

Eat For Your Life!

By

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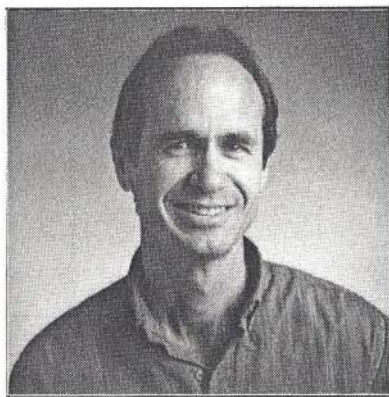
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Michael Pecot began his research in 1969, and for the next seven years he delved deeply into the heart of nutrition. In 1975 he began an apprenticeship with Michael Tierra, an acupuncturist, oriental medical doctor, and author of *The Way of Herbs* and *Planetary Herbology*. For the next two years, he

worked side by side with Michael and became proficient in the use of herbs, nutrition, and iridology. In addition, he extensively studied acupuncture, massage therapy, and macrobiotics.

After graduating from The Garden of Sanjivani School of Wholistic Health, he moved to Boston in 1979 to pursue further studies of oriental facial diagnosis, yin and yang, and macrobiotics with Michio Kushi at the Kushi Institute. In 1980 he received his Master Herbalist Degree from Dr. Christopher's School of Natural Healing in Utah.

For the past nine years, he has managed three health food stores and has done preventative health care consulting with hundreds of people.

ACKNOWLEDGMENTS

My profound gratitude to Michael Tierra and Michio Kushi for their continued inspiration and support. Their knowledge and insights contribute immensely to the new health wave of the future, where herbs and nutrition will regain their respected status.

My special thanks to Dr. John Christopher, herbalist, for pioneering the way for herbology and natural healing to become more widely known and accepted.

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Health is surely our most precious asset. Without it there is very little in life we will enjoy to the fullest. I guarantee you that the small amount of time, energy, and dollars you devote to supporting and maintaining it will come back a thousand-fold in renewed strength, vitality, and longevity.

CONCLUSION

On a final note, I believe it is important to remember not to take nutrition too seriously. We are here to enjoy life, and being fanatical about diet can take much of the fun out of it. Unless you have a prominent symptom you are working with, it's good to go out and indulge occasionally in your favorite food. But make sure that your foundation of consistent balanced nutrition is strong first.

Food can certainly be a powerful tool to give us the strength and courage to stand up to the challenges of our life, and to accomplish our goals and dreams. Let's use and enjoy this wonderful tool and not pressure ourselves or others with guilt, blame or any other negative emotions that only separate us from the joy and love we all want to feel. Let's all enjoy this wonderful journey of life together and use food to build and balance our minds and bodies.

Megadophilus: Dissolve 1 teaspoon of the powder in 2 ounces of spring or filtered water. Take it anytime as long as the stomach is completely empty. Use it once a day for normal use, or twice a day for more chronic situations.

Life Start: After finishing a 2-ounce bottle, switch to Life Start and take it in the same manner.

People often ask how long they should continue a program of this kind. This is the rule of thumb I find helpful: For every 10 years the body has been neglected, spend 1 month on rejuvenation. If you are 30, try it for 3 months. Then as a maintenance, do it for about 1 month out of a year. The results can be astounding. People generally notice an increase in energy, a feeling of lightness and joy, and symptoms that gradually diminish and disappear. In addition, a general feeling of well-being, and a resurgence of health is felt, as the body directs its energies toward internal healing and cleansing.

The body is already biologically programmed to heal itself. All we are doing is supplying the best possible tools, and supporting our own natural process with good nutrition, and healthy lifestyle. The results will be there for you to see and feel!

FORWARD

Michael Tierra C.A., O.M.D.

There are diseases and conditions which can be cured and those that cannot. All, however, can be ameliorated or improved to some degree with a good wholesome diet and herbs. To follow the experience and guidance of this book is enough to establish the simplest and best approach to nutritional healing and health maintenance.

Unconsciously or not, most of us are eating ourselves into dark holes of pain, depression and myriads of acute and chronic diseases. One excess seems to lead to another. Those who eat refined denatured foods and overly rich foods like red meat and sugar practice one form of excess that can only lead to degenerative disease.

Converted vegetarians, however, are also guilty of excess of a different kind. After changing from a meat based diet of refined foods, excess dairy, coffee, alcohol and so forth, many vegetarians later experience their own array of debilitating diseases, only this time, caused by a lack of sufficient protein, B12 and iron. To come to the realization that we actually need a system called 'macrobiotics' or the information found in this little book to learn how to eat properly, is to admit our lack of cultural rootedness. Still the vast numbers of people in the Western world desperately need the simple information contained in this book to find a ray of clarity in how to maintain one's health and wellbeing.

Perhaps, despite our heavy investment in mastering the material world, early Asian people such as the Chinese, East Indians and Japanese were right when they first beheld our adventuresome forebears as 'barbarians'.

For the sake of power and mastery of the material universe, we have sold our spirit to the devil of greed and excess which translates into refined foods, meat, white sugar, drugs, coffee, and so forth.

The facts are that the principles described in this book are practiced and known by most of the world's people except we who are denizens of so called civilized western countries. Most traditional people in the world know that when they are sick they should eat lightly of only rice and beans or some other local equivalent of the same.

I congratulate Michael for expanding beyond the balanced principles of macrobiotics into less rigid ways of eating and being. I view the concisely laid out information in this book as a foundation and basis for all other systems of healing including Western scientific medicine, Eastern medicine such as acupuncture, and herbal and homeopathic medicine.

One man observed grape seeds which he had not eaten in 10 years!

Another important part of the intestinal detox system is a high quality acidophilus. Experts say there are approximately 3.5 pounds of micro-organisms living in our intestines. They help us digest food and contribute anti-tumor, anti-biotic, and anti-toxin properties. This flora is an essential part of a healthy organism. Unfortunately, due to some of our bad habits like coffee, alcohol, chemical and drug use, many of these "friendly bacteria" are destroyed, and pathogenic organisms can become rampant. Consequently, gas, indigestion, candida, cancer, and other problems occur. By ingesting a high quality acidophilus daily, the beneficial organisms can be re-introduced and properly implanted.

