

Aids to digestion

Foods	Aid to Digestion
fish	lemon juice
chips	vinegar
lamb	mint sauce
pork	apple sauce
beef	mustard, horseradish
beef	Yorkshire pudding
salads	salad dressings
salads	vinaigrettes
salads	mayonnaises
cold meat & salad	chutneys., relish
beetroot	soak in vinegar
tomato, onion, cucumber cut up	soak in vinegar
vegetables - cooked	lemon juice/butter
potatoes	butter/beetroot
bread	butter/cheeses
meats	Worcester sauce
sausages	tomato sauce
meat dishes	curry, bolognaise

TREATMENT for REFLUX	
Hydration	Water before meals
Acid with meals	Lemon juice (100%)
	Apple cider vinegar
	(coca-cola – emergency)
	Dressings, sauces etc
Alkaline between meals	Carb soda drink

Principles of Healthy Eating

1. Eat REAL food - as recognised by our grandparents!
2. Avoid foods with MODERN HEALTH CLAIMS.
3. Avoid processed foods with more than 5 ingredients.
4. Shop at Fresh Food markets rather than supermarkets
5. Pay more and eat less. (better quality need less food)
6. Eat 3-5 vegetables ie white, green, red (orange, yellow)
7. Eat only 2 serves fruit daily.
8. Cook foods yourself from scratch - you know and have control over what you are putting in the meal.
9. Grow your own foods in your own back garden - fruit trees, vegetable garden, chooks.
10. Make your own accompaniments - chutney, relish, sauces, dressings, vinegars, lemon juice etc.
11. Feed the man meat - need protein with every meal.
12. Eat by instinct - the right foods for your blood group

Home-made Mayonnaises

Basic

2 raw egg yolks (room temperature)
 1 tsp mustard (or curry or garlic)
 Dash of cayenne pepper
 Pinch of sea salt
 1 tsp concentrated veg stock
 Juice of 1 lemon (or apple cider vinegar)
 Whip thoroughly then slowly add 2 cups of unrefined cold pressed olive or coconut oil while still mixing. Keeps in fridge for 5-6 days.

Avocado Dip/Dressing

1 avocado, peeled & stoned
 Juice of 1 lemon and half an orange
 Small onion chopped finely
 Handful fresh herbs, mint, parsley, basil
 Coarsely ground black pepper & cayenne to taste
 Mix well or in blender. Keep in fridge.

Make your own "Fizzy" !!

- ½ teaspoon of carb soda

- ½ cup of fruit juice (that has some citrus in)



Stir until froths up to top of cup then drink

Take 1 – 4 times a day away from food

Take on rising, mid morning, mid afternoon, before bed. Take at least an hour after meals



Creamy Lemon Dressing

Juice of 2 lemons
 2 tbsp ground nuts eg cashews, hazelnut
 Pinch of sea salt
 Whip thoroughly before adding slowly half a cup of unrefined cold-pressed olive or coconut oil.