



Easy Vegetarian Energy Boosting Recipes

An e-book of Easy to Prepare Naturally
Healthy Vegetarian Food Recipes

125 Recipes
“The Way Nature Intended”



by Fergus Reilly PhD & Trijntje Reilly ND

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more Natural Health Education Support materials are available at

<http://www.middlepath.com.au>



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Tips

Your journey to a healthy lifestyle will incorporate healthy nutritious foods, so get involved and have some fun with creative cooking using interesting recipes for taste, nutrition and vital health.

If you have children or live with other people get them involved, teach them what they will need and have to do to create the meal from the recipe. This is a wonderful learning experience for them and yourself and if you have a few children or people living with you it makes life much easier by everyone having a night where it is their turn for cooking.

Eat slowly as your stomach does not have teeth and experience the taste sensations of food as well as the smell. By eating slowly you digest your food much easier.

Wherever possible use only organic products as these have no chemical pesticides for your body to eliminate. Organic fruit and vegetables have a much higher nutritional content and taste much better. A high portion of supermarket foods are genetically modified and are low in nutritional value.

Avoid wheat products as most people are allergic to them and it varies in the way the allergy presents itself.

Substitute wheat with almond or cashew meal or rice products and rice pasta.

Spelt is the original wheat which has not been tampered with and I do not see reactions to this grain.

If you are diagnosed as celiac avoid all grains except brown rice.

Avoid pasteurised milk and dairy products and substitute with goats milk and yoghurt, rice milk or organic GE free soya milk. Use soya milk or soya products no more than 3 times per week.

We are just like a plant if you do not give the plant water or good fertiliser it goes yellow, wilts and dies. We are just the same, live on junk food without any nutritive value and lack of water, and we go yellow, wilt and die.

For good health have a large portion of your diet raw and drink plenty of water and healthy vegetable juices consisting of plenty of greens, celery, carrot, beetroot, green apples and any other vegetables. You can add ginger. By having vegetable juices you are topping up your minerals and vitamins for added nutrition.

Grow a garden with vegetables and herbs and experience the difference. If you have no garden space polystyrene boxes on balconies work wonders for planting herbs and vegetables. Tiered pot stands are great for growing herbs and take up no room at all.



Sensational Soups

Alkaline Broth Soup

Foods rich in the alkaline minerals sodium, potassium, calcium and magnesium help to neutralise toxic acids that can harm your body. These acids come from a high protein or toxic diet, excess exercise and other diet and lifestyle factors cause joint stiffness, low energy, flu-like symptoms, pain and cysts.

As a cleansing or general health measure, drink an alkaline broth. This broth is rich in minerals and helps balance the ph of your body, promoting cleansing of all the tissues in your body.

Ingredients:

- 2 cup carrot tops
- 2 cups celery tops
- 2 cups beet tops
- 2 quarts distilled water
- 3 cups celery stalk
- 2 cups red skinned potato peeling 1/2 inch thick
- 1 small zucchini
- 3 T Bragg Liquid Aminos

Chop all vegetables into very fine pieces, cook till tender, add Bragg then blend.

Barley Garden Soup

- 3/4 c barley
- 1/2 c carrots, grated
- 1 c yellow squash, grated
- 1/2 c celery, chopped
- 1/2 c scallions, chopped
- 1/2 c parsley, minced
- 2 c carrot juice
- 1 c distilled water

Soak barley overnight in distilled water. The next day, rinse in hot water and drain well. Combine all ingredients and heat slightly. Serve immediately.

Butternut Squash Soup

- 1 c carrots, peeled and sliced
- 1 c chopped onion
- 1 clove garlic, minced
- 2 T olive oil
- 1 T minced ginger



- 2 t curry powder
- 1/4 t cinnamon
- 1/8 t nutmeg
- 2 medium butternut squash, peeled, seeded and cut into chunks
- 3 c organic apple juice

In large saucepan, over medium-high heat, cook carrots, onion and garlic in oil until tender, about 5 minutes. Add ginger, curry, and cinnamon and nutmeg; cook for 1 minute. Add squash and apple juice. Heat to a boil. Cover; reduce heat. Simmer for 15 minutes or until squash is tender. In blender or food processor, puree soup, in batches, until smooth. Return to saucepan; heat through. Serve hot or chilled. Makes 8 (1 cup) servings.

Fresh Tomato Soup

- 1 large tomato
- 1 medium cucumber
- 1/2 red bell pepper
- 1 t Italian seasoning
- 1 t dill
- 1 t Bragg Liquid Aminos
- 1 t minced chives
- 1 t minced parsley

Place tomato in blender at low speed until creamy. Add remaining ingredients and mix well. Serve at room temperature or cover and chill. Makes 1 to 2 servings.

Home-made Vegetable Broth

- 8 to 10 cups distilled water
- 2 onions
- 2 to 3 garlic cloves
- 3 carrots
- 3 to 4 celery stalks
- 2 potatoes with skin
- 1/2 c parsley
- 1 t thyme
- 1 t basil
- 1 T Bragg Liquid Aminos

Cut all vegetables into 1 inch pieces. Place in large soup pot and add seasonings. Sauté in small amount of water until slightly tender. Cover with distilled water and bring to a boil. Reduce heat and simmer for one hour. Cool and strain broth, discarding vegetables. Broth may be frozen or kept in the refrigerator for one week.



Lentil Soup

- 1 1/2 T olive oil
- 1 large onion, chopped
- 1 carrot, peeled and diced
- 1 red pepper, diced
- 1 t cumin
- 1 c lentils
- 4 c Homemade Vegetable Broth or juice
- 1 1/2 c diced tomatoes
- 1 c fresh corn (cut off the cob)
- 1 T Bragg Liquid Aminos

Sauté the onion, carrot, and red pepper in the olive oil until the onion is tender. Stir in the cumin, blending for one minute. Add remaining ingredients, cover and bring to a boil. Lower heat to simmer and cook for about 30 minutes.

Minestrone Soup

- 1/2 c onion, chopped
- 1/2 c celery, chopped
- 1/c c carrots, chopped
- 1 clove garlic, minced
- 1/4 t thyme
- 3/4 t basil
- 1/4 t oregano
- 1 c cabbage, chopped
- 1 1/2 c garbanzo beans (fresh cooked or organic canned)
- 2 c red kidney beans (fresh cooked or organic canned)
- 1 can organic Italian tomatoes, chopped
- 6-8 c of Homemade Vegetable Broth or vegetable juice

Sauté in 1/4 c of the broth: onion, celery, carrots, and garlic until onion is tender. Add remaining ingredients and simmer for about 20 minutes. Start with 6 cups of broth, and add more if needed.

Quick Potato Soup

- 2 to 3 potatoes, peeled and diced
- 1 onion, diced
- Homemade Vegetable Broth or juice
- Soy or rice milk
- Bragg Liquid Aminos
- Parsley, minced
- Place potatoes and onion in a saucepan with just enough broth to



cover them. Cook until tender. Add desired amount of soy milk to make a creamy consistency. Season with Bragg. Serve and garnish with minced parsley.

Raw Carrot Soup

2 cups hot Homemade Vegetable Broth or juice

1/2 c chopped almonds

1 c fresh parsley

2 to 3 T Bragg Liquid Aminos

1 c shredded carrot

1/4 c finely chopped green onions

In Vita-Mix or blender, place first four ingredients. Mix well, then blend in carrots to desired consistency. Pour into bowls and garnish with green onions.

Savoury Veggie Soup

3 diced carrots

3 diced potatoes

2 stalks celery, chopped

1 diced onion

2 c chopped cabbage

2 c green beans

4 c diced tomatoes

1/2 c barley

2 T dried parsley

1 t dried basil

2 T Bragg Liquid Aminos

Place all ingredients in crock-pot. Add enough water or homemade Vegetable Broth to cover vegetables. Turn temperature to low and cook until tender.

Split Pea Soup

1 clove garlic, minced

1 onion, chopped

1 T olive oil

1 t cumin

2-4 T Bragg Liquid Aminos

6 c water

1 c split peas

1 c grated carrots

1 potato, chopped

Sauté garlic and onion in olive oil. Add cumin and 2 tablespoons of Bragg's and blend well. Add water and split peas, bring to a boil and simmer 2 minutes. Remove from heat, cover, and let sit for 1 hour.

Add remaining ingredients and simmer, covered, over low heat for about 2 hours.



Vegetable Soup

2 T olive oil

2 cloves garlic, minced

1 onion, chopped

3 carrots, chopped

1/2 c chopped celery

1/2 t Italian seasoning

2 T Bragg Liquid Aminos

1c fresh corn (off the cob)

1 c cabbage, chopped

1 can organic tomato sauce

1 can organic, chopped tomatoes

6-8 c water

1 c rice pasta spirals

Sauté garlic, onion, carrots, celery in olive oil & seasoning, add vegetables - cook 1 hour.



Fruits and Fruit Juices

Ambrosia Salad

2 grapefruits, sectioned and sliced

4 nectarines, sectioned and sliced

1 c chopped pineapple

1/4 c unsweetened, grated coconut

Stir all ingredients together into serving bowls. Reserve 1 Tablespoon of coconut and sprinkle on top.

Apple Cleansing Juice

1 small beet

2 to 3 apples

Peel and quarter beet. Remove seeds from apples. Run through juicer. This is a great cleansing juice. Do not have more than one glass per day or you may detox too quickly.

Banana Boats

1 banana

2 T nut butter

2 T coconut

1 T granola

Peel banana and slice in half lengthwise. Spread nut butter on each half. Sprinkle with coconut and granola and serve.

Blueberry-Banana Smoothie

1 c fruit juice

2 bananas

1 c blueberries

1 c ice

Place all ingredients in Vita-Mix or blender and mix well on high speed. May add more ice for thicker smoothie.

Fruit Blast Smoothie

1 plum, pitted

1 orange, sliced

2 handfuls of seedless grapes

1 banana

4 T grape juice

1 c frozen strawberries



Place all ingredients in Vita-Mix or blender and mix well on high speed. May add ice for thicker smoothie.

Fruit Compote

- 2 bananas, sliced
- 6 dates, pitted and sliced
- 3 T unsweetened, grated coconut
- 3 T chopped almonds

Place bananas and dates into serving dish. Sprinkle with coconut and almonds.

Fruit Porcupine

- 1 cantaloupe
- 1 honeydew
- Red grapes, seedless
- Green grapes, seedless
- Skewers

Cut cantaloupe in half and place upside down on large serving tray. Cut remaining cantaloupe and honeydew into 1 inch cubes. Thread fruit onto skewers, alternating colors, leaving room to insert into the cantaloupe half. Insert filled skewers into cantaloupe starting at the top and working down. This makes a beautiful centerpiece for a dinner party.

Florida Fruit Salad

- 2 oranges
- 1 nectarine
- 2 tangerines
- 1 grapefruit
- 1/2 pineapple
- 1 pint strawberries

Peel oranges, nectarine, tangerines, and grapefruit and cut into small pieces. Cut pineapple into chunks, and slice strawberries in half. Stir together in large mixing bowl. Chill one hour before serving.

Hawaiian Fruit Salad

- 1 pineapple
- 1 pint strawberries
- 1 kiwi
- 3 bananas
- 3/4 c grated coconut

Slice pineapple in half lengthwise and remove core. Scoop out fruit,



cutting into 1 inch chunks. Place in a large mixing bowl. Slice strawberries in half and peel and slice kiwi. Cut bananas into slices and add all fruit to mixing bowl. Stir in half of the coconut. Fill pineapple halves with fruit mixture and top with remaining coconut. Chill before serving.

Health Nut Treats

2 cups raw sunflower seeds, soaked overnight in 1/4 cup water

1/3 small organic onion

1 1/2 cups raw cashews

1 cup raw macadamias

1 1/4 cups raw pepitas

1 whole organic red bell pepper deseeded

1 small fistful of fresh parsley

1 cup unsweetened organic coconut

1 teaspoon garam marsala

2 heaping Tablespoons curry

if nuts unsalted, then salt to taste

add 2 eggs

Directions:

Process all ingredients in a food processor. Adding ingredients a bit at a time.

Make into thin patties or squares and place in a oven

Bake at 180 degrees preheated for 20 minutes.

Serves: 12 snacks

Mango Smoothie

1/2 c water

1 mango

2 bananas

1 c ice

Peel and slice mango. Place ingredients in Vita-Mix or blender. Mix well on high speed until creamy. Serves 2.

Mixed Melon Juice

3 c cantaloupe

1 c honeydew

1 c watermelon

Run all ingredients through juicer. Serving is 8 ounces.