Acidophilus is easily destroyed by heat, so it is best to use one that has been refrigerated from the time it was made, to the time you buy it. It is also important that it is manufactured according to the highest standards. For this reason, I have always used Natren's Megadophilus and Life Start. They contain bifidobacterium and lactobacillus acidophilus. Bifidus bacteria are only found in mothers milk. They help build our immune system as infants. Since so many of us were not breast fed, it is important to implant them now. In this way, our intestinal health is improved with many strains of friendly organisms. I have had good success alternating between the two as follows:

INTRODUCTION

Dissolve 1 heaping teaspoon of psyllium powder in 6 oz. of liquid, 2 oz. of which can be fruit juice. Shake vigorously in a container for a few seconds and drink immediately. Then add 2 tablespoons of bentonite gel to about 2 oz. of juice or water. Shake it vigorously, then drink. Along with these, take 2 capsules of cascara. This can be done any time, except at bedtime, as long as the stomach is empty.

While passing through the digestive system, the psyllium swells out and presses against the walls and into the crevices and involutions of the intestinal lining. It carries with it the bentonite gel which acts as a powerful absorbent. Together they begin pulling debris out of the bowel pockets and off the colon walls. The effect is like a scrub brush with a vacuum attachment. It is very similar to the action a cosmetic clay mask has on the skin. It is very astringent and drawing. Internally, bentonite can help remove years of accumulations in a relatively short time: 3 - 6 months.

The cascara then acts as a peristaltic stimulator and contracts the muscle lining the colon. As it contracts, it assists the discharge of the bentonite and psyllium which have absorbed the toxic matter. Once this matter is absorbed off the walls, it is important to discharge it quickly so that re-absorption is avoided.

Debris can actually be observed in the stool itself, where often mucus and toxins are discharged in various forms.

In 1969 I set out on what was to be an extensive journey. It would take me across continents to distant lands searching for answers to questions about myself, my purpose in life, and a way to achieve health and happiness.

During these 20 years many teachers, including herbalists and medical doctors contributed to my knowledge and understanding. Each system I studied was a stepping stone leading me gradually toward a deeper understanding of myself, and of the mechanics of acquiring lasting health.

The more I studied the clearer it became that daily nutrition plays an essential role in maintaining and restoring health.

My purpose in writing this book is to show you how simple it is to eat a healthy diet. In doing so, you can dramatically alter the way you feel, both physically and emotionally. Balanced nutrition can help stimulate the body's healing process and generate more energy, strength, and balance. Food, herbs, and exercise are important tools that can help you maintain a healthy state of mind and body, or correct an imbalanced one.

It is a lot easier than you might think. My goal is: **Keep it Simple**, because good nutrition really is.

"Let your food be your medicine and your medicine be your food."

-Hippocrates

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."

-Thomas A. Edison

Planetary Herbal line. They combine some of the best quality Chinese and American herbs that have solvent, cleansing, and rebuilding properties. These plants also contain vitamins, minerals, and trace elements, vital to nourish and strengthen each organ system. They are, in short, medicinal foods. Take 2 of each, 3 times daily.

1. River of Life -Lymph and blood cleanser
2. Diurite -Kidney and bladder cleanser
3. Hepatopure -Liver and gallbladder cleanser

HAPPINESS IS A CLEAN COLON

In addition to these herbal medicinals, there are 3 other products which will accelerate the healing process substantially. These formulations assist in removing intestinal debris, and were designed by V. E. Irons, a health enthusiast and colon specialist.

They consist of bentonite, which is a highly absorbent volcanic ash or clay, a premium grade psyllium seed, and an herb called cascara sagrada.

1. Sonnes #7 -Bentonite gel
 2. Sonnes #9 -Psyllium seed & husk powder
 3. Nature's Way-Cascara Sagrada
-

Skin

The skin is the body's largest organ. It is responsible for elimination through the pores by perspiration as well as forming a protective barrier from external influences like wind, heat, cold, dampness, etc. In traditional oriental medicine, the skin is also thought of as a third lung. Secondary cleansing reactions on the skin include rashes and other skin irritations like pimples, hives, eczema, psoriasis, and dandruff.

Other secondary cleansing symptoms include sneezing, coughing, allergies, colds, sinus drip, ear and throat congestion, eye discharge, vaginal discharge, excessive menstrual flow, body odor, and bad breath.

THE HERBAL TUNE-UP

The Organs of Elimination can be Rejuvenated!

The Cleansing Tools

Just as any professional trade has its necessary tools to get a job done properly, so it is with health and healing. I would like to talk about some of the basic health tools that will accelerate the job of cleansing, rebuilding, and healing.

These tools consist of 3 herbal formulas designed by Dr. Michael Tierra, C.A.O.M.D., and are part of his

GETTING STARTED

Chapter I

So where is the best place to begin?

Right where you are!

The following will give you an idea of where you stand and will suggest a way of improving your present condition.

HOW HEALTHY ARE YOU?

Most of us like to think of ourselves as relatively healthy, and this is partly true. As our understanding becomes more refined, however, we begin to get a clearer picture of what health really consists.

Let's give ourselves a quick check-up

The following are the four major warning signs of the initial stages of dis-ease. They get increasingly more pronounced.

Fatigue

How often do you feel tired? Does your daily routine feel draining, or do you have abundant energy to deal with whatever situation you are involved?

A healthy body rarely feels fatigue except after excessive physical and/or mental exertion, and usually recovers very quickly. After a good night's sleep, you should wake feeling rejuvenated again.

Negative Emotional States

Do you often feel depressed, worried, or unhappy? Are you plagued by ongoing states of fear, confusion, or anxiety?

Persisting negative emotions are like warning lights on your mental dashboard. A healthy person is able to maintain a positive mental attitude in spite of whatever situations arise.

Aches and Pains

Do you have recurring aches and pains, feel stiff and slow, or feel older than your time?

When you hold on to negative emotions and thoughts, you can be sure aches and pains will follow. Healthy people, on the other hand, feel energetic, limber, and young. They are easily capable of most physical tasks, and feel no lasting aches or pains.

Liver and Gallbladder

The liver is one of our largest and most important organs of blood purification, energy storage, and digestion. It is also responsible for the detoxification of harmful chemicals and metabolic wastes. This organ is one of the first to be adversely affected by poor diet, and is one of the first to respond to healing.

