

The Truth About Eating Healthy

By: Aura Lynn Kregloh

A gift to you from

www.healthylivingtip.com

The Truth About Eating Healthy

© 2007. Eva Publications, Inc. All rights reserved.

To subscribe to the "**Healthy Living Tip**" newsletter
and download this FREE e-book go to
www.healthylivingtip.com

Eva Publications, Inc.
29 Basilio Catala 1209
Guaynabo, PR 00971
Phone: (787) 565-2646
Fax: (787) 720-1272
Email: aura@healthylivingtip.com

Disclaimer: Nothing in this book is intended to provide treatment for any disease, disability, or medical condition, nor substitute the personal, individual medical care from a qualified physician. The reader is advised to check with his or her own physician prior to following any recommendations in this book.

Table of Contents

Chapter 1: 11 Facts You Must Know About Eating Healthy.....	4
Chapter 2: Vegetable Cooking Chart	8
Chapter 3: Nutritional Value of The Most Common Foods.....	10
Chapter 4: Dietary Treatment for Common Ailments.....	20
Chapter 5: The Natural Diet	26
Chapter 6: The Fountain of Youth Cocktail.....	29

Chapter 1:

11 Facts You Must Know About Eating Healthy

Are you attempting to get life from dead foods? In recent years more people have come to realize the importance of selecting the foods that will most benefit their health. This interest in the life-giving values of food is great as it marks a great advance in human welfare.

1. EAT ALL FOODS AS CLOSE TO THEIR NATURAL STATE AS POSSIBLE

Most food is overcooked. What is more, many people have the habit of peeling vegetables, potatoes in particular. They should never be peeled for the most valuable elements lie directly under or in the skin.

2. PASTEURIZATION

Pasteurization is the process of boiling milk at some 145 degrees Fahrenheit for the purpose of destroying disease bacteria. The process was named for Louis Pasteur who discovered that boiling wine at a certain point in its aging process would destroy the bacteria which might; otherwise turn it into vinegar. Since that time pasteurization has been credited with protecting the entire human race against destruction.

It is possible for a sick cow to transmit certain diseases to humans. We must guard against this by only using milk obtained from healthy cows. The government has employed many examiners for many years now to examine all cows whose milk is to be sold and certify that the animals are not infected, particularly to insure that they are not tubercular. This wise policy now assures us of disease-free milk. Then why pasteurization? If the milk we drink is already proven safe for human consumption, why is it necessary to boil it before it may be sold?

Pasteurization not only kills disease germs, but it also destroys the bacteria which sour milk, just as Pasteur originally destroyed the microbes which turned wine to vinegar. Thus, by boiling milk for a specified time, it is possible for the large milk companies to guarantee

that the milk may be stored for several days without spoilage. The little farmer and the small local dealer were never concerned with this problem, since they sold their milk but a few hours after it left the cow. This is the reason that the large milk companies pasteurize and it is the reason why they have fought for the laws demanding pasteurization.

Pasteurization would not confuse most people as to its value if it had a more obvious name—if, for instance, it were simply called "boiling." Most people know what boiling does to food values. Vitamins are devitalized or totally destroyed by boiling. In particular, vitamin C is sensitive to heat and much of this vitamin is lost through pasteurization. This is of extreme importance to parents who are attempting to protect or rid their children of scurvy and its ravages upon teeth, bone and blood.

In addition to its lower vitamin content, cooked milk is far less easy to digest than raw milk. For this reason many doctors prescribe raw milk for sensitive young stomachs; more would do so if it were possible for raw milk to be obtained everywhere. The milk trusts have done such an excellent job of driving raw milk off the market that it is totally impossible to buy truly fresh milk in many areas. If you live near a farm there is no problem. It simply means that you must buy your milk from the farmer before he delivers it into the hands of the pasteurizers. If you don't live within reasonable distance of a direct raw milk source, it would be worth your while to search for a store or market which carries it.

3. DON'T USE SODA TO ADD "GREEN" TO VEGETABLES

There are two dangers here. Soda destroys the vitamin content of food, and it reacts on aluminum to produce poisonous substances which enter your blood stream.

4. GET YOUR VITAMINS AND MINERALS NATURALLY. DON'T RELY ON "ENRICHED" AND "VITAMINIZED" PRODUCTS

Nature has provided an abundant supply of vitamins and minerals in foods in their raw state. If you have not destroyed them by peeling or overcooking, you will receive an adequate supply so long as you eat a rational diet. The so-called enriched foods have already been devitalized. The mere addition of a chemical equivalent of the necessary vitamins and minerals does not compensate for the loss of natural food elements.

5. USE FRUITS AND VEGETABLES IMMEDIATELY AFTER CUTTING OR SHREDDING THE VEGETABLES

The Vitamin C content of fruits and vegetables is lost at an extremely fast rate once the vegetables fibers have been cut or bruised.

6. DON'T THROW AWAY THE WATER USED TO COOK VEGETABLES

Drink it, or save it for tomorrow's soup. Such water is rich in the vitamins extracted from the vegetables during the cooking process.

7. DON'T SKIP MEALS TO REDUCE

Your body requires regular and frequent supplies of energy. In reducing your weight, it is not how much or how often you eat that counts, but what foods you choose and how well you chew them.