Peanut Oat Munch

1/2 cup dry oats

1 tablespoon brown rice syrup



2 teaspoons peanut butter (I use organic unsalted/unsweetened)
1 tablespoon roasted unsalted peanuts
1/4 cup raisins

Directions:

1. Mix the oats, brown rice syrup, and peanut butter thoroughly, until the oats are evenly coated with everything. I generally put em all in a saucepan and heat it a little, just to get the syrup flowing. The end product is a delightfully sort-of-sticky mass.

2. Stir in the peanuts and raisins.

3. Eat warm

Serves: 1

Preparation time: 5 minutes

Pineapple Coconut Smoothie

3 bananas

3 large slices of pineapple

3 T grated coconut

1 c apple juice

2 c ice

Place all ingredients (reserving 1 T of coconut) in Vita-Mix or blender and blend until thick. Pour into mugs and garnish with remaining grated coconut.

Strawberry-Banana Smoothie

1 c organic apple juice

2 bananas

1 c strawberries

1-2 c ice

Place all ingredients in a Vita-Mix or blender and blend on high until thick and slushy. Makes 2 servings.

Tofu Fruit Smoothie

Tofu (1/6 of a block)

1 1/2 c frozen fruit

1 c water

1 t honey

Put everything into blender or Vita-Mix and blend until smooth. Can use fresh fruit and add ice cubes before blending.

Watermelon Basket

1 large oblong watermelon



- 1 cantaloupe
- 1 pineapple
- 1 honeydew

Draw handle across top of watermelon and a zig-zag pattern along sides to represent a basket. Cut out along line and scoop out the fruit. Cut watermelon and remaining fruit into 1 inch chunks. Stir together in a large bowl and refill basket. This makes a great centerpiece for a breakfast or luncheon.



Veggies and Veggie/Fruit Juices

Apple Delight Drink

2 cups green apple juice

1 cup mixed nuts

Blend – Serves 2

Basic Carrot Juice

We recommend only organic carrots. You need only to rinse them and cut off the tops. Cut pieces to fit into juicer. Process one pound of carrots to make approximately one serving (8 ounces) of juice. An apple can be added if a sweeter juice is desired. Strain before drinking.

Carrot-Spinach Juice

4 large carrots

2 handfuls of spinach

Run ingredients through juicer. Strain. This is a great source of protein and iron.

Chickpea Veggie Dip

1/4 c tahini or sesame seed paste

1/4 c fresh squeezed lemon juice

1/3 to 1/2 c warm water

1 clove garlic, chopped

1 (16 oz) can organic chickpeas, drained

1 T Bragg Liquid Aminos

Place all ingredients together in food processor. Blend until dip is creamy, adding water as needed. Serve with freshly sliced vegetables. It is also good with apples.

Energy Drink

1 Tablespoon Brewers Yeast (Soland Brand)

2 Teaspoons cold pressed olive oil

1 tablespoon aged Apple Cider Vinegar

1 Teaspoon Honey

Mix well and add ½ cup water or dark grape juice for taste.

(Grape Juice can disguise just about anything)

Take once per day.

Green Juice

4-5 large carrots



1 large kale leaf
1 handful dandelion greens
Run ingredients through juicer. Strain. Kale is a great source of calcium.

Health Drink

2 Tablespoons Whey Powder
1 Tablespoon Sesame Seeds
1 Tablespoon Shredded Coconut
1 Tablespoon Brewers Yeast (Soland Brand tastes best)
1 Teaspoon Honey
1 Banana or any fruit

Add nuts, sultanas, prunes, figs or any dried fruits (soaked overnight preferably.)
Blend together with water or juice (thickness of drink depends on amount of fluid added to suit individual taste)

1 Glass every morning or 3 times per week

It is easiest to make up a large quantity of the dry ingredients of the health drink at once, mix well and keep in airtight plastic or preferably glass container.

Add a cup of health drink to a blender and add liquid, the measurements do not have to be 100% accurate you can change it around till you get the right taste and consistency you like.

Immune System Booster

1 Teaspoon Cod Liver Oil followed by
1 Glass fresh Orange Juice or an orange (this is if you have a problem with the taste)
(Cod Liver Oil not to be taken whilst pregnant)
Capsules go rancid
Take daily for 12 weeks then once health has improved take 1 teaspoon of Cod Liver oil 3 times per week

Immune System Booster # 1

4-5 large carrots
Small handful of parsley
1 clove garlic
1 apple, cored
Run ingredients through juicer. Strain. The parsley takes care of the garlic odor, and the apple sweetens the juice.



Immune System Booster # 2

6 large carrots

2 stalks celery, cut into 1" chunks

Handful of parsley

2 cloves of garlic

Process all ingredients through juicer. Strain. This is a great juice to ward off colds.

Marinated Vegetables

2 c broccoli florets

2 carrots

1 c zucchini, sliced

1 c cauliflower florets

Peel carrots and slice into circles or matchsticks. Mix vegetables together in mixing bowl and set aside. In a separate bowl, mix together the following ingredients:

3 T extra virgin olive oil

1/2 t garlic powder

1 T fresh squeezed lemon juice

1 T Bragg Liquid Aminos

1 T Italian seasoning

Pour over vegetables and chill overnight for flavors to marinate.

Orange Lassie

2 cups freshly juiced orange juice

1 cup buttermilk

Blend – Serves 2

Oriental Stir-Fried Zucchini

2 t olive oil

2 T water

1 lb. zucchini, cut into 2 in. strips

1 onion, sliced

2 T soy sauce or Bragg Liquid Aminos

Spray skillet with non-stick cooking spray. Add oil, water, zucchini, and onion. Cook over high for 5 minutes, stirring until water evaporates. Sprinkle with Bragg and serve.

Picnic Potato Salad

4 c peeled and chopped potatoes

1/4 c red peppers, diced

1 c diced celery

1/4 c minced onion



Boil potatoes and cool. Add remaining vegetables and set aside.

In a separate bowl place;

1 T apple cider vinegar

1 T Bragg Liquid Aminos

2 t mustard

1 avocado, mashed

1 T Italian seasoning

Stir ingredients together and pour over potato mixture. Toss together lightly and chill before serving.

Shake N Bake Steak Fries

4 large baking potatoes

1 T olive oil

1 T sesame seeds

1/2 t cumin

1/4 t garlic powder

Preheat oven to 250 C. Grease with oil large baking dish. Peel potatoes and cut lengthwise into 3/4 inch thick wedges.

Place all ingredients into large baggy and seal. Shake together until potatoes are even coated. Bake at 200 C for 40 to 45 minutes until golden brown.

Smashed Potatoes with Squash

10 baking potatoes

2 c peeled and chopped yellow squash

Rice milk

Butter

Bragg's Liquid Aminos

Peel and dice potatoes. Place into large pot, cover with water and cook for 10 minutes. Add squash and cook until vegetables are tender. Drain water and mash vegetables together. Add rice milk, butter and Bragg to taste.

Sweet Potato Surprise

4 large sweet potatoes, baked

2 large slices of pineapple, diced

2 T strawberry all-fruit jelly

2 T apple juice

Large handful of raisins

Butter

Mash sweet potatoes and add pineapple. Stir in jelly, apple juice and raisins. Bake in preheated oven at 250 C for 15 to 20 minutes.

Top with butter substitute.



Tomato Cooler

1 large tomato, quartered

1/2 cucumber, cut into strips

1 stalk celery, cut into chunks

1 small slice of lime

Run all ingredients through juicer and strain. Makes one 8 ounce serving.

Veggie Combo

2 c potatoes, cut into large chunks

1 c mushrooms, sliced

1 c tomatoes, sliced

1 c zucchini, sliced

1 c cauliflower, sliced

1 c broccoli flowerets

Steam potatoes until tender. Combine in a large bowl with other vegetables. In a separate bowl make a dressing with the following ingredients:

1/2 c lemon juice

1/4 c minced onion

2 garlic cloves, minced

1 t dried oregano

1 t Bragg Liquid Aminos

1/2 c olive oil

Whisk together all ingredients and pour over vegetables, stirring gently. Chill for 1 hour before serving for flavors to blend.

Veggie Wrap

Whole spelt tortilla

1 to 2 T Chickpea Veggie Dip

1 carrot, grated

1/2 tomato, sliced thin

Salad greens

Spread Chickpea Veggie Dip on tortilla, line with salad greens. Top with veggies. Roll up and enjoy.

Wheatgrass Blend

3 large carrots

1 stalk celery, cut into 1 inch chunks

1 apple, cored and quartered

1/2 beet with the tops

3 handfuls of wheatgrass

1/2 handful of parsley

Process ingredients through juicer and strain. This is a great energy booster.



Salads and Sauces

Avocado Salad Dressing

1/2 c sliced avocado

1/2 to 3/4 c water

3 T lemon juice

1/4 c cashews, chopped

1/4 t garlic powder

1 1/4 t onion powder

1/2 t Bragg Liquid Aminos

Blend ingredients together in food processor until smooth. Store in refrigerator.

Balsamic Salad Dressing

2 T balsamic vinegar

1 clove garlic, chopped

1/2 t oregano

1/3 c olive oil

Stir together all ingredients until well blended. Use immediately or you can keep it in the refrigerator.

Basic Oil and Vinegar Dressing

3 c olive oil

1 c apple cider vinegar

4-6 cloves of garlic, chopped

7-8 sprigs of fresh oregano, or 1 T dry

2 T honey

1 t Bragg Liquid Aminos

Blend all ingredients together with a wire whisk. Store in refrigerator.

Crunchy Pea Salad

10 ounces frozen peas, thawed

1 c diced celery

1 c chopped cauliflower

1/4 c diced green onion

1 c chopped cashews

1/2 c Soy Mayonnaise

Spinach or romaine leaves

Combine all ingredients except spinach. Chill. When ready to serve, place freshly washed spinach or romaine leaves on plates and top with Crunchy Pea Salad.



Greek Salad

Large bunch of romaine

2 tomatoes, chopped

1 cucumber, chopped

1/2 green pepper, chopped

5 scallions, chopped

1 c crumbled tofu or veggie cheese

12-16 black olives

Mix all ingredients together and serve with Balsamic Salad Dressing.

Guacamole

2 large avocados, peeled and sliced

1 tomato

1 T lemon juice

1 T Bragg Liquid Aminos

1 clove garlic, minced

2 T onion, minced

Mash avocados with fork and add remaining ingredients. Makes a great dip for corn chips.

Home-made Tomato Sauce

1/2 c organic tomato paste

2 T fresh lemon juice

1 T honey

1/4 t onion powder

1/2 t Bragg Liquid Aminos

1/8 t garlic powder

1/8 t oregano

Mix together all ingredients. May adjust spices to taste.

Potato Salad

4 cups diced cooked red Potatoes with skin on

1 cup chopped pickled cucumbers

4 chopped boiled organic eggs

1 cup chopped Parsley

1 cup organic Mayonnaise

Variation you can add 1 cup cooked beetroot diced

Salad in a Glass

1 large tomato

1/2 avocado



3 stalks of celery

1 carrot, sliced

4 large romaine leaves

1 t Bragg Liquid Aminos

Blend tomato and avocado in blender. Add remaining ingredients and blend until smooth. You can drink this out of a glass or pour into a bowl as a cold soup.

Salsa

1 c tomatoes, peeled and chopped

1 c green peppers, minced

2 T onion, minced

1 clove garlic, minced

1 t each: basil, oregano, and cilantro

2 T olive oil

Bragg's Liquid Aminos

Stir together vegetables in mixing bowl. Remove half and place in food processor. Blend until smooth and return to mixing bowl. Add remaining seasonings and oil and mix well. Chill before serving.

Soy Mayonnaise

1/2 c soy milk powder

3/4 c water

1/2 t Bragg Liquid Aminos

1/8 t garlic powder

1 1/2 t onion powder

2 T lemon juice

1/4 to 1/2 c oil

Mix in blender on slow speed until smooth, all ingredients except lemon juice and oil. Continue blending and slowly pour in oil. Add enough for mayonnaise to thicken. Remove from blender and stir in lemon juice. Chill before serving.

Spinach Salad

Spinach leaves

Red onion, cut into rings

Tangerines

For each salad, fill plate with spinach leaves. Top with onion rings and tangerine sections. Sprinkle lightly with Mom's Spinach Salad Dressing just before serving.

Spinach Salad Dressing

1/4 c apple cider vinegar



1/4 c oil
1/4 c honey
1/4 c organic ketchup
1/2 red onion, grated
1 T Bragg Liquid Aminos
Mix all ingredients together and stir thoroughly. Chill, stir again before using.

