

School of Natural Science

How to have a
healthy family

A NEW WAY OF LIVING



Things everyone wants to know

DAILY FOOD PROGRAMME

FIRST THING 1/2 to 1 hour before Breakfast a glass of fruit juice - orange, apple, etc.
Take Digestion Powder if applicable.

BREAKFAST **CHEW YOUR FOOD WELL !**
Take Herbal medicines before eating.

L.S.A. - Amount

Child	1	-	2	dessertspoons
Women	2- 4	"	"	
Men	3- 6	"	"	

With L.S.A in the breakfast bowl add and mix well 1 tablespoon of **Cold Pressed Linseed oil** and 1 teaspoon of honey [optional], then add some Vitasoy (creamy original) for extra fatty acids and texture. Add 1 to 2 shredded apples or any fruit - banana, paw paw, pear, etc. On occasions some freshly stewed apples or other fruits could be used, also any other fresh fruit or dried fruits can be used or added.

In cold weather. blended vegetable soup with L.S.A. added when served is nutritious and delicious. Don't over eat but eat enough for your strength

TO MAKE L.S.A LINSEED - 3 parts by dry measure
SUNFLOWER - 2 " " " "
ALMONDS - 1 " " " "

Grind in blender, coffee grinder, separately then add together and store in an air tight container in the fridge. Make it fresh about once a week. Fresh is best.

MID MORNING

1 - 2 glasses of Fresh. bottled or canned fruit juice - no added sugar. Fresh is best.

DON'T EAT BETWEEN MEALS

LUNCH

Vegetable salad - consisting of any greens shredded cabbage, lettuce, silverbeet, endive, comfrey, chickweed, grated carrot, beetroot, radishes, asparagus, onions, garlic, shallots, celery, capsicum, raw sweetcorn, young green beans, peas, any seed sprouts, cucumber, tomatoes, avocado, olives. Cottage cheese [acid forming]. Cooked potato (hot or cold).

There are other things that could be used. these are just suggestions to choose from.

[A slice of wholemeal bread with butter and raw peanut butter or the like - acid forming]

Cooked vegetables, either steamed or dry baked can be used in conjunction with the raw salad as above.

MID AFTERNOON

Drink of fruit juice or herbal tea sweetened with honey.

EVENING MEAL

Fruit meal - pineapple, oranges, mandarin, apricots, figs, grapes, peaches, plums, cherries, apples, pears, nectarines, passionfruit, persimmons, berries, strawberries, blackberries, youngberries, gooseberries, mulberries, paw paw, watermelon, rockmelon, custard apples, lychees, mangoes, bananas [ripe].

Or in cold weather - vegetable soups instead of fruit.

This type of diet will keep you well and not produce unhealthy overweight conditions. There is plenty of choice in fruit and vegies. Eat them fresh and unadulterated. Eat what is in season. Dried fruits, such as dates, prunes, apricots, bananas, etc., can be used to supplement the lack of fresh fruits at times. Do not eat too many nuts. The best nuts are almonds. Brazil, cashew, macadamia, pecan and walnuts are acid forming.

FOR QUICK CLEANSING OF BODY

A good programme, 3-21 days using **Apple juice** only [no solid food] together with appropriate Herbal medicines [supplied by us]. MORNING - 1 glass: BREAKFAST - 2-3 glasses; MID MORNING 1-2 glasses; LUNCH - 2-3 glasses; MID AFTERNOON - 1-2 glasses; EVENING - 2-3 glasses.

Eat nothing at all - other juices such as grape, orange or **carrot** could be used for some of the juice meals.

When this programme is terminated use fruit only for meals for 2-3 days with juice between meals, then follow the food programme on page 1, keeping to alkaline forming fresh raw foods for a few weeks then some cooked foods could be used according to prevailing conditions. See your Practitioners.

Alternative to juice only - use watermelon for meals and juice between, or paw paw for meals and juice between.

ACID/ALKALINE BALANCE

Alkaline producing foods should be 80-90% of your daily intake when in health and 100% when not in health until a balance is reached in the body.

These alkaline foods are rich in organic minerals and vitamins which feed and cleanse the body. All body functions of elimination of waste matter from the bowel, kidneys, skin and lungs must be constant to keep the body clean of poisons produced by the body in it's daily functioning.

Apart from food, the body can be overcome by an acid condition through worry, fear, anger, gossip, hatred, envy, selfishness, and sulking. Also love-hunger and loneliness. To help maintain the alkaline balance - rest and sleep are alkalizers: so is fresh air, happy laughter, cheerful conversation and true loving experiences. These all relax the nerves and generate power in the body.



