

This is my diet for optimum health and energy

First, the argument: No meat, not grains (I think buckwheat and quinoa are exceptions. I sometimes break my diet and I often have to when I go out – but I never eat meat. I think it is bad for you – it leaves poisons in your body which stay there forever. One particular experiment was based on statistics and showed that rural communities in Asia became sicker in relation to when they began to eat meat, e.g. more heart attacks. Once you give over eating meat you stop liking it; I don't like the texture. The argument against grains, bread, is that they gunge up the cells of your body – like soaking a sponge in glue.

A benefit of a diet of fruit and vegetables (especially raw vegetables and salad) is that your body processes them quickly and efficiently, meaning it gets optimum goodness from them. In a mixed diet foods get stuck in a queue behind each other and ferment – this is because your body takes longer to process some foods than others and it involves mixing up the acids and the alkalis of digestive juices.

Now, my diet: Tea in the morning. I take Rooibush with lemon. Breakfast later when I feel hungry, fruit (see chart). The rule is to eat fruit on an empty stomach. It digests easily and should not be held up in a queue behind vegetables (or other food).

Lunch: various recipes for raw food. (People ask, "Aren't you hungry?" No – you can eat as much as you want. And you will realize how convenient it is to prepare – keep a grater and a vegetable peeler at work.) And you have to plan and take your veg to work.

1. Cucumber, sliced (Nicer if you take off the peel.) Salt, oil (olive oil or omega oils)
2. Fennel, sliced. Salt. Pumpkin seed oil.
3. Carrots (2 parts), sweet potato (1 part), ginger. Bouillon powder*. Oil.
4. Coleslaw, chopped cabbage, grated carrot, chopped onion, caraway seeds (a lot – a teaspoon per portion), bit of chopped apple if you want. Bouillon powder. Mayonnaise (I prefer Helman's).
5. Waldorf salad, chopped celery, chopped apple, walnuts, cubes of cheese** (not too much). Bouillon powder. Mayonnaise.
6. Guacamole, avocado – mashed, chooped onion, chopped chili pepper, lime or lemon juice. Bouillon powder. Oil. Sticks to dip in, e.g. cucumber (you can keep the peel on), courgette, red or green pepper, celery. Also nice to have – tomato, olives.
7. Hummus. Sticks as above.

*N.B. Bouillon powder is dried vegetable powder (don't get meat bouillon). You can get it in a little cardboard drum with an orange plastic lid in most shops and in all health shops. It's really tasty – I add about ½ tsp.

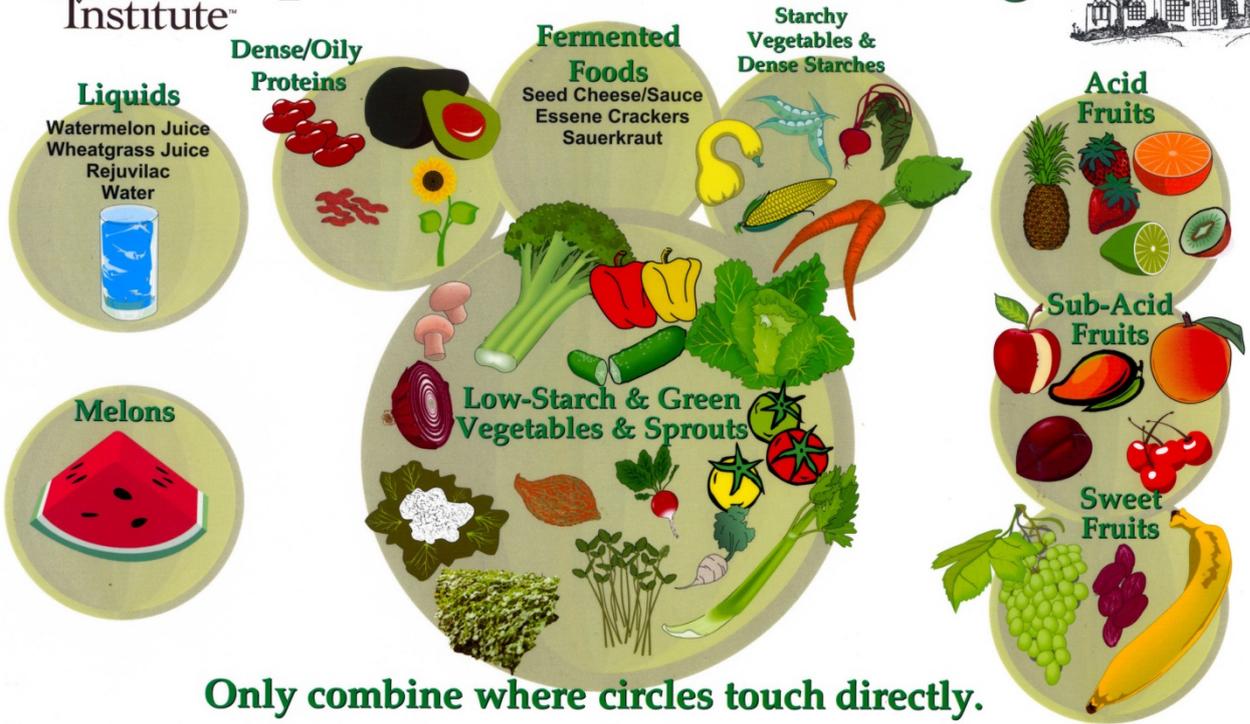
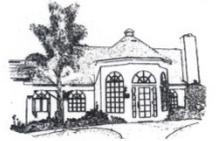
**Cheese should not really be in the diet, but I eat it.

Evening meal, always a big green salad. Favourite dressing: lemon juice, bouillon powder, ½ tsp sugar, oil (3 parts oil to 1 part lemon).

Then we have cooked vegetables. I seem to cook something different every day so the best thing to do is to write this down as I go along, give you some examples of meals. Next time. Make a start with the present information.

By the way, 70% of arable land is used for animal feed. If we all stopped eating meat...! Maybe our problems would be over.

Optimal Food Combining



Only combine where circles touch directly.