

# UNDERSTANDING DIETING & WEIGHT LOSS

## Slimming tips

Here are some proven guidelines to successful normalizing of your weight.

Avoid refined, processed foods and animal products. Animal products with their lack of fiber, high fat content, and weight gain hormones and chemicals that are fed to the animals, are the biggest threat to a slim-trim body.

Walk briskly every day in the fresh air. Breathe deeply. Oxygen helps burn fat!

If weather too bad to be out—try mall walking or hall walking. Exercise is vital to circulation and mobilizing stored fats and toxins.

Lower intake of very salty foods, and eliminate MSG and other food additives, especially sweeteners like Aspartame, Nutri-sweet, equal etc. Much 'fat' is actually chemical bloat as the body has to keep these chemicals diluted with water to stop them from killing cells. As the body can flush these out—the excess flab goes away.

Reach out for better health—Remember: God didn't create you to be overweight and unhappy. He made you for success—and you can call on Him for the help and power you need—so push on!

### GREEN DRINK SMOOTHY

A nutritious green drink makes a great FAST breakfast for a healthy start to the morning, or a light supper, or quick lunch.

To your favorite unsweetened juice add—a cup of raw sprouts—(alfalfa, sunflower, clover or such)

1 heaping tsp. of spirulina, Barley green, or Green Magma (see your health food store)

1 tbsp. High Lignan Flax powder & 1 tbsp. Flax oil.

1 Ripe banana and (optional) fresh or frozen berries. (unsweetened)

Blend up and drink fresh. A power-pack of nutrients!

### HELPFUL TIPS

1-2 TBSP. OMEGA brand Flax Oil daily. It works as a solvent to mobilize body fats while it promotes health. Use on salads or veges. Do Not Heat. Buy at health food store—check expiry date and keep refrigerated.

Get some plain bran or oat bran or better yet, High Lignan Flax Meal, and sprinkle a tbs. or so on each meal. The extra fiber will help flush fats and the bulk will satisfy the appetite.

If you eat for health—the pounds will take care of themselves—Believe it—It works!

## Slimming Tips

Avoid the trimmings. You will be surprised how much you save by leaving off the high-fat dressings and gravies, butter and margarine, and the sour cream and high fat cheese!

Brighten your food with lemon juice and herbal seasonings.

Don't buy PROBLEM FOODS! If they are not around, you can't eat them. And your family is better off without them also.

If you slip up—Don't give up—Get back up—and return to the program! You will see results. This isn't a die-it—it is a healthy LIVE-IT!

### **VITAMINS, MINERALS AND TRACE ELEMENTS ARE KEYS TO SLIMMING!**

Take a good natural source stress formula for a while at least.

If you are bored, frustrated or lonely, Don't snack! Drink some water; Go for a walk; talk to Jesus; read and memorize Bible Promises; write or create; help someone who needs help.

If worse comes to worse snack on carrot sticks; raw fruit; melon; or celery sticks.

### **NO!! Strictness will PAY Big-time! Eliminate or drastically reduce:**

Excess Salt and foods high in salt.

Sugar and foods containing sugar: small amounts of dried fruit, honey or free use of ripe bananas and other fresh fruit will soon take the place of sweets in your diet. After all, when we crave sweets, our body is really asking for one of two things; Water, or Fruit; give it both!

Refined Fats and Oils and foods containing them

Fried, fast or processed foods.

### **YES!!! Eat all you want of:**

Fresh, raw, and lightly steamed veggies.

Fresh raw Fruits

Sprouts, greens and other raw veggies in salads

Whole Grains simply prepared

Potatoes, sweet potatoes, yams and squash. (Especially nice baked)

Peas, beans and legumes

Distilled water between meals

Note: Don't listen to those who will start telling you 'don't eat plain potatoes, or avocados, or raw nuts or you won't lose weight'. This is not true—these things are alkaline and will NOT put weight on you!

## Slimming Tips

There are two kinds of calories—an acid calorie and an alkaline calorie. Only acid calories get stored as fat. On 1,000 acid calories you will gain weight but on 3,000 alkaline calories you will lose excess weight.

