# 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	Worchester 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 cavenne pepper

Pinch of sea salt

1 tsp concentrated veg stock

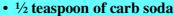
Juice of 1 lemon (or apple cider vinegar)

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 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.