

The Nature Of Food...

THE HUMAN BODY

The human body is an electrical generating, self-healing machine. With designed complexities man has yet to fully understand. We do know the electrical need of our body is vast. Each of the over a trillion cells we are made up of use and dispel energy continually. This energy on a cellular level is called Vital Life Force by many scientists. The process of food (digestion and conversion into electrical use) is too complex for discussion now, but we will study food types for optimum energy value, for weight loss and longevity of life.

Foods Are Broken Into 3 Basic Fuel Groups.

1. Fat - 1 gram = 8 calories
2. Protein - 1 gram = 4 calories
3. Carbohydrates - 1 gram = 4 calories

(calories are a measure of useable fuel per gram of any food stuff)

FAT

This substance has reached an all-time high in consumption in America. Up to 40% of our diet. It is very dangerous to consume this much as we discussed earlier. Americans eat a lot of processed foods which in many cases is laden with fat.

PROTEIN

Most dieters go on high-protein diets which are not only unhealthy but unsafe, as evidenced by the scores of people who have died on that diet style. Protein is a metabolic fuel designed to assist in forming hormones, enzymes, antibodies, muscle, blood, skin, hair, nails and organs. For protein to be used as a digested fuel, it must be heavily processed. It must first be sent to the liver to remove the nitrogen group, then sent to the kidneys in the form of urea. Then the kidneys must work to remove the excess urea so it can be useable energy. This process has caused liver failure and death in many people. 90% of all dieters who lose weight on a protein diet gain it back!

CARBOHYDRATES

This food stuff is the first choice by your brain for nourishment. It is a primary fuel for your organs and central nervous system.

Scientists have proven that your D.I.T.'s is increased on a stable carbohydrate diet. (D.I.T.'s Dietary-Induced Thermogenesis - the rate at which you burn calories, Weight Loss Made Easy To Understand). In a 24-hour period, your body will burn off about 2,000-2,500 calories under normal conditions. If you limit the caloric intake to about 1350 your body will be forced to burn stored fat, or energy, thus weight loss resulting.

What I Want To Stress Now Is The Importance Of Food Types.

ACIDIC VS ALKALINE

There are cultures in this world that are free from heart disease, cancer, diabetes and arthritis. They are the:

1. Traditional Japanese
2. Equadorian Vika Bambas
3. Pakistani Hunzahuts
4. Bulgarians
5. Yucatan
6. Chihuahua Indians of Mexico
7. Abkhazians of Russia

They live on a diet totally opposite of ours. They consume 75% alkaline food and 25% acid food stuff, whereas we eat 75% acid food and only 25% alkaline. This study is of great importance. We want to base our diet on the success of healthy cultures, not on the opinion of some half-baked quack who just wants to get rich selling you some protein diet in a can.

SOMETHING IS WRONG, SOMEWHERE!

What Is Significant About Eating More Alkaline Food?

Several things:

1. Since most Americans (65%-75%) eat foods high in acid, their stomach contains too much acid. Vitamins and minerals are not properly absorbed in this high acid state.
2. Because your food contains so much acid it is rushed through your digestive system to keep from burning the inner walls of your stomach and intestines.
3. Your food is passed through too quickly for proper absorption and assimilation.
4. Therefore, your body's vital organs are starved for nutrition. They need vital life forces to sustain them like vitamins, minerals, amino acids, enzymes and protein.
5. The brain picks up the organ message of starvation and sends you the message which is interpreted as hunger.
6. You shove more dead, greasy, sugary, fatty, acidic food into your system and it goes almost unnoticed again. But not that it goes unnoticed nutritionally. What's worse is that the daily contaminants do get noticed when they go to work to destroy your body.

Are You Sure This Is True? Well Consider This ...

1. 130 million Americans are overweight
2. 65 million with high blood pressure
3. 20 million arthritics
4. 90 million with gum disease
5. 14 million diabetics
6. 550,000 strokes in 1987

7. 1,500,000 with heart disease in 1987
8. 1,000,000 new cancer patients in 1987
9. 49% of population has hypoglycemic symptoms
10. 100 million cancer patients by the year 2000
11. Yet we have more doctors than anyone in the world
12. More hospitals
13. More surgery

We spend 10% of our gross national budget on health

The Perfect Diet!

This is not only a diet, but a guide to a healthier life by proper food consumption. If you want to lose weight follow the guide and keep your caloric intake at 1350. This will be a slow, safe, effective weight reduction program. As your Ph moves from acid to alkaline, you'll notice some gas. Be glad you are eliminating excessive acid. Don't drink and eat. Wait for 30 minutes. Digestion is easier when your stomach is hot a swimming pool. If you are not interested in losing weight simply increase your calories. It is recommended to stay on this diet for 3 months. After this time your PH should be closer to normal. You can eat some of the binging foods after this 90 day period. Keep your calories in mind. Every 90 days your blood is renewed, so after your 3 month period you should have a stronger Immune Defense. Steam your veggies -don't boil. Make sure they are fresh, not canned, frozen or jarred. Drink purified water - water processed through the reverse osmoses system is best. Study Gordon Tessler's "Lazy Person's Guide To Better Nutrition". Don't become another statistic another casualty of this sick, sick society. If you are sick, take heart. God Loves you and wants the best for you. Your body is a wonderful self healing machine. Put some effective fuel in it and watch it go.