8. EAT A GOOD BREAKFAST

Coming as it does at the start of a new day and after fourteen or more hours without nutrition, breakfast is a means of replenishing your energy and strength. It will help carry you through some of the busiest and most demanding hours of your day. If you want to reduce, choose a salad instead of a heavy meal at lunch time, but only after eating a nourishing, balanced breakfast. For examples of healthy balanced breakfasts see "The Practical Naturopathic-Vegetarian Cook Book" by Louise Lust and Aura Lynn Kregloh at www.liveyoungerhealthierhappier.com.

9. HAVE AN AFTERNOON PICK-ME-UP

A glass of Fountain of Youth Cocktail (see Chapter 6) at three or four o'clock will serve as that extra boost to help you get through the remainder of the day.

10. EAT SOME ORGANIC FOOD EACH DAY

Include at least one food that is organically grown in your daily diet. It would be ideal if all the fruits and vegetables we consumed were organically grown, but there are not enough organic farmers to supply us with all our needs. The next best thing is to include at least one food that has been organically grown. They will provide the final link with natural nutrition which each of us must maintain.

11. COOK VEGETABLES QUICKLY AND IN VERY LITTLE WATER

The value of food which is created in the growing process is easily destroyed in the process of cooking. All foods should be cooked far less than is the habit in most homes today (see Chapter 2). Very often the water in which they are cooked is more valuable to your health than the vegetables themselves. You should eat your food in the state closest to its natural condition.

Chapter 2:

Vegetable Cooking Chart

It is necessary to know three things about the cooking of each vegetable:

1. How long should it be cooked?
2. How much water should be used?
3. Should the pot be closed or open during the steaming?

The following table will guide you in building a diet that will remain rich in vitamins and minerals.

VEGETABLE COOKING CHART

Vegetable	Cooking Water	Pot	Time
Asparagus	2 inches	Closed	10-18 minutes
Beans, lima	2 inches	Closed	16-28 minutes
Beans, snap	2 inches	Closed	10-20 minutes
Beets	1 inch	Closed	16-20 minutes
Beet greens	1 inch	Closed	6 minutes
Broccoli	1 inch	Closed	12-20 minutes
Brussels sprouts	1 inch	Closed	6-8 minutes
Cabbage	1 inch	Closed	6-11 minutes
Carrots	1 inch	Closed	12-20 minutes
Cauliflower	1 inch	Closed	12-16 minutes
Chard (leaves)	1 inch	Closed	6 minutes
Chard (stalks)	1 inch	Closed	12 minutes
Corn (on cob)	1 inch	Closed	4-8 minutes
Dandelion greens	Cover vegetable	Closed	6 minutes
Kale	Cover vegetable	Closed	12-16 minutes
Parsnips	Cover vegetable	Closed	13-25 minutes
Peas	Cover vegetable	Closed	8-13 minutes
Potatoes white (medium)	Cover vegetable	Closed	20-25 minutes
Potatoes sweet (medium)	Cover vegetable	Open	25-30 minutes

Vegetable	Cooking Water	Pot	Time
Spinach	Cover vegetable	Open	5 minutes
Squash	Cover vegetable	Open	6-8 minutes
Tomatoes	Cover vegetable	Open	8 minutes
Turnips	3 inches	Open	16-25 minutes
Turnip greens	Dry	Open	13-16 minutes

Chapter 3:

Nutritional Value of the Most Common Foods

Maintaining a balanced diet is not a difficult task once you understand the value of each food and your own individual requirements. Here you will find the nutritional value of the most common foods so you can develop a sensibly balanced diet for yourself and your family. **All the foods referred to are fresh — not canned, frozen or preserved.**

APPLES: This fruit is particularly rich in minerals, especially if eaten raw with the skin left on. They are also excellent in eliminating constipation for they contain a good deal of water and cellulose.

APRICOTS: This fruit ranks immediately behind liver as a source of iron. They should be a regular item on your shopping list because they can do much to build and replenish your blood supply.

ASPARAGUS: Particularly useful in increasing and controlling body elimination. Recommended for reducers, asparagus contains the vitamins and minerals most useful in fighting off infections.

AVOCADO: This is one of the most complete foods in found in nature. They contain a rich supply of protein, but they are also the fattiest of all fruits and so should be avoided by those wishing to reduce. They are a fair source of vitamins C, A and B-2.

BANANAS: This fruit has been somewhat maligned by those who warn against it; as being highly fattening. Bananas are a medium calorie food and have even been recommended, coupled with milk, in a reducing diet. This combination, eaten without supplementary greens, however, is a very unbalanced diet for they lack many food essentials. They are very helpful in the treatment of kidney and stomach ailments and have been used with remarkable success in the treatment of sprue and "celiac stomach" (intestinal indigestion), disorders quite common to children. But it is important to remember that bananas are not beneficial if unripe and may be a cause of indigestion. Look for the brown specks that indicate ripeness when

purchasing bananas. If your stomach is sensitive to foods with concentrated amounts of roughage, prepare them with a liquefier. Many wonderful desserts can be made by blending bananas with other fruits and with cream cheese. A blend of pineapple and banana is particularly delectable and nutritious.

