



# *EVERYONE'S GUIDE TO HEALTHY EATING*

A book of good advice for  
those who are confused about  
vitamins, food supplements  
and eating generally

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This book is dedicated to Professor James Scala PhD  
without who's help it could not have been written, and about which he wrote -  
“Your short booklet of good dietary advice is excellent. It will help anyone who follows its teachings”

## ***IMPROVE YOUR DIET . . . . .***

### ***Enjoy eating real food.***

A sound diet is a major contribution to improving your health, and provides increased protection from illness and disease.

A healthy diet doesn't mean that you can't enjoy your favourite food or treat, but it does mean avoiding a regular stereotype intake of a limited selection of foods every day, particularly foods which are high in fats, salts and chemical additives, such as convenience, processed and refined foods.

### ***Food Substitutes are bad news!***

Food substitutes designed to reduce the fat, calorific or sugar content of processed foods are often counter productive and, used regularly, can damage your health. It's far better to use less of the real thing.

## ***YOU ARE WHAT YOU EAT . . . . .***

## ***EAT FOR HEALTH!***

### ***Take a look at your weekly food intake.***

If you find that, morning noon and night, you eat (or don't eat) the same foods on a regular daily basis, you need to make some urgent changes -

Variety is the spice of life.....  
narrow repetition is a formula for disaster!

### ***The main objective is to.....***

- Reduce your total fat intake;
- Increase the ratio of polyunsaturated fat versus saturated (animal) fat;
- Reduce salt, sugar and alcohol intake;
- Increase intake of complex carbohydrates;
- Substantially increase fibre intake.

The guidelines set out in this booklet will be helpful, but even the most carefully planned diet can't be perfect - that's where your food supplements come in!

## ***SO MAKE IT GOOD!***

## ***WHAT ABOUT FIBRE?***

These days everyone is being advised to "eat more fibre", and most people reach for the cereal packet! But is this the right thing to do?

It has long been known that we generally eat too little fibre for our own good, and that eating more fibre increases protection against a whole range of illnesses, from overweight, through cardiovascular and intestinal problems to heart disease and cancers. The problem is that the results of poor fibre intake are slow to show up as symptoms and by the time they are discovered serious and sometimes irreparable damage has been done.

### ***But, how do we know if we are eating enough Fibre?***

Clear early indications of fibre shortage show up as constipation, back pain and some forms of migraine. Migraine is a complicated condition-with a range of possible contributory causes which include insufficient intake of water and the retention of toxic body acids, each of which is synonymous with constipation or irregularity of motion. Back pain is also largely caused by insufficient water and retention of body acids, coupled with high intakes of salt and sugar (which also leads to Calcium deficiency). So both conditions can be considerably improved by increasing the right mix of fibres.

Constipation and irregularity are conditions tolerated by too many for too long. If they are allowed to continue over a prolonged period they will increase the risk of diseases of the stomach, intestine and bowel, as well as kidney, liver and heart.

The risk of all these conditions can be considerably decreased or even removed, by ensuring that more than 30% of our diet consists of a range of the right kind of fibres - between 35 and 40 grams each day - the sooner the better!

***Always eat the right kind of fibre!***

## ***BUT WHAT IS THE RIGHT KIND OF FIBRE?***

Fibre comes in six different types, but in two main forms - soluble in water and not soluble in water.

Cereal foods, with the exception of oatmeal and barley, are of three of the types - Cellulose, Lignin and Hemicellulose - which are not soluble in water and are abrasive (like scouring pad!). Oatmeal, Barley, fruits, legumes, vegetables, seaweed and seeds are of the other three types - Pectin, Gum and Mucilage - which are water soluble and are not abrasive (like a sponge!).

Water soluble fibres are most effective in reducing Cholesterol, removing body acids and producing a soft stool. Fibre which is not soluble in water increases the volume of the stool, but has little effect in removing Cholesterol and body acids, and in the absence of sufficient soluble fibre and water, can be an irritant to the bowel.

If we are eating the right amount and mixture of fibre, our stools will be bulky, soft and able to carry generous amounts of fluid, thus travelling quickly through the digestive tract gently bathing and sweeping the inside of our intestines and bowel, and removing waste matter from the digestive process efficiently and without giving time for toxic acids to be reabsorbed into the blood stream.