When the liver is congested, symptoms such as impatience, irritability, and shortness of temper become commonplace. Since the liver is responsible for the smooth circulation and distribution of energy throughout the body, a blockage in this function causes us to feel tense and aggravated. The liver and gallbladder are also responsible for planning and decision making functions. They are most active in the spring when we often contemplate and decide times for vacations, trips, outings, etc. A healthy liver would result in a natural joy, ease, and enthusiasm for life, and the accomplishment of dreams and goals.

When these four primary cleansing channels become blocked, the body must use the secondary channels to discharge excess wastes. These include all orifices of the body, including the eyes, ears, nose, throat, lungs, reproductive organs, and skin.

and lymph systems at the same time, so that any toxic overflow can be dealt with properly.

The blood and lymphatic system can be likened to the rivers and streams on the earth. As rivers wind their way over the land, they deposit some of their contents along the banks. Often rivers become polluted by what we throw into them. The rivers of the body can become polluted in the same manner. The quality of the food we eat largely determines the quality of the blood, and the skin is a direct reflection of blood content. Consequently, toxins in these systems manifest as skin problems.

Kidneys and Bladder

The kidneys filter acids and metabolic waste from the blood, which is eliminated out in the urine. They are like a filter that contains very fine and delicate pathways that can become easily blocked and congested. When this happens, waste can be re-absorbed instead of discharged out in the urine. Congestion can cause the kidneys to swell. This contributes to low back pain, and fluid accumulation around the hips and legs. This fluid contributes to the formation of cellulite. Over time, as more fluid is retained, there is a tendency to become moody and emotional, and sometimes sad and fearful. In addition, imbalance in the kidneys can lead to a weakness of the will and ambition, as well as the sex drive. When the kidneys are healthy, we exhibit a strength that comes from deep within, and have drive, motivation, and self-confidence.

Chronic Problems

Have you been suffering from lasting symptoms that seem to linger or to come and go often?

Allergies, asthma, high blood pressure, hypoglycemia, obesity, and diabetes are all examples of chronic **dis-ease**. Genetics and lifestyle are important factors in their development; but these types of problems can often be traced back to years of harmful habits.

Of foremost importance is what we eat, how well our bodies digest and extract nutrients from food, and how well we eliminate waste products. Years of poor eating habits, combined with lack of exercise, and the accumulation of toxic residues in the tissues, blood vessels, and organs manifest as fatigue, negative mental states, pains, and chronic problems.

A simple way to say this is that

We don't get disease -- We eat it!

Reversing and healing the negative effects of prolonged malnourishment and improper elimination begins with 3 easy steps. They are based on the understanding that becoming healthy requires a commitment, and is a long-term, continuing process.

Understanding the Cause

What did we do to contribute to the **dis-ease** process?

Generally speaking, we create **dis-ease** unknowingly, by our choices of foods. By this I mean food in the broadest sense, consisting of our thoughts, feelings, relationships, activities, job, exercise, as well as what we put into our mouths. All of these can have a nourishing or detrimental effect upon our health and sense of well being.

Choice

Do we really want to make the necessary changes?

Once we have resolved to change the unnourishing situations in our life, prevention and cure is greatly accelerated.

Action

Take steps to reverse the **dis-ease** process.

This may involve changing jobs, friends or relationships, or may simply require changing a negative attitude we have been carrying about them. In addition, a change in diet and the use of healing tools like herbs is usually necessary.

Remember, you are in total control of your health.

Doing what works will get you results!

capacity to absorb nutrients becomes less and less efficient, even if the finest food is eaten. Consequently, we fatigue more easily, develop aches and pains, become short-tempered and emotional, and finally exhibit a negative attitude and feel unhappy. In short, we become mal-nourished from the inside.

Other symptoms related to intestinal congestion include headaches, shoulder and neck tension, and acne. Also, on an emotional level there is a tendency to hold on to situations, things, or people inappropriately. This can lead to an attitude of excessive grieving over the past. Healthy intestinal function, on the other hand, contributes to ease and flexibility when faced with difficult times of transition and change. We can absorb what we need from new experiences and let go and move on when necessary.

Blood and Lymphatic System

Upon leaving the intestines, the blood carries these nutrients or toxins to the cells, tissues, and organs, where they are incorporated into new cell growth. When the building blocks needed to repair and rebuild the cells are not of the highest quality, a weaker cell is produced. As cell integrity diminishes over time, susceptibility to diseases is much more likely. Since cells are the basic foundation on which the whole body depends for energy and immunity, they need the best possible fuel. When cleansing the colon, it's important to cleanse the blood

regular bowel movements, most intestines are in dire need of attention for the following reasons.

Over the years, due to poor eating habits, wrong food combinations, use of iced liquids, lack of exercise, and eating late at night, the intestines accumulate debris. This debris is usually composed of fats, starch, and other food matter which adhere to the walls of the colon. After some time, it thickens, and areas actually bulge out. These are referred to as diverticula, or bowel pockets, and this can be easily observed in people with large abdomens.

The bowel pockets can store food matter for long periods of time. This debris begins to ferment and putrefy. There are at least 22 different toxic chemicals that can be produced by this fermentation, including acids, phenols, ammonia, etc. Through absorption these toxins are carried into the blood stream and can affect the way we think and feel. In addition, they can create new problems or aggravate existing conditions.

Another important purpose of the intestines is to absorb vitamins, minerals, water, and other nutrients from the digested food. These nutrients are then carried throughout the body to rebuild and nourish the cells and organs. This process is accomplished by absorption through thousands of microscopic villi. They are like tiny vacuum hoses that suck up nutrients. Problems start when debris begins to block up these villi, similar to the way dust blocks a vacuum cleaner. Gradually the body's

EAT FOR YOUR LIFE

Chapter II

A Diet for Radiant Health, Weight Loss, and Energy

Next, let us look at how we can begin using food as a tool to support and expand our sense of strength and well-being.

The optimum diet follows a few principles that will result not only in better health and more energy, but permanent weight loss.

Most people think that eating well means giving up all or many of the foods they enjoy. This is not really true. **The key is to substitute.** It is a lot easier than you may think, and just as sensually satisfying. There is an abundance of natural foods and snacks. Most are equal to or better in taste than their overly-processed counterparts, as well as being nutritionally superior. As an example, honey can be substituted for white sugar. So fear not; eating well will be fun!