The principles for weight loss are essentially the same as for a healthy diet. The truly natural, healthy diet promotes weight normalization and is a good plan for either over or under weight folks as well. Once on a natural, whole food diet, calorie counting becomes a thing of the past. If you are careful about what you eat, you don't have to worry how much as that will balance out and control itself.

### **FLUIDS ARE VITAL TO SLIMMING SUCCESS**

Lots of water between meals (distilled or demineralized is best—avoid mineral water and tap water if possible) Plain herb teas without caffeine and diluted, fresh, raw fruit and vegetable juices help flush fat-holding toxins and acidity from the body.

10 or more glasses daily recommended. Take your fluids between meals not at meal times.

2 glasses warm water 1 hour before each meal aids digestion and eliminates need to drink with meals. Herbal bulking agents taken at this time are a great reducing aid and are health promoting.

OFTEN A GLASS OF WATER, OR CUP OF HERBAL TEA, EFFECTIVELY SATISFIES WHAT ONE THINKS IS A HUNGER URGE. We often misread the signals from a chronically dehydrated body and think we are hungry when we really need water.

Avoid sweetened drinks, Diet drinks, commercial juices with sugar, artificial color and flavor, coffee, chocolate or tea as they increase acidity and toxic bloat.

### **WATER CAN BE HELPFUL OUTSIDE ALSO**

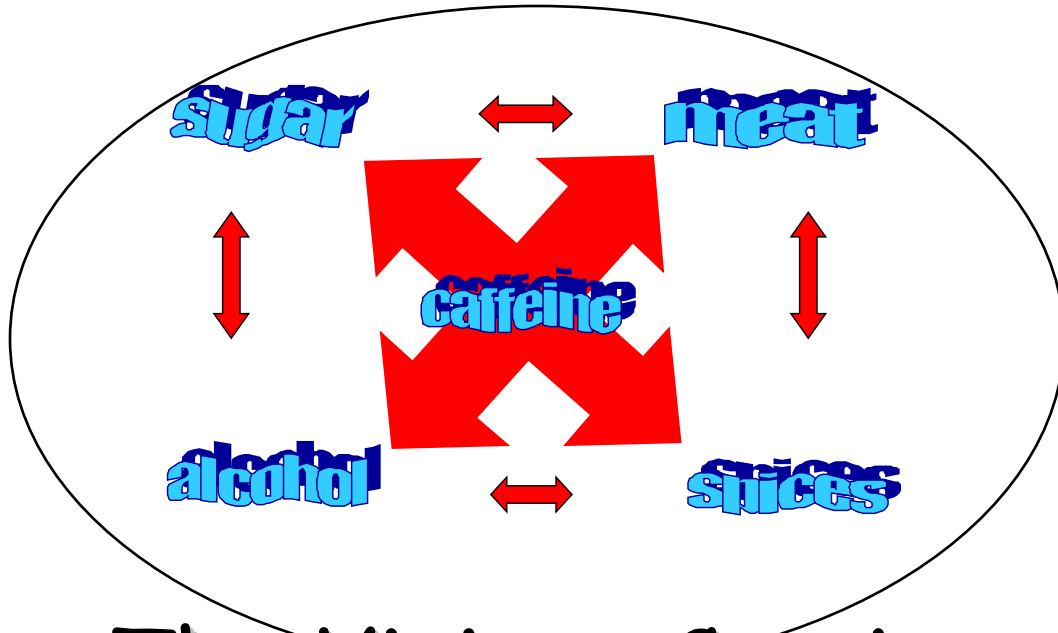
Weight loss is a DETOXIFYING PROCESS so you need to support the cleansing with lots of water inside and out! Take a brisk shower in the morning, finishing with a brief cold rinse or cold mitten rub-down and then use a relaxing warm bath in the evening before bed.

Fragrant herbs can be steeped as a tea and added to bath to nourish skin and aid in relaxation. A pint of Hydrogen Peroxide 3% in a bath aids the detoxifying and weight loss process.