If we are not eating the right amount and mixture of fibre, our stools will be hard and dry, travelling very slowly and laboriously, unable to absorb fluid and body acids and carry them away from the digestive tract. In consequence, toxic body acids can be reabsorbed into the blood stream, the action of peristalsis to move food stuff down through the digestive tract becomes sluggish and strained, causing damage to the system and physical straining is necessary to pass stools, which causes further intestinal and bowel damage.

All of these things contribute to the development of serious conditions which may be irreversible and life threatening -

***So what shall we do?***

## ***GETTING ENOUGH FIBRE***

First, make sure that you are getting not less than 30 grams of fibre each day in your diet.

Then make sure that the fibre that you are eating is clean and unadulterated - i.e.: not subjected to high temperatures in processing and free of salt, sugar and other chemical additives. Oatmeal (porridge oats) is an excellent example of clean and desirable fibre - processed breakfast cereals and convenience foods are excellent examples of the opposite undesirable fibre!

Always read the label! Make sure that the fibre content of each serving is more than 4 grams.

Also make sure that your fibre comes from a wide range of sources, including fruit, vegetables and legumes, and not just from proprietary breakfast cereals.

Finally, if you are suffering constipation, erratic or uncomfortable bowel motion, with back pain, migraines or headache, or any discomfort of the digestive system, it is urgent that you do something about it - naturally and without using laxatives!

Progress can be slow, but with patience these guidelines will be a considerable help, but if you need more specific information or guidance, please give me a call - and remember ....

Going to the loo can and should be a pleasant experience -

*If going to the loo is a pain, there's something seriously wrong -*

***Do something about it today - naturally!***

In the British environment it is acknowledged that there are two main deficiencies that everyone needs to overcome - Vitamin C and Calcium - but each of these occur for different reasons.

There is generally adequate Calcium in the diet but particular groups of people have difficulty in converting and absorbing it into body cells, whereas Vitamin C is just not present in the diet in adequate amounts. So the means to correct each of these deficiencies requires a different approach.

Vitamin C is water soluble and probably the most sensitive Vitamin, being damaged by heat and processing, and rapidly lost from the food product as soon as it is separated from its ground root. The most valuable Vitamin C is that which is in its fresh natural environment, i.e. in fresh raw fruits and vegetables, but storing and processing leads to vitamin loss.

Supplementation with Vitamin C will quickly correct any deficiency, strengthen body cells and the immune system, and give greater protection from infectious diseases and free radicals. It is my personal view that everyone can obtain immediate personal benefit from using NSP Vitamin C TR1000 if they use nothing else - so it's always on the top of my list!

Calcium on the other hand, is a different problem. Calcium is used in every body function - the Nervous System, the Brain, Heart and other organs; the digestion of food and the assimilation of its nutrients; the operation of Muscles and Ligaments, and the creation of Bone and Ligament Tissue - to say nothing of Hair and Nails.

***Don't risk Calcium Deficiency***

## ***CALCIUM DEFICIENCY - THE UNACCEPTABLE RISK***

It can be seen therefore that if Calcium becomes deficient, nearly every other body function is at risk, Calcium being the major fuel and building material that enables everything else to happen!

People who are most at risk from deficiency are -

- women, women who have had children or passing through the menopause, and women over 50 years of age;
- men involved in demanding physical activity;
- men and women who spend most of there lives working indoors or without natural daylight;

add to this the serious effects of stress and smoking, and the fact that some people have a greater genetic difficulty in absorbing and retaining Calcium than others, and the final problem of diet becomes a serious factor.

Efficient Calcium absorption needs a combination of excellent diet, regular exercise and adequate exposure to natural light and a healthy digestive system - and crucially, Calcium deficiency leads to a struggling digestive system resulting in loss of vital Vitamins, Minerals and Trace Elements which are essential to ensure proper absorption of Calcium. It's a vicious circle!

Thus Calcium deficiency occurs even though there may be plenty in the food supply, and the symptoms show in a multitude of dilemma that may lead to actual Calcium loss from Skeletal and Muscle tissue, the first indications of which are back pain, muscle cramps and stiff joints - symptoms which should never be ignored.