Summertime Salad

1 c cucumber, diced
1/4 c onion, chopped
1 c tomatoes, diced
Mix all ingredients together, and chill for 1 hour. No need for dressing.

Three Bean Salad

1 1/2 c cooked kidney beans
1 1/2 c cooked garbanzo beans
1 3/4 c cooked green beans
1/4 c onions, minced
1/4 c olives, sliced
2 T pimento, diced
1/4 c lemon juice
1/4 c water
3 T honey
1/2 t onion powder
1/4 t garlic powder
1/2 t Bragg Liquid Aminos

In a large mixing bowl, stir vegetables together. In a small bowl, combine lemon juice, water and seasonings. Pour over vegetables and mix well. Place in refrigerator for several hours, allowing flavours to marinate. Makes 5 cups.

Waldorf Salad

5 c organic apples, chopped, unpeeled
2 1/2 c chopped celery
1 1/4 c chopped pecans, walnuts or cashews
1/2 c Soy Mayonnaise
Lettuce leaves
Apple wedges
Pecan halves

Combine first 4 ingredients; toss gently to coat, and chill 1 to 2 hours. Spoon salad into a lettuce-lined serving bowl. Garnish with apple wedges and pecan halves. Makes 10 servings.



Weed Salad

Combine 1 cup of chopped weed leaves like Chickweed, Yellow Dock, Plantain and Dandelion.

Add 1 cup of chopped Parsley

Grate 1 medium Beetroot, 1 carrot

1 chopped large tomato

1 cup shredded coconut

Mix well

salad dressing:

½ cup Apple Cider Vinegar

½ cup olive oil

½ cup orange, lime or lemon juice

Herbs to taste

Mix well.



Main Dishes

Couscous and Raw Veggies

1/2 c veggie broth

1/2 c water

10 oz. package of couscous

Bring broth and water to a boil, add couscous and stir. Cover and remove from heat. Let stand 5 minutes. Uncover and add veggies.

The veggies:

1/2 c carrots, cut into matchsticks

1/2 c broccoli florets

1/4 c zucchini chunks

1/4 c red pepper strips

1/2 c green onions, chopped

1/2 c cauliflower florets

1/4 c yellow squash, sliced

The Dressing:

Juice of 1/2 lemon

1/3 c olive oil

1/8 t ground cumin

1/8 t curry

Pinch garlic powder

1/3 c pine nuts (optional)

Blend all dressing ingredients except for pine nuts. Toss with salad.

Refrigerate at least one hour for flavors to blend. Garnish with pine nuts and serve.

Cuban Rice and Beans

2 c cooked black turtle beans and their liquid

4 T olive oil

1 bell pepper, sliced

1 large onion, chopped

2 cloves garlic, minced

3 c cooked brown rice

Mash beans and liquid slightly and heat until hot, stirring occasionally.

In large skillet, sauté vegetables in oil until tender. Combine vegetables and beans.

Serve over rice.

Curried Mung Dhal

Ingredients.



1 cup green split peas
1 onion, chopped fine
1 bay leaf
2 full teaspoons of curry powder
4 cups of water
1 cup celery, chopped
1/2 teaspoon thyme
1/2 cup carrot, cut into rings
1/2 teaspoon cumin
1/4 teaspoon turmeric
2 garlic cloves, finely chopped
1/2 teaspoon dried coriander
1/4 teaspoon cinnamon
1/2 cup cooked peas

Serves 4-6

Method.

In a large pot saute the onion and garlic with a little water and the curry powder for 1 minute, stirring.

Add the 4 cups of water with the split peas, bay leaf, celery and thyme.

Bring to the boil and simmer over low heat for 30 minutes. Add all the other ingredients (except peas) and simmer further with the lid off, stirring occasionally, until carrots are cooked. Add the cooked peas. The result should be a thin paste. Serve with cooked brown rice and yoghurt.

Fiesta Rice Casserole

Salad:

1 c basmati rice
3/4 c water
1 c fresh corn
1/4 c sliced black olives
1/2 c each: red onion, red bell pepper, yellow bell pepper, orange bell pepper, and fresh cilantro

Dressing:

1 clove garlic, minced
1/4 c olive oil
2-3 T freshly squeezed lime juice
1/2 t cumin

Bring water and rice to a boil, turn heat to low, and simmer for 15 minutes. Remove from heat and allow to cool. Add vegetables and stir well.

In a small bowl combine dressing ingredients. Pour over the rice mixture and toss well. Serves 4.



Garlic Mashed Potatoes

6 medium red potatoes, quartered

4 cloves or garlic, peeled

2 T chives

Soy or rice milk

Non-dairy butter substitute

Bragg Liquid Aminos

Boil the potatoes and garlic together until the potatoes are very tender. Drain water and mash potatoes and garlic together. Add soy milk and butter to taste and stir until creamy. Add Bragg to taste.

Lentil Rice Casserole

1 c uncooked lentils

1 c uncooked rice

4 1/2 c water

1 large onion, chopped

1/2 t curry

1 T Bragg Liquid Aminos

Veggie Shreds

Preheat oven to 200 C. Put all ingredients (except shredded cheese) in an oven proof casserole dish, cover and bake 45 minutes.

Serve with shredded cheese at the table.

Mexican Pot Pie

1 1/4 c chopped bell pepper

1/4 c chopped onion

2 t oil

2 c cooked pinto beans

1 c tomato puree

2 c corn kernels (cut off the cob)

1 t chili powder

2/3 c yellow cornmeal

1 2/3 c water

1 t Bragg Liquid Aminos

Preheat oven to 200 C. Sauté bell pepper and onion in oil until tender. Stir in beans, tomato puree, corn, and chili powder. Cover and cook over low heat for 15 minutes. Pour into 8" X 8" baking pan. Set aside.

In separate saucepan, mix together cornmeal, water, and Bragg's. Cook over low heat, stirring constantly until very thick, about 5 minutes.



Spread cornmeal mush over bean mixture to form a crust. Sprinkle chili powder over top of crust. Bake for 30 minutes or until crust is bubbly around the edges.

No Sweat Chili

- 1 T olive oil
- 1 1/2 c onion, chopped
- 1 1/2 c bell peppers, chopped
- 2 cloves garlic, minced
- 4 c cooked pinto beans
- 3 c diced tomatoes
- 6 oz tomato paste
- 1 1/2 c water
- 1 c fresh mushrooms, sliced
- 1 T chili powder
- 1 1/2 t cumin
- 1 t oregano

Sauté onion, green pepper, and garlic in olive oil. Transfer to crockpot and add remaining ingredients. Cook over low heat for 1-2 hours.

Potato Bake

- Fry 1 large chopped onion till brown
- Add 1 large Tomato chopped
- Add 1 cup fresh herbs
- Parsley, Plantain, Yellow Dock, Oregano, Fennel or herbs of your choice.
- Add to onion and fry lightly
- Add 2 cups of cooked red or brown lentils
- Add 4 Tablespoons of Bragg and mix well
- In a casserole dish place mixed cooked ingredients in the bottom and
- Mix 2 cups of mashed red potatoes to 2 cups of cottage cheese mix well and cover lentil mix. For Variation add 1 cup Feta cheese.
- Bake in 200 degree oven for 40 minutes – yum.

Ratatouille

- 3 T olive oil
- 2 cloves garlic, minced
- 1 red onion, chopped
- 1 eggplant, cut into 1 inch cubes
- 2 red peppers, chopped
- 2 c sliced zucchini
- 2 c diced tomatoes
- 1 t oregano



2 t basil

In a large skillet, sauté garlic and onion in olive oil until slightly tender. Add eggplant and red peppers and sauté for a few more minutes.

Add remaining ingredients and cook over low heat, covered, about 10 minutes or until vegetables are tender.

Serve over rice as a main meal or can be used as a side dish.

Rice with Mushrooms and Pistachios

2 T olive oil

1/2 c finely chopped onions

1 1/3 c diced, fresh mushrooms

1/3 c shelled pistachio nuts

1 c basmati rice

1 1/2 c water or vegetable broth

Heat the oil in a saucepan and add the onions. Cook briefly, stirring, until wilted. Add the mushrooms and cook, stirring, about 2 minutes.

Add nuts, rice and broth. Stir together. Cover and simmer for 15 minutes. Makes 4 to 6 servings.

Rice Pasta Salad

Boil 1 large bag of pesto flavored whole rice pasta. Rinse in cold water and add:

2 chopped carrots

1/2 yellow bell pepper

1/2 red bell pepper

Small can sliced black olives

1/2 zucchini, chopped

1/2 yellow squash, chopped

Dressing:

1 c extra virgin olive oil

1/3 c apple cider vinegar

2 cloves garlic, minced

Mix dressing together and pour desired amount over salad. Stir well.

Rolled Oat Burgers

4 c water

4 c rolled oats (not instant)

1/2 c Bragg Liquid Aminos

1/2 c chopped carrots

1/2 c chopped onions

1/2 c chopped almonds

1/2 c sunflower seeds



1 T Italian seasoning

2 t basil

2 t oregano

Preheat oven to 200 C. Bring water to a boil. Remove from heat, add oats and Bragg and let stand for 20 minutes. Add remaining ingredients and mix well. Form mixture into patties and place on a nonstick baking sheet. Bake for approximately 20 minutes on each side.

Stir Fry Veggies

2 T olive oil

2 T Bragg Liquid Aminos

1/2 onion, sliced

1 red pepper, cut into strips

2 carrots, sliced into circles

1 t cumin

1 c yellow squash, cut into 1" chunks

1 c zucchini, cut into 1" chunks

Sauté onion, red pepper, and carrots in olive oil and Bragg until slightly tender. Add cumin, squash, and zucchini. Cook until tender – Serve with rice.

Stuffed Peppers

4 bell peppers

2 c cooked brown or basmati rice

1 can black beans, drained

1 onion, minced

3 ears of corn, (cut off the cob)

1 can tomatoes with chilies

1 t cumin

1 t chili powder

1/2 t oregano

1 1/2 c tomato sauce

Remove top and seeds from peppers making a bowl shape. Steam bell peppers until slightly tender. Set aside. Mix remaining ingredients together except for tomato sauce. Fill peppers with rice mixture and place in oiled casserole dish. Pour tomato sauce over top. Bake at 200 C for about 20 minutes.

Sunflower-Almond Spread

1 1/2 c almonds

1 1/2 c sunflower seeds

1 carrot

1 clove garlic



1/2 red pepper, chopped

1/4 c parsley, minced

1/2 red onion, chopped

Place almonds and sunflower seeds in mixing bowl and cover with distilled water. Cover and let soak 6-12 hours at room temperature.

Drain. Using a food processor with an S blade or a juicer with the blank in place, process the almonds, seeds, carrot and garlic. Stir remaining ingredients into sunflower mixture.

Dressing:

4 large tomatoes

3 T Bragg liquid aminos

2 T Italian seasoning

Blend ingredients in blender or food processor. Remove 1 cup of the dressing and mix into Sunflower-Almond Spread. Refrigerate at least one hour before serving. Serve remaining dressing on the side.

To serve, mound spread on a bed of lettuce and serve dressing on the side. This can also be used as a topping for baked potatoes or as a side dish.

Tabouli Stuffed Tomatoes

1 c bulgar wheat

2 c distilled water

1/2 c fresh parsley, minced

1 T Bragg Liquid Aminos

2 large tomatoes, chopped

1/2 c scallions, chopped

1 T extra virgin olive oil

2 T fresh mint, minced

4 tomatoes

Soak bulgar in distilled water for one hour. Drain and pat dry. Add remaining ingredients (except the 4 tomatoes) and mix well. Cover and refrigerate for at least one hour.

Core tomatoes and scoop out enough pulp to make a well. Fill with Tabouli mixture. Place on a bed of lettuce and serve.

Vegetarian Casserole

1 c rice

2 c lima beans, cooked

1 c sliced carrots

1/2 c fresh mushrooms

1 t curry powder

2 vegetable bouillon cubes

1 c green peas

1/2 c fresh cauliflower, sliced

1c chopped broccoli



1 avocado

Combine rice, limas, carrots, mushrooms, curry powder and bouillon cubes in 2-quart saucepan with 3 cups water; bring to simmer; gently cook for 35 minutes. Add peas, cauliflower, and broccoli; cook 10 minutes longer. Spoon into serving dish. Peel and slice avocado; arrange in spoke-fashion over vegetables. Makes 6 servings.