The following principles form the foundation for any healthy diet:

Make sure that the food you eat is as close as possible to the way nature produced it; that is, in its original wholesome state.

Wholesome simply means eating food in its **whole** state. The following are a few examples that illustrate the difference.

WHOLESOME	ALTERED
Fresh whole apples	Applesauce, frozen concentrate, canned apples, dried apples.
Fresh carrots	Canned or frozen carrots, carrot juice.
Whole oats	Rolled, instant, quick, or Quaker oats.
Whole corn on the cob	Canned, frozen, instant corn, or grits.
Whole wheat	Wheat bread, cookies, pastries, cakes, or cracked wheat breakfast cereals.
Whole brown rice	Processed white rice, brown rice cream.

So it is with our bodies. Often it has been 20, 30, 40, or even 50 years since we have given our internal body parts any attention or "servicing."

A car, if neglected so severely, would have broken down long ago, and it is made of metal--not flesh, tissues, and organs. We can see how important it is to attend to the "servicing" needs of the internal organs. We can give our bodies what I like to call an "herbal tune-up."

The Primary Organs of Elimination

The cleansing begins by decongesting the body's natural channels of elimination. These **primary** channels include the intestines, kidneys, liver and blood/lymphatic systems. By supporting these organs with herbs, good food, and exercise, healing occurs at a rapid pace. As these organ "filters" are cleaned, accumulations that have been stored will begin to drain off. This discharge of toxins is the healing process. As it progresses, symptoms slowly begin to disappear.

Colon and Small Intestines

These organs eliminate solid, unused foods and waste. If it is not quickly and properly discharged, this waste begins to putrefy and is re-absorbed into the blood. Most of us are unaware of or underestimate the number and magnitude of problems caused by poorly functioning intestines. In fact, it is extremely rare to find an uncongested colon. Even with individuals who have

CLEANSING THE BODY OF TOXIC ACCUMULATIONS

CHAPTER IV

Over the years our bodies have accumulated and stored varying amounts of residue in the tissues, blood vessels, and organs. Cellulite, blocked arteries, ovarian cysts, tumors, allergies, and asthma are examples of these deposited accumulations. Imagine how dirty a house would be if it had not been cleaned in 20 or 30 years. Likewise, our bodies are in desperate need of a thorough "house cleaning."

Another way of looking at it is to visualize the body like a car that is ready after two or three years for its 30,000 mile servicing. The mechanic will suggest changing the oil and filter, points, plugs and condenser, as well as adjusting the valves and timing. Perhaps it has been years since we last gave any attention to the car's internal parts.

WHOLESOME

Organic nuts, seeds
and beans

Organically grown
meats

ALTERED

Chemically fertilized
and sprayed, or nut
and seed pieces,
powders, or butters

Chemically treated
animals and feed

Many animals are treated with several varieties of chemicals to fatten them and to make them retain water weight. Also hormones, antibiotics, chemically treated, and processed food is fed to them. If possible, try to obtain organically grown meat, fish, chicken, eggs, etc. This simply means the animals are left to roam and graze naturally, are fed wholesome foods, and are relatively free of synthetic chemicals.

Each grain has a protective covering to keep it fresh and unexposed to the elements: heat, moisture, oxygen, etc. When this covering is kept intact, grain will literally last thousands of years. Recently some grains of wheat were found in a tomb built by ancient Egyptians. When these same wheat kernels were later sprouted, they grew! If they had been cracked, they would have decomposed very quickly.

This example shows the importance of keeping grains in their whole state until ready for eating. One exception is to grind your own grain into flour for bread that will be used immediately, or to crack other grains such as rice, wheat, corn, or oats. Make sure to crack only the amount to be used for that day.

The main principle is to use whole foods as the foundation of your diet. This will make you strong enough to use the altered foods on occasion and will minimize any ill effects. If too many processed foods are consumed on a regular basis over the years, the body and mind become weaker and weaker, due to the lack of essential nutrients in refined and oxidized foods.

Chew your food thoroughly.

Digestion begins in the mouth. We are graciously endowed with different kinds of teeth to prepare the foods for absorption. Also, salivary glands contribute secretions which begin the digestive process by changing carbohydrates into simple sugars. This important first step is essential for optimum absorption of our food. It is so important to chew thoroughly that optimal health is not possible without doing so, even if the highest quality foods are being eaten.

Eat while relaxed.

Enjoying the company of good friends, a pleasant atmosphere, and relaxation all contribute to good digestion.

Sometimes symptoms can be very subtle and take time to develop; so watch and listen closely. For instance, I recently began experimenting with goat milk yogurt, and have found that I can get away with eating one or two 8-oz. containers a week and only get a little mucus from it. When I have consumed too much, it's usually obvious by the next day. I wake up sneezing and have to blow my nose several times. When I use cow yogurt, which has a different kind of fat, the mucus that is discharged is much more abundant.

If you must use cow milk, bringing it just to the boiling point, and drinking it warm instead of cold, makes a world of difference in its digestibility. Also, adding a pinch of cinnamon or cloves can help the body digest it more efficiently. Using low-fat milk is a good place to begin when we are ready to start the weaning process. Unfortunately, it will only be a slight improvement when severe symptoms are present.

production, and milk is meant for the baby offspring of each species. Cow's milk is perfectly designed for baby calves. It is high in fat, protein, and minerals, and will double the calf's weight in 6-8 weeks. All animal offspring are weaned at the appropriate time for them to start eating. Teething is nature's sign that liquid food is no longer needed, and the animal can now begin eating solid food. No animal ever resorts back to milk after infancy-
-except humans. In short, we are the only animal on earth that have not been weaned.

The belief that milk is essential for babies and adults has been highly promoted by the dairy industry. Marketing slogans like "Every body needs milk," have brain washed the public to believe that health is not possible without cow's milk. Unfortunately, nothing could be further from the truth. High fat diets are implicated in many of the common diseases we now experience. By becoming more educated on this topic, the many serious diseases described above can be prevented and "cured." Some of these claims are now gaining acceptance; and even government documents concerning the dietary goals for Americans are validating them. I believe that these progressive theories on good food and health will be widely accepted in the future by doctors and lay persons alike.

In conclusion, it is fine to indulge in a little dairy food now and then. Learn to know your body's limits. When you eat too much, your body will create a symptom.

