods bring death. We need to eat at least 10-14 portions of vegetables and fruit every day.

4. Stop eating junk foods that degenerate your cells.

This especially includes ALL breads, pastry, biscuits, breakfast cereals, potato products, parsnips, pasta, and processed foods. See Junk-the-Junk foods on **page 293**.

5. Get more oxygen around your body.

Oxygen is the prime source of health, energy, and regeneration in your body. Sitting down and expecting oxygen to get around your body is crazy. See Oxygen on **page 289**.

6. Cleanse/Detox.

Consider an Herbal Cleanse to recover and heal your digestive system.

7. Homeopathy.

Emotional problems? Ask your Doctor to refer you to a Homeopathic Doctor. It may work and should not need more than a couple of visits.

8. Acupuncture/Acupressure.

Consider acupuncture or electronic acupressure to treat the acupuncture points associated with your condition. See more on **page 327**.

9. Consider Oxygen Therapy.

Consider oxygen therapy from a qualified practitioner. Call the **Help Line** for details.

10. Get Serious about Health.

Getting healthy as opposed to just taking drugs is the sensible way to avoid diseases and premature ageing. Make it the highest priority in your life.

I have had discussions with thousands of sufferers of just about every disease, and a common factor is that the majority suffer from some sort of digestive tract problem. This ranges from minor indigestion to severe inflammatory bowel disease. I have to be honest and tell everyone that while my nutritional programs can help their problem, until they get their digestive tract healthy, then full recovery will not happen. This is why everyone should consider a digestive recovery program.

For Bowel Diseases or Digestive Tract Recovery, Take (in order of priority):

1. Digestive Enzymes

Ensures proper digestion and absorption of food that will help heal the digestive system and improve general health.

2. Gastro Enzyme and Herbal Complex

To heal the digestive tract.

3. Probiotic 29 Strains

Ensures a healthy digestive tract by killing unfriendly bacteria, keeping Candida in check, helping the digestion of food, and ensuring critical nutrients such as Taurine are absorbed. They are also responsible for the manufacture of certain important B Vitamins in the digestive system.

4. Oxygen and Aloe Vera Formula

Take 1-2 oz, 30 minutes before food to help heal the digestive tract and support the probiotic. Probiotics are oxygen-respiring bacteria, and the addition of oxygen will help them thrive. The oxygen will also help to kill any pathogenic bacteria and fungus. The addition of Aloe Vera with its well-known healing effect on the digestive system makes these two components critical.

5. CurcuminX4000™

In serious health and bowel problems (Crohn's, etc.), this extract from Turmeric has the following digestive benefits:

- Helps protect against or lessen the degree of kidney lesions.
- Increases the production of digestive fluids and reduces gas.
- Lowers cholesterol levels in kidney and liver tissue.
- Protects against free radical damage.
- Neutralizes free radicals.
- Possesses anti-inflammatory actions.
- Relieves pain and inflammation in mucosal tissue.
- Possesses anti-viral, anti-microbial, and anti-parasitic activity.

6. Essential Herbal Cleanse

To cleanse and restore the digestive system and whole body system (if not already done yearly).



Sample Digestive Daily Action Sheet

1. 7.00am or on Waking up

- Take 1 SerraEnzyme 250,000IU capsule, 30 minutes before eating.
- Drink a 500ml/16oz glass of water with a pinch of bicarbonate of soda and repeat 6-8 times spread over the day.

2. With Breakfast

- Take 1 Essential Digestive Plus capsule.
- Take 1 Prescript-Assist capsule.
- Take 1 Curcuminx4000 capsule.

After Breakfast

- Take 1-3 Gastro Enzyme Therapy capsules.

3. Midmorning

- Eat a piece of low-sugar fruit.

4. 30 Minutes Before Lunch

- Take 1 SerraEnzyme 250,000IU capsule.

5. Lunch

With Meal

- Take 1 Essential Digestive Plus capsule.
- Take 1 Curcuminx4000 capsule.
- Take 1 Prescript-Assist capsule.

After Meal

- Take 1-3 Gastro Enzyme Therapy capsules.

6. Midafternoon

- Eat another piece of low-sugar fruit.

7. ½ Hour Before Evening Meal

- Drink a 500ml/16oz glass of water with a pinch of bicarbonate of soda.
- Take 1 SerraEnzyme 250,000IU capsule.

8. With Evening Meal

- Take 1 Essential Digestive Plus capsule.
- Take 1 Curcuminx4000 capsule.
- Take 1 Prescript-Assist capsule.

After Meal

- Take 1-3 Gastro Enzyme Therapy capsules.

9. Late Evening Snack, 9.30PM

- Eat an apple.

10. Just Before Bed

- Take 1 SerraEnzyme 250,000IU capsule.

Note 1. Take gastro 1-3 times a day, depending upon how severe your digestive problem is.

Note 2. If SerraEnzyme causes discomfort to your existing digestive problem, stop for 2 weeks before restarting.

Note 3. The Really Healthy Foods diet is very important over this recovery period.