Whole Spelt Pizza

Crust:

1 pkg. active dry yeast

2 c whole spelt flour

1 1/4 c very warm water

1 t honey

2 T oil

1 to 1 1/2 c additional whole spelt flour

In large mixing bowl combine yeast and 2 cups flour. In separate bowl, combine water and honey. With mixer at low speed, gradually beat liquids into the flour mixture. Increase speed to medium and beat 2 minutes, scraping bowl. Add enough additional flour to make a stiff dough. Turn dough onto lightly floured surface and knead until smooth and elastic, about 10 minutes. Place in oiled bowl, turn once and cover. Let rise until doubled, about one hour. Punch down, divide into two balls. Place one ball onto lightly floured surface and roll dough into a 13 inch circle. Place on lightly oiled 12 inch pizza pan. Repeat with remaining dough. Preheat oven to 250 C.

Topping:

1 15 oz. can of tomato sauce

1 t Bragg Liquid Aminos

4 t basil

1 t oregano

1/2 t garlic powder

1 c sliced mushrooms

1 large onion, chopped

2 bell pepper, chopped

2 T olive oil

Shredded cheese

In medium bowl, combine first 5 ingredients. Spread on dough within 1/2 inch of edge. Top with vegetables. Drizzle 1 T of oil over each pizza and bake approximately 30 to 35 minutes. Remove from oven and add cheese. Return to oven just until cheese is melted.



Breads and Grains

Natural Bread

“GIVE US THIS DAY OUR DAILY BREAD”

For millions of people daily bread is more like cotton-wool bread. How terribly disastrous is this bleached denatured blown-up bread on our long-term vitality and health.

White bread is a worthless empty product because it lacks nearly all minerals and vitamins. Everyone especially mothers with growing children should refuse to buy it. Brown bread is really not much better. It is usually a handful of bran in bleached flour.

By law the use of preservatives and emulsifiers are allowed. But these additives are not innocent, that is the reason that they are added in limited amounts. Many of these additives will leave you tired and without energy within 20 minutes of eating these breads.

“Enriched bread” is a strange product, after the removal of bran and germ they add vitamins, most of which are artificial.

Good bread has to be made with whole grains, which contain bran, germ and minerals our bodies need. The bran especially aids digestion. Bread that lacks bran sticks in the bowels and causes yeasting and putrefaction.

In earlier times the people assumed that only starches were important, so the germ was taken out because without it the flour would keep much longer.

Twenty first century illnesses, back troubles, bowel disturbances, menopause problems, liver and kidney damage, heart and vascular diseases, early aging, anemia and many other ailments, can result from lack of bran and germ. If you are suffering from one or more of the above mentioned complaints it is advisable to take a few tablespoons of linseed every day. If you have eaten degenerated bread for many years then wheatgerm oil capsules (Vitamin E) are effective.

To avoid health problems buy natural bread without additives and emulsifiers, made of whole grain, or invest in your health and make your own.

In former centuries before yeast was discovered people made their own sourdough bread, much healthier than bread made with yeast. Because yeast is a one cell substance, bread made with yeast is totally different than sourdough bread. The latter



is naturally fermented. The biochemical changes caused by the natural fermenting process results in a much healthier and more easily digestible bread.

If you want to make your own bread here are a few recipes starting with a sourdough culture.

Sourdough Culture

STEP 1

Mix with fork 2 tablespoons spelt flour with some pure lukewarm water, until the consistency of thick porridge.

Cover with a cloth and secure with a rubber band.

Set Mixture aside at room temperature

Stir morning and night for a few seconds

After 3 days the mixture starts to bubble and smells a little bit sour.

At this point you have to feed your culture for another 3 days.

Every morning and evening add one tablespoon flour and a bit of water and stir well

Within 6 days your sourdough starter is ready for use.

Sourdough Bread

8 cups freshly ground organic whole spelt or rye flour (You can also mix different flours)

Pure lukewarm water

Sourdough Culture

1 teaspoon sea salt (optional)

STEP 2

At night mix 4 cups of the flour, the sourdough culture and lukewarm pure water to form moist dough.

Let stand overnight covered with a tea towel

Save ½ cup of sourdough as a culture for the next baking session.

Keep in a tightly closed jar in the refrigerator.

STEP 3

The next morning add the remaining 4 cups of flour, some lukewarm water and the salt.

Knead and push well for about 7 minutes until it forms sturdy dough.

Put the dough in 2 greased pans, cover again and let rise in a warm place for approximately 3 hours.

Place the pans in the oven without preheating.

Bake at 170 C for about 35 minutes.



Essene Bread

Follow the procedures in steps 2 and 3

Add to the dough 2 cups sprouted grains (the grains are best sprouted over 2 days. Organic barley or wheat are suitable.)

Put the sprouts in the blender for a few seconds otherwise they will grow in the dough and become little threads.

Bake at 170 C for about 35 minutes.

Fruit Bread

Follow the same procedures as in steps 2 and 3.

Add to the dough, raisins, currants, sliced apple, grated lemon peel, fruit medley, apricot, dates or whatever you think is nice in a fruit bread.

Bake at 170C for about 35 minutes.

Bountry Biscuits

1 package of yeast

1 c warm water

2 c rice milk

3/4 c oil

1/4 c honey

1/4 t. baking soda

4 t. baking powder

6 c whole spelt flour

Preheat oven to 200 C Dissolve yeast in warm water. Add remaining ingredients and mix well. No need to let rise before using.

Roll dough 1/2 inch thick on floured surface. Cut with biscuit cutter and place on ungreased baking sheet. Bake for 8-12 minutes.

Carrot Date Loaf

2 1/2 to 3 c whole spelt flour

1 package of yeast

2 T honey

1/2 t allspice

3/4 c very warm water

1 c grated carrots

1/2 c chopped, pitted dates

In large bowl, combine 1 c flour, yeast, honey, and allspice. Add water to dry ingredients; beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Beat 2 minutes at high speed. With a spoon, stir in carrots, dates, and enough remaining flour to make a soft dough. Knead on floured



surface until smooth and elastic, about 4 to 5 minutes. Place in oiled bowl, turning once to oil

top. Cover; let rise in warm place until doubled in size, about 1 hour. Punch dough down. On floured surface, roll dough to 7 x 12 inches; roll up tightly from short end. Pinch seam and ends to seal. Place, seam side down, in oiled loaf pan. Cover, let rise in warm place until doubled in size, about 1 hour. Bake at 200 C for 30 minutes or until done. Remove from pan cool on wire rack.

Cornbread

1/8 c oil

1 c yellow cornmeal

1 c whole spelt flour

1/4 c honey

1 T baking powder

1/2 to 1 c rice milk

Preheat oven to 250 C. Bake approximately 15 minutes in oiled iron skillet. Serve hot with honey on top.

Crunchy Granola Cereal

4 c rolled oats

1/2 c shredded coconut

1/2 c chopped nuts (I use almonds)

1/4 c sesame seeds

1/2 c honey

1/2 c oil

1/2 c raisins

Preheat oven to 180 C. Mix all ingredients together except raisins. Spread evenly on a baking sheet and bake for about 30 minutes, stirring occasionally, or until golden. Remove from oven and stir in raisins.

Granola Bread

Make Quick Whole Spelt Bread replacing half of the water with rice or soy milk. Use molasses for the sweetener instead of honey. Add 1/2 c granola, 1/2 c raisins, 1/2 c sunflower seeds and 2 T grated orange rind. Bake according to instructions. Serve warm.

Holiday Crackers

Instead of baking cookies during the holiday season make these fun shaped crackers and decorate with sesame seeds, unsweetened coconut, sunflower seeds, raisins, and other dried fruits.



Make the Quick Whole Spelt Bread recipe dough. Knead in a little more flour. Roll the dough out to a 1/8" thickness on a floured surface. Cut into squares or use fun shaped cookie cutters. Arrange close together, but not touching, on an oiled baking sheet. Prick with fork and decorate if desired. Bake at 200 C for about 10 minutes, or until lightly browned. Cool on racks, store in airtight container.

Muesli Mix

1 cup organic oats

1 cup mixed nuts

1 cup sunflower seeds

1 cup sesame seeds

1 cup mixed dried organic fruits eg: sultanas, dates, figs,

1 cup pitted prunes chopped.

Mix well and store in container in the refrigerator. Serve with rice or goats milk.

Raw Breakfast Cereal

8 c of rolled oats

1 c chopped almonds

1 c raw sunflower seeds

1 c oil

1 c honey

Mix dry ingredients together, then add oil and honey. Stir until cereal is evenly coated. No need to bake. Keep in tightly covered container.

Spelt Pita Bread Sandwich

Cut pita in half and spread with Guacamole, Sunflower-Almond Spread or Chickpea Veggie Dip. Line with romaine, spinach, or other greens. Fill with grated carrots, chopped tomato, cucumber, scallions, broccoli, cauliflower, and sprouts. Top with shredded cheese.

Quick Whole Spelt Bread

1 3/4 c of whole spelt kernels

1 1/4 c water

1 pkg. yeast

1 T oil

1 T honey

Grind spelt wheat in Blender or grinder.

Add remaining ingredients and blend together. Pour into oiled loaf pan.

Let rise about 30 minutes.

Bake at 200 C for 35-40 minutes.



Quinoa Breakfast Cereal

Rinse 1 cup quinoa. Place in saucepan with 2 cups of water. Bring to a boil, reduce heat and simmer for 5 minutes. Add 1/2 cup chopped apples, 1/3 cup raisins, 1/2 teaspoon cinnamon and simmer until water is absorbed. Sweeten with honey to taste.



Sweets and Treats

Almond Milk

1 c raw, shelled almonds

4 c water

2-4 T maple syrup

In a blender, grind almonds to a fine meal. Add 1 c of the water and the maple syrup. Blend again for 2 minutes. With blender running on high, add remaining water slowly. Blend for 2 more minutes or until creamy. Pour through a very fine strainer or layer of cheesecloth.

Keep in the refrigerator in a glass jar or airtight pitcher.

Ants on a Log

Celery sticks

Almond or cashew butter

Raisins

Break celery sticks in half. Spread nut butter on celery and decorate with raisins. This is a fun treat for children to make.

Banana Ice Cream

Peel ripe bananas and freeze for several hours or overnight. In a blender place 3 to 4 bananas and 1/2 to 3/4 cup any fresh fruit juice or nut milk. Blend together on a slow speed.

Store in freezer.

Banana Milk Shake

3 frozen bananas

1 c almond or rice milk

1/2 t vanilla

1 T honey

1 c ice

Place all ingredients in Vita-Mix or blender and blend on high until thick. If using room temperature bananas, just add more ice. Makes 2 servings.

Carob Balls

1/2 c carob powder

1/2 c honey

1 c almond or cashew butter

Unsweetened coconut

Mix carob and honey together until well blended. Stir nut butter into



this mixture. Wet hands and form into balls. Roll in coconut. Place on a plate and put into freezer. Can be served frozen or cold. Store in a bag in the freezer.

Carob Bark

4 to 5 c carob chips

1/2 c almond butter

1 c sliced almonds

Melt carob chips slightly over low heat in saucepan. Stir in almond butter and continue to melt. Stir in almond slices until evenly coated. Pour onto a baking sheet sprayed with non-stick vegetable spray. Let cool at room temperature or fridge. When hardened, cut into 1 inch square pieces. Store in airtight container.

Date Cookies

3 c organic dates, cut in half and pitted

1 1/2 c unsweetened, shredded coconut

Run dates through a Green Power or Champion Juicer with blank in place to form a soft dough. (Can use food processor). Wet your hands, shape into balls, and roll in coconut. Chill one hour before serving. Store in freezer or refrigerator.

Favourite Popsicles

To make popsicles, use your favorite smoothie recipe or natural fruit juice and pour into a popsicle tray.

Freeze until firm.

Fresh Fruit Pizza

1 large 12 inch whole spelt pizza crust, baked

1/2 c all fruit jam

Sliced fruit: kiwi, peaches, apples, strawberries, mango, etc.

1/4 t cinnamon

Spread jam over pizza crust. Arrange sliced fruit on top of jam.

Sprinkle with cinnamon. Warm slightly in 200 C oven for 15 minutes.

Fruit Squares

1 1/2 c rolled oats

1/2 c whole spelt flour

3/4 c unsweetened coconut

1/2 c fruit juice

1 1/2 c all fruit jam

Preheat oven to 200 C. Mix dry ingredients together, then add juice. Stir just until moistened. Put slightly more than half of the crumb



mixture in an oiled 5" x 7" baking dish and pat down. Spread fruit jam over this and top with remaining crust. Pat down slightly. Bake for 40 minutes.

Golden Macaroons

1 c grated raw carrots, packed

1/2 c water

1/3 c honey

1 1/2 c grated coconut

1/2 c whole spelt flour

1/2 c oats

1 t vanilla

Mix dry ingredients together, then add remaining ingredients. Let sit 10 minutes. Roll into tight balls and drop onto lightly oiled cookie sheet. Bake at 200 C for 30 minutes.