ALKALINE FORMING FOODS

Alkaline Fruits

Apples
Apricots
Avocados
Bananas, specked
Berries, all
Carob pods
Cherries
Currants
Dates
Figs
Grapes
Grapefruit
Guavas
Kiwi fruit
Kumquats
Lemons, ripe
Limes
Loquats
Mandarins
Melons- all
Nectarines
Olives, sundried
Oranges
Paw paws
Passion fruit
Peaches
Pears
Pepinos
Persimmons
Pineapple, fresh ripe
Plums
Pomegranates
Pomelos
Prunes
Quince

Raisins
Rockmelon
Sapotes
Tamarillos
Tangerines
Tomatoes

Alkaline Vegetables

Bamboo shoots
Beans, green,
lima, string, sprouts
Beetroot
Broccoli
Brussel sprouts
Cabbage
Carrots
Capsicum
Celery
Cauliflower
Chicory
Chives
Corn [fresh,
first 24 hours]
Cucumber
Dandelion greens
Dill
Dock, green
Dulse
Eggplant
Endive
Escarole
Garlic
Horseradish, fresh
Kale
Kohlrabi
Leek

Lettuce
Mushrooms
Okra
Onions
Parsley
Parsnips
Peppers
Peas
Potatoes
Pumpkin
Radish
Salsify
Sauerkraut [lemon only]
Silverbeet
Sorrel
Soy beans
Spinach
Squash
Swede turnip
Sweet potato
Taro, baked
Turnips
Water chestnut
Watercress

Alkaline Seeds

Linseed
Millet
Pumpkin or pepitas
Sesame
Sunflower

Alkaline Nuts

Almonds
Chestnuts, roasted
Coconut, fresh
Hazelnuts

Alkaline Dairy Products

Acidophilus
Buttermilk
Raw milk [human, cow or goat]
Whey
Yoghurt

Alkaline Miscellaneous

Agar
Alfalfa products
Coffee substitutes
Ginger, unsugared
Honey
Herb teas
Kelp

ACID FORMING FOODS

Acid Fruits

All preserved or jellied
Bananas, unripe
Blueberries
Canned, sugared
Cranberries

Dried, sulphured
Glazed fruits
Raw, sugared
Olives, pickled green

Acid Vegetables

Asparagus tips, white
Beans, all dried
Chickpeas
Lentils
Rhubarb, sugared

Acid Dairy Products

Butter
Cheese, all
Cottage cheese
Cream
Custards
Ice cream
Milk, pasteurized,
cooked,
boiled, malted, dried,
canned

Acid Meat Products

All meats, red & white
Beef tea
Chicken
Fish, shellfish, all
Gelatine
Gravies
Seafood, all

Acid Grains

All flour products
Buckwheat
Barley
Biscuits, all
Breads, all
Breakfast cereals
Cakes
Corn
Corn flakes
Doughnuts
Macaroni & spaghetti

Noodles
Oats
Pies & pastry
Rice
Rye
Wheat

Acid Nuts

Brazils
Cashews
Coconut, dry
Macadamia
Peanuts & butter
Pecans
Pistachios
Walnuts

Acid Miscellaneous

Alcoholic drinks, all
Candy & confectionery
Cocoa & chocolate
Coca Cola & the like
Coffee
Drugs, all
Eggs, especially whites
Ginger, sugared
Jams & jellies
Marmalades
Mayonnaise
Salt
Sodawater
Sugar, refined
Tobacco
Vinegar



YOUR BODY

Like the soil your body functions at a certain PH. This is an Acid/Alkaline balance and unless the soil is in the suitable balance the plant will NOT grow. Your body is much the same for if your body chemistry is not correct health will NOT be present. In order to keep your body in the correct Acid/Alkaline balance, your body needs to have the right balance of elements supplied to it and the correct amount of exercise and sleep. Another thing very important is that you chew your food properly, especially carbohydrate rich foods.

CORRECT BALANCE OF FOODS

Correct Balance - Protein 1%, Carbohydrates [energy food] 10%, Fats 4%, Mineral salts [Calcium, Phosphorus, Magnesium, Iron, Potassium, Sodium, Sulphur, Chlorine, etc.] about 1%.