This allows the body to concentrate its energy and blood supply to the stomach. Eating while walking, hurrying, or when upset tends to disrupt digestion and may cause gas or stomach upset. Eating should serve as a relaxing break from the hustle and bustle of our daily lives. Many common digestive problems can be related to eating hurriedly or when in a negative emotional state.

Avoid drinking with meals.

What happens when we drink liquids with a meal is that our digestive juices, which break down our food for absorption, become diluted and don't perform their job as well. Digestive juices require a certain concentration to work properly. Overindulgence in liquid at meals may cause gas, ulcers, or other stomach upsets to develop over the years. Several sips of water at the end of the meal will usually quench your thirst and wash any remaining food from the mouth and throat. Warm herb tea is a preferable beverage at mealtime. **Wait about an hour before or after a meal before consuming large amounts of liquid.**

This brings us to the topic of water in general. Water is essential to our system, and when consumed in the proper amounts, helps the body cleanse itself. Just as you should eat only when you are hungry, likewise, it is best to drink **only when thirsty**. By following your biological need, you will always get the proper amount of liquid. Eating salt and perspiring are the two things that will influence thirst abnormally.

Notice how your craving for liquid increases after a salty meal or strenuous exercise.

When too much liquid is taken, the kidneys become water-logged and begin to swell. Soon puffiness, bags, and wrinkles begin to appear under the eyes. This is the body's early warning sign of excess consumption. You know how hands wrinkle after being in a bath too long? This puffiness is what happens to the kidneys and their reflex area on the face.

I know the many popular theories about drinking eight glasses of water a day. In my opinion, these theories go against the cardinal rule of common sense. If you're not thirsty, it makes good sense not to drink. Your body knows exactly how much liquid it needs. So learn to trust these natural biological needs and drink only when you're thirsty. Bodily messages rarely fail, and will never lead you astray. In addition, avoid ice water and cold liquids in general, as they adversely affect digestion and stress the body's temperature equilibrium.

Avoid eating after dark.

It is best to finish eating before the sun sets, or as close to that time as possible. When you eat after dark, use light foods such as steamed vegetables or fruit. This way your digestive system is not overburdened late into the night. Furthermore, your liver has a chance to detoxify the blood instead of digesting your late dinner. The inner organs also need to rest at night just as we do. Keeping

High Blood Pressure: This problem usually occurs after many years of fat accumulation in the veins, arteries, and blood vessels. Fats block the passage of blood through the system and elevate the pressure in the same way dirt will clog up a hose pipe. Similarly, congested kidneys affect water retention and cause heart strain by increasing blood volume. This effect also raises the pressure in the veins.

Bypass Surgery and Heart Attacks: At a more advanced stage of accumulation where blood can no longer adequately reach the heart, a heart attack becomes imminent. Surgeons construct a healthy artery and bypass the clogged one so blood can pass. Unfortunately, this symptomatic treatment is costly, dangerous, and mostly unnecessary. Furthermore, since a bypass is a symptomatic treatment, it only postpones the reoccurrence of the problem, rather than eliminating the cause. Fatty red meat, eaten excessively for many years, contributes to the further development of this problem.

Other problems related to excess dairy consumption include arthritis, senility, poor circulation, cellulite, warts, acne, eczema, psoriasis, and dandruff.

A comment on the philosophy behind avoiding abuse of dairy products is in order. Understanding the biological function of milk makes this theory become more obvious. Have you ever considered how a cow produces milk? Essentially it is the same way all mammals do, including human beings. Pregnancy is the biological cause of milk

Tonsils: When tonsils are chronically swollen and painful, they are often surgically removed. This tragic removal of a necessary part of our lymphatic system is ironic, considering the simplicity of the problem. By cutting down or eliminating saturated fats and oil, this problem can be solved very quickly.

Lungs: Asthma is a billion dollar business caused by fat and mucus build-up in the lung and bronchial area. I once consulted with a woman who needed to be rushed to the emergency room of the hospital twice a week to receive oxygen for asthma attacks. Three months after she discontinued dairy foods and used some special herbs, the attacks stopped. I have seen innumerable cases like this one, when the person has spent several hundreds or thousands of dollars with doctors, to no avail. Unfortunately, some doctors do not yet understand the relationship between food and "dis-ease."

Cysts, Tumors, Kidney and Gall Stones: These symptoms are highly precipitated by the use of dairy products, especially cheese and ice cream. Likewise, cold liquids eventually lower the body temperature, contributing to a gradual hardening of these fats which contribute to the formation of cysts, stones, and tumors.

Reproductive Organs: Stored and hardened fats in these areas contributes to many complaints including infertility, menstrual cramps, irregularities, yeast, bladder and kidney infections, as well as prostate problems.

them up all night, overworking, will lead to fatigue and premature aging. Give your organs the rest they deserve, so that they can continue to give you the service you need for abundant health and energy.

Eat only when hungry.

This may sound simplistic, but most of the time, psychological rather than biological needs activate our eating behavior. **Hunger** is a biological need. Appetite, on the other hand, is a desire that seeks sensual or emotional gratification. Imagine walking into a kitchen and recognizing the wonderful smell of freshly baked bread. You sit down and devour half a loaf before you realize you were not even hungry when you started. That's appetite. One of the primary causes of fatigue is overeating, especially when not hungry.

EXERCISE REGULARLY

Exercise is a very important form of nourishment for our bodies and contributes immensely to our overall sense of well-being.

The following are some of the numerous benefits:

- Improved health
 - Weight control and reduction of obesity
 - Stress reduction
 - Increased energy
-

- Release of brain chemicals which contribute to natural euphoria and depression relief
- Strengthening of the heart muscle and reduction of heart disease
- Increased oxygen in the blood
- Elevates HDL -- good cholesterol
- Lowers LDL -- harmful cholesterol
- Helps maintain bone density and prevents osteoporosis
- Controls and improves blood sugar levels
- Decreases symptoms of PMS
- Improves sleep
- Improves circulation

These benefits and more can be felt with a regular exercise program. A combination of mild and strenuous exercise is very beneficial. Walking 2 or 3 times a week, especially near the ocean or forest is a good way to begin a mild exercise routine. Two or three times per week it is important to become more active. A vigorous bike ride, jog, swim, or hike would be considered more strenuous. It is important to increase the heart beat and breathing rate for 10 to 20 minutes. You want to break into a sweat and have a good workout. In this way the body is stimulated beneficially. It has a chance to heal and cleanse itself by activating the lungs, blood, lymph, heart, and circulation.