Lemon Meringue Pie

This is the very best real lemon meringue ever for special occasions only.

3/4 cup sugar

1/3 cup cornflour

1 cup water

2/3 cup lemon juice

Meringue

2 egg whites

2 oz. butter grated rind 2 lemons 2 egg yolks 9 in. baked pastry case

1/4 cup sugar

Combine sugar and cornflour in saucepan, blend in water and lemon juice gradually, stir until smooth. Stir constantly over medium heat until mixture boils and thickens. Remove from heat, quickly stir in butter, lemon rind and egg yolks, beat until butter has melted. When filling is cold, spread into cooled baked pastry case. Top with meringue, bake in moderate oven 5 to 10 minutes, or until meringue is set and lightly browned.

Meringue: Beat egg whites until foamy, gradually add sugar, beat until sugar has dissolved and mixture is of thick meringue consistency.

Lemon Polenta Cake with Rosemary Syrup

Cake

1 cup stone ground cornmeal or

3/4 cup cornmeal + 1/4 polenta

1/2 cup organic spelt flour

1 1/2 teaspoons baking powder

1/4 teaspoon salt



1 cup sugar
2 large eggs + 2 egg whites
1/4 cup vegetable oil + extra for pan
2 tablespoons softened butter
1/2 cup plain yoghurt
1 1/2 tablespoons grated lemon zest
2 tablespoons fresh lemon juice

Preheat oven to 175 C with oil pan (20cm).

Sift dry ingredients & set aside.

In separate bowl beat eggs, egg whites & sugar until thick & creamy.

Beat in oil, butter, yoghurt, lemon zest, & juice until smooth.

Fold in dry ingredients until just combined.

Do not over mix. Pour butter into pan and smooth.

Bake 30-40 minutes.

Cool for 15 minutes then take out.

Pritikin Christmas Cake

(This cake is delicious and keeps the bowels going over Christmas, and has no fats)

1 Packet Sultanas

1 Packet Raisins

1 Packet Apricots

1/2 packet Prunes

Cover with water and bring to the boil and simmer for 10 minutes

Add 1 teaspoon carbonated soda

Add 1 cup water and 1/2 cup soya grits then take off heat

Add 3/4 cup of Marsala

2 teaspoons vanilla

1 desertspoon of mixed spice

Enough organic self raising wholemeal flour to make a nice consistency not sloppy

Bake for 1 hour and 20 minutes at 180 degrees

Celsius

Cover with foil for the last 30 minutes

Wrap in a tea towel

Sticky Date Pudding

This is the very best sticky date pudding ever for special occasions only.

The Pudding

200 grams organic pitted chopped dates

1 Teaspoon bicarbonate soda



1 cup boiling water
75 grams melted butter
150 grams caster sugar
2 organic eggs
180 grams organic self raising sifted flower

Cream butter and sugar until light and fluffy, then add eggs one at a time, beating well after adding each one.

Fold in the sifted flour with a spoon.

Add the bicarbonate soda to the liquid, and add to the flour, stir well and pour the batter into a lightly buttered 22cm square cake tin.

Then add the dates and press the dates gently into the batter and bake for about 30 minutes at 180 degrees – and then turn off the power or gas and let the residual heat finish it off for the remaining 15 minutes. The cake should shrink away from the sides.

Toffee sauce

300 grams of soft brown sugar
2 cups thickened whipping cream
4 tablespoons butter

One teaspoon vanilla extract

Combine brown sugar, cream and butter and vanilla extract in a saucepan. Bring to the boil, stirring and then simmer for 5 minutes. Cut pudding into squares and place in the centre of a warm dinner plate. Pour hot sauce over the top and serve with fresh cream.

Serves four to eight depending on serving size

Strawberry Pie

Pie shell:

1 cup chopped almonds
1 c dates, pitted and sliced
1/2 t vanilla

Cover almonds with water and let soak at room temperature for 4 to 12 hours. Drain well. Grind in food processor until finely chopped. Add dates and vanilla. Blend well. Press evenly into a pie plate to form the shell.

Filling:

8 large strawberries
5 dates, pitted and sliced
2 ripe bananas
1 T lemon juice
2 pints strawberries, quartered
1/2 pint strawberries, halved

Blend first 4 ingredients in food processor until well mixed. Pour into



mixing bowl and add the 2 pints of strawberries. Stir together and pour into pie shell. Decorate top of pie with remaining strawberries. Chill at least 1 hour before serving. I keep this in the freezer and thaw slightly before serving. For a different pie, substitute blueberries or peaches in place of the strawberries.

Snack Treat Mix

1/2 c raisins

1/2 c raw pumpkin seeds

1/2 c raw cashews

1/2 c carob chips

1 c roasted, unsalted soybeans

1/2 c raw sunflower seeds

Mix all ingredients in large mixing bowl. Store in sealed container in refrigerator. Makes one pound.

Strawberry Shortcake

Shortcake Biscuits:

1 2/3 c very warm water

3 T honey

1 c rolled oats

1 c almonds

3 t baking powder

2 1/3 c whole spelt flour

Place honey in bowl with warm water and stir to dissolve. Set aside.

Place oats and almonds in food processor or blender and process until a fine meal. In mixing bowl, combine dry ingredients, then add honey and water mixture. Stir together until slightly moistened. Drop by spoonfuls onto a nonstick baking sheet. Bake for 15 to 20 minutes at 250 C. Make about 12 biscuits.

Filling:

2 pints sliced strawberries

Topping:

1/2 c chopped almonds

1 T maple syrup

2 c water

8 large strawberries

1 frozen banana

Place all ingredients in blender and blend until creamy.

To serve, place biscuit in a bowl and top with sliced strawberries.

Pour over topping and serve.



Trail Mix

- 1 c raisins
- 1/2 c raw almonds
- 1/2 c raw cashews
- 1/2 c unsweetened, shredded coconut
- 1/2 c sunflower seeds
- 1/2 c each of dried apples, and apricots, diced
- 1 c carob chips

Combine in a large mixing bowl. Store in tightly covered jars. When needed, pack into small individual plastic bags. Make 5 1/2 cups.

Alkaline Dessert Recipes

Here are a few yummy dessert recipes and the best part is that they are all alkalizing.

Carob Nut Log

- 1 cut raw almonds, soaked 1 hr, drained & rinsed
- 2 cups raw sunflower seeds, soaked 1 hr, drained & rinsed
- 1 cup organic raisins, soaked in 1 cup water
- 1 cup raw walnuts
- 1 cup raw carob powder
- Shredded coconut for garnishing
- Chopped nuts (optional)

Preparation: Put the soaked almonds, sunflower seeds, and raisins in a food processor with a little water, and process it until it becomes smooth. Then add the rest of the ingredients. You'll need to adjust the sweetness to your liking as you add the raw carob powder. Once the whole things is smooth, roll the mixture on a flat surface so it binds to form a log. Frost it with the Special Frosting (see the next recipe). Garnish with the shredded coconut.

Special Frosting:

- Ingredients: 1 cup organic green raisins, soaked
- 1 cup alkaline water for soaking
- 1 ripe avocado
- 3 tbsp raw honey or organic maple syrup to taste
- 1 tsp pure vanilla extract
- 1/2 cup raw carob powder

Preparation: Soak the green raisins in the alkaline water for an hour. Pour the water into your food processor, and using the "S" blade, blend the avocado, and honey together. Gradually add the vanilla extract and the carob powder (last). You'll need to adjust the sweetness to your liking as you add the raw carob powder. Once thoroughly blended, use it to frost your Carob Nut Log.



Live Apple Pie

Ingredients: 1 cup ground raw walnuts
1 cup pitted dates, soaked in alkaline water for 15 min
1/2 cup raw sunflower seeds, soaked for 20 min, drained & rinsed
4 cups shredded apples
2 1/2 tsp cinnamon
1/2 cup fresh apple juice
1/2 cup shredded coconut for garnishing
2/3 cup raisins, dried figs or prunes

Preparation: Using a food processor, mix 2/3 of the shredded coconuts, all of the walnuts, dates, and sunflower seeds until it's well-mixed. Once smooth enough, press the mixture into a pie shell to make your crust. Set aside for now. Place the grated apples in a large mixing bowl. Blend the cinnamon, apple juice and raisins together, and pour it over the grated apples. Mix thoroughly to form your apple filling. Fill the pie crust with the apple filling and garnish it with more shredded coconut. Serve or refrigerate for later.

Stuffed Figs

10 dried figs
1/4 cup shredded or ground coconut
10 tsp. raw almond butter
10 whole pecans

Preparation: Split the pitted figs and fill them with almond butter. Roll in the coconut and press the pecans on top. Simple.



American & English Measurements

Metric Weights

One Gram	.035 ounce
1oz	28.35 grammes
2oz	56.7 g
4oz	113.4 g
8oz	226.8 g
12oz	340.2 g
16oz (1pound)	453.6 g
1 kilogram	2.2 lb

Metric Liquid Measures

¼ pint	142 milliliters
½ pint	284 ml
1 pint	568 ml
½ litre	0.88 pint
1 litre	1.76 pints (approximately 1-3/4 pints)
1,000milliliters	1 litre
100 centiliters	1 litre
10 deciliters	1 litre
1 decilitre	1/10 litre or 3-1/2 fluid oz.

Vitamin/Mineral/Alkalinity/Food Additive Charts/Articles

Available to print at Middle Path website link:

<http://middlepath.com.au/qol/index.php#FACTSHEETS>



Benefits of a Healthy Lifestyle

When you feed your body with vital wholesome foods, you will strengthen your immune system, improve your health, prevent disease and decrease your anxiety and stress.

The greatest benefits that you will receive are vital energy, fitness and an increased level of awareness and memory.



Your eyesight and libido will improve and you will sleep much better.

Feeding your body with vital nutritious wholesome power foods, herbs and edible weeds will give you vital health and balance your emotions and weight.

You will have more fun in your life and love nurturing yourself.

Your moods will be balanced and you will be much happier.

Vital health gives you more choices in your life and freedom to do what you Want, which will give you much satisfaction and pleasure.

You will feel so energetic that you will want to socialize and participate in activities.

You will really love and enjoy these recipes and information.



Diet

An essential part of living a quality life is your diet. I recommend eating raw foods such as fruit, nuts and seeds, vegetables and salads as much as possible.

Eating raw foods will help you to obtain maximum nutrition and vitality. You can add sultanas, grated apple and coconut, with grated or finely sliced vegetables and salad greens, herbs and edible weeds.

You may wish to experiment with taste sensations. I have seen many clients clear up allergies and health challenges by eating a raw food diet.

Natural salad dressings can be made from cold pressed oils and apple cider vinegar with herbs and garlic or orange, lime or lemon juice.

There are many natural raw food and healthy cookbooks available to buy that will inspire you to create healthy meals for your diet.

For some “Energy-Boosting Recipes”

You can buy our “Easy Tasty Vegetarian Energy Boosting recipe e-book” at this [link](#) on our website.

You will eliminate pesticides and chemicals from your food and become much healthier if you buy organic food or grow your own vegetables, salad greens, and herbs, and eat edible weeds.

You can grow food on balconies in white polystyrene boxes that you can get from the supermarket and make up some healthy soil from organic compost and soil.

Eat only when you are hungry. Your body knows best when you need to eat. Some people function on 6 small meals per day rather than 2 or 3 meals. You can decide which suits you.

It is time for you to eliminate any processed food in your pantry, and re-stock your pantry with healthy vital unprocessed fresh foods.

All junk and processed foods will deplete your system of vital energy that is so important to having a happy fulfilling life. These foods are full of preservatives and emulsifiers that affect your health and leave you with lethargy, depression and mood swings.

You will save money living a simple life eating fresh fruit, vegetables, herbs, nuts, seeds, legumes, organic grains (no wheat unless it is the old spelt wheat) and live sprouted seeds.





Rye grain is better as it builds muscle, whilst wheat grain builds fat.

One day per week on vegetable juice or broth is excellent and rejuvenates your whole body. It is good to do this on the same day of the week. Fasting one day a week also helps you to attain discipline.

A small amount of dairy products can be used but keep it at a minimum. Raw goat milk is the best. Goat milk is rich in Choline which is known to make you happy and Potassium which is not found in cow milk.

Potassium keeps the system alkaline and reduces risk of Arthritis and other diseases.

After you have been weaned there is no reason for you to drink milk apart from clobbered milk like buttermilk and yogurt as they are very beneficial for your health and are well known for their longevity properties..

You can get plenty of calcium from green vegetables and other foods like sesame seeds.