We notice that mother's milk is balanced:

Mother's milk - Carbohydrate [sugar] 10% - for energy and heat

(Average)	Fats	--	4 % - for energy, heat & development
	Protein	--	1% for growth and repair
	Minerals	--	1 % - for growth and repair
	Water	--	84% Total - 100%

This means that these solids comprise about 16% of the total of our foods. The balance, 84% is water. Water consists of H²O, hydrogen and oxygen. Oxygen is our main need above elements whilst the need for hydrogen is also high. All fruits and vegetables contain a large percentage of water. Most natural foods do except dry grains, seeds and nuts. In order to eat these fluid should be added to them. Bread contains about 36% water. When one eats this kind of dry food more fluids are needed to balance the total intake. If one lived on fruit and vegetables, a good balance would be experienced: a few seeds, nuts and grains could be used too.

Protein Needs - about 1% or less of your daily food needs.

[Mother's milk is 1 - 1.2% protein. Adults need less than a baby who is growing very fast.] Mothers milk is a complete food to grow a baby twice it's size in the first 6 months of life. Notice the growth factors, **Protein**, and **minerals**. The need is for as much of one as of the other, and the amount is only **1%** of the total in each case. There is a much greater need for carbohydrates [sugars and starches] (10%) and fats (4%) for energy to maintain activity in the body.

Protein is for growth and repair in the body and only a small amount is needed continually as the body does not store it. When there is a greater supply of protein to the body than it needs for it's balance at the time, the excess of protein is changed by the liver into sugar to use, and as fat to store, a side product of this change is uric acid, which is a substance that destroys the cells of the body and causes disease and premature old age. So to function correctly and to keep youthful a low protein diet is very essential. Evidence of excess protein - wrinkles, sore joints and muscles, itching skin, kidney failure, heart and other organ malfunctions, osteoporosis, arthritis and a host of other diseases. Modern western diets are generally too high in protein and fat - especially animal fats - also refined carbohydrates, and lacking in minerals for body building and repair.

Seeing that 1% of protein will perform as we have seen above, it is very sure that there is not a call for a high Protein intake when growth is not so great or has stopped altogether. It is very important that a low intake of protein is had to maintain maximum health, long life and a freedom from disease. Remember that proteins are building substances for growth and repair, excess causes breakdown of the body in various ways, as mentioned above.

Take Note-All meats and cheeses range from 15 - 40% in **protein** and grains from 8-16%. Fruits and vegetables range from 0.3 - 8%, these are the lower range and are safer, i.e. potatoes are 2.7 - 2.9%.

High intake of protein rich food stresses the kidneys and causes breakdowns of these organs and others.

Carbohydrates - The source of energy which include sugars and starches. The sugars come in simple and complex types. Fruit sugars are of the simple kind and are easily absorbed by the body,

whereas complex sugars as white refined sugar are more difficult and leave an acid residue in the system. Fruit sugars are simple single sugars as the sugar that runs in our blood stream, and is the fastest source of energy for the body, where complex sugars and starches have to be broken down before the body gains any benefit. Sugars give the fast energy supply.

Fats - Are also energy suppliers, they are the back up or slow release. The body can only use light types of oils or fats. Fat in mother's milk is in emulsion and fats in emulsion are much better digested. Oils in nuts, seeds or olives, etc., are better utilized by the body than heavy oils or fats extracted and used as free oils. Oils from seeds - cold pressed linseed, soya, sunflower are good for salad oil or olive [virgin or cold pressed] is excellent. Avocados are very good. These oils will not clog the body. For cooking, olive oil is best. Heavy saturated fats only sludge the body and destroy it. It is always better to obtain oils and fats from a live source than a dead one.

Oils need to be mainly of the unsaturated type. Light oils not heavy animal fats. The essential fatty acids, Omega 3 & 6, are the richest in **Linseed**, **Sunflower seeds**, **Almonds** and some other seeds, this is why we chose these things about 20 years ago, to supply the materials that would clean the system as well as feed and energize it. Your life depends on good oil. Remember your day should start with **L S A** every day, and add some cold pressed Linseed oil as well, for a good clean up and good health.

OILS AND BODY CLEANSING

The cells of the body become sludged with acid wastes, so do not perform their work in the body. This cleansing can be done by different means. The aim is to clean and feed the cells of the body in one operation and this can be performed by using fatty acids in the diet which are essential for good health and prolonged life. The richest source of these fatty acids which are called Omega 3 - Linolenic Acid, and 6 - Linoleic Acid are found in oil seeds. - **Linseed is the richest source of Omega 3, and some Omega 6.**

Mother's milk is high in the essential fatty acids, Omega 3 & 6. When planning for a baby, the mother to be needs to make sure

that she has an abundant supply of these fatty acids at least for six months before the pregnancy, according to the best authorities.