BEANS: All the beans, with the exception of green (snap) and yellow (wax) beans, are closely related nutritionally. Kidney, soy, lima and navy beans are all good sources of protein. Baked in tasty casseroles, they can be substituted for meat or fish. All, again with the exception of snap and wax beans, are high calorie foods and should be avoided by those who are overweight.

Kidney beans are a good source of Vitamin B-1 (energy) and have relatively good amounts of riboflavin (B-2) that is an aid to clear skin. Sensitive digestive systems may require that kidney beans be put through the liquefier. Soy beans are good source of vitamins B-1 and B-2. Soy bean sprouts are high in Vitamin C value and may be used as a vegetable or as a tasty salad ingredient. Lima beans, both green and dried, are an excellent food. Dried limas are fine sources of B-1 and B-2 vitamins. In a casserole and accompanied by a salad and a raw fruit dessert, dried limas make a good and inexpensive meal. Sensitive digestions may not accept dried limas easily. Preparation in the liquefier will help in digesting them. Green limas, though not as good a source of B-1 and B-2 as the dried bean, contain a higher degree of value for the eye-nose-throat vitamin A and are high in mineral content. They make an excellent substitute for potatoes. Navy beans are a wonderful energy food and a fair source of clear-skin aid as they contain good source of the B complex. Like green limas, navy beans have a good share of minerals. Baked with molasses, tomato sauce, etc., navy beans are a tasty treat. Snap beans and wax beans, unlike those listed above, are low in protein and an excellent choice for reducers. They are valuable in promoting the health of the eye-nose-throat (Vit. A) and are a fair source of infection-fighting (Vit. C).

BEETS: High in natural sugar, they provide a good source of body fuel. Not a particularly valuable food, their appetizing tang makes them a good addition to any balanced meal. I heartily recommend beet soup (borsht) topped with a tablespoon of sour cream or yogurt as a genuine taste thrill. Served cold, it is a summer time delight.

BEET GREENS: A very valuable food! Beet greens are an extraordinary source of vitamins A and B-2. It is also of great value in

enriching your blood with iron and manganese. Recommended for reducers.

BLACKBERRIES: Successfully used in treating dysentery. Should be prepared in a blender if digestion is a problem. Good reducing food.

BREAD: Whole grain breads are an excellent source of minerals and the B Vitamins. White bread and everything that is made of processed flour is nearly valueless and serve to add calories without other services to the body. Various forms of preservative and bleach used in these breads are harmful to your body and mind. Where sensitivity to foods high in roughage causes you to avoid whole grain breads, cooked cereals may be more easily digested. It is possible to receive the minerals and B Vitamins required through nut butters and wheat germ preparations that can be made with the aid of a blender. Wheat germ and nuts can also be blended with fruit juices which may assist your digestion of these valuable foods. Bread is high in caloric content and should be eaten sparingly by reducers.

BROCCOLI: A valuable vegetable rich in vitamins A, B-2 and C. A good bone builder as it contains Vitamin D and Calcium. It also contains large amounts of potassium which is necessary for proper growth and the health of heart and nerves. Overcooking makes broccoli less digestible.

BRUSSEL SPROUTS: Contains fair amounts of vitamins A and C. Good reducer's choice. As in broccoli, avoid overcooking to aid digestion.

BUTTER: Its food value varies with the season and the quality of the butter. A good source of Vitamin A and Calcium. It also provides you with essential acids. Evidence indicates that butter should be avoided by those sensitive to skin disturbances (fats are believed to be a contributing factor in acne and other skin disorders) and in cases of gall bladder infections. Overheating butter (frying) destroys much of its food value.

CABBAGE: Good source of Vitamin C. Green (Chinese) cabbage is good source of Vitamin A. The vitamin content is best preserved when it is served raw. Sliced raw cabbage should be eaten fresh and not made in large quantities for storage since exposure tends to dissipate its Vitamin C.

CARROTS: Excellent eye-nose-throat aid (Vitamin A). Make carrot juice a part of your diet each day. High on list for reducers and older persons.

CAULIFLOWER: It is an aid to clear skin (Vitamin B-2) and infection fighting (Vitamin C). The green leaves are especially helpful in fighting infection and make a tasty salad addition. Steam cauliflower for a short period of time to preserve the vitamins.

CELERY: Use green, not white, celery. It contains moderate amounts of vitamin A. Celery consommé (steam chopped celery for three to four minutes) is an excellent aid to digestion. Celery leaves are particularly valuable and should be used in salads, sandwiches, soups, coleslaw, etc.

CEREALS: Whole grain cereals are recommended to increase Vitamin B intake. Whole bran is injurious to the digestive and eliminatory systems. Fair protein source but not recommended for overweighs.

CHARD: This too little used vegetable is an excellent source of Vitamin A and rich in iron. Wonderful food for reducers.

CHEESE: Natural cheeses are a good meat substitute and an excellent source of calcium and phosphorous. Cottage cheese, because of its low caloric content, is particularly recommended to reducers. Cream cheese, on the other hand, is good for those wishing to gain weight. Processed cheeses, with their dangerous preservatives and high water content, are strongly warned against. See a detailed explanation in "How to Live Younger, Healthier and Happier" by John B. Lust and Aura Lynn Kregloh; www.liveyoungerhealthierhappier.com.