It is essential for your body to have a minimum of 2 litres of fresh pure water daily to nourish your cells.

Drinking a minimum of 2 litres of water helps you maintain mental alertness and cleanses your system of toxic waste and fats

It also stops you from excessive shrinking in old age, and keeps your bowels functioning properly.



Food Combination is excellent for helping your digestion. Carbohydrates and Proteins are best eaten at separate meals whenever possible.

If you have a slow digestive system and get bloated easily you may benefit by having fruit and fruit juice in the morning till lunch time and separating you proteins and carbohydrates by having salad and protein or salad and a carbohydrate for lunch and vegetables and a protein or carbohydrate for dinner.

This is how your natural body cycle operates.

You eat and digest your food from midday till 8pm.

Then your body absorbs and assimilates the nutrients from your food from 8pm till 4 am.

Then your body eliminates body waste from 4am till midday.

It certainly makes sense not to stress the body with a heavy load of food in the



morning whilst your natural body cycle is eliminating body waste.

I have found that a high refined carbohydrate diet makes you lethargic and affects your vitality and may give you mood swings and depression. Your body has to work hard at digesting excess carbohydrates which makes you tired.

What I have seen that works effectively for an ideal diet for woman and men is 2-3 pieces of fruit per day for woman and 3-4 pieces of fruit for men.

Have one complex natural whole carbohydrate meal per day, such as oats, rye bread, corn bread, barley, buckwheat, brown rice, buckwheat, millet or rice noodles or rice pasta.

Eat 1 serve for woman and 2 serves for men. One serve would be 1 slice of bread or ½ cup of cooked rice, cereal or pasta.

If you have a carbohydrate cereal in the morning then don't have carbohydrate for lunch or dinner, just have one carbohydrate meal in a day or you may find that your energy level will drop.

When you eat grains keep an eye on your weight and if it constipates you or increases your weight stay off grains. Have them only occasionally.

It is very beneficial for you to have 2 protein meals per day preferably legumes, nuts or tofu.

If you eat flesh then incorporate fresh fish, hormone free chicken or meat.

Eat no more than 2 serves per day for women and 3 serves per day for men. One serve would be a piece of fish the size of your hand or a piece of chicken or meat the size of your clenched fist.

Legumes are your highest protein source and one serve is ½ cup of cooked legumes.

Goat milk, goat cheese, cottage cheese, yoghurt or buttermilk are all a high source of protein and one serve would be ½ a cup.

All nuts must be eaten in moderation as they are very high in calories eight per day would be ample. Include a variety of vegetables each day cooked and raw in your diet.

As a guide post a perfect meal would be ¾ of a plate of salad or vegetables and ¼ of a plate of fish, meat, chicken or legumes. If you get hungry in between meals eat fruit or drink a glass of water.

This would give your system approximately 80 percent of alkaline food and 20% acid food which helps you have a healthy vital life and helps prevent disease.





Growing your own herbs can be such a delight they are very nutritious, are beneficial to your health and are rich in vitamins and minerals and many herbs aid in digestion. They are a great taste sensation to add to your food for flavour and you can grow them in small spaces like a balcony or in your kitchen.

Remember to eat all fats, dried fruits and nuts in moderation.

A lack of salt dries out your body. Salt is needed in moderation to balance your fluids. Add a small amount of natural coarse sea salt to your meals.

Your body and mind will benefit from eating whole natural foods, don't eat processed low fat products make sure you have the real thing, but eat less of them and stay away from all artificially sweetened products, most of them have a substance called Aspartame, a synthetic, genetically engineered sweetener, which is found in everything from diet and soft drinks, sugarless chewing gum and Weight Reduction sugarless products.

Aspartame is said to be a serious health hazard, stimulates a desire for carbohydrates and may be a contributing factor to obesity and cancer. Stay off the soft drinks, drink water and fresh juices.

If you eat excess carbohydrates and fats they will make you gain weight and deplete your energy.

Garlic, garlic oil or the juice of garlic has a significant protective quality to your cells, which helps you reduce fatty deposits. When taken it brings down your fat levels. Garlic is an excellent antibiotic and can be used to cure many ailments.

It is essential to use fat in your diet but only unsaturated unheated oil like olive and vegetable, coconut, almond, macadamia or fish oils should be used.

Use nut and seed butters and sesame and sunflower seeds in moderation.

Use tahini, olives, avocado, fresh raw goat and cow cream, a small amount of butter and nuts moderately.

As you progress with a healthy diet your sensitivity will increase. You may need to eat dried fruits, fruit and any food with sugar before lunch as I have noticed many people cannot sleep at night due to the sugar content stimulating them. This includes fruit juices as well.



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.

Goats milk is far superior to cows milk as most people are lactose intolerant which causes allergies and a host of ailments. Add clabbered milk like buttermilk and yoghurt to your diet as these have many health properties. Goat products does not effect people with lactose intolerance.

80% fruit and vegetables 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 coconut 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 camomile, herb robert, lemon grass, fenugreek, nettle, oat straw, papaya, passionflower, peppermint, red clover, yellow dock and any other herbal teas you may like.

If you drink coffee drink only one cup in the morning, more than this can cause anxiety attacks and hypertension. Drink only organic coffee.

If you drink black tea drink one cup only in the morning as it can give you anxiety attacks and hypertension. Use only organic tea.

Drink fresh fruit and vegetable juice daily at least 2 glasses per day. You can make enough juice for 7 days by juicing Wednesdays and Sundays. You will only lose 15% nutrient value as long as you keep the juice in a glass bottle with a screw top lid.

You will save time cleaning the juicer and you are most likely to keep up juicing, juicing twice per week.

Drink 2 litres of fresh water daily.

Fasting one day a week with water is good or 3 days on Vegetable Juice often. Cleanse bowels daily. You can fast for a month on vegetable juice but dangerous if you use just fruit juice.



Morning

1 lemon squeezed in a glass of hot water or a fresh orange juice.

Breakfast

Superfood Smoothie 3 times per week recipe is on the next page or:

Fruit salad, 8 nuts, 1 tablespoon each of ground sesame and chia seeds (use a coffee grinder) add yoghurt. You can add ½ - 1 cup of brown cooked rice and honey, add rice or any nut milk, goat's milk or organic soya milk.

Mid Morning

1 - 250ml glass fresh orange Juice or Vegetable Juice consisting of raw celery, beetroot, carrot, greens and an apple.

Lunch

Add brown rice, vegetables or salad together with any of these legumes, nuts, tuna, organic chicken or salmon.

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 juice, honey and herbs to your taste.

Mid Afternoon

1 - 250ml glass vegetable juice consisting of raw celery, beetroot, carrot, greens and an apple.

Dinner

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

Vegetarians

80% fruit and vegetables. 20% carbohydrates and protein, seeds, nuts, legumes, sprouted seeds. Goat milk and clabbered milk like yoghurt, buttermilk and non genetically modified cheese.

Vegans

80% fruit and vegetables. 20% carbohydrates and non animal protein, seeds, nuts, legumes, sprouted seeds. Nut butter, nut milk and nut cheese.

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Superfood Smoothie Recipe

1 tablespoon Rice Protein Powder
1 tablespoon Sesame Seeds
1 tablespoon of Chia seeds
1 tablespoon Pumpkin Seeds
1 tablespoon Shredded Coconut
1 tablespoon Brewer's Yeast
1 teaspoon Maca Powder
1 teaspoon dried Spirulina, Wheat grass or Barley greens
1 Desertspoon Honey or Malt Extract
1 Banana, Frozen Berries or any Fruit.
Add Nuts, Sultanas, Prunes, Figs or any Dried Fruits, Raw Eggs, a small handful of Alfalfa Sprouts, Kale or any Greens or Edible Weeds.

Blend with water, juice, rice, goat or nut milk (thickness of drink depends on amount of fluid added to suit individual taste)

The Superfood Smoothie health drink dry ingredients is easiest made up once per month which is much better than doing it all individually. Buy 250 grams of each dry ingredient except when it says 1 teaspoon then use about 100grams of each dry ingredient. Mix all dry ingredients together, mix well and keep in airtight glass container in the pantry or refrigerator.

To make up nut milk use 1 cup of nuts to 5 cup of water, add a dash of vanilla essence and blend. Use Raw Cashews, Almonds whichever you prefer.

Add a 1/2 cup of the dry ingredients to blender, add liquid and fruit. The measurements do not have to be 100% accurate you can change it around till you get the right taste and consistency for you. This amount will do 2 people and you can store the left over smoothie in a glass bottle in the refrigerator for the next day.

For variety you can use the **“Fast Superfood Smoothie Recipes for Energy”** e-book which has 185 recipes. You can purchase the e-book and download it instantly on this [link](#) on our website.





Blood Group Diet

For those who wish to abide by the blood type diet please refer to the book “The Eat Right Diet” by Dr Peter D’Adamo or check in with your intuition to find out what foods are right for you.

A Blood Type

Salad or vegetables, with a protein of fish, nuts or legumes. Mainly vegetarian food.

O Blood Type

Salad or vegetables, organic red meat, chicken, fish, nuts or legumes. They need a high protein diet. They are the meat eaters.

B Blood Type

Salad or Vegetables, some organic red meat, fish, nuts, chicken, goat dairy products, some grains and legumes.

AB Blood Type

Salad or vegetables, fish, legumes and goat dairy products. Mainly vegetarian and goat dairy products.



Power Foods

Take some of these daily or 3 times per week, alternate them when you wish

Apple Cider Vinegar

Loaded with over 50 minerals, and vitamins A, B, E,

Take 1 tablespoon per day in a glass of water first thing in the morning.

Apple Cider Vinegar is good for increasing your IQ, memory, aids against arthritis, general health, fertility, insomnia, aging skin and acidity.



Blackstrap Molasses



Is a high source of iron, B vitamins, calcium, magnesium, potassium, silicon, phosphorous and many more minerals.

Take 1 teaspoon per day.

It is ideal for a healthy bloodstream, anaemia, energy and vitality.

Brewers Yeast

(Soland brand tastes the best) is a complete source of Vitamin B and has about 50 minerals.

Brewers yeast is excellent for the nervous system, helps overcome depression and mood swings.

Take 1 desertspoon per day in dark grape juice or in a smoothie.



Broccoli

Broccoli has many minerals and is well known for its ability to keep Cancer at bay.

Eat a minimum of 2 rosettes per day.



Brown Rice



Brown Rice is high in Energy, Iron, Magnesium, Zinc, Thiamine, Niacin B3, High Protein and carbohydrate source. Brown rice builds healthy blood, vitality, strength and energy.

½ cup per serve cooked. Up to 2 serves daily

Brown rice cooked in a pressure cooker only takes 10 minutes and becomes quite fluffy.

Cod Liver Oil

Cod Liver Oil is rich in vitamin A and E.

Take 1 Desertspoon followed with juice or an orange for taste, it is excellent for Skin, Eyes, Immune System, Arthritis, Joints, bones, aids against osteoporosis, colds, flu, lung problems, most ailments and is the most wonderful of all immune system booster.





Garlic



Garlic is Antibacterial, antiseptic, antibiotic, diuretic, stimulant.

Garlic was used in world war one for infections internally and the juice externally. It is one of the best aids against disease.

Garlic kept the poor free from plaques, epidemics, infections and contagious disease.

Garlic helps you to keep strong steady nerves, gives you restful sleep, keen alert minds, and vigorous health.

Garlic is a proven remedy for healing indigestion, serious intestinal disorders, bloating, gas, respiratory infections, coughs, asthma, diarrhoea, vomiting, colitis, dyspepsia, headache, heart palpitation, diphtheria, bronchitis, colds, gripe, flu, running nose and skin disease. Renews youthfulness, restores masculine vigour.

Take 1-2 cloves of garlic per day.

Honey



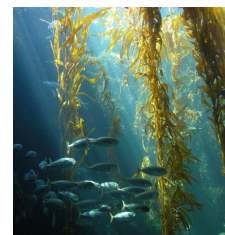
Honey is rich in vitamins and minerals and is excellent for the heart, gives you energy and is great for burns and skin.

Take 1 teaspoon of honey per day. It is a great sugar replacement.

Kelp

Kelp is rich in Iodine, calcium, phosphorous, iron, copper, potassium, magnesium, manganese, chlorine, sulphur, barium, boron, zinc, silicon, chromium, nickel, silver, titanium and other minerals.

Kelp kills germs, increases energy, encourages healthful sleep and relieves fatigue, tension and strain, and helps to make you quiet, calm and relaxed.



Kelp helps you to think clearly, make quick decisions and remember better and it keeps your thyroid healthy.

An Iodine deficiency may cause goitre, anaemia, low blood pressure, overweight and cancer.