Minerals - need to be taken into the body in the food eaten or in the form of organic substances such as herbs, not in the form of inorganic materials such as synthetic vitamins and inorganic minerals - ground up rock, etc. The body will not function with inorganics. These only clog the kidneys and cause disease. All minerals need to be alive in plants, fruits, vegetables, etc., not in chemical or rock form. Where there is a shortage, Herbs are the best place to obtain them, outside of the food supply.

Enzyme -"a substance that acts as a catalyst in living organisms, regulating the rate at which chemical reactions proceed without itself being altered in the process. The biological processes that occur within all living organisms are [chemical reactions](#), and most are regulated by **enzymes**. Without **enzymes**, many of these reactions would not take place at a perceptible rate. **Enzymes** catalyze all aspects of cell metabolism. This includes the digestion of food, in which large nutrient molecules (such as proteins, carbohydrates, and fats) are broken down into smaller molecules; the conservation and transformation of chemical energy; and the construction of cellular macromolecules from smaller precursors. Many inherited human diseases, such as albinism, result from a deficiency of a particular **enzyme**." **Encyclopaedia Britannica**

It is very important that the body has access to a good supply of enzymes and to make this possible we need to have a large supply of the living substances such as fruits, vegetables, and live organic foods. Certain chemicals are destroyers of these substances such as sodium fluoride, heat is also a destructive agent, therefore when cooking food it is very important to follow correct methods that will not destroy the possibility of obtaining the life giving substances you are needing from the food. **It is a good plan to always try to eat 75% - 80% of your food raw and unprocessed by high temperatures or chemicals.**

GENERAL HEALTH RULES

Never eat between Meals -Food needs to have time in the stomach to digest, about 4 hours before any more food is introduced, or fermentation will take place and a break down of the digestive system will follow.

1. Drink freely of pure water. Drink no closer than 1/2 hour before and 2 hours after a meal. Drink between meals.
2. **Do not drink with your meals.** This will weaken the gastric juices and upset digestion. Vegetable juices could be taken with a vegetable meal or fruit juice with a fruit meal.
3. Milk must NOT be taken between meals, only at meals. **if at all.** Goat's milk is the best to use. Cow's milk is mucous forming.
4. Eat a balanced diet. Remember the Acid/Alkaline balance.
5. Do NOT rush meals, eat in a relaxed atmosphere and chew your food well.
6. Keep your foods simple - one or two course meals are best. Desserts after a dinner are not good.
7. Do not mix fruit and vegetables at the same meal.
8. Never combine raw acid foods like pineapple, citrus fruits, etc, with starch foods such as bread, cereals, etc, because they ferment in the stomach and cause gas as will also desserts.
9. Never over eat even if the food is good.
10. Use stainless steel or glass cookware. NOT aluminum. it produces poisonous oxides.
11. Never cook with salt. Use the vegetable water to make gravy, soup or drinks as it is high in minerals.
12. Make sure your bowels work well, your kidneys too, and always deep breathe and keep your skin clean and brush it daily.
13. Early to bed, early to rise - makes you Healthy, Wealth and Wise.
14. Get sufficient sunshine; over exposure to the sun cause skin cancer, etc.
15. Exercise each day to keep healthy - e.g., gardening is promoting to health, also walking.
16. **Keep a happy disposition, look on the sunny side of life.**

17. **Foster NO grudges, forget self, seek to help others.**
Have a supreme trust in Yahueh, the Creator, at all times

THINGS NOT TO USE

ALL denatured refined products -

White sugar

White flour All these are robbers of minerals and act

White rice as poisons to the system in this

Cornflakes concentrated form.

Cheese

Coffee Both contain harmful substances and

Tea are drugs. Both bring on disease.

MEAT ITEMS - all animals, fish, fowl of the scavenger type. such as
- pig meat (any), shell fish, crabs, crayfish, shark, etc.

DRINKS - all alcoholic drinks: beers, wines, etc. Alcohol is a very
poisonous substance which robs the nerve power, [vital energy] and
destroys the liver, blood cells and brain.

The Cola drinks are not fit for the body, also any soda soft drinks.

Sugar filled cordials will give disease.

CONDIMENTS - any thing containing white or black pepper. Both
are irritants (use red pepper - cayenne, it's good). Mustard is also
an irritant. Vinegar - malt or brown.

SMOKING - Tobacco, very poisonous. Nothing should be smoked
at all, a most unnatural, harmful habit.

DRUGS - are harmful substances to the body, not to be used at all.
This includes ALL drugs.

ANIMAL FAT - Both fat and blood of living creatures, animals, fish,
birds are not fit for food. Fat clogs the system. Blood carries disease
and poisons from the body of the animal, etc.