***Never Ignore Pain - it's trying to tell you something!***



## ***THE POTENTIAL BENEFITS***

You could help these dilemma by just taking NSP Calcium/Magnesium - research by Dr. Scala has shown that this alone results in a significant increase in bone density in men and women over 65 - but my experience is that it works even better if it is accompanied by multi vitamins (either Super Supplemental or Multiple Vitamins & Minerals), SynerPro© and Vitamin C 1000TR taken regularly as a continuing supplement, thus ensuring that all the vital ingredients are always present to ensure adequate Calcium absorption.

It is my firm belief that every single person can achieve major benefits by regular supplementation with just these four products, the major benefits being a markedly improved Immune System giving greater protection from infection and free radicals - and greatly improved Calcium absorption, reducing the risk of skeletal and muscle deterioration, and back pain.

There is of course the need to improve the diet and avoid certain elements in the diet - about this, or for advice about other problems which may be causing you concern, please call me.

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Professor Jim Scala was Vice President of the Shaklee Corporation and more recently Consultant Nutritionist to Nature's Sunshine products, and was responsible for the design of their 'SynerPro' range of products including 'Calcium & Magnesium'. In 1985 he published a six part lesson in human nutrition - 'The Nature of Nutrition'- a brilliantly presented analysis of the human life cycle, from conception to retirement, which although first produced in 1958, is still absolutely relevant today and is presently being re-mastered as a set of DVDs and will be released in the near future.

**For further reading refer to the LIBRARY BOOK LIST in the Contents Register**

**WHAT TO DO . . . . . AND WHY . . . . .**

**Vary foods at Breakfast, Lunch and Evening Meal as much as possible.**

The regular Breakfast toast, Lunch of white bread sandwiches, pie'n'pint or crisps and chocolate, and coffee all day, are bad news.

**Do eat three meals each day.**

Going without meals is disastrous.

**Avoid too much strong tea, coffee or alcohol.**

Over-use of these fluids can cause problems, but do drink plenty of clean fresh water - at least 2 pints each day.

**Use skimmed or semi-skimmed milk (liquid not powder) instead of full cream or sterilised.**

Skimmed milk contains less fat and cholesterol, yet is richer in Protein, Calcium and other essential nutrients.

**Use soft polyunsaturated margarines and cold compressed oils and small amounts of butter,**

You need the nutrients in dairy foods, but polyunsaturated fats reduce the risk of vascular problems caused by the accumulation of fats and cholesterol. Don't use re-heated cooking oil.

**Eat less red meat and remove all visible fat and skin.**

Red meats are rich in saturated fats and cholesterol, particularly Lamb & Pork. Use organ meat (Tongue, Heart etc.) occasionally

**Eat more fish and poultry.**

White meats are lower in saturated fats, and some fish contains vital 'EPA' not present in other foods.

**Eat High Fibre Whole Meal Bread, not white or brown.**

White and Brown bread contain insufficient fibre and are very low in nutritional value.

**Increase consumption of fruit and vegetables, preferably raw - salads and Cole slaw.**

Fruit and vegetable fibre is essential to proper digestion and elimination. Cooking damages and washes out much of the nutritional value - specially Vitamin C. Raw fruit and vegetables are often more palatable to young people. Use baked jacket potatoes.

**Avoid processed meats like sausages & beefburgers; baked products like pies; and sugar rich pastries, biscuits & sweets.**

Processed foods are high in fats, sugars and salts, and calories, with little nutritional value -"empty" calories.

**Grill, don't fry - avoid deep fried foods like chips, crisps and reconstituted potato.**

Deep fried foods are saturated in fat and are high in calories and cholesterol. Even vegetable fats can be counter-productive, as re-heating can cause dangerous deterioration and build up of toxins.

***IN MANY CASES, THESE RECOMMENDATIONS ALONE***

***HAVE IMPROVED HEALTH . . & CHANGED PEOPLES LIVES!***

## ***FOOD CATEGORIES TO REMOVE***

- FIRST SIMPLE RULE:** If you don't immediately recognise it for what it is - think twice before you eat it!
- CONVENIENCE FOODS:** Foods which have been commercially prepared and are ready to eat cold or after re-heating - pies, pastries, sausages, beef and hamburgers, minced meats, sweets, biscuits, confectionery and proprietary breakfast cereals.  
If you like these things, eat only those you make yourself!
- SUBSTITUTE FOODS:** If you are worried about using Butter, Sugar, Dairy Fats etc., reduce your use of the real thing - but never use substitutes!
- Potato Products: Crisps and snacks etc., using powdered or reconstituted potato.
- Sugar Substitutes: Do not use or eat foods containing substitutes, including low-cal and diet foods and drinks.
- Fat Substitutes: There is a need to reduce your intake of animal fat, so skimmed milk and genuine low fat products are helpful, but products containing hydrogenated fats and unnatural substitutes are likely to be worse than the real thing!
- Titilisers: Foods containing colouring, flavouring, preserving and bulking agents, which have no nutritional value, and are only there because if they weren't you would be able to taste the food they're in - and you wouldn't eat it!