CHERRIES: Rich in copper and manganese, they are recommended for blood building. Fair source of vitamins A and C. Acceptable for reducers when eaten in small quantities.

CHOCOLATE: Contains theobromine, closely related to the deadly caffeine. Useless for any purpose other than adding weight. May also cause skin eruptions, particularly among the young. All cocoa products contain theobromine and should be avoided.

COFFEE: Valueless and destructive. Avoid coffee completely. Substitute milk, cereal coffees or, if necessary, caffeine-less coffee. See other substitutes in "The Practical Naturopathic-Vegetarian

Cookbook" by Louise Lust and Aura Lynn Kregloh;
www.liveyoungerhealthierhappier.com.

COLLARDS: Fine source of vitamins B, A and C. High in calcium (bone building) content with good share of potassium, iron and phosphorous. This is a must for every diet.

CORN: Rich in iron and copper, it is a good source of vitamins A and C. White corn has little Vitamin A value. It should not be eaten by those with sensitive digestive tracts. Always eat it in combination with a green vegetable or salad which will balance its vitamin deficiency.

CREAM: Contains a good share of necessary fatty acids. Good source of Vitamin A. Should be avoided by reducers because of its fat content.

CUCUMBERS: Not vitamin-rich, but it contains erepsin which is of great value in aiding digestion. Eat with the skin if this can be easily digested. Include cucumber in two meals each day if you are bothered by poor digestion.

DATES: High mineral content, particularly iron, potassium and magnesium. Should be avoided by overweighs and employed by those underweight.

EGGPLANT: Fair amounts of Vitamin C and B Vitamins. Excellent food for reducers. High amount of roughage.

EGGS: Protein content equal to that of organ meats. Rich in all minerals and B vitamins. Highly recommended for blood poverty. Good breakfast food, containing stable amounts of energy. Hard boiled eggs are easily digested. One egg a day is a minimal amount of this precious food.

FIGS: Good laxative quality, rich in iron and B Vitamins. Fine substitute for unnatural sweets. Not recommended for reducers.

GARLIC: Increases the appetite when served in salads at the beginning of a meal. Strong reason exists to consider garlic of anti-septic and anti-bacterial value. Little food value.

GELATIN: High protein value when consumed in strong solution (one tablespoon of powdered gelatin to one half glass of water). May be found useful in treatment of stomach ulcers. No vitamin value.

GRAPEFRUIT: Fine source for energy (B-1) and Vitamin C. Low caloric content. Excellent for reducers. Grapefruit juice may be digested by those who cannot easily assimilate orange juice. Useful in treatment of colds and influenza.

GRAPES: Excellent kidney stimulus. Believed to be useful in treatment of various allergies. Low in vitamin value and may be difficult to digest.

KALE: Tops in Vitamin A. Good source of vitamins B and C. High amounts of iron, calcium and potassium. One of the best of all foods for reducers. Eat kale twice a week at the very least.

LEMON: Good in treatment of colds, influenza and fevers and excellent for fighting infections. Good for reducers, but they should not be eaten raw from the skin as this is believed to have a destructive effect upon the teeth.

LENTILS: Rich in minerals and protein. Good energy aid. Should not be eaten by reducers.

LETTUCE: Green leafed lettuce better than white. Romaine and chicory are excellent sources of vitamins B-2, A and C. Useful in balancing system against allergies. Highly recommended for reducers.

LIMES: Good as infection fighter but not as good as oranges or lemons. This low calorie fruit may be more easily digested than other citrus fruits. Make certain that your diet includes one citrus fruit each day to protect your body against infection, mouth diseases, fatigue, scurvy and joint pains.

MARGARINE: Does not contain animal acids found in butter but even those margarines fortified with Vitamin A have not been completely proven to equal the nutritional value of butter. Not recommended for children. Margarine does not contain cholesterol or is high in saturated fats but is made of hydrogenated oils which is worst.

MELONS: Cantaloupe contains good amounts of vitamins C and A. Also some B Vitamins. Casaba and honeydew are not as vitamin rich. Watermelon good for fighting infection but not much eye-nose-throat protection. May produce gaseousness in those with such a tendency. Recommended for reducers.

MOLASSES: Excellent source of iron and therefore a must in the diet of all anemic or potential anemic. (Here the term anemia is used to refer to iron deficiency.) Should be substituted for sugar and candy. Contains B Vitamins. Combined with whole grain and flour, molasses will produce tasty and healthful baked goods.

MUSHROOMS: Rich in B Vitamins. Fine vegetable for reducers.

NUTS: Good protein value. Good source of B vitamins. Difficult to digest. Not recommended for reducers and forbidden to gall bladder patients.

OKRA: Successfully used in treatment of stomach ulcers, particularly when juice or broth is made with liquefier. Fair amounts of vitamins A and B-2.

OLIVES: Little food value, but tasty addition to your menu. Not recommended for reducers.

ONIONS: Like garlic, onions are believed to have an antiseptic or antibacterial quality. Young onions are more healthful than the large, white kind. They are an excellent source of vitamins A and C. Onion sandwiches have been reported as successful treatment for insomnia. Onion broth (quickly steamed) is a delicious dish and has been used for many years as a treatment for head colds.