Basic tips for healthier eating

1. Take digestive enzymes.
2. Do not drink liquid just before, during, or after your meals. (This means tea, coffee, large glasses of water, etc. A glass of wine is okay.)
3. Chew each mouthful of food at least 20 times until it is liquid in your mouth (or blend it if you have difficulty chewing; otherwise, it will not absorb).
4. Take longer over your meal and eat only when relaxed.
5. Eat at least three meals every day and only eat fruit between meals.

No food will be digested without enzymes; no food will be assimilated without enzymes. Many natural practitioners just prescribe enzymes, but drinking more water, good nutrition and following the health plans means recovery can follow very quickly. If you cannot bear to eat your food raw, then you can only digest and assimilate it with additional enzymes taken before each meal.

When we eat a large amount of grains and cereals, we do not realise we are missing out on foods that contain high levels of nutrients - there are very few nutrients (proportionately) in grains and cereals that are not found in real foods, as well as many more. What are real foods? Vegetables (mainly plants, with only a few root vegetables as these may be high in starch), fruits, nuts, seeds, and beans.

“Eat your greens for the best of health.”

Robert Redfern

An example is the nutrient Lutein that is critical for keeping our eyesight, especially as we get older. The following list shows the amount of Lutein per serving. There is none in grains and cereals.

1. Kale - 21,900 mcg
2. Spinach, cooked - 12,600 mcg
3. Mustard Greens - 9,900 mcg
4. Red Pepper - 6,800 mcg
5. Endive - 4,000 mcg

6. Green Peas - 1,700 mcg
7. Brussels Sprouts - 1,300 mcg
8. Collard Greens - 16,300 mcg
9. Spinach, raw - 10,200 mcg
10. Okra - 6,800 mcg
11. Romaine Lettuce - 5,700 mcg
12. Cooked Broccoli - 1,800 mcg
13. Pumpkin - 1,500 mcg
14. Summer Squash - 1,200 mcg

Include kale and a selection of other greens every day in your diet. See ‘Good Health Soup™’ later in this section. I explained earlier that excess glucose in the bloodstream causes Glycation. This is where the body’s cells are damaged by this excess glucose and, unless you are a marathon runner, you will almost certainly be overdosing on glucose if you eat the standard amount of carbohydrate and starchy foods that has become the habit in the modern diet.

Where do we get this excess glucose? The foods that cause this unhealthy rise in glucose are officially called ‘High Glycaemic foods’. I call them junk foods.

Glycaemic Index

The Glycaemic Index (G.I.) is a numerical system of measuring how fast a carbohydrate triggers a rise in circulating blood sugar - the higher the number, the greater the blood sugar response. So a low G.I. food will cause a small rise, while a high G.I. food will trigger a dramatic spike.

A list of carbohydrates with their Glycaemic values is shown on the following pages. The list is ordered by the G.I., which makes it easy to locate high or low G.I. foods. Except as noted, each of the G.I. values shown is based on around 80 studies in the professional literature referenced in the G.I. Factor.

There are two Glycaemic indexes, based on:

1. White bread = 100
2. Glucose = 100

The fact that there are two glycaemic indexes is confusing. I have shown the **Glucose Index**.

Foods & Recipe Data Sheets

Scientists fed 50 grams of glucose to their test subjects. They saw that this amount of glucose raised their subjects' blood glucose to a certain level. They called that level 100, which became the base of the index. Then they tested their subjects with other foods. If, for example, one of those foods raised their test subjects' blood glucose level 70 percent as much on average as the glucose did, then they assigned an index of 70 to that food. And so on with other foods tested.

Try to substitute foods that are lower on the list for the higher Glycaemic foods that you have been eating up till now. OBVIOUSLY, THE LOWER, THE BETTER - in my opinion, less than 45 would be ideal.

DIABETES - By eating regular meals from low Glucose Index foods, you will also avoid or reverse Type 2, or age-related diabetes (and get off the drugs).

If you mix two foods, one with a low number, such as spinach (22), and one with a high number, such as green lentil (67), then the result on your body is the average of these two ($67+22 = 89 \div 2 = 45$). Therefore, do not worry about making a dish, say soup, with some foods that are nutritious but of the higher numbers; the majority of low GI foods, such as vegetables, will bring down the average.

Glycaemic Index

Your shopping list in order of a Healthy GI

Extract foods from this and make up your own healthy shopping list.