You will feel stronger, happier, and have a lot more energy for all the things you enjoy. It sure has worked wonders for me!

trigger the body's cleansing system by adhering to the sticky mucus coating already lining the sinuses. Runny nose, swollen sinuses, itchy eyes, and skin discharge, are common ways the body attempts to eliminate these stored fats and toxins. This is actually a beneficial process, even though it may be an uncomfortable one. If the body were to allow these fats to remain stored, they would eventually interfere with vital organ functions which would cause more serious problems later. This often happens when "all of a sudden" a person has a stroke, or is diagnosed as having cancer. It is often the person who "has never been sick in his life" who is afflicted. Actually, if you eat improperly, it is natural and necessary to "get sick" every now and then. This way, the body has a chance to discharge excess accumulations.

When drugs, allergy shots, or other synthetic chemicals are taken to stop this discharge, the waste is pushed deeper, making cancer, arthritis, asthma, and other chronic diseases more likely to occur. The natural course is to allow the body to cleanse itself and to heed its warnings to discontinue the foods and activities that cause the problem. When the cause is removed, the symptoms will improve dramatically and quickly, and no drugs will be necessary.

Deafness or Poor Hearing: Fats are stored around the delicate bones associated with hearing and interfere with their proper functioning. After some time, earaches, infections, and deafness usually follow.

Dairy Products

All dairy products can be detrimental when consumed in large amounts. Both the excessive fats contained in dairy and the indigestible proteins are deposited and stored throughout the whole body. These deposits are commonly observed in the lungs, heart, liver, kidneys, veins, joints, reproductive organs, and intestines. The mucus caused by fat also collects near the periphery of the body in orifices such as the eyes, ears, throat and the sinus and nasal cavities. Following are a few of the dis-eases that can be directly related to the consumption of dairy foods.

Colds: Cold symptoms are messages from our body that the healing process is underway. The discharge that occurs when we have a cold signals the release of stored deposits of fats and improperly digested proteins from foods such as dairy products. It is important to remember that the body will always act in its own best interest. In other words, it is programmed biologically to heal itself. When we understand this, it makes sense to step back and allow the body's natural processes of cleansing and healing to work.

Allergies: Fat accumulates in the sinus cavity over a period of years. Finally, the body reaches a point where it can no longer store the excess and attempts to discharge it. This action is often triggered by dust, pollen, animal hair, etc., or overeating certain foods that irritate the liver -- for example, wheat. Irritants such as dust and pollen

THE BUILDING BLOCKS OF A HEALTHY DIET

Now that we have an idea how to eat, let's focus on the specifics in the different food categories.

Keep in mind that the percentage amounts in each food category will vary according to individual situations. Factors to consider are symptoms, climate, season, physical condition, constitutional tendencies, and previous eating habits.

There are 4 basic food categories:

VEGETABLES

20 to 30 percent of your food intake can be vegetables. Basically, eat as much as you like, or at least one or two servings a day.

Vegetables contain vitamins, minerals, trace elements, and chlorophyll. They are literally vitamin factories, absorbing from the earth and sun essential nutrients and energy you need to feel healthy. Vegetables not only enhance the building of new tissue and cells in the organs, but they also have **cleansing** properties that will help clear out the ill effects of excess meat, fat, dairy, salt, and oil. Without them, optimum health is literally impossible.

Green leafy vegetables such as beet tops, broccoli, kale, parsley, spinach, swiss chard, collard greens, mustard greens, watercress, etc., are very high in vitamins. All leaf and root herbs are also included in this group.

Sea vegetables are very high in trace elements and minerals, especially calcium. They can be added to soups, salads, bean dishes, or used in place of lettuce on sandwiches. Examples include dulse, wakame, hiziki, arame, kelp powder, nori, etc. If you like, you can take 6 kelp tablets or 10 spirulina or chlorella tablets on occasion as substitutes.

I find dulse and nori to be two of the better ones to begin experimenting with, since they have a mild taste. Dulse can be soaked for five minutes in water to soften and remove the excess salt. Squeeze out the water and add to salads or as a side dish like other vegetables. Nori can be eaten as is, or crumbled on top of rice and vegetable dishes.

Sprouts are the only foods that are still alive and growing when you eat them. They carry one of the strongest life forces of all foods. Sprouts are very high in vitamins, minerals, and enzymes, and are easy and fun to grow. Simply soak several tablespoons of your favorite seeds in a quart of spring water overnight. In the morning drain all the water out for a few minutes. (Make sure they are well-drained, or they will mold easily.) Then, just fill the jar with water every morning and allow to drain. Put them on your window sill in indirect sunlight, and before

acidic, an alkaline depletion will occur. The body will compensate for the acids by drawing on alkaline mineral reserves in the bones, teeth, and vein walls, which can weaken them. This contributes to osteoporosis, which is affected more by excess acids than a lack of calcium. These acids can also irritate or create ulcers and colitis.

For those who feel they "need" coffee every day for energy, it is important to stop and ask ourselves why. Healthy people feel an abundance of energy and have no need to rely on stimulants. There may be a nutritional deficiency, stress, or a lack of exercise that needs attention and adjustment so that our natural energy will return.

Also, using coffee daily weakens our energy production systems. This happens gradually and can be almost imperceptible. We may be discouraged from cutting down because as we do, we tend to feel tired and sometimes irritable and tense. At this point, all or part of the Herbal Tuneup procedure, especially the blood and liver cleansers, will be very beneficial in detoxifying us.

In conclusion, coffee can be a wonderfully satisfying and safe beverage when used in small amounts occasionally. For optimal health, we should limit ourselves to 1 or 2 cups a month.

Fried Foods

If you must, eat only once or twice a month and use unrefined corn or sesame oil if possible.

When oil is repeatedly heated to high temperatures, carcinogens (cancer causing substances) are formed. Over a period of time, they can damage and weaken the body's cellular integrity and immune response. Always follow fried foods with an herbal blood purifier to assist the body in protecting itself from these harmful effects.

Coffee

Caffeine is a powerful stimulant. In our culture it is considered an innocuous beverage and partly for this reason is consumed far too freely.