God Bless You in Christ Jesus, My Lord and Saviour.

Jim Sarver
 President Founder
 O'ganique Plus, Inc.

Alkaline Foods (75% of daily calories)
 Acceptable Foods (25% of daily calories)
 Acid Foods (Binging Only)

- Apples
- Carrots
- Beans
- Lentils & split peas
- Sugars (processed)
- Rabbit
- Bananas
- Cantaloupe
- Fish (fins & scales)
- Rolled oats
- Veal
- Beef
- Peaches
- Parsley
- Eggs (not fried)
- Cranberries
- Organ meats
- Pork
- Sweet plums Grapes
- Watercress
- Natural grains (except millet & buckwheat)
- Whole grain breads (in moderation)
- Liver
- Bacon
- Watermelon & seeds
- Pineapple
- Chicken
- Ham
- Most fruit juices
- Tomatoes
- Turkey
- Duck
- Fig juice
- Cabbage
- Most muscle meats
- Goose
- Coconut Pomegranate
- Sweet potatoes
- Peanuts
- Macaroni
- Olives, green & ripe
- Potatoes especially red
- Most nuts (except almonds)
- White Bread
- Sweet chives
- Lettuce (romaine, bibb,leaf)
- White rice
- Black tea
- Raisins

Swiss chard
 Oysters
 Coffee
 Currents
 Rutabaga
 Shrimp
 Crackers
 Figs
 Mushrooms
 Crab
 Honey
 Most herbal teas
 Parsnips
 Lobsters
 Natural cheese
 Squash
 Radishes
 Sardines
 Nectarines
 Peas
 Oranges
 Pears
 Grapefruit
 Artichoke
 Lemons
 Onions
 Almonds (especially almond milk)
 String beans
 Beets & beet greens
 Kale
 Dates
 Cauliflower
 Apricots
 Asparagus
 Millet
 Endive
 Celery
 Buckwheat
 Sprouting Seeds

Optimum Diet or Optimum Health

Food
% In Diet

1. Grains, Beans, Seeds, Nuts 50%
2. Vegetables 30%
3. Fruits 10%
4. Dairy Products 6%
5. Meat (fish, fowl, beef, pork, Lamb) 4%

Food Group
% in Diet

1. Complex Carbohydrates 70-75%
2. Fats 15-20%
3. Protein 10%

Breakfast

Calorie Limit 450

Fix up ½ bowl hot rolled oats (½ cup) 72 calories

Unit Size

Apple	81 c. --1
Apricot	51 c. --3
Banana	105 c. --1
Dates	228 c. --10
Fig	47 c. --10
Grapefruit	38 c. --1/2
Kiwi	46 c. --1
Mango	135 c. --1
Melon	46 c. --1/10
Orange	62 c. --1
Papaya	117 c. --1
Peach	37 c. --1
Pear	98 c. --1
Pineapple	77 c. --1 cup
Plum	36 c. --1

Raisins 48 c. --1 cup
Lunch

Calorie Limit 450
Fix ½ bowl wild rice (½ cup) 282 calories

Unit Size
Artichoke 65 c. -- 1 Med
Beets 60 c. -- 1 cup
Carrots 48 c. -- 1 cup
Corn 132 c. -- 1 cup
Lettuce 10 c. -- 1 cup
Parsnips 102 c. -- 1 cup
Peas 118 c. -- 1 cup
Potato 114 c. -- 1 cup
Watercress 7 c. -- 1 cup

Dinner
Calorie Limit 450

Fix ½ bowl wild rice (½, cup) 262 calories

Unit Size
Asparagus 30 c. -- 1cup
Broccoli 24 c. -- 1 cup
Cauliflower 24 c. -- 1 cup
Celery 18 c. -- 1 cup
Green beans 34 c. -- 1 cup
Onions, green 26 c. -- 1 cup
Radish 7 c. -- 1 cup
Tomato 24 c. --1 cup

BOOKS OF INTEREST

The Holy Bible
The Shocking Truth About Water - Paul C. Bragg, N.D., Ph.D
Coenzyme Q 10 - Dr. Emile G. Bliznakov Confessions of a Medical Heretic -Dr. Robert Mendelsohn
Enzyme Nutrition – Dr. Edward Howell Nutrition Almanac - John D. Kirschmann
Candida - Betsey Russel-Manning
Lazy Person's Guide to Better Nutrition - Dr. Gordon Tessler, Ph.D.
Vitamin Bible -Earl Mindel
Amino Acids - Carson Wade
Additives Book - Beatrice Tram Hunter
Today's Herbal Health - Louise Tenney
Shake the Salt Habit - Dr. Kermit R. Tatum
The Herb Book - John Lust
Medical Encyclopedia - Signet/Mosby