✓ = Good to eat

? = Only eat occasionally

✗ = Eat rarely

NA= Not Advised

| Food Type | Glycaemic Index | Warning | Rating |
|---|-----------------|-----------------------------------|--------|
| Fruits - Nopal Prickly Pear Cactus | 7 | - | ✓ |
| Beans/Pulses/Grains - Lentils, Green, Canned | 8 | - | ✓ |
| Beans/Pulses/Grains - Soya Beans, Canned | 14 | - | ✓ |
| Yoghurt - Sheep's Milk | 14 | - | ✓ |
| Nuts - Peanuts | 15 | Contains Fungus; Not in Excess | ? |
| Beans/Pulses/Grains - Soya Beans | 18 | - | ✓ |
| Beans/Pulses/Grains - Rajmah (Red Kidney Beans) | 19 | - | ✓ |
| Rice Bran | 19 | - | NA |
| Eggs (Organic) | 20 | Only Naturally Fed | ✓ |
| Nuts - Almonds | 20 | - | ✓ |
| Nuts - Brazil Nuts | 20 | - | ✓ |
| Nuts - Pine Kernels | 20 | - | ✓ |
| Nuts - Walnuts | 20 | - | ✓ |
| Vegetables - Alfalfa Sprouts, Etc. | 20 | - | ✓ |
| Vegetables - Dandelion Leaves | 20 | - | ✓ |
| Vegetables - Garlic | 20 | - | ✓ |
| Vegetables - Kale | 20 | - | ✓ |
| Vegetables - Lamb's Lettuce | 20 | - | ✓ |
| Vegetables - Mushrooms | 20 | - | ✓ |
| Vegetables - Peas, Mangtout | 20 | - | ✓ |
| Vegetables - Peas, Petit Pois | 20 | - | ✓ |
| Vegetables - Peas, Sugar-Snaps | 20 | - | ✓ |
| Fruits - Cherries | 22 | - | ✓ |
| Vegetables - Peas, Dried | 22 | - | ✓ |
| Vegetables - Seaweed (Wakame, Noni, Etc.) | 22 | - | ✓ |
| Vegetables - Fennel | 23 | - | ✓ |
| Sweets - Milk, Chocolate, Artificially Sweet | 24 | Never | NA |

| Food Type | Glycaemic Index | Warning | Rating |
|--|-----------------|---------------|--------|
| Vegetables - Beans, Runner | 24 | - | ✓ |
| Breads - Sprouted Bread (Sunnyvale) | 25 | - | ✓ |
| Bread - Sprouted Organic Wheat Grass Bread | 25 | - | ✓ |
| Fruits - Bilberry | 25 | - | ✓ |
| Fruits - Blackberry | 25 | - | ✓ |
| Fruits - Grapefruit | 25 | - | ✓ |
| Fruits - Nectarines | 25 | - | ✓ |
| Fruits - Raspberries | 25 | - | ✓ |
| Fruits - Rhubarb | 25 | - | ✓ |
| Quorn | 25 | Not in Excess | ✓ |
| Vegetables - Root Radish | 25 | - | ✓ |
| Vegetables - Artichokes | 25 | - | ✓ |
| Vegetables - Asparagus | 25 | - | ✓ |
| Vegetables - Aubergines | 25 | - | ✓ |
| Vegetables - Bamboo Sprouts | 25 | - | ✓ |
| Vegetables - Broccoli | 25 | - | ✓ |
| Vegetables - Brussels Sprouts | 25 | - | ✓ |
| Vegetables - Cabbage, Green | 25 | - | ✓ |
| Vegetables - Cabbage, Savoy | 25 | - | ✓ |
| Vegetables - Cabbage, White | 25 | - | ✓ |
| Vegetables - Cauliflower | 25 | - | ✓ |
| Vegetables - Celery | 25 | - | ✓ |
| Vegetables - Chillies | 25 | - | ✓ |
| Vegetables - Chinese Leaves | 25 | - | ✓ |
| Vegetables - Chives | 25 | - | ✓ |
| Vegetables - Courgettes | 25 | - | ✓ |
| Vegetables - Cucumber | 25 | - | ✓ |
| Vegetables - Curly Kale | 25 | - | ✓ |
| Vegetables - Lettuce | 25 | - | ✓ |
| Vegetables - Onions | 25 | - | ✓ |
| Vegetables - Sorrel | 25 | - | ✓ |
| Vegetables - Spinach | 25 | - | ✓ |
| Vegetables - Spring Onion | 25 | - | ✓ |
| Vegetables - Vine Leaves | 25 | - | ✓ |
| Vegetables - Leeks | 26 | - | ✓ |
| Pasta - Spelt Hemp Oil Enriched | 27 | - | NA |
| Vegetables - Endives | 27 | - | ✓ |
| Vegetables - Okra | 27 | - | ✓ |

