

## Biologic Ionization As Applied To Human Nutrition

### Beverages

The following beverages do not contain caffeine, nor any other harmful ingredients:

#### Coffee Substitutes

Pioneer	Postum
Pero	Cafix
Breakfast Cup	Roma

#### Herbal Teas

Alfalfa	Mint
Sassafras	All herb teas like chamomile, etc.
Clover	

If you are a heavy coffee drinker (more than 10 cups per day), it is suggested that you taper off over a 1 to 2 week period. This will help prevent much of the discomfort from caffeine withdrawal.

Be aware that many teas, that are being sold as herb teas, can have some black (tree) teas in them. Read the labels.

### Something To Remember

**Chew Your Food!** Digestion begins in the mouth! Inadequate chewing sets the stage for poor digestion. Also remember that juices are foods. **Chew (swish about) your liquid foods as well.** Foods well mixed with saliva go a long way toward good nutrition. Give yourself time to eat so that you do not have to rush.

### Avoid These Foods As Much As Possible

- **Cocoa, chocolate, and black tea** (Lipton, Nestea, etc.) because they plug the kidneys
- **White flour products**, because what mineral they had, was refined out
- **Homogenized Milk**, because the body can not pick up the calcium as easily when the fat is forced around the milk molecule
- **Alcohol**, because it causes calcium to precipitate in the liver
- **Coffee**, because it upsets the stomach, unnaturally stimulates the adrenal and related glands, aggravates high blood pressure and over stimulates the heart and the whole system, interfering with the natural biorhythm of the body.

### GENERAL RECOMMENDATIONS FOR CHILDREN

These recommendations are for children under the age of 12 years old.

- Drink a lot of distilled water between meals.
- No *salt shaker* on the table. Use very lightly in cooking.
- Plenty of vegetables, with much variety.
- Use vegetable-protein meat substitutes, homemade or commercial about every other day.
- Avoid all white potato products in diet (they upset the blood sugar balance).
- No fish or meat until 12 years old.
- No nuts or nut butters until age 8 unless nuts are well steamed or boiled.
- Eggs can be used about 2 times per week.
- Evening meal should be before 6 p.m. so they can expend some energy before bed.
- Buckwheat pancakes are good once a week for breakfast, or whole grain waffles.
- One slice of toast per day for breakfast, except on the days of pancakes.

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- About twice a week, have breakfast type meat substitute with a scrambled egg for breakfast.
- At breakfast, eat citrus fruits first, before other foods. Eat banana or pear last.
- Try to have a fresh pear as often as possible for breakfast.
- Cream of wheat, millet, shredded wheat, grits, rye, buckwheat, oatmeal, cracked wheat, etc., and some dry cereals listed in the cereal section. Use a variety.
- Eat a different fruit each day (e.g. apple, banana, orange, grapes, cantaloupe, etc.).
- Do not eat watermelon late in the day, especially for children that are bed-wetters.
- Use raisins, soaked for 2 days in cold water for breakfast about 2-3 times/week.
- All other dried fruits, should only be used after rehydrating, as described under the **Fruit Group** heading.
- Use a vegetable type of spaghetti (spinach, artichoke, etc.) with vegetable protein and tomato sauce.
- Plenty of radishes, and fresh tomatoes, if possible, every day.
- Raw salads every day; eat leafy salad first at dinner or supper.
- Should have asparagus about once per week.
- Pickles without vinegar may be used occasionally as a special treat with meals only.
- Have 4-6 ounces of prune juice diluted with hot water, at evening meal; 2-3 times per week.
- Yogurt after noon meal for dessert, 2 to 3 times per week.
- Limit sweets at evening meal, or at most to a healthful type of cookie for dessert.
- **Homemade** ice cream, occasionally, at evening meal (made with milk, eggs, and a little honey).
- **Boston** baked beans are excellent, also green beans.
- **Fresh** corn-on-the-cob, in season or frozen, may be used about 2-3 times a week at noon or evening meal.
- **Fresh**, homemade corn bread every day for lunch is excellent.
- **Brown** rice may be used often. Vary the diet by serving various legumes listed in that section under the protein category.
- **Olives** can be used regularly, especially green ripe olives.
- **Use** as little salt as is reasonable. Learn to make the foods tasty with various herbs, a little blackstrap molasses, honey, allspice, dark Karo, etc. (Not all at the same time, of course).
- **Use** avocado, spinach, celery, turnips, carrots—a wide variety of types as listed in the vegetable section.
- **Carrot** juice and green drink should be included in the food planning.
- **Corn** starch, rice polishings, barley, eggplant or arrowroot flour may be added to soups, as needed, to make creamy.



### Girls — in addition to the above

- Girls need more calcium in their diet. Calcium gluconate (CG) in powder form is mild, good and should be used as a supplement—especially if no milk is used. It should be added to cooking whenever possible.
- Wheat bran is good on cereals and in cooking.
- Raisins, rich in iron, should especially be used by girls 2 to 3 times per week.
- About 2 to 3 times per year make a milk shake. Use skim milk, add homemade ice cream to it, drop in a raw egg with shell and add 1/2 teaspoon of 3% hydrogen peroxide, then blend until it is a silk like consistency.
- **Variety is the spice of life...** and in a great variety of foods there is **safety**.

### Changing Your Children's Diets

Change a child's diet very slowly over a period of six months or so. If it is changed too quickly they may rebel and that is worse than the poor food. To keep peace in the home, and to not provoke the children to anger, the changes should be made gradually, while substituting good desserts for candy and home made ice cream for store bought. Teach the children the whys and wherefores, of the changes being made, to help make the transition easier and encourage their interest and cooperation.

Most children are ill because their diet is too rich for their body chemistry. They are often constipated and calcium deficient. They seldom drink enough water, and rarely have enough variety in their diet. Healthy children are happy children and will usually be better behaved and more cooperative.

The amount of distilled water they drink should be according to their weight. Put the allotted amount into a container so that they can tell how much needs to be drunk during the day.

"When all else fails to constipate your children, use peanut butter and cheese!" For this reason, these products should be used rarely for children under the age of 8.

Eat all raw salads first, thus the cellulose will be introduced into the digestion at the beginning of the meal, from which the bowel will extract gelatin. This will help reduce the tendency for constipation. Gelatin made from natural plant gelatin, which has fruit and fruit juices put into it makes a very good food for children.

It is the lack of minerals (particularly calcium), the lack of sufficient water, the use of junk food and the eating between meals that lays much of the ground work for ill health later on.

When children get sick with colds or flu, give them plenty of fluids to drink and an enema. Hot foot baths are also good. Soak the feet in as hot of water as the child can stand. This has a reflex effect, increasing the blood flow through the kidneys, helping clear the blood system of toxin. A tablespoon of yellow mustard powder is an excellent additive to the hot water.

### LISTEN TO YOUR BODY: Dealing With The Healing Crisis

It has been said that one does not always "see all the he looks at" or "listen to all that he hears." As far as your body is concerned, the above statements are very appropriate. During the days, weeks, and months ahead, your system will be making many adjustments and changes. It is very important that you be aware of what can happen so you do not get caught by surprise.