Take 1- 1000mg Kelp tablet or 1 teaspoon granulated kelp per day in water.

Millet

Millet is a high energy source, protein, carbohydrate, iron, thiamine, niacin B3.

Take ½ cup per serve cooked. Up to 2 serves daily.





Oats



Oats are a well known recommended food for having when you are depressed. Vitamins A, B1, B2, B3, B5, B6, B12, C, D, E, K. Minerals Iron, Calcium, Magnesium, Phosphorous, Potassium, Selenium, Sodium, Zinc, Copper, Manganese.

Sauerkraut

Sauerkraut has a very high Sodium content which neutralises acidity in the system, calcium, iron, phosphorus and Vitamin C.

It stimulates under active digestion. It is well known for its longevity properties as it aids in digestion.

Take ½ cup daily or 3 x per week.

Sauerkraut Recipe

Five day Sauerkraut

Take half a medium sized cabbage and shred.

Sprinkle with 1 teaspoon of fine, Celtic or Himalayan sea salt and rub through the cabbage.

(This can be left to stand for an hour or more, to facilitate the release of brine.)

Then squeeze and knead, like dough, until brine emerges and the cabbage becomes soft. (This can take five minutes.)

Add about 1 tablespoon of juniper berries and mix well through.

Press into a bowl or earthenware pot, making sure that the brine covers the cabbage.

Cover with a plate, which should just fit into the bowl.

On top of this, a saucer is placed, upside down. Weigh the saucer down with a clean rock (to keep the cabbage covered with brine) then cover the whole lot with an old towel.

The fermentation process starts from the bottom and is assisted by turning the mixture, with a wooden spoon, after a few days.

After five days, place into jars and store in the fridge.

The sauerkraut is stored in the fridge to halt the fermentation process, so that it stays a little crunchy, not mushy, as it would if left to ferment longer.

Extra salt slows down the fermentation process and warm weather speeds it.

Sauerkraut provides 'friendly' bacteria, increasing the intestinal flora similarly to yoghurt and it will keep in the fridge for months.

Juniper imparts a wonderful flavour. The berries give a traditional look and in addition, all the healthful benefits permeate the pickled cabbage. A wonderful food for longevity and rejuvenating the whole body.

Sesame Seeds

Sesame seeds are rich in lecithin, vitamin e, calcium, magnesium, phosphate and zinc. Turkish men are well known for their amazing strength contributed by the large amount of sesame seeds they eat. Sesame seeds clears the arteries and helps to break down fats in the body. Take 1 tablespoon per day





Sprouted seeds

Grains and legumes are wonderful to sprout and are an excellent source of vitamins A, B, C and E, and are rich in minerals calcium, iron, magnesium, potassium and important trace minerals selenium and zinc.



When sprouted, nature miraculously increases the total vitamin content and creates the addition of vitamin C in each little shoot. Sprouts are a rich nutritional live food and a natural source of antioxidants, preventing environmental pollutants from causing harm to your body.

Sprouts maintain proper function of your body by regenerating cells and tissues, keeping vital organs healthy and stimulating the production of antibodies that help fight infection.

Sprouts aid digestion and many other important physiological tasks.

You can use sprouted seeds in salads, soups, or straight from the jar or tray.

Wheat Grass

Boosts your energy, alkaline your system and enrich your blood with vital life force from the chlorophyll in the grass which is also in all green leafy vegetables and edible weeds.

An alkaline body keeps you disease free and balances your weight. You will need to have a special wheatgrass juicer to make wheatgrass juice.

To grow wheat grass you will need a tray with sides filled with sand. Cover the sand with organic wheat and lightly cover the wheat with more sand and water it daily till it grows.



free and balances your weight. You will need to have a special wheatgrass juicer to make wheatgrass juice.

When the wheatgrass has grown to 6 to 8 cm you can cut it and chew it or you can cut it and juice it.

Drink about 1 or 2 cm of wheatgrass juice mixed in a glass of orange or any other juice daily. Start with a small amount of wheat grass at first and gradually increase the amount you drink.

You may feel a bit nauseous at first till your system gets used to drinking wheatgrass juice and the wheatgrass eliminates the toxins from your body.

Yoghurt - Goat



Is rich in calcium, magnesium, potassium, phosphorous, sodium, zinc, and Vitamin A, B1 and B2. It is a high protein source and creates healthy bacteria such as Lactobacillus acidophilus in the intestines.

Yoghurt is well known for its longevity properties and helps neutralize acidity in your body.

Eat 1 cup often on cereal, with fruit or in a health drink.



Website Weed Section

Here is a direct link to our [plant section](#) on our website which will give you an abundance of information on the edible weeds and the nutrients to keep you well and the ailments they can treat.

There is information and photographs to recognise the wild edible weeds that are survival foods and preventative medicine full of nutrition and vitamins and minerals, just the way nature intended.

There is also a large list of all the ailments that these wondrous edible weeds can help with.



You can have any weed identified that is growing on your property, garden or lawn by sending it to your nearest Herbarium at the Botanical Gardens in your Capital city.

You will need to send the plant in blotting paper, number it and keep a copy in blotting paper with the same number for yourself. That way you will know which plant they are talking about when they send you the identification information.

Below are some of these edible weeds.



Edible Weeds

One of my most wonderful joys in life is being able to walk on our property at Middle Path and harvest a bowl full of greens for a salad without having to go to town to buy them.

We have a vegetable garden which supplies some of our salad needs but we mainly use edible weeds that grow around us.

Amazingly we are finding new edible weeds growing around us every day! These wonderful weeds supply the balance of nutrition that we need.

The taste of each of these weeds is unique and quite different from the plain old lettuce, yet when they are mixed together they make a wonderful salad combination.

It is especially pleasing to realize that these weed salads are our medicine as well as our food. I think this diet must be one of the most effective examples of preventative medicine in action.

I use different salad dressings to compliment them and everyone who eats these weed salads has commented on their rich and stimulating flavour compared to the usual salads we find in homes and eateries.



These wonderful edible weeds are full of nutrients and life giving natural energy and are not genetically modified or sprayed with chemicals and are available to you all, in most areas that have not been mowed. Not only are they edible but each weed has medicinal properties for your wellbeing and immune system.

The leaves of the weeds are used for salads, soups, casseroles and stir fry, as well as in herbal teas. They are high nutrient foods and medicines that will keep you well.

Use a handful in salad, soup, casseroles or stir fry.

When making tea use a small handful in a teapot filled with boiling water and stand for at least 20minutes. You may add honey if you choose.

Edible weeds are high nutrient foods and preventative medicines that will keep you well and vital.

Edible weeds are loaded with natural sodium to keep your system alkaline and are known anti cancer agents.



If you juice these herbs take only 4 teaspoons of the juice, a very small amount, as they are very cleansing and large amounts can make you feel ill and have nauseating reactions as you would cleanse too quickly stirring up toxins in your body.

You can purchase these Edible weeds as a Medicinal Tea or Professional Grade Tincture on our website or find them growing not far from where you live.

The edible weeds are highlighted with direct links to our website.

Chickweed



Chickweed the Latin name is *Stellaria media* assists with Acne, Allergies, Appetite imbalance, Asthma, Blood Poisoning, Blood purifier, Bronchitis, Burns, Boils, Cancer, Canker, Circulation, Cleansing, Constipation, Diabetes, Frigidity, Hay Fever, Haemorrhoids, Hoarseness, Impotence, Inflammation, Itching, Obesity, Skin problems, Tumours, Dissolves fat in the body.

Cobblers Pegs



Cobblers Pegs also called Farmers Friends the Latin name is *Bidens Pilosa* is rich in Calcium and minerals.

Cobblers Pegs heals stomach ulcers and is great for excess acidity (a breeding ground for many diseases) and calcium deficiency. Cobblers Pegs heals a list of ailments which can be seen on this [plant section](#) link.

Dandelion

Dandelion the Latin name is *Taraxacum Officinale* is high in calcium and iron and other minerals.

Primarily Dandelion is used to stimulate the digestion and contains organic sodium.

Dandelion is very good for anaemia caused by a nutritive salts deficiency and is also effective as a liver cleanser.



Dandelion acts as a tonic to the whole system and destroys acids in the blood. It is recognised as a great blood builder and purifier. Dandelion tea is used for babies as a gentle laxative.

The root is used for medicinal purposes and Dandelion coffee is a well known substitute for caffeine-rich coffee.



Guta Kola



Guta Kola the Latin name is *Hydrocotyle asiatica* contains rejuvenating properties, is a stimulant, blood purifier, energiser rejuvenator, brain food, energisers the brain cells and preserves them.

Guta Kola restores worn out bodies, prevents mental and physical fatigue and nervous breakdown.

Guta Kola improves the memory, keeps men potent till old age and retards the aging process.

Yoga teachers say it opens up the crown chakra.

You only need to take 3 leaves per day of Guta Kola.

Plantain



Broad leaf Plantain



Narrow Leaf Plantain

There are two types of Plantain Broad and Narrow Leaf. I love the Narrow leaf for eating.

Plantain is also called Ribwort the Latin name is *Plantago lanceolata* and is one of our wonder weeds, a powerful healer, a miracle herb and pleasant salad ingredient.

Plantain helps with Addictions, Asthma, Blood Purifying, Bee Stings, Bed Wetting, Bladder Problems, Detoxification, Internal & External Bleeding, Blood Poisoning, Burns, Cholesterol, Diarrhoea, Douche, Eyes, Eczema, Fractures, Frigidity, Haemorrhage, internal and external Haemorrhoids, Heavy metal elimination, Hoarseness, Insect Bites, Itching, Kidneys, Leucorrhoea, Menopause, Menstruation (decrease), Poison Ivy-Oak, Poisonous Spiders, Rashes, Stinging Nettle rash, Snake Bites, Thrush, Tumours, Ulcers, Vagina, Wounds

You can use Plantain chopped up in salads, stir fry, as a cooked green, soups, herbal tea, and add 4 teaspoons of the juice occasionally to orange or pineapple juice for a green chlorophyll hit.

You can also cook Plantain like spinach.

I have not found any ailment yet that Plantain hasn't helped.

I am really glad that Plantain has become part of my life and that I can now share it with many people so that they also can benefit from this Miracle Herb.

I hope you share it too.



Yellow Dock



Yellow Dock the Latin name is *Rumex crispus* acts as a natural iron in the system and is especially good as a blood purifier and body cleanser.

Yellow Dock can be used as an eye wash for ulcerated eyes and assists with Acne, Anaemia, Bladder, Boils, Blood Purifier, Cancer, Childhood Diseases, Energy, Itchy skin, Liver, Skin Problems, Tumours, Tooth problems and Abscesses. conditions, indigestion, lymphatic system, organs, skin problems and tumours. The whole herb is used including the root.

I have never seen a herb work so fast as when I had a client run into my clinic with a baby who had been in contact with a bag of chicken feed and got a rash. I ran out into my garden, grabbed some dock leaves and blended them with water, made a warm bath for the baby and added the dock to the bath and within 1 minute of the baby being in the bath the rash was gone.

Chewing a leaf will stop toothache immediately.



Emotions

For a vital healthy and happy life your emotions need to be balanced.

Here is a simple exercise which will help you to let go of old negative emotions.

Get a pen and paper and find a quiet place where you can write undisturbed, close your eyes and think back on your life.

Bring to mind an incident when you felt discomfort or distress about the way you treated someone or the way you were treated. Allow the emotions associated with the incident to come to your awareness, let yourself feel the emotion as fully and richly as possible.

Take your time and reach deeply within yourself.

Once you are satisfied that you are experiencing the feeling as fully as possible, open your eyes and write down the details of the incident and the emotions and feelings you associate with it.

Write down anything and everything that comes to mind which would help you to let go of those feelings. This may include a simple request for forgiveness by you or them.



When you have listed all the things that will contribute to you becoming free of the emotional residue of that incident, close your eyes once again and bring to mind a different occasion or event and repeat the process for that event.

Continue doing this for as long as you feel is useful. Write it all down. You will know within yourself when you feel clear, then just burn what you have written.

As you express these stored up energies, hurts and guilt, you will be amazed at the feeling of lightness and freedom which will result when you let go and become clear of all your old emotional baggage.

This is a useful exercise to repeat from time to time throughout your life, so that you will remain clear from any negative emotions.

It is an exercise that you may have to repeat several times at first in order to experience the full benefits of the letting go.

The letting go exercise will have created space in your life which, if you do nothing, will tend to be filled with a similar emotional residue. Therefore it is important that, as part of this exercise, you spend some time imagining yourself the way you want to be.



