



Middle Path Natural Health
helping you heal - naturally

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Ideal Diet

Say NO to wheat products as most people are allergic to wheat and the allergy comes out as different ailments but is allergy related mostly to the chemicals it is grown in.

Say NO to refined carbohydrates, sugar, junk food, soft drinks, diet and low fat foods. Foods promoted as sugarless as most of these are known to be carcinogenic, additives and emulsifiers in foods.

Goat's milk is far superior to cow's milk as most people are lactose intolerant which causes allergies and a host of ailments. Add goat's milk, cheese and yoghurt to your diet as these have many health properties and have no allergic reaction.

Eat 80% fruit and vegetables a broad range from the colour of the rainbow and 20% protein and carbohydrates to maintain an alkaline system.

Use organic food as there are specific food related diseases which have been introduced since the introduction of processed foods, additives, emulsifiers and pesticides.

The reasons for using organic food is taste, a much higher vitamin and mineral content and being emulsifier, pesticide, chemical and additive free.

Eat brown rice rather than wheat as this will purify your blood and give you energy and is more of a protein than a carbohydrate. Make up enough brown rice for a few days and store in the refrigerator and use when needed. It takes only 10 minutes to cook brown rice in a pressure cooker.

You can substitute wheat flour with organic coconut flour, spelt flour, rice flour or almond meal.

Eat fruit and dried fruits and any foods with sugar till 2pm as it may keep you awake if eaten too late. Eat before 6pm.

Drink herbal teas throughout the day, you can have a variety of teas like chamomile, chickweed, herb robert, lemon grass, fenugreek, nettle, oatstraw, papaya, passionflower, peppermint, plantain, red clover, yellow dock and any other herbal teas you may like.

If you drink coffee or tea drink only one cup in the morning, preferably decaf more than this can cause anxiety attacks and hypertension plus dehydration. Drink only organic coffee or tea.

Drink at least 2 glasses per day of fresh fruit and vegetable juice. Juicing Wednesdays and Sunday will make it a lot easier than doing it every day. You will only lose 15% nutrient value as long as you keep the juice in a glass bottle with a screw top lid in the refrigerator. This way you gain 85% of the nutrient value and will save time cleaning the juicer and you are more likely to keep up juicing.

**We are like plants give a plant plenty of water and nutrient rich soil
and it will thrive.**

If you don't it will go yellow, wilt and die.

We are the same.

Morning

1 litre of water on arising

1 lemon squeezed in a glass of hot water

Breakfast

Superfood Smoothie daily or 3 times per week.

Fruit salad, nuts, 1 tablespoon of sesame, hemp or chia seeds, add goat's yoghurt.

You can add ½ - 1 cup of brown cooked rice and honey, add rice or any nut milk or goat's milk. To make nut milk use 1 cup nuts to 5 cups of water add a cap full of vanilla essence and blend.

Mid-Morning

1 - 250ml glass fresh orange Juice or Vegetable Juice consisting of celery, beetroot, carrot, pineapple, greens, a whole unpeeled lemon, 5cm piece of ginger and turmeric and an apple.

Lunch

Add brown rice, vegetables or salad together with any of these: legumes (make sure you wash them well), nuts, tofu, tuna, wild salmon, organic chicken or meat.

For a variety you can add sultanas or coconut for a change, just use your imagination.

Salad dressings made from apple cider vinegar, olive oil, orange or lime juice, honey and herbs to your taste.

Mid-Afternoon

1 - 250ml glass fresh orange Juice or Vegetable Juice consisting of celery, beetroot, carrot, pineapple, greens, a whole unpeeled lemon, 5cm piece of ginger and turmeric and an apple.

Dinner

Have a salad or vegetables with a protein food either vegetarian such as nuts, legumes, tofu or fish, organic chicken or meat.

Vegetarians

Eat 80% fruit and vegetables use a variety from the colour of the rainbow and 20% carbohydrates and protein, seeds, nuts, legumes, sprouted seeds. Goat milk and clobbered milk like goat's yoghurt and non-genetically modified goat cheese.

Vegans

Eat 80% fruit and vegetables use a variety from the colour of the rainbow and 20% carbohydrates and non-animal protein, seeds, nuts, legumes, sprouted seeds use nut butter, nut milk and nut cheese.

For a comprehensive Lifestyle Guide our "Naturopathic Guide" e-book has loads of information.

[Naturopathic Guide e-book link](#)