Epsom Salts: 1 cup in a very warm bath is a big help to relaxing and promotes cleansing and good health. A real pleasure, you owe it to yourself to indulge.

Saunas and massages are great helps also. Weight loss requires discipline but learning to indulge oneself in healthful ways is a great help.

Exercise programs, pleasant walks, fresh air and sunshine are all healthful pleasures and great health-promoting habits.



## The Vicious Craving Circle!

### Caffeine, Sugar, Spices, Meat, Alcohol

Yes it is true! All these harmful food additives create cravings that gradually widen and get stronger. The person who starts using “just a little” of any one of them will gradually find himself using more and more and then branching out to the other parts of the circle until the poor, craving victim can no longer enjoy simple, natural, healthy food but must be striving to satisfy the unnatural cravings these harmful things have set in action in his body.

When he can no longer gain relief through these indulgences, he often resorts to tobacco, street drugs, or prescription drugs “for his nerves”. His health breaks down, he feels hungry and craving most of the time but only seeks more of the harmful substances he now calls ‘food’. He can no longer enjoy foods that would nourish his abused body; what a pitiful slavery!

Behind the scenes his nervous system becomes depleted and exhausted from lack of nutrients and the constant presence of irritating stimulants. (All stimulants are irritating poisons to the body) His nerves clamor, he is tired unless hyped up by increasing doses of stimulants. His weight begins to skyrocket. His self esteem to plummet and he is losing IQ, skills and abilities he once had.

To get him to see what is happening to him is often impossible as these things happen so gradually and they do not seem to be connected—if warned, he will usually reply; “Oh I don’t use that much \_\_\_\_!” Or “It doesn’t bother me”. Or “My diet is pretty good.”

## Slimming Tips

Parents make a dreadful mistake when they allow any of these things to come onto the table. The drunk wasn't always a drunk; the road usually began right at the family table.

People, do you want to be irritable, angry, out of control, enslaved and live in an atmosphere of fights, quarrels, and such with your family? Who would want that? Then take these vicious slave-masters out of your diet, off of your table, and out of your home!

You will find it hard at first but in a few weeks the tastes will return to normal, and nervous systems will heal. Health will improve, and so will tempers.

### **TASTE & TEMPTATION** **Quotes from Doctors and Ministers**

"Condiments also create a desire for narcotics. Because food is not allowed sufficient time in contact with the nerves of taste located in the mouth to derive satisfaction from its delicate and natural flavor, pronounced artificial flavors have to be added to give an immediate twist to the palate. This has led to the use of pepper, mustard, and the free use of salt and sugar, and other substances which irritate the stomach, all of which create and help to keep up the thirst for narcotics." Dr Harvey Kellogg

"Of condiments, such as spices, pepper, mustard, hot sauces, and the like, I need only say that in my opinion all artificial appetizers are to be strictly avoided; for they not only conduce to overeating, which is quite as bad as taking unwholesome food, but, acting as irritants, they hinder the digestion and assimilation of food, and form a prolific cause of digestive disturbances. The best sauce is hunger, and the best appetizers are fresh air and hard work. Under ordinary circumstances, a person should not eat until he has a natural appetite. More people among us suffer from repletion than from starvation. Manual labor and physical culture are essentials to good digestion." A. B. OLSEN, M. D.

"Feeding children upon pork, gravies, eggs, pastry made of lard, salt meats, with mustard and pepper, rich pies and cakes, spices, cloves, and other excitants; candies and sweetmeats, vinegar, pickles, tea and coffee, and everything of this description, eaten at all hours of day and late at night, tend to fire the blood, derange the functions of the system, excite the nerves and bring on a precocious (early, unnatural) development of the sexual passion.." ELDER JAMES WHITE.