ORANGES: Excellent source of Vitamin C thus helps fight infection. Large quantities of orange juice should be consumed during fever, rheumatism and gum disorders. Can be drunk by reducers without too much fear, but raw fruit is better than juice for reducing purposes. Oranges are the most valuable of all citrus fruits and should be a part of your everyday diet.

PARSLEY: Excellent vegetable, containing high amounts of Vitamin A and C and several minerals. Use liberally in salads, soups, etc.

PARSNIPS: Fair source of vitamins B-1 and C. Good choice for reducers. Rather high in roughage.

PEACHES: Yellow peaches (fruit coloring) a fine source of Vitamin A. Highly recommended for increasing hemoglobin count in the blood. Dried peaches are also valuable.

PEANUT BUTTER: Excellent source of B Vitamins, making this a fine energy food. Should be shunned by reducers. A mixture of wheat germ and peanut butter makes an excellent spread and offers even greater energy value.

PEARS: Good bowel stimulant. Vitamin and mineral content not extremely high, but a good food for reducers.

PEAS: Dried peas offer a rich supply of minerals and protein. Should be used sparingly and those who tend toward gaseousness. Fresh peas offer an even richer source of energy and a fair amount of Vitamin A. Rich in sodium and potassium.

PEPPERS: Fine source of vitamins A and C. Use in salads, sandwiches, coleslaw, etc. Find as many uses as possible for fresh peppers as they are a valuable addition to your diet.

PICKLES: Useless. Pickles are forbidden for acid conditions.

PINEAPPLE: Delicious fruit. Fair source of vitamins B and C. Fresh pineapple is suitable for reducers but canned pineapple is heavily sugared and nutritionally less valuable after canning.

PLUMS: Good aid to digestion. Recommended for reducers.

POTATOES: White potatoes are a fair source of vitamins B and C if their vitamins and minerals have not been peeled and cooked out of them. Never peel potatoes. Scrub and cook in their jackets. Sweet potatoes are an excellent source of Vitamin A, but they contain a substantial number of calories which makes them forbidden fruit for reducers. White potatoes are not so fattening. Reducers may eat one medium sized potato each day without fear. But not butter, margarine or gravy!

PRUNES: Rich in many minerals. Excellent food for blood building. Fine for maintaining bowel regularity. Do not stew prunes, apricots and raisins if you wish to retain vitamins.

PUMPKIN: Good source of Vitamin A. Recommended for reducers if eaten without sugar.

RADISHES: Good vegetable for reducers. Fair for fighting infections. Radish tops (about one inch of greens) should be used in salads, soups, etc., as they are even more valuable than the radish itself.

RAISINS: High iron content makes the raisin an excellent food for anemic. Also highly alkaline, helpful in overcoming acid conditions. A splendid blood building salad consists of raisins, prunes, avocados and carrots. This is not recommended for reducers, however.

RASPBERRIES: Good food for reducers with fair Vitamin C value.

RHUBARB: Most valuable as an aid to digestion, but does not contain high vitamin value.

RICE: White, polished rice is practically useless and only serves to add calories. Brown rice is a good source of B complex vitamins. Rich in calories.

SOUPS: Soups made of vegetables that have not been overcooked contain most of the rich vitamin values of those vegetables. Soups are a good meal starter since the warm liquid tends to ease the tensions of the day and place the eater in a relaxed frame of mind.

SPINACH: Excellent source of Vitamin A and iron. A fine food for reducers. Spinach should be a regular part of your diet and may be served lightly steamed as a vegetable, raw in salads or mixed with other cooked vegetables or eggs.

STRAWBERRIES: Fine source of Vitamin C. Good for reducers. May be more easily accepted by the system if steamed for sixty seconds.

SUGAR: White sugar is useless and endangers human health, causing tooth decay, stomach fermentation, excess fat, etc. Brown sugar is little more useful. Raw sugar has mineral values not contained in the refined products and is recommended for all purposes. For more information see "How to Live Younger, Healthier and Happier" by John B. Lust and Aura Lynn Kregloh; www.liveyoungerhealthierhappier.com.

TANGERINES: Good source of vitamins A, B and C. May be found more digestible than oranges.

TEA: Useless and as destructive as coffee.

TOMATOES: Fine Vitamin A values and fair quantities of elements for energy and fighting infections. Excellent food for reducers.

TURNIPS: Turnip greens are far more valuable than turnips alone. These greens are among the richest in Vitamin A and B complex. Turnip greens have a very individual flavor that may not be

immediately acceptable to some. If these greens are sliced and blended with other vegetables before being quickly steamed, they may be found more acceptable. It is important that you find the most enjoyable means of preparing turnip greens since they can be of such great benefit to your health. Turnips, though less valuable than their greens, are recommended as an anti-allergy food.

WATERCRESS: Good source of Vitamin A and fair amount of Vitamin B. High amount of roughage. Excellent food for reducers. Serve watercress often with salads.

WHEAT GERM: Excellent source of B Vitamins which will help protect you against cataracts, dim vision, skin eruptions, heart and nervous disorders. Good source of phosphorous.