DO EAT AND DRINK

Living foods - fruits, vegetables, nuts. seeds and wholegrains,
these should form the bulk of your diet. If you use animal products,
milk. eggs. use them sparingly. This goes for beef, mutton, fish and
fowl too, they are not recommended. **Vegetarianism is best to
give the body the balance it needs.**

TREATMENTS

HOT FOOT BATH

Equipment: One dish large enough to place feet in: container full of boiling water: face cloth. and bowl of cold water to wet it.

Method: Put enough hot water in the dish to cover the feet well [hot as can be endured comfortably]. Place feet in dish. Sit comfortably for 20-30 minutes. Keep adding hot water to the dish as it cools a little. Put the cold damp cloth on the forehead as the patient gets hot feeling in the head, hold cloth in place with a shower cap or towel.

Use for: Fevers, poor circulation, sleeplessness, poor digestion, flu, colds, chest congestions, irritable nervous system, lack of energy, headaches, migraines, etc.

Epsom salts can be used in the water if desired, 225g [1/2 lb] the dish.

COMPRESSES

Requirements: Linen cloths of old sheeting or similar, 3-6 inches wide, 18 inches to 6 feet long depending on the application basin to hold water and Epsom salts: woolen socks pieces of blanket or woolen jumpers.

Method: Place two cups of hot water in basin, add 6-8 dessertspoons of Epsom salts and stir till dissolved. Before going to bed, wet the linen strips in the cool solution, wring dry and wrap around the joints, neck, abdomen, etc. so that the area is covered twice with the cloth, then cover with woolen socks, piece of blanket, woolen jumper, etc. Wash cloth in morning and hang to dry for reuse at night.

Use for: Aching or swollen joints or muscles, bad circulation, swollen ankles, sore throats, any arthritic problems or where poisonous acids are in the tissues of the body. Use every night until back to normal, 3-6 weeks, to remove fluid from the tissues of the body.

Note: This can be done without the Epsom salts with a lesser effect but is worth while if no Epsom salts is available. Herbs also can be used in the compresses.

HOT & COLD WATER TREATMENT

Equipment: One dish for hot, one for cold water [the size depends on the part of the body to be treated, hands, feet, etc.] Cloths are needed if the part cannot be placed in the dish.

Method: One dish contains hot, very hot water [not hot enough to burn], the other dish, cold. Insert the hand, foot, arm or leg into the hot for as long as can be endured, then into the cold for a short time, then back into the hot again. Alternate hot and cold, keeping the hot, hot, for 20 minutes. If the part infected cannot be placed in the dish, use cloths to apply the hot and cold, and hold over affected area.

Use for: Poisoned fingers, toes, hands, feet, any parts affected by sepsis, boils, abscesses, any blood poisoned condition, or where circulation needs improvement.

Herbs are available to clear the body of poisons which are safe and effective.

ENEMA

Requirements: Enema can with cap, tube, nozzle or bulb type, or syringe enema: bed pan, chamber or bucket, or toilet.

Lubricant - Vaseline or liquid lecithin. Toilet paper: plastic sheet or waterproof, for bed: warm water.

Method: Place waterproof sheet on bed, covered by a towel. Have the patient lie on the left side, knees flexed. Cover patient with a sheet, leaving the buttocks exposed. Let the water come through the tube to expel the air before inserting the nozzle. Put lubricant on nozzle and insert gently. Hold the can about 18 inches above the body, no higher. Fill the water into the bowel, turn tap off and remove, after a few minutes [as long as the person can hold it] let the patient empty the bowels, then repeat the operation.

HOT FOMENTS

Requirements: Relief Hot packs or similar hot pack. Electric hot foment packs are available from our clinic on occasions. Heated wheat packs can be used together with damp cloths.

Use for: Pain, congestion on the chest or other parts of the body. Wonderful for back pain or any congestive pains, chest, stomach etc.

SITZ BATHS

Equipment: Two dishes or tubs large enough to sit in: two bricks or blocks of wood: hot and cold water.

Method: place the two tubs together with a brick under each tub at opposite points, tipping the tubs toward each other. Fold towel and place over the place where the tubs come together, place hot water in one, cold in the other. Hot: 40°-46°C [105°-115° F]: Cold: 13°-23°C [55°-75°F]. Sit in the hot for 3-8 minutes with feet in the cold, then sit in the cold with feet in the hot. Keep changing positions and finish with sitting in the cold. Treatment time about 20 minutes. Dry briskly. Take twice a week. Keep free of draughts.

Use for: Congestion of lower abdomen. bowels. reproductive organs. glands or piles. etc. Aids circulation.