| Food Type | Glycaemic Index | Warning | Rating |
|--|-----------------|--|--------|
| Fruits - Strawberries | 28 | Only in Season | ✓ |
| Quorn/Tofu Sausages | 28 | Not in Excess | ? |
| Beans/Pulses/Grains | 29 | - | ✓ |
| Gooseberries | 29 | - | ✓ |
| Beans/Pulses/Grains - Spelt | 30 | - | ✓ |
| Bengal Gram Dal - Chana Dal | 30 | - | ✓ |
| Breads - Bürgen Oat Bran & Honey Loaf | 30 | - | NA |
| Cheese - Feta (Unpasteurized) | 30 | - | ? |
| Cheese - Goat's (Unpasteurized) | 30 | - | ? |
| Fish - Cod | 30 | Not Farmed | ✓ |
| Fish - Collie | 30 | Not Farmed | ✓ |
| Fish - Eel | 30 | Not Farmed | ✓ |
| Fish - Haddock | 30 | Not Farmed | ✓ |
| Fish - Kippers | 30 | Not Farmed | ✓ |
| Fish - Mackerel | 30 | Not Farmed | ✓ |
| Fish - Plaice | 30 | Not Farmed | ✓ |
| Fish - Salmon (Wild or Organic) | 30 | Not Farmed | ✓ |
| Fish - Sardines | 30 | Not Farmed | ✓ |
| Fish - Shellfish | 30 | Not Farmed | ✓ |
| Fish - Trout | 30 | Not Farmed | ✓ |
| Fish - Tuna | 30 | Not Farmed | ✓ |
| Fruits - Avocado | 30 | - | ✓ |
| Soy Products - Soy Milk | 30 | Not for Babies | ✓ |
| Soy Products - Tofu | 30 | - | ? |
| Vegetables - Beans, Mung | 30 | - | ✓ |
| Vegetables - Peppers, Red/Green/Yellow | 30 | - | ✓ |
| Fruits - Dried Apricots | 31 | - | ✓ |
| Beans/Pulses/Grains - Lima Beans, Baby, Frozen | 32 | - | ✓ |
| Beans/Pulses/Grains - Millet | 32 | - | ✓ |
| Goat's Milk, Skimmed | 32 | Occasionally | ✓ |
| Spreads - Chocolate Spread | 32 | Occasionally, Contains Fungus, Use Raw Chocolate | ✗ |
| Sweets - Mars M&Ms (Peanut) | 32 | - | ✗ |
| Vegetables - Split Peas, Yellow, Boiled | 32 | - | ✓ |
| Beans/Pulses/Grains - Chick Peas | 33 | - | ✓ |
| Yoghurt - Goat's Milk | 33 | - | ✓ |
| Cheeky Yam | 33 | - | ✓ |
| Sweets - Milk Chocolate, Sugar Sweetened | 34 | Never Artificial | NA |
| Beans/Pulses/Grains - Black Beans | 35 | - | ✓ |

| Food Type | Glycaemic Index | Warning | Rating |
|---|-----------------|----------------------------------|--------|
| Beans/Pulses/Grains - Black Gram | 35 | - | ✓ |
| Beans/Pulses/Grains - Black Bean Seed | 35 | - | ✓ |
| Beans/Pulses/Grains - Black-Eyed Beans | 35 | - | ✓ |
| Beans/Pulses/Grains - Broad Beans | 35 | - | ✓ |
| Beans/Pulses/Grains - Brown Beans (Mexican) | 35 | - | ✓ |
| Beans/Pulses/Grains - Brown Beans | 35 | - | ✓ |
| Beans/Pulses/Grains - Buckwheat | 35 | - | ✓ |
| Beans/Pulses/Grains - Bulgur Wheat | 35 | - | ✓ |
| Beans/Pulses/Grains - Butter Beans | 35 | - | ✓ |
| Vegetables - Root Comfrey | 35 | - | ✓ |
| Vegetables - Root Kohlrabi | 35 | - | ✓ |
| Vegetables - Beans, French | 35 | - | ✓ |
| Vegetables - Beans, Green | 35 | - | ✓ |
| Vegetables - Tomatoes | 35 | - | ✓ |
| Vegetables - Water Chestnuts | 35 | - | ✓ |
| Vegetables - Watercress | 35 | - | ✓ |
| Beans/Pulses/Grains - Lima Beans Broth | 36 | - | ✓ |
| Yoghurt, Unspecified | 36 | - | ✓ |
| Fruits Pear, Fresh | 37 | - | ✓ |
| Pasta Spaghetti, Wholemeal | 37 | Gluten and Fungus | ✗ |
| Beans Baked (Whole Earth Organic, Sugar Free) | 38 | - | ✓ |
| Beans/Pulses/Grains - Green Gram (Mung Beans) | 38 | - | ✓ |
| Beans/Pulses/Grains - Haricot/Navy Beans | 38 | - | ✓ |
| Fish Fingers | 38 | Home Prepared, Not Commercial | ? |
| Fruits - Apple | 38 | - | ✓ |
| Soups - Tomato Soup | 38 | Home Prepared | ✓ |
| Soups - Vegetables & Beans Homemade | 39 | Home Prepared | ✓ |
| Beans/Pulses/Grains - Pinto Beans | 39 | - | ✓ |
| Breads - Barley Kernel Bread | 39 | - | ? |
| Fruits - Plum | 39 | - | ✓ |
| Vegetable - Marrowfat Peas, Dried | 39 | - | ✓ |
| Fruits - Damsons | 40 | - | ✓ |
| Fruits - Dried Apple | 40 | - | ✓ |
| Fruits - Dried Prunes | 40 | - | ✓ |
| Vegetables - Baby Sweet Corn, Whole | 40 | - | ✓ |
| Vegetables - Marrow | 40 | - | ✓ |
| Beans/Pulses/Grains - Chick Peas, Curry, Canned | 41 | - | ✓ |
| Fruits Juice - Apple Juice | 41 | - | ✓ |