***IF YOU DON'T RECOGNISE IT . . . . . BEST NOT TO EAT IT!***

## *FOOD CATEGORIES TO REMOVE*

- REFINED PRODUCTS:** Avoid refined flour, salt, sugar and all foods containing them, particularly convenience foods and those containing substitutes, and tilitisers.
- CEREALS & FLOUR PRODUCTS:** Avoid refined flour and grains, i.e.. white flour and polished rice. Also avoid whole wheat products and select Oats and Barley in preference.
- PRESERVED FOOD AND DRINKS:** Foods that have been subjected to high temperatures in order to extend their shelf life, including sterilised & UHT milk, and proprietary breakfast cereals. Also those containing chemical preservatives and fungicides.
- TINNED FOODS:** Particularly avoid tinned meats and fruit, even those in "Natural Juice"! Some fish and vegetable items are acceptable, but it's better not to use them.
- RED MEATS:** Eat the minimum amount of red meat (once a week is enough) and do not eat processed pork and pig products. Do not eat visible fat and use only the leanest cuts of beef or lamb straight off the butchers block.

*FRESH IS BEST . . . . But dried or frozen is better than tinned*

## ***FOOD CATEGORIES TO ENCOURAGE***

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- CLEAN FRESH WATER:** Use only the freshest, cleanest water possible, and drink at least 2 pints each day - or better still, 2 litres. Avoid drinking unfiltered tap water. Try it - you'll notice a big difference within 2 or 3 days!
- CLEAN FRESH VEGETABLES & FRUIT:** Always use the freshest possible - if you can, get them from a natural market gardener. Always wash before using and eat as much raw as possible. When you do cook don't overcook. Not all fruit is good for you - refer to Do's and Don'ts!
- FISH:** Preferably, eat Blue skinned oily fish, particularly types natural to subzero temperatures, which are high in EPA.
- POULTRY:** Eat any poultry, preferably free-range, but don't eat the skin!

***REMEMBER - Fresh is Best!*** But Dried or Frozen is preferable to tinned, and it's definitely advisable not to eat tinned meat or fruit.

***DRINK PLENTY OF CLEAN, FRESH WATER EVERY DAY!***

**COOKING:** Use only Glass, Stainless Steel or Crock Pots;  
Do not use aluminium or non-stick pans;  
*Never* eat acid foods (specially rhubarb!) that have been cooked in aluminium.

**FRYING:** Do not deep fry.  
If you are using vegetable oils - *never* leave the top off the container -  
they become carcinogenic if exposed to the atmosphere -  
and always store in a dark place. For the same reason  
*Never* use vegetable oils more than once -  
always throw them away after the first use.

**VEGETABLES  
& FRUIT:** Fruit and vegetables are best eaten fresh and raw.  
When you cook, steam rather than boil, and always slightly under-cook.  
Don't waste the goodness in the water - use it in your gravy stock.

***COOKING DAMAGES VITAMINS IN VEGETABLES & FRUIT!***

## ***ABOUT SUPPLEMENTATION - the Potential Benefits***

Generally it is better to obtain extra nutrition from a balanced Multi-Vitamin and Protein Supplement, which improves absorption of essential elements from solid foods as well, and ensures proper use and disposal in the body.

For particular conditions it may be beneficial to add specified vitamins and minerals, but always use a balanced supplement first - and always use supplements of the highest quality!

The two elements of which there is the most likelihood of deficiency are Vitamin C and Calcium - and in many people Protein deficiencies also occur. Most other deficiencies are the collective result of poor basic nutrition which a balanced supplement should correct.

### ***SUPPLEMENT QUALITY:***

The same principles apply to supplements as to any other food - for that is what they are!

Do not use products containing colouring, flavouring, preserving, binding or filling agents, or those which have been manufactured by recovery from by-products of another process ("2nd Level").