Most of us use coffee excessively, either out of habit, or for an energy boost, without realizing its potentially harmful effects. Coffee overstimulates the pancreas and adrenal glands and causes the heart to beat very rapidly. The body is very similar to an engine, and this stimulant effect causes it to "over-rev" and run faster than normal. This is how engines wear down and break prematurely, and, if abused, this can also happen in our bodies. It can be one of the contributing factors in premature aging.

In addition, coffee is highly acidic and taxes the liver which has to detoxify it. When large amounts are consumed regularly, especially with sugar, which is also

you know it, in 3 to 7 days, you will have handfuls of live foods to eat.

Some commonly used seeds for sprouting include: alfalfa, mung beans, azuki beans, lentils, buckwheat, sunflower seeds, wheat, red clover, radish, etc.

It is best to eat some raw and some cooked vegetables. Twenty-five percent of your vegetables can be raw, but decrease this to ten percent in the winter. Ultimately, feel free to follow your intuition and eat whatever your body craves seasonally. Learning to distinguish between a real biological need and a gnawing desire for food can be tricky. With time, however, it becomes easier to tell the difference. Eat potato, tomato, eggplant and other vegetables of tropical origin in moderation, due to their extreme and acid-producing effects. Also, it is best to avoid excessive use of spices for seasoning.

Most vegetables can be lightly steamed by adding 1/4 inch of water in the bottom of the pot. Use low heat and cook 5-10 minutes. It is important not to overcook them; they should still have some crunch left like the vegetables in chinese food. Fire is a very powerful force. It not only energizes food, but also facilitates proper assimilation by breaking down cellulose. In American cooking there is a tendency to abuse fire, thereby destroying valuable enzymes and nutrients. By using fire properly however, we can add power to our food and preserve more of the nutritional content. Incidentally, gas heat is preferable to electric or microwaves, as it is most similar to natural fire.

WHOLE GRAINS

About 50% of our diet can consist of whole grains. One or two servings daily is usually sufficient.

Grains are rich sources of B vitamins and provide a slow burning fuel for our bodies called carbohydrate. This natural sugar is metabolized slowly and provides lasting energy, strength, and endurance. The starch in grains is turned into sugar through the activation of the salivary glands. These secretions are stimulated by chewing, and if this step is missed, the digestion of the starches will be incomplete. Then, instead of feeling abundant energy, we will feel sluggish and heavy.

I like to think of grains as time-released energy. We can think of the stomach as a wood-burning stove and the grains as large logs. The fire gradually burns them and heat and energy are produced in a slow and consistent manner. On the other hand, sugar from fruit is like a piece of paper on the fire. It burns very quickly, gives off a lot of heat and energy, and is then extinguished. Fruit can give us quick energy, but grains will give us a long-lasting energy we can depend on for endurance. The most common complaint I hear is lack of energy; so use grains to replenish your tired body.

B vitamins are also essential for good digestion and a strong, healthy nervous system. When we are in a stressful situation, it is similar to being in a car at a red light, with our foot pressed half-way down on the accelerator.

My final point about grocery stores is that their main purpose of existence is to make a profit, not to contribute to your health and well being.

In brief, for optimum health, avoid or eat sparingly the following foods: Canned, packaged, boxed, fried, pickled, dyed, preserved, processed, enriched, frozen, or otherwise tampered-with foods. Care should also be taken when consuming alcohol. Try to limit it to small amounts no more than twice a month.

Salt

Use it sparingly. Unrefined sea salt is preferable since it contains all the natural trace elements not found in the refined product. If you use salt, always add it to the food while cooking, so it is broken down by the heat for better absorption. Avoid sprinkling it directly on your food.

There are some high quality low sodium herbal seasonings available that are very flavorful. Some have only the natural sodium contained in plants, and make eating without salt a joy. Dr. Jensen's seasoning contains only celery stalk and seed to supply the salty taste. Dr. Bronner's seasoning, Vegit, low salt tamari, miso, and other herbal seasonings low in salt can be substituted. Don't worry, you won't miss it.

foods like fish. Of course, these foods have been sprayed with chemical pesticides and grown in improperly fertilized soil, but unless you have access to organically grown ones, or have your own garden, they may be the only alternative. This is a country of abundance and we should be thankful for what we have available. If you are ambitious enough, growing a garden is the most beneficial way to produce food.

In regard to where to shop, it is very important to realize the following: Grocery stores are not in the health business. They have played an important role in supplying us with the food we are unwilling (or unable) to grow ourselves, and have done a wonderful job. Now it is time to see them in a new light. Our understanding of the value of using food as a tool to develop health and to heal "dis-ease" is growing. Given this awareness, commercially produced food no longer serves our best interests.

Health food stores are becoming the natural pharmacies where proper food and nourishment can be obtained to build healthy bodies and minds. Most health food stores stock unprocessed, unrefined, and unsprayed foods. But please beware: even "health food" is not always organically grown. Often, it too has been sprayed with chemicals in the growing process. If it doesn't say organic on the label, you can be certain it is not.

In this situation, we burn our nutrients at a much faster rate. B vitamins are desperately needed at this point to fuel our nerves; otherwise, we can become impatient and irritable. Due to the high sugar content and refinement of the American diet, B complex vitamins from natural sources are of the utmost importance.

Many natural cereals are available for breakfast, and steamed grains can be added to most meals in the way white rice is commonly used now.

Whole grains include, brown rice, millet, oats, buckwheat, corn, barley, wheat, rye, amaranth, and quinoa.

Whole grains are easily prepared by using 2 - 2 1/2 cups of water to 1 cup of grain. Bring the water to a boil, turn down to a low simmer, and add the grain. Cooking time and water amount will vary slightly as follows:

	<u>Amount of water</u>	<u>Cooking time</u>
Rice -	2 cups	50 minutes
Millet -	2 cups	20 minutes
Oats -	2 1/2 cups	25 minutes
Barley -	3 cups	90 minutes
Buckwheat -	2 1/2 cups	20 minutes
Corn -	Steam in 1/4 in. of water	10 minutes
Wheat -	2 cups	90 minutes
Rye -	2 cups	90 minutes
Amaranth -	2 cups	20 minutes
Quinoa -	2 cups	20 minutes

PROTEIN

Protein foods can comprise 10 - 20% of our diet, or one or two servings per day.