Spend a few moments or more seeing yourself as being, healthy, happy and vital. Emotionally clear, balanced and positive.

You may not get a clear image at first but the more you practice seeing your image the way you want to be the clearer it will become.

Once you have started your emotional cleansing, you will find it easier to continue to live in the moment, to relax and express your emotions as they come up.

This will very effectively prevent you taking on board more emotional baggage to interfere with your health and happiness.

Avoiding expressing your emotions is a major factor in feeling stressed. There is a saying you might find relevant which goes like this “if you don't express it then you'll suppress it”.

The energy required to suppress an emotion is proportional to the energy you experienced in the emotion when it first arose.

The only difference is that the energy drain through suppression is continuous and ongoing. Thereby reducing your energy and vitality for as long as it takes you to stop suppressing and let go of the emotional baggage.

An important part of this exercise is to apologize face-to-face where ever possible to those that you have hurt. I call this “emptying your cup”, it takes courage and determination to carry this through but the release and relief it brings are extraordinary.

After doing this make sure at the end of each day you take account of your behavior towards others and be aware of how others have behaved towards you and if there is a problem resolve it without delay.

You cannot fill your cup with peace and joy and experience happiness until all your negative baggage has been resolved, only then can you open your heart and feel love and enjoy life to the fullest.





To enjoy your life fully take time out to have fun, socialize and have a hobby. Do things you enjoy and take time out for yourself.

The final step to this exercise is to read out loud what you have written and then burn it.

Dry brushing your body with a natural body brush invigorates you and gets rid of any dead cells on your skin. It actually makes your skin glow and is very stimulating to the whole system. The best time to dry brush is before a shower or bath.

Nurture yourself by having a relaxing bath with scented oils or herbs, or go for a walk on the beach.

Do something different, have a spontaneous weekend away or do something that you have always wanted to do. Be adventurous and take some risks. Learn something new. Life is for living.

Live life to the fullest and be you.

One of the most fulfilling experiences in life is to have a Spiritual connection with GOD or whatever you may wish to call that Higher Power.

Prayer is a method of communicating with God and Meditation or being still is a method of being quiet enough for God to communicate with you.

Reading inspirational books and spending time with like minded people who have the same beliefs and values as you will help your Spiritual journey.

To become totally fulfilled there needs to be a balance in body, mind and spirit.

To teach you how to become relaxed and at peace I encourage you to buy "[Meditation & Beyond](#)" which comes in audio mp3, or CD and learn simple, sacred Meditation Techniques that will transform your life and help you to overcome stress.



Remedies

Before starting your new health regime I would advise you to clear your mind by detoxifying your body.

Colonic Irrigation is an excellent way of detoxifying the whole body by deep internal cleansing of the colon. I recommend 3 Colonic Irrigation's preferably in one day or 1 per week for 3 weeks annually.

If you cannot access a Colon Therapist then use an enema or a natural herbal laxative to flush your bowel.

It is essential to cleanse the bowel daily, whilst you are on the vegetable juice and water fast, with either an enema or by taking a herbal laxative the night before.

You can take 1 tablespoon of Epsom salts in $\frac{3}{4}$ of a cup of warm water followed with 2 litres of fresh pure water to cleanse the bowel.

The Epsom salts flush is to be done on an empty stomach first thing in the morning. You can do this every 3 months.

Epsom salts is Magnesium Sulphate and will clear your mind if you are experiencing mood swings or depression and a few handfuls in the bath is wonderful to relieve stress and helps you to relax.

Refined carbohydrates like processed biscuits, chocolate and cakes are addictive and dull your mind.

To break this addictive cycle I encourage you to drink fresh vegetable juice or broth, for 3 days, consisting of celery, carrot and beetroot and any green juices and an apple for taste if you like.

Make sure you drink lots of pure water at least 2 litres per day.

Your body and mind will adjust to a new regime after those 3 days of cleansing and making a positive projection to change your diet and start an exercise program.

You can greatly benefit from 3 days on vegetable juice once per month but remember to cleanse the bowels on those days and drink plenty of water.

Take some Apple Cider Vinegar it detoxifies the body and alkalizes the whole system, which helps to keep your mind alert, clear and happy.

It also improves your IQ and memory and is a great for your health and prevents many ailments.

It is good for you to take 1 Tablespoon of Apple Cider Vinegar in a large glass of water every day.





Apple Cider Vinegar makes an excellent salad dressing. Use equal amounts of Olive Oil and Apple Cider Vinegar and add garlic and herbs of your choice and shake well before using it.

To relieve stress and keep you healthy and give you all the essential vitamin B group that you need daily for your nervous system take 1 tablespoon of brewers yeast mixed in $\frac{3}{4}$ of a cup of dark grape or orange juice daily.

You may choose to put it in a health drink or smoothie.

Cod liver oil would have to be the world's greatest immune system booster. As a preventative take 1 teaspoon per day and if you look like you are coming down with something like the flu or a virus take 1 tablespoon of cod liver oil immediately. You can take a teaspoon or a desertspoon of Malt extract straight after to help overcome the taste of the Cod Liver oil and to give you your Vitamin B needs.

For vitamin C intake drink one glass of freshly squeezed orange juice every day and eat red, orange, yellow and green fruits and vegetables.

To help you stay healthy and relaxed here are a few herbal teas that you can drink during the day Chamomile, Parsley, Peppermint, Catnip, Valerian, Vervain,, Passionflower and St John's Wort.



3 sprigs of Parsley tea is a wonderful nerve nutrient and is rich in iron and many minerals. You need to let it steep for 20 minutes. If you take it 20 minutes before bed time it will help you sleep. It is full of health giving nutrients and will feed your nervous system.

Do not take any more than 3 sprigs as it is very potent when steeped and becomes highly concentrated.

You can eat Parsley in food and salads but remember, when steeped it becomes very potent.

Peppermint is a wonderful herb for your digestion. Chamomile, Catnip, Valerian, Vervain and St John's Wort teas are very calming as well as being great for many other ailments.

Eliminate coffee and tea from your diet and drink herbal teas or dandelion coffee. The caffeine in coffee and Tea can cause anxiety attacks, tension and give you heart palpitations.

Caffeine also affects your nervous system and adrenal glands, and reduces your quality of life.



Exercise

Exercise is essential in boosting your metabolism and releasing stress which will keep you healthy.

Make sure when you exercise you wear comfortable clothing that is suitable for the climate and wear supportive footwear.

One hour of walking briskly every day is wonderful for your whole body and mind. Your legs are the pumps to your heart, so if you want to stay fit and healthy and have a healthy heart then walking is for you.

You need to choose an exercise that you will enjoy and will keep doing for at least 3 times per week.

If possible, try to exercise aerobically and perform some weight training exercises to build up your muscles. Stretch before and after your workouts to maintain your flexibility and breathe deeply.

The most important thing is to find activities you will enjoy and have fun doing.



Here are some choices that may suit you: Gardening, Skipping, Dancing, Tennis, Ball Games, Walking or Running, Aerobic Exercise or Weight Training. Yoga or Tai Chi will balance your whole system.

If you are stressed or unfit and you haven't exercised for a long time take it slow and start off doing it for only a few minutes a day and gradually increase the time.

You may need some support, so get someone to go with you and enjoy yourself and have some fun and feel the vitality come on.



Water

DRINK WATER ON EMPTY STOMACH

It is popular today to drink water immediately after waking up every morning.

Scientific tests have proven its value. For old and serious diseases as well as modern illnesses the water treatment had been found successful by a Japanese medical society as a 100% cure for the following diseases:

Headache, body ache, heart system, arthritis, fast heart beat, epilepsy, excess fatness, bronchitis asthma, TB, meningitis, kidney and urine diseases, vomiting, gastritis, diarrhoea, piles, diabetes, constipation, all eye diseases, womb, cancer and menstrual disorders, ear nose and throat diseases.

Water also helps to avoid shrinking in old age and helps to have good skin and minimum wrinkles.

METHOD OF TREATMENT

When you wake up in the morning before brushing your teeth, drink 4 x 250 ml glasses of water. (1 litre (1000ml))

Brush and clean your mouth but do not eat or drink anything for 45 minutes, after 45 minutes you may eat and drink as normal.

Those of you who are old or sick and are unable to drink 4 glasses of water at the beginning may commence by taking a small amount of water and gradually increase it to get to the 4 glasses.

The above method of treatment is known to cure many ailments, and healthy people can benefit by maintaining healthy life.

People with Arthritis should follow the above treatment only for 3 days in the 1st week, and from 2nd week onwards - daily.

This treatment method has no side effects, however at the commencement of treatment you may have to urinate a few times.

It is better if you continue this water remedy and make this procedure a routine in your daily life.

Drink Water and Stay Healthy and Active.



The Laws of Nature

1. Pure Air – Make sure you get out and be in the fresh air every day or as often as possible. Open windows and doors daily to allow fresh air into you home and workplace.
2. Sunlight – Spend time in the sun. It gives your body Vitamin D. Sunbathing is great for your body as long as you do not get burned. Sunbath starting with 10 minutes per day early or late in the day. Sunlight is a great healer.
3. Abstemiousness – Say NO and exercise your willpower. Have a water or juice fast day often. Once a year fast for 3-7 days on Vegetable juice and broth only.
4. Rest – Get plenty of sleep and feel rested. Stop during the day and smell the roses. Pace Your Day. Balance Your Life.



5. Exercise – Find an exercise that you enjoy doing and move your body. The legs are the pumps to your heart so walk often and circulate your blood system and eliminate toxins.
6. Diet – Eat a natural wholefood diet of fruit, vegetables, nuts, seeds, legumes, protein and rice. Keep the grains to a minimum as they can deplete your energy and clog up your system.
7. Water – Drink 2 litres of water daily. We are 80% water so replenish the supply and oxygenate the cells and blood stream and move unwanted toxins from your body.
8. Avoid toxic relationships or fix them.
9. Communicate and release emotions.
10. Meditate and Pray daily and feel the peace.
11. Trust in Divine Power – Whatever your belief let go and let God this enables you to know everything is Perfect just the way it is and then you can let go of your stress.
12. Gratitude – Be grateful for all things.
13. Fun – Play and take time out for your family friends and yourself.

Lighten up and Enjoy Your Life. Look on the bright side and have positive thoughts as this will create your reality.



Action

There will always be a million and one other suggestions, recipes and products to help you glow from the inside out, however you now have more than enough information and recipes to help you become, vital, clear and happy.

Most successful people who have regained their vibrant health, energy and wellbeing have realized that there are three steps to a vibrant lifestyle.

Step one is Awareness that you want change and to be glowing from the inside out and experiencing vital health.

Step two is Acceptance that you are not the you that you want to be.

Step three is Action. You can have all the awareness, recipes and information in the world but if you do not ACT upon what you have learn't nothing will change.



You have the power and strength within you to take ACTION and become a glowing, healthy, active, vital and balanced new you.

Many Blessings, we hope you enjoy these easy vegetarian recipes and all the other information in this e-book and that you will take charge of your life and use them.

If you feel you need support our [Online Consultation](#) has a six month support option which means I will be just an email away.



Disclaimer

Please Note: While we believe the information we offer is true and valid through our own observations, experiences and research and we offer it with a sincere desire to help anyone interested in taking responsibility for their own health and wellbeing, we feel it prudent to include the following given various “authority's” current attitude towards our work:

Content in this e-book is provided for informational purposes only and is not a substitute for “professional” “medical” advice or diagnosis. You are responsible for your own health and therefore we suggest you seek appropriate advice before embarking on any course of therapy or treatment for any condition you may consider that you might be experiencing.

If you have or suspect that you have a “medical” problem, it is your responsibility to contact a “qualified” health care practitioner.

Information and statements in this e-book are not intended to diagnose or "cure".

Information and statements in this e-book are based on natural methods to minimize susceptibility to "disease", they are in line with common-sense preventive measures to prolong your life and health by reducing toxic intake and strengthening your own natural abilities to resist conditions which encourage disease.



Middle Path



Health & Awareness Initiatives

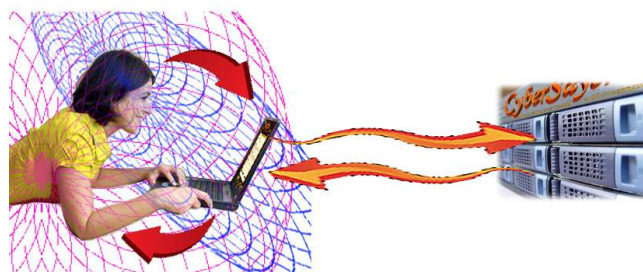
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+61 07 54 999 060
Middle Path Online
ABN 72 215 828 671
Australia