Quality vitamins ("1st Level") are formulated by the "Cold Compress" method (without the use of heat) from non-animal sources, using fruits and vegetables grown in a controlled natural environment without chemical fertilisers or sprays.



## ***ABOUT VITAMINS - the Potential Benefits***

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- Calcium:** Calcium absorption doesn't necessarily depend on the quantity taken, but the type of Calcium and the nutritional status of your body. Vitamin D is essential for Calcium absorption and this is activated when natural sunlight strikes the skin - but see 'Vitamin Isolates' below. Calcium also needs to be in the correct ratio with Magnesium and Phosphorus, and a quality Supplement will contain these elements properly balanced.
- Vitamin C:** Vitamin C is water based and probably the most sensitive Vitamin. It is damaged by heat and processing, and is rapidly lost from the food product as soon as it is separated from its root in the ground. Vitamin C is at its best when in its fresh natural environment, i.e. in fresh raw fruits and vegetables, but storing, cooking and processing leads to further Vitamin loss. Vitamin C supplements should be of the highest quality ("First Level") and should be "Sustained" or "Time Release" - the body stores only a minimal amount.
- Vitamin B:** Vitamin B is the only other water based vitamin, and is affected by the same conditions as Vitamin C. However, B Vitamin should only be taken in "Complex" form, and isolates such as B6 and B12 should not be used except when specifically recommended by an experienced practitioner.
- Vitamin Isolates:** Other isolated Vitamins such as A, D and E, should only be used after careful consideration and sound advice.

***QUALITY SUPPLEMENTS MAY SEEM MORE EXPENSIVE***

***BUT THE BENEFITS ARE WORTH IT IN THE LONG RUN!***

## *DO s and DON'T s*

### **YES . . . . DO**

### **NO . . . . DON'T**

#### ***DRINKS AND BEVERAGES***

ALCOHOL Best Bitter and Stout (maximum half pint on any day). Whisky & Brandy (maximum 1 nip on any day).

Wine or Lager.  
Mild or Light Ales  
All spirits best left alone!

FRUIT DRINKS Concentrated Apple. (Always dilute concentrated *natural!* fruit drinks in the cleanest freshest water).

Diet/Low-Cal/Slimline drinks;  
check for high sugar, sugar substitutes, flavouring, colouring and preservatives.

NOTE: Always remember that fruit extracts contain no fibre as they do when you eat the whole fruit - they are therefore high in acid!

TEA & COFFEE Not strong and keep to minimum.  
Try Herbal teas and coffee

Do not boil coffee or make with boiling water - it becomes carcinogenic. Use decaffeinated if possible and keep to absolute minimum - in some cases not at all.

WATER Use only the freshest, cleanest possible, and drink at least two pints each day - better still, two litres; measure it to make sure!

Avoid drinking unfiltered tap water.

**YES . . . DO**

**NO . . . DON'T**

**VEGETABLES &  
LEGUMES**

All green, yellow and red  
Vegetables in large quantities; as  
fresh as possible - preferably raw -  
do not over-cook. Always  
use the water for gravy stock

Tinned vegetables.  
Certain vegetables may be  
problematical,  
such as tomatoes - obtain  
separate advice.

**NOTE:** Remember - the older the item, the less nutrition, particularly Vitamin C.  
Cooking damages Vitamins, particularly Vitamin C. If you can't get fresh, use frozen or dried

**FRUIT**

All fleshy fruits as fresh as  
possible and raw whenever  
possible. Best of all, use Prunes  
or Apricots regularly - dried or  
semi-dried - not tinned.

Oranges and some seeded fruits  
(eg; Raspberries) may be  
problematical -  
obtain separate advice.  
***Avoid eating Rhubarb.***

**NOTE:** Wash all fresh fruit and vegetables before using. Also see Vegetables NOTE!

**BREAKFAST CEREALS**

Oatmeal based Muesli and Porridge  
Non Wheat products.

Processed Proprietary Cereals.  
High Wheat products.

**FLOUR BASED  
PRODUCTS**

Wholemeal Bread, preferably High  
Fibre and mainly Oatmeal or  
Barley. Home made Pastries and  
whole meal flour.

White Bread or Bread made with  
refined Flour; Brown and Whole  
Wheat Bread. Pastries and Pies  
using refined flour.

## *DO s and DON'T s*

### **YES . . . . DO**

#### **MEAT - RED**

Eat only minimum possible amounts of lean red meats.