YEAST: Among the finest of all sources for the B Vitamins. Where diet restricts your intake of bread, wheat germ and other cereal products, a daily quota of yeast should be added to your diet to fulfill your requirements for energy, clear-skin aid and to fight pellegra.

Chapter 4:

Dietary Treatment for Common Ailments

There are many things you can change in your daily diet to help you overcome certain specific ailments. Below is a list of some of the more common ailments and the dietary treatment best suited for each as explained in depth by John B. Lust in "How to Live Younger, Healthier and Happier" (www.liveyoungerhealthierhappier.com).

Note: This information is not meant to replace the advice of a health care professional, it is merely for informational purposes only.

Disease	Diet
Anemia	Up to a week on all-fruit diet followed by two to three weeks fruit and milk diet. (Start with two pints of milk daily and gradually increase to four or more pints.) Then follow Nature's basic diet recommended later in this book.
Anti-Fatigue and Blood Building	Where fatigue arises from dietary deficiencies, place special emphasis upon the following foods: nuts, cheese, butter, and beans. Four glasses of Fountain of Youth Cocktail (see Chapter 6) each day will add most of that extra spark you require. A salad of raisins, prunes, avocados, and carrots proved effective in combating fatigue produced by anemia.
Asthma	Short fast regime (to learn how to fast properly see "How and When to Be Your Own Doctor"; www.liveyoungerhealthierhappier.com) followed by ten to fourteen days on a restricted diet, then Nature's basic diet, (Short fast and restricted diet should be repeated at intervals of two

Disease	Diet
	months, as necessary, for the time being.)
Arterio-Sclerosis	Seven to ten days on all fruit diet, then Nature's basic diet. Two or three days on all fruit diet four weeks from time normal diet is begun.
Bladder Disorders, Prostrate Enlargement, etc.	Same treatment as Colitis.
Blood Pressure (High)	Same treatment as Arterio-Sclerosis.
Bright's Disease (Kidneys)	Short fast regime. Then fruit and milk diet for two to four weeks. (Further fasts and periods on fruits and milk if necessary.) Then Nature's basic diet.
Bronchitis (Acute)	Complete fast until acute symptoms have disappeared. Then all fruit diet.
Bronchitis (Chronic)	Short fast regime followed by ten to fourteen days on a restricted diet. Then Nature's basic diet. (Further periods on short fast and restricted diet at intervals if necessary.)
Catarrh (Chronic)	Five to seven, ten, or fourteen days on all fruit diet. Then Nature's basic diet. Occasional shorter periods on all fruit diet from time to time.
Clear Skin	Fortify Nature's basic diet with extra amounts of peanut butter, beans and dried peas, wheat germ, bananas and eggs.
Colitis	Short fast regime followed by ten to fourteen days on a restricted diet. Then Nature's basic diet. Further periods of short fast and restricted diet if necessary.
Constipation (Chronic)	Seven to fourteen days on all fruit diet, then Nature's basic diet. Occasional shorter periods on all fruit diet if necessary.
Colds (Acute)	Twenty-four to thirty-six hours fast on orange juice. Then two or three days' all fruit diet.
Colds (Habitual)	Same treatment as Catarrh.
Diabetes	In early stages, short fast regime

Disease	Diet
	followed by fruit and fruit and milk diet very beneficial, if no insulin taken. Individual physician's advice essential in all cases, however.
Diarrhea	Twenty-four to thirty-six hours fast on orange juice. Then milk diet for as long as necessary.
Dyspepsia (Nervous)	Five to seven or ten days on all fruit diet, followed by fruit and milk for a further week or two, taking up to four pints of milk daily. Then Nature's basic diet. Occasional further periods on fruit and milk, if necessary.
Ear Troubles (Catarrhal Deafness, etc.)	Short fast, ten to fourteen days on restricted diet, then Nature's basic diet. Further periods on short fast and restricted diet will be necessary at intervals.
Eczema (Also Psoriasis and Dermatitis)	Short fast regime. Ten to fourteen days on restricted diet. Then Nature's basic diet. Short fast and restricted diet to be repeated at intervals as needed.
Epilepsy	Short fast. Restricted for fourteen days. Then Nature's basic diet. Repeat short fast and restricted diet at intervals.
Fevers (Scarlet Fever, Smallpox, Typhoid, Diphtheria, Pneumonia, Measles, etc.)	Fevers of all kinds should be fasted completely until abated. Then gradually go through all fruit and fruit and milk diet to Nature's basic diet.
Flatulence (Also Heartburn)	Same treatment as Indigestion.
Gastritis (Acute)	Complete fast for two or three days. Then all fruit diet until well again.
Gastritis (Chronic)	Same treatment as Chronic Indigestion.
Goitre (Also Graves* Disease)	Short fast. Restricted diet for seven to fourteen days. Then Nature's basic diet. Further periods on short fast and restricted diet if necessary later.
Gout	Short fast regime followed by restricted diet for ten to fourteen days.