| Food Type | Glycaemic Index | Warning | Rating |
|--|-----------------|-------------------------------|--------|
| Beans/Pulses/Grains - Chick Peas, Canned | 42 | - | ✓ |
| Breakfast Cereals - All-Bran | 42 | - | ✓ |
| Fruits Peach, Fresh | 42 | - | ✓ |
| Bengal Gram Dal with Semolina | 43 | - | NA |
| Breads - Barley Chapatti | 43 | - | NA |
| Puddings - Custard | 43 | - | NA |
| Sweets - Mars Twix Cookie Bars (Caramel) | 43 | Occasional | NA |
| Fruits - Orange | 44 | - | ✓ |
| Fruits - Pear, Canned | 44 | - | ✓ |
| Soups - Lentil Soup, Canned | 44 | - | ✓ |
| Sweets - Mars Chocolate | 44 | Occasional | NA |
| Vegetables - Root Sweet Potato | 44 | - | ✓ |
| Vegetables - Root Turnip | 44 | - | ✓ |
| Beans/Pulses/Grains - Pinto Beans, Canned | 45 | - | ✓ |
| Fruits - Figs | 45 | - | ✓ |
| Yoghurt - Yakult (Fermented Milk) | 45 | - | ? |
| Beans/Pulses/Grains - Romano Beans | 46 | - | ? |
| Fruit Juices - Pineapple Juice | 46 | - | ? |
| Fruits - Grapes | 46 | - | ? |
| Lactose | 46 | - | ? |
| Soups - Black Bean Soup | 46 | - | ? |
| Fruits - Peach, Canned | 47 | - | ? |
| Fruit Juices - Grapefruit Juice | 48 | - | ? |
| Vegetables - Peas, Green | 48 | - | ? |
| Breakfast Cereals - Porridge (Oatmeal) | 49 | - | NA |
| Sweets - Chocolate 30 g | 49 | Rarely, Raw Chocolate Only | NA |
| Vegetables - Root Carrots | 49 | - | ? |
| Breads - Pumpernickel | 50 | - | NA |
| Puddings - Ice Cream, Low Fat | 50 | - | NA |
| Horse Gram | 51 | - | ? |
| Vegetables - Yam | 51 | - | ? |
| Beans/Pulses/Grains - Kidney Beans, Canned | 52 | - | ? |
| Fruit Juices - Orange Juice | 52 | - | ? |
| Fruits - Kiwi Fruit | 53 | - | ? |
| Beans/Pulses/Grains - Lentils, Red | 54 | - | ? |
| Fruits - Banana | 54 | - | ? |
| Snacks - Potato Crisps | 54 | - | NA |
| Vegetables - Root Swede | 54 | - | ? |

| Food Type | Glycaemic Index | Warning | Rating |
|---|-----------------|---------|--------|
| Biscuits - Oatmeal Cookies | 55 | - | × |
| Biscuits - Rich Tea Cookies | 55 | - | × |
| Cereal - Sweetcorn | 55 | - | ? |
| Fruits - Fruit Cocktail (Tin) | 55 | - | ? |
| Rice - Brown | 55 | - | ? |
| Snacks - Popcorn | 55 | - | ? |
| Vegetables - Sweet Corn | 55 | - | ? |
| Breakfast Cereals - Muesli | 56 | - | ? |
| Fruits - Mango | 56 | - | ? |
| Fruits - Sultanas | 56 | - | ? |
| Vegetables - Root Potatoes White | 56 | - | ? |
| Breads - Pita Bread, White | 57 | - | NA |
| Fruits - Apricots, Fresh | 57 | - | ? |
| Rice - Wild | 57 | - | × |
| Vegetables - Root Potatoes New | 57 | - | ? |
| Cereal - Rice Basmati | 58 | - | × |
| Fruits - Paw Paw | 58 | - | ? |
| Rice - Basmati Rice | 58 | - | × |
| Rice - Vermicelli | 58 | - | × |
| Rice - White | 58 | - | × |
| Spreads - Honey | 58 | - | NA |
| Beans/Pulses/Grains - Barley, Cracked | 60 | - | ? |
| Beans/Pulses/Grains - Barley, Pearled | 60 | - | ? |
| Breads - Pizza, Cheese | 60 | - | NA |
| Soups - Split Pea Soup | 60 | - | ? |
| Biscuits - Muesli Bars | 61 | - | NA |
| Breads - Barm Cake Bun | 61 | - | NA |
| Sweets - Mars Whole Grain Bars (Chocolate Chip) | 61 | - | NA |
| Vegetables - Root Potatoes, Canned | 61 | - | ? |
| Breads - Maize Chapatti | 61 | - | NA |
| Green Gram Dal with Semolina | 62 | - | NA |
| Vegetables - Root Potatoes Prince Edward | 63 | - | ? |
| Beans/Pulses/Grains - Lentils, Green | 64 | - | ? |
| Biscuits - Shortbread Biscuits (2) | 64 | - | NA |
| Breads - Rye Flour Bread | 64 | - | NA |
| Fruits - Apricots, Canned, Syrup | 64 | - | ? |
| Fruits - Raisins | 64 | - | ? |
| Pasta - Macaroni and Cheese | 64 | - | NA |