"The stomach's mucous surface needs to be in a condition to be brought in contact with the alimentary (food) substance placed in it; but this cannot be the case when it is seared over with pepper, spices, and other condiments. Articles of an injurious character, and causing feelings of repugnance in the stomach when first placed in it, irritate it, and destroy its organic sensibility in a great measure, or at least to that extent that substances of the most deleterious character may be thrown into the gastric cavity, working out the destruction of our lives, and we not be conscious of it. The appetite, and even the stomach, may be so depraved that they will receive these life-destroying substances with great satisfaction, and the person using them declare that they are not injurious, because they sit well upon their stomachs; when the facts are, that the stomach has lost the power to discriminate between good and evil, and to give the proper

## Slimming Tips

alarm when the vital interests are in jeopardy” Dr Graham's Lectures on the Science of Human Life

### **What are the CRAVING SLAVE-MASTERS??**

#### **SPICES—ANYTHING THAT TASTES “HOT” WHEN IT IS COLD.**

Includes all hot peppers, hot sauces, cinnamon, allspice, nutmeg, mustard, horseradish, chilies, large amounts of ginger etc. These burn and scar the mucosa of the digestive system and interfere with nutrient absorption. They also destroy the ability to taste the delicate, natural flavor of food. They also affect the disposition making the user irritable, impatient and quick tempered.

Substitute various herbs, lemon juice, lime juice, onion and garlic.

#### **HARMFUL CONDIMENTS—ANYTHING CONTAINING SPICES AND/OR VINEGAR**

Includes all pickles, relishes, catsup, most sauces in bottles, most salad dressings. These destroy the liver and also sour the disposition. Even 1/4 teaspoon of vinegar on a meal will seriously impair its digestion and promote fermentation especially of starches. It is not unusual for sclerosis of liver to develop in vinegar users even if they do not use alcohol.

Experiment with healthy condiments—Lemon juice, lime juice, garlic and onion, nutritional yeast and yeast extracts, various herbs, Dulse Powder—the list is endless.

#### **SUGAR AND REFINED FLOUR**

Read labels, you will be amazed how many commercial foods contain sugar! Combinations of sugar and cinnamon are able to cause hyperactivity in children. It is a hard battle to kick the sugar addiction, but the benefits make it worth the struggle. Use foods high in Vit. B complex to overcome the hypoglycemia that sugar eating creates. Taking a high level, quality Vitamin B complex such as 'Stress-caps' may be needful for a year or so until hypoglycemia stabilizes.

Substitute fresh fruit, honey, dried fruit, fruit juices. For refined Flour—use whole grain flour.

#### **ASPARTAME (NUTRA-SWEET)**

This product breaks down at 86% F to form Methanol—a highly toxic form of alcohol, and aspartic acid, a neuro-excito-toxin. The Methanol further breaks down into formaldehyde and formic acid. It is highly addictive and also leads to overeating and craving for sweets.

#### **MEAT**

Includes all flesh products—the worse being pork and beef.

Flesh foods nowadays also have the additional hazard of animal diseases that can be transmitted to man, antibiotics in the flesh from the feed of the animals, and sex, and growth stimulating hormones fed to the animals. If the hormones fatten the beast—what will they do to your waistline??? If flesh was a gross and dangerous article of food 100 years ago—it is a lot worse today!

Cheese also contains the addictive substance tyramine, like caffeine, it is addictive and also interferes with proper function of the brain cells.

## Slimming Tips

Substitute whole grains, legumes, raw nuts and seeds, some tofu can be used as well.

### **ALCOHOL, TOBACCO, CAFFEINE AND DRUGS**

There is the obvious side to this subject but also a less obvious one.

Combinations of milk and sugar—such as ice-cream and custards, ferment in the stomach and intestines and produce alcohol in the blood.

Sugar and refined flour products such as cake and doughnuts can do the same.

Nutra-sweet (aspartame) breaks down into a very dangerous form of alcohol in the body.

Caffeine is high in most soft drinks and has a terrible effect on the nervous system.

Sweet cereals with all their chemicals and refined flours create alcohol in the stomach when eaten with milk.

Fried foods, because the fat interferes with digestion also tend to ferment and putrefy in the system causing alcohol and other poisons to enter the blood.

Even a quarter of a teaspoon of vinegar can prevent proper digestion of starchy foods. (Some canned pasta has vinegar in it for flavor)