It is best to eat protein in moderation. Beans, nuts, and red meat are especially hard to digest and require thorough chewing. If we are more physically active, work hard, and perspire a great deal, more protein may be required for strength and stamina. Persons in high stress situations may need more protein than usual, since it seems to have a strengthening effect on the nerves. Also, from my personal experience as a previous sweets addict, I have found that increasing my protein has dramatically cut down my craving for these sugary foods. When you crave sweets, eat protein. It works!

I look at protein as the building blocks of the body, or the "lumber." Vitamins are the "nails" necessary to put the lumber together. Both are needed to keep the body strong and healthy. I notice that some body builders put extra emphasis on protein to build up, but often neglect the vitamins ("nails") needed to complete the job. This is also true of high protein diets that are so deficient in necessary vitamins.

In this country, there has been a strong emphasis on animal protein. Most of us have overconsumed meat all our lives, and are now plagued with many of the problems associated with a high fat diet: Heart problems, obesity, high blood pressure, yeast infections, cysts, tumors, and arthritis.

FOODS TO AVOID

Chapter III

In this next section, I want to talk about the foods that aggravate or create most of our health problems. We will notice a dramatic improvement in most symptoms by simply eliminating these foods. Please note that the occasional use of any of these foods will not usually create a problem. It is when we use them consistently over a period of time that imbalances occur.

Don't worry! It is possible to replace your favorite junk food with natural substitutes. I don't like to feel like I have had to give up any of the foods I love; so what works really well is to substitute. For example, instead of chocolate, I now eat carob. Instead of sugar, I now eat barley malt sweetener or honey. You will be surprised how easy it is.

The following are the foods that should be avoided or used sparingly.

Sugar

This includes all junk food. Junk food includes many foods found in the grocery store. There are a few exceptions: fresh vegetables, fresh fruit, and protein

sugar in a hidden form, even when the label says "no sugar added." It is also a good idea to avoid juices in the grocery stores since they have usually been heated, filtered, and sweetened, not to mention sprayed with harmful chemicals during the growing process.

Fruit requires different enzymes for digestion than most other foods. For this reason, it is best eaten alone, at least one hour before or after a regular meal. Further, tropical fruits like papayas, pineapples, bananas, and mangos, are best eaten once or twice a month at most. In general, food grown close to our home and the ones in season are the most suitable for daily consumption.

I personally find myself more attracted to fruit in the hot summer months. Since fruit has a cooling effect, this works well for me. In the cold winter months, fruit should be consumed less often, perhaps only once or twice a week. Too much fruit eaten in the winter tends to make us more sensitive to the cold weather, contributing to cold hands and feet, as well as higher heating bills. Also, it is best to avoid fruit and juice during a cold, since its refrigerant properties can cause the cold to linger. This applies especially to citrus juices.

The obvious remedy to this problem is to decrease our intake of animal protein, and to emphasize vegetable proteins. These are much lower in the saturated fats that have been implicated in so many of these problems. Vegetable protein contains all of the essential amino acids and will adequately replace or supplement a sound nutritional program when combined properly.

I once completely refrained from eating red meat and fish for a ten-year period. By doing so, my body discharged much of the excess accumulation due to years of overconsumption. I feel lighter now, having lost 25 pounds, and have more energy. Losing weight in this way was totally effortless and I ate whatever and whenever I wanted!

A more realistic approach is to cut back and use animal food in what I call medicinal doses: 6 - 8 oz. per serving, 2 - 3 times per week.

Animal Foods: Beef, chicken, turkey, lamb, pork can be prepared in the traditional ways, but limit frying as a cooking method.

Vegetable proteins include the following:

Beans: Red, pinto, azuki, white, black, mung, soy beans, garbanzos, blackeyed peas, split peas, lentils, etc. Use about 3-4 tablespoons per meal and add to grain dishes. Together, they make a complete protein.

Nuts: Cashews, peanuts, walnuts, brazil, pecans, almonds, filberts, macadamia, etc. Nuts and seeds can be lightly roasted without oil but should be avoided when raw. Usually one or two small handfuls make a nice snack, or they can be added to steamed grains toward the end of cooking.

Seeds: Sesame, sunflower, and pumpkin seeds are great as snacks or added to salads, casseroles, or cooked grain dishes. Sesame seeds also come in a butter form like peanut butter (called tahini), and can be used as a spread or as a thickener in making sauces. I sometimes just use tahini as a flavoring condiment for vegetables, grains, or salads. Sesame seeds are also very high in calcium and can be added to protein drinks. Be careful not to overuse nut or seed butters, because the high oil and fat content can be congesting.

Fish: All seafood should be steamed, broiled, or baked, but not fried. If you are really addicted to fried foods, try to limit yourself to once or twice a month. I have to confess to loving fried seafood, but I only allow myself to indulge occasionally. When I do, I always balance it by taking some digestive enzymes, or an herbal intestinal cleanser to push it through quickly.

Eggs: Organic farm eggs are the best. Eggs are a high protein, and high cholesterol food and are best eaten in moderation. I usually eat no more than 2 or 4 a week. Remember, most of us have overconsumed eggs most of

our lives. By eating them moderately now, our bodies can more easily clean out any residue.

FRUIT:

Fruit can comprise about 5-10% of our diet, or one or two pieces a day, preferably from local origin.

Take it as a snack or make it into a whole meal for weight-conscious dieters. All fresh fruit has a cleansing effect on the body and supplies easy-to-assimilate nutrients.

Since it has a high sugar content, it is best to eat fruit in moderation. This is especially true of fruit juice, which is very concentrated in sugar. Even natural sugar can have a detrimental effect if not taken in its whole form—that is, the whole fruit. Without the fiber to buffer the intake of the sugar, it is too rapidly absorbed and causes an insulin reaction in the pancreas gland. If this process is repeated often enough, the pancreas will become weaker and weaker. Hypoglycemia and diabetes develop over the years in this manner, and even natural organic juices can contribute to these conditions. If you feel an overwhelming need for juice, try to limit yourself to small amounts: two - four ounces occasionally, sipped slowly, and thoroughly mixed with saliva. In general, it is best to avoid fruit juice entirely, but freshly squeezed juice is preferable to bottled or frozen concentrate. Frozen concentrates, are also highly processed and usually contain