Disease	Diet
	Repeat short fast and restricted diet at intervals of two months, if necessary.
Heart Disease	One to ten days on all fruit diet each month. Follow by further few days on fruit and milk diet. Then Nature's basic diet.
Indigestion (Acute)	Twenty-four hour's fast. Then all fruit diet for two or three days.
Indigestion (Chronic)	Five to seven days on all fruit diet, followed by a week or longer on fruit and milk; or short fast regime and ten to fourteen days on restricted diet. Then Nature's basic diet. Further periods on fruit and milk, or further fasts and periods on restricted diet at intervals, as necessary.
Liver Disorders (Biliousness, Jaundice, etc.)	Seven to ten days on all fruit diet, then Nature's basic diet. Two or three days on all fruit diet every fortnight if necessary.
Lumbago	Same treatment as Rheumatism.
Neurasthenia	Five to seven days on all fruit diet. Ten to fourteen days on fruit and milk diet, starting with two pints daily and increasing to four or more. Then Nature's basic diet. Further periods on fruit and fruit and milk at intervals, if necessary.
Neuritis	Same treatment as Rheumatism.
Overweight	Nature's basic diet with these exceptions: Remove two slices of bread, all starchy vegetables (except for one baked potato every other day) and sweet fruit juices. Substitute whole citrus fruits for citrus juices. Use skimmed milk and non-fat beverages. No nuts or nut butters. Eat a piece of fresh fruit or one glass of Fountain of Youth Cocktail mid-morning and mid-afternoon to appease hunger.
Piles	See "How to Live Younger, Healthier and Happier", chapter 9.

Disease	Diet
Pyorrhea	Short fast. Restricted diet for ten to fourteen days. Then Nature's basic diet. Further periods on short fast and restricted diet at intervals.
Quinsy or Tonsillitis	Fast until acute symptoms have disappeared. Orange or pineapple juice may be taken every two hours. Then all fruit diet followed by fruit and milk.
Rheumatism and Arthritis	Seven to ten or fourteen days on all fruit diet. Then Nature's basic diet. Two or three days on all fruit diet every month from then on. If severe, short fast, fourteen days on restricted diet to begin with instead of all fruit diet, with further fasts and periods on restricted diet thereafter, at intervals, if necessary.
Sciatica	Same treatment as Rheumatism.
Skin Diseases (Impetigo, Urticaria, Acne, Eruptions of all Kinds, etc.)	Seven to ten or fourteen days on all fruit diet, followed by period on fruit and milk if necessary, then Nature's basic diet. Occasional further short periods on all fruit diet followed by fruit and milk from time to time if necessary.
Tumors	Short fast. Restricted diet for fourteen days. Then Nature's basic diet. Fast and restricted diet to be repeated at intervals if necessary.
Ulcers (Gastric or Duodenal)	Short fast. Fruit and milk diet for two, three or more weeks. Then Nature's basic diet. Short fasts and periods on the fruit and milk diet may be necessary in certain cases.
Underweight	Nature's basic diet with special emphasis on cereals and whole grain bread, nuts and nut butters, dried dates and figs particularly when served in cream cheese or salad dressing, and daily serving of avocado. Drink four glasses of Fountain of Youth Cocktail each day with crisp soy crackers or roasted nuts. Milk, cream

Disease	Diet
	and dairy products should be liberally eaten.
Varicose Veins	Seven to ten days on all fruit diet. Then Nature's basic diet. Further short periods on all fruit diet from time to time.
Worms	Seven to ten or fourteen days on all fruit diet followed by fruit and milk diet for a period. Then Nature's basic diet. Further periods on all fruit and milk diet later if necessary.

For more information on following a natural way of life read "How to Live Younger, Healthier and Happier" by John B. Lust and Aura Lynn Kregloh (www.liveyoungerhealthierhappier.com).

Chapter 5:

The Natural Diet

"Natural diets" are all constructed around a basic food program to which additions are made in accordance with the aim of the individual. This basic diet must supply all the natural food requirements. The theory that overweight people can live off the energy which they have stored in their fatty tissue is both false and dangerous. Few vitamins can be stored within the body. They must be obtained each day from the food we eat. This requires a central balanced food program for all.

The "natural diet" should not be a written and memorized procedure. You have already seen outlined the values contained in most of the common foods so that you will be able to judge their worth for your personal diet. Once you have understood these values it will never be necessary for you to follow a written schedule. You will now be able to choose your foods individually and intelligently with a view to sound health and fitness.

RETURN-TO-NATURE DIET

Before establishing the basic "natural diet" which will afford you a lifetime of healthful nutrition, you must first cleanse your system of years of waste. The thousands of meals of processed foods, of fatty meats and of overcooked, valueless vegetables have all taken a toll upon your body. Before anything else, the body must be cleared of the sludge that has been left behind by these dead foods.

A cleansing period of two weeks has been found to be the time required by the average person. A low calorie and milk protein diet should be devised to wash the system and return it to the natural state from which point health and happiness could be reconstructed. When combined with a daily small enema and herbal laxative pills, the cleansing process is complete. See "How to Live Younger, Healthier and Happier" by John B. Lust and Aura Lynn Kregloh; www.liveyoungerhealthierhappier.com.

This "Return-to-Nature" diet could be used by not only those who show serious disrepair, but for all who want to feel better, no matter how mild the apparent illness. All too often sickness exists for years

without giving an outward sign that we can detect and then suddenly erupts from within you.

Sample Menu

Breakfast: Citrus juice, a dish of dates, figs and prunes and a glass of skimmed milk. (The dried fruits should be steeped in water overnight, not cooked.)