| Food Type | Glycaemic Index | Warning | Rating |
|---|-----------------|---------|--------|
| Vegetables - Beets | 64 | - | ? |
| Beans/Pulses/Grains - Couscous | 65 | - | ? |
| Cereal - Couscous | 65 | - | ? |
| Fruits - Melon (Cantaloupe, Honeydew, Galia) | 65 | - | ? |
| Vegetables - Root Potatoes Steamed | 65 | - | ? |
| Beans/Pulses/Grains - Barley, Rolled | 66 | - | × |
| Drinks - Cordial, Orange | 66 | - | × |
| Fruits - Pineapple | 66 | - | × |
| Soups - Green Pea Soup, Canned | 66 | - | × |
| Breads - Croissant | 67 | - | × |
| Breakfast Cereals - Grapenuts | 67 | - | × |
| Gnocchi | 67 | - | × |
| Breads - Crumpet | 69 | - | × |
| Breads - Ryvita | 69 | - | × |
| Breads - Wholemeal | 69 | - | × |
| Breakfast Cereals - Shredded Wheat | 69 | - | × |
| Beans/Pulses/Grains - Dried, P. Vulgaris | 70 | - | × |
| Breads - Melba Toast | 70 | - | NA |
| Breads - White | 70 | - | NA |
| Breads - White Bread (1 Slice) | 70 | - | NA |
| Breakfast Cereals - Weetabix (2) | 70 | - | × |
| Fruits - Banana, Unripe, Steamed 1 hr. | 70 | - | × |
| Vegetables - Root Potatoes Mashed | 70 | - | × |
| Biscuits - Water Biscuits (5) | 71 | - | × |
| Breads - Wheat Bread, White | 71 | - | NA |
| Breakfast Cereals - Sultana Bran | 71 | - | × |
| Cereals - Millet | 71 | - | × |
| Breads - Bagel, White | 71 | - | NA |
| Fruits - Watermelon | 72 | - | × |
| Vegetables - Root Swede | 72 | - | × |
| Vegetables - Root Potatoes Boiled, Mashed | 73 | - | × |
| Breads - Bread Stuffing | 74 | - | NA |
| Breads - Whole Wheat Bread | 74 | - | NA |
| Breakfast Cereals - Cheerios | 74 | - | NA |
| Breakfast Cereals - Puffed Wheat | 74 | - | NA |
| Snacks - Corn Chips | 74 | - | NA |
| Corn - Bran | 75 | - | NA |
| Vegetables - Root Potatoes Chips (French Fries) | 75 | - | × |

| Food Type | Glycaemic Index | Warning | Rating |
|---|-----------------|---------|--------|
| Vegetables - Pumpkin | 75 | - | × |
| Breakfast Bars | 76 | - | NA |
| Breakfast Cereals - Waffles | 76 | - | NA |
| Cakes - Donut | 76 | - | NA |
| Biscuits - Vanilla Wafer Biscuits (6) | 77 | - | NA |
| Breakfast Cereals - Coco Pops | 77 | - | NA |
| Jowar | 77 | - | NA |
| Rice Cakes | 77 | - | × |
| Breads - Wheat Bread, Wonder White | 78 | - | NA |
| Green Gram Dal + Paspalum Scorbic. | 78 | - | NA |
| Biscuits - Morning Coffee Cookies | 79 | - | NA |
| Sweets - Jelly Beans | 80 | - | NA |
| Breads - Puffed Crispbread | 81 | - | NA |
| Puddings - Tapioca, Boiled with Milk | 81 | - | NA |
| Snacks - Pretzels | 81 | - | NA |
| Breakfast Cereals - Rice Krispies | 82 | - | NA |
| Vegetables - Root Potatoes Microwaved | 82 | - | × |
| Breakfast Cereals - Cornflakes | 83 | - | NA |
| Vegetables - Root Potatoes Instant | 83 | - | × |
| Vegetables - Root Potatoes Baked | 85 | - | × |
| Breads - Gluten Free | 90 | - | NA |
| Breads - Wheat Bread, Gluten Free | 90 | - | NA |
| Rice - Bubbles | 90 | - | NA |
| Rice - Instant, Boiled 6 Minutes | 90 | - | NA |
| Spreads - Jams and Marmalades | 91 | - | NA |
| Rice Pasta - Brown | 92 | - | NA |
| Breads - French Baguette | 95 | - | NA |
| Drinks - Lucozade | 95 | - | NA |
| Drinks - Glucose | 96 | - | NA |
| Vegetables - Root Parsnips | 97 | - | × |
| Glucose Tablets | 102 | - | × |
| Fruits - Dates | 103 | - | × |
| Maltose | 105 | - | × |
| Puddings - Tofu Frozen Dessert, Non-Dairy | 115 | - | NA |
| Tofu Ice Cream | 123 | - | NA |