Lunch: Salad, consisting of carrots, raw cabbage, raisins and a choice of one of the following: tomatoes, onions, celery, chives, dill, watercress, peas, string beans or asparagus. The last three vegetables may be steamed for several minutes to aid digestion. A vegetable oil and lemon dressing may be used to add zest to this bowl of health. Two small portions of steamed vegetables complete this meal. A glass of fruit or vegetable juice will finish off the luncheon but should not be drunk during the meal. Any excessive amount of liquid during a meal serves to dilute the gastric juices within the digestive system and increased difficulty in digestion may result.

Dinner: A salad of fruit and cottage cheese, half and half, using any or all of the following: apricots, prunes, raisins, apples or peaches which have been soaked overnight. Make sure you drink the fruit water too, or use it as a dressing for the salad. If you are tired of the cottage cheese, eat the fruit salad and follow it with a cup of pea soup (no meat stock) or add a serving of ripe bananas to the salad.

You can slowly start adding to this basic diet. For example, a steamed or baked vegetable can be added to the evening meal and maybe two slices of whole grain bread, a slice at breakfast and one at lunch, none at the evening meal.

This "Return-to-Nature" diet should be step one in your new life. Once having cleansed your system, step two, "Nature's Basic" diet, lies ahead of you, with its promise of good eating and good living.

NATURE'S BASIC DIET

Three servings of high protein food each day. You may select from the following: eggs, wheat germ, yeast, nuts and nut butters, dairy products (particularly non-processed cheeses such as Roquefort, cream cheese and natural cheddar), cereals and certain vegetable casseroles (lima beans, kidney beans, lentils and dry split peas).

One serving of citrus fruit each day.

One fresh salad and two servings of steamed vegetables or vegetable juice each day, the total of which will include at least one of each of the following groups:

Group A: Potatoes (white), brussel sprouts, chives, collards, dandelion greens, kale, mushrooms, parsley, spinach.

Group B: Mustard greens, turnip greens, watercress, beet greens, chard (leaves and stalk), collards, dandelion greens, endive, escarole, kale.

Group C: Carrots, turnip greens, spinach, collards, dandelion greens, beet greens, mustard greens, sweet potatoes squash and kale.

Group D: Cabbage cauliflower, tomatoes, peas, spinach.

Four slices of whole grain bread each day.

Fresh or dried fruits daily, particularly apricots, peaches, cantaloupes, dates and figs.

A daily serving of dairy products.

A daily serving of vegetable oil (salad dressing or bread spread), particularly olive oil, soybean oil or peanut oil.

This is "Nature's basic" diet. This combination of citrus fruit, vegetables, whole grain bread or cereal, fruit, dairy products and vegetable oil is the basis of a sound diet. Enriched with at least one organically grown food and two glasses of Fountain of Youth Cocktail, this schedule forms a perfect diet for all human beings.

For more recipes akin to these diets consult "The Practical Naturopathic-Vegetarian Cook Book" by Louise Lust and Aura Lynn Kregloh. Available at www.liveyoungerhealthierhappier.com.

Chapter 6:

Fountain of Youth Cocktail

The Fountain of Youth Cocktail was originally created by Dr. Benedict Lust and his nephew John B. Lust. It was used at the Yungborn sanatoriums daily with excellent results. I drink it and feel all the energy and health it is said to transmit. I think everyone should try it out, it's definitely worth it! For more information see "How to Live Younger, Healthier and Happier" by John B. Lust and Aura Lynn Kregloh; www.liveyoungerhealthierhappier.com.

In a liquefier mix the following ingredients:

- 4 oz. pineapple juice
- 3 large celery stalks
- 2 carrots
- 4 tablespoons of dry skimmed milk
- 6 almonds
- 2 tablespoons of wheat germ
- 6 apricots (pitted, dried, unsulphured if fresh are unavailable)
- 6 prunes (pitted, dried, unsulphured if fresh are unavailable)
- 2 medium sized oranges (peeled)

Add enough water to make liquid the proper consistency to drink. Where the system will not easily accept citrus fruit, as in the case of ulcer sufferers, substitute 1 fresh red pepper or 2 green peppers for oranges.

**Other books published by Eva Publications, Inc.
Available at
www.liveyoungerhealthierhappier.com**

- **How to Live Younger, Healthier and Happier** by John B. Lust and Aura Lynn Kregloh. More than a century ago, Founder of Naturopathic Medicine and natural healer, Dr. Benedict Lust discovered the secret of the most powerful natural cures known to man. His nature cure system as well as a number of individual case studies is detailed in this Hard to Find manuscript, compiled by his nephew after his death.
- **The Practical Naturopathic-Vegetarian Cook Book** by Louise Lust and Aura Lynn Kregloh. The perfect companion to "How to Live Younger, Healthier and Happier", this cook book is a collection of all the healthy recipes used to supplement the natural cure method created by Dr. Benedict Lust and John B. Lust.

Did you find this report useful?

I hope you found this report useful. Feel free to pass it on to a friend.

I've put a lot of time and effort into writing this free report just to share it with you. If you'd like to thank me pass it over to your friends or if you have a website you can put a link to www.HealthyLivingTip.com. Thank you!