Tips on Shopping:

- Make a shopping list.
- Do not buy on impulse unless it is going to be added to your shopping list permanently.
- Do not buy any breads, pastry, biscuits, breakfast cereals, white rice, potatoes, and pasta.
- No matter how good the presentation, i.e. bread with olive oil, sun dried tomatoes, whole grain, organic, etc., it is still bread, and it does just as much harm.
- Examples of recipes that include real, high nutrient food with low Glycaemic numbers are at the end of this section.
- Make your own menu (or recipe book), even a scrap folder with cuttings from magazines and recipe books.
- If you have time, we would like to have copies of good healthy recipes sent to us for inclusion on **ReallyHealthyFoods.com**.

Sprouting

Try sprouting to make sure you are getting fresh vegetables every day. The vegetables from stores may be weeks old and lose vital nutrients within a couple of days. I do not mean just bean sprouts; I am talking super foods such as sprouted barley, wheat, oats, rye, broccoli, and kale. Eaten raw, with garlic and delicious dressings, will give you the most nutritious food on the planet. To find out more, call an independent health store, search on the Internet, or get a book on sprouting.

Important Note:

- Do not microwave your food nor overheat. This will kill the enzymes that are vital for your good health.

To buy or not to buy Organic Vegetables?

- **Organic vegetables have more minerals, e.g. organic tomatoes have up to ten times more organic iron than non-organic tomatoes.** Vitamin C and magnesium are nearly 30% better. 21 nutrients in total were found to be higher in organic foods.
- **Organic vegetables do not contain pesticides.** Studies show that pesticides reduce the antioxidant content of vegetables. Pesticides may also cause cancer, Parkinson's disease, fetal abnormalities, and chronic fatigue.
- **Organic foods are always free from Genetically Modified Organisms (GMO) and in the case of meat are not fed GMO grains, etc.** (I do not recommend eating any meat fed on grains or cereals). There are no independent studies as to what GMO foods may or may not cause, as apparently government authorities did not feel we are worth it. The only independent studies conducted showed side effects.
- **Organic foods do not contain hydrogenated fats** (the really bad kind that make you sick, as opposed to fats that make you healthy).
- **Organic foods do not contain any artificial sweeteners and colors that may be responsible for asthma, allergies, growth retardation, headaches, or hyperactivity.**
- **Organic foods do not cost the earth!**

Organic Sprouted Wheat Bread

I recommend this because it is the only UK bread made from Organic Wheat Grass.

Centuries ago, especially in biblical times, bread was made simply, purely, and naturally, using just sprouted wheat and water. This is believed to be the healthiest of bread. Now such bread is available again, but this time with a number of varieties to choose from.

ORGANIC SPROUTED BREAD is available in Original Plain, or with Raisins, Dates, and Fruit & Almond.

Benefits:

- Sprouted grain bread has almost double the fibre and protein content than any other bread.
- It is lower in calories and virtually fat and salt free.
- It is ideal for people looking for a low fat, energy food, as it provides sustained energy, using complex carbohydrates.
- It is also ideal for an increasing number of people with special dietary needs, as it contains no ingredients other than Organic Wheat Grass and filtered water - no flour, yeast, fats, sugar, sweeteners, eggs, salt, or dairy products.
- Sprouted Wheat breads have been known to be eaten by those on Wheat-Free and Gluten-Free diets, with no detrimental effects.
- Perhaps most remarkably, despite its healthy ingredients, it is delicious too!

The high nutritional content of the sprouted grain bread is achieved through the special process by which it is made. Firstly, they soak only the best organic wheat kernels in pure filtered water, under tightly controlled conditions. These are then allowed to sprout naturally. Once fully germinated, the sprouts are ground, blended with organic dried fruit where appropriate, formed into loaf shapes, and baked slowly and gently at low temperatures.

Sprouting of the grain significantly increases the protein, vitamin, and enzyme content of the breads, whilst complex starches in the grain are converted to natural sugars, providing the body with an easily digested, rich energy source. Because at Sunnyvale they use the whole grain, the breads contain 100% of the bran fibre and wheat germ of the original grain, naturally

producing typically almost double the fibre content of everyday bread. The resulting bread is highly nutritious, traditional, filling, and full of flavour.

Eat Right 4 Your Type:

Research in the USA by Dr. D'Adamo has shown that to maintain perfect health, we should eat according to our Blood Type, because the different lectins in food react differently in our bodies. That is, your blood type determines which foods are right for you. This research has also shown that though wheat is not suitable for all blood types, Sprouted Wheat on the other hand is suitable for ALL blood types.

As if all of the above was not enough, the Original Sprouted Bread is also available in the following delicious Flavours: Raisin, Date, and Fruit & Almond. Sunnyvale Organic Sprouted Wheat Breads are available in most good health stores.



Menu Ideas

Breakfast Ideas

- Good Health Naturally Lutein Soup™ (see recipe later).
- Organic eggs - boiled, poached (on spinach), or scrambled with tomatoes, mushrooms, and/or vegetable omelettes (no cheese).
- Occasional porridge with almond milk or coconut milk.
- Fresh fruit salad - with soya yogurt, etc. (check previous table for low glycaemic fruits).
- Kippers and tomatoes.
- Replace flour bread with sprouted wheat bread. This is a healthy bread described in the Old Testament and consists of 100% organic sprouted grains (see data sheet later).

Lunch Ideas

- Good Health Naturally Lutein Soup™ (at least once per day).
- Salads - Greek salad, avocado salad, salad nicoise (no potatoes), fish salad (tuna, herring, salmon, pilchards, or sardines), or 3 bean salad. (Note: Do not fill up on lettuce; consider instead red/green/yellow peppers, onions, tomatoes, garlic, etc.).
- Sugar free, organic baked beans, mushrooms, and tomatoes, etc.
- Raw veggie sticks with hummus or similar.
- Leftover food from previous night.

Evening Meal Ideas

- Good Health Naturally Lutein Soup™.
- Vegetables - stir-fried, steamed, flash boiled, or oven roasted in olive oil.
- Tofu chunks, once or twice per week.
- Add fish (oily fish: salmon, not farmed unless organic; sardines; mackerel; trout; and eel at least 3-4 times per week) in place of meat. Haddock and cod do not contain high enough levels of EPH and DHA to count.
- Meat (must be naturally reared, e.g. lamb or grass-fed beef) once or twice per week.
- Baked sweet potatoes twice per week.
- Vegetable curry with bean curry (chickpea dahl), etc. (If absolutely necessary, include very small amount of brown rice.)
- Vegetable chili.
- Fish and vegetable stew.

Snack Ideas

- Eat 1 piece of low-sugar fruit between meals (mid-morning, mid-afternoon, and mid-evening).
- A delicious healthy snack or replacement for cake is fruit sprouted wheat bread (see data sheet later).
- A bar of dark chocolate (or chocolate raisins/nuts) is a reasonably healthy snack.

Recipes

Good Health Naturally Lutein™ Soup

- Eat it most days at breakfast, lunch, or for an evening meal.
- Make enough to last for 3-4 days if you have room to keep it in the fridge. One idea is to put each day's soup into 'Tupperware' type containers, which may fit into the fridge easier.

Vegetable Ideas

Choose 5-6 vegetables, only include 1-2 root vegetables.

- Kale (important)
- Purple broccoli
- Carrots
- Spinach
- Peas
- Green beans
- Broccoli
- Brussels sprouts
- Cabbage
- Asparagus
- Spring greens
- Watercress
- Cauliflower
- Red & yellow peppers
- Seaweed (noni, kelp, wakame, etc.)

Plus

- Onions (ample amount)
- Celery
- Tinned tomatoes
- Garlic
- Tinned beans (Choose 2-3 types, e.g. haricot, soya beans, kidney beans, chickpeas, ballotti beans, lentils, black eyed beans; all tinned, sugar free, ready to use, dried, or cook your own.)
- Rock salt or Celtic sea salt
- Vegetable stock cube
- Seasoning
- Oil

Cooking

1. Put 2 tablespoons of oil in a large pan; chop onion, carrots, and celery. Cook for approximately 5 minutes.
2. Add rest of chopped vegetables, tinned tomatoes, and boiling water, plus the vegetable stock cube and minced garlic.
3. Do not boil, just simmer for 5-10 minutes until just cooked.
4. Remove from heat and then blend to suit your taste.
5. Return to pan and add pulses and beans.
6. Allow to cool, and then refrigerate in containers or pan.

Makes enough to last 4-5 days if kept in fridge. It can be frozen, if necessary.

Fish and Vegetable Stew

- Eat 1-3 times per week with different fish.
- Makes enough to last for 1-2 meals if you have room to keep it in the fridge (or longer in freezer). One idea is to put each day's meal into 'Tupperware' containers, which may fit into the fridge easier.

Ingredient Suggestions:

- Kale (important)
- Seaweed (noni, kelp, wakame, etc)
- Green beans
- Broccoli
- Sweet potato
- Red & yellow peppers
- Spinach
- Cabbage
- Mussels or clams
- Salmon (not fish-farmed), coley, sole, prawns, mackerel, or any fish to taste

Plus

- Rock salt
- Garlic
- Tinned tomatoes
- Tomato puree
- Red onions
- Seasoning
- Sunflower oil

Cooking

1. Heat 2 tablespoons of oil in a large pan.
2. Fry onions for 2 minutes, then take onion out, leaving oil in.
3. Add diced fish to the oil and fry on high heat for 2 minutes to seal the fish.
4. Add the cooked onion and then the rest of the chopped vegetables.
5. Add tomatoes, seasoning, minced garlic, and stock (water) to taste.
6. Bring to boil and then reduce heat to gently simmer for 20-30 minutes.
7. Add any prawns or shellfish 5 minutes before end. (You can keep all of the previously cooked fish out until this point if you prefer chunkier pieces.)