#### **CHICKEN & POULTRY**

Preferred Protein source.  
Use free range if possible.

#### **FISH**

Oily, Blue skinned Fish, preferably fresh, and from sub-zero waters - Herring, Pilchard, Mackerel, Trout etc.

#### **FOOD SUPPLEMENTS**

Use a good quality, balanced multi vitamin, mineral and Protein Supplement every day, plus Vitamin C and Calcium.

#### **HERBS**

Use Herbal preparations to assist in controlling specific symptoms.

### **NO . . . . DON'T**

Processed foods containing Meat or processed Meat products - Sausages, Minced Meat, Beef and Hamburgers, etc.

Processed and "convenience" varieties. Do not eat skin.

Inshore crustaceans. Processed foods, Fish Fingers & Cakes, etc.

White fish is fine but less beneficial

Products containing flavouring, colouring, preservative or bulking agents. Avoid using isolates other than Vitamin C.

## *DO s and DON'T s*

### **YES . . . . DO**

### **NO . . . . DON'T**

#### **DAIRY PRODUCTS**

|                           |                                                                          |                                                                                                                                |
|---------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| Milk                      | Skimmed and Semi-skimmed.                                                | Sterilised or U.H.T.                                                                                                           |
| Yoghurt                   | Natural Live Yoghurt.                                                    | Processed Yoghurt, (flavoured, coloured, Low-cal, Low-fat . . . you name it!)                                                  |
| Cheese                    | Natural Low fat cheeses.                                                 | Processed and High Fat Cheeses                                                                                                 |
| Butter                    | Use minimal amounts of the real thing.                                   | Substitute Butters and Spreads; Hydrogenated and Processed                                                                     |
| Fats.                     |                                                                          |                                                                                                                                |
| Sauces and Dressings      | Only use the most natural products available - preferably make your own! | Diet or Low-cal preparations and those containing synthetic products (sweeteners, salt, flavouring, preserving and colouring). |
| Ice Cream & Iced products | Natural Dairy Ice Cream - in moderation!                                 | Products containing flavouring, colouring; Anything that isn't Pure Dairy Ice Cream.                                           |

## **DIETARY RECOMMENDATIONS**

Adopt a strict discipline towards the cleanest possible diet, avoiding all convenience and processed foods.

Take the broadest possible advice from the most reliable and experienced sources. Views will differ in emphasis, but a basic principle will steadily emerge.

Related indicators to look out for are; excess Alcohol, Sugar, Salt, Processed and Acid foods; Calcium deficiency, Viral infections, poor sources of Protein, Vitamins and Minerals, and lack of daylight exercise.

To keep the digestive system clean and free from toxins, use the following drink regularly throughout the day:

1 Tablespoon Aloe Vera Juice

1 Tablespoon Liquid Chlorophyll

1 Tablespoon Concentrated Apple Juice in a glass of the cleanest water available.

## **FOOD AND DRINK**

Eat plenty of fresh fruits and vegetables, particularly Apples, Apricots and Prunes.

Use concentrated Apple juice diluted in the cleanest water available.

## **SUPPLEMENTATION**

Start with a Bowel and Colon Cleanse programme, to remove toxins from the digestive system, followed by;

Twice each day at 12 hour intervals

1 Super Supplemental Multi-Vitamin/Mineral

1 Vitamin C TR 1000mg.

1 Calcium & Magnesium

25 grams Syner ProTein in skimmed milk

1 Evening Primrose Oil Capsule

# ***BACK, JOINT & MUSCLE PAIN, STIFF JOINTS***

## **FOOD RECOMMENDATIONS**

### **BREAKFAST**

Oatmeal Based Muesli with Semi-Skimmed Milk and Syner ProTein supplement, or  
Oatmeal Porridge with Semi-Skimmed Milk and Syner ProTein supplement  
4 to 6 Prunes (dried or semi-dried, soaked in water and stored in 'fridge).

### **LUNCH**

Fresh vegetable and fruit salad with Chicken or Fish, or light cheese and Whole Meal Bread, (Oatmeal based, not Wheat).

### **EVENING MEAL**

A wide selection of red, green and yellow Leafy and Root vegetables and Legumes, lightly cooked or steamed, with fish or poultry, and occasionally lean red meat, Tongue or Heart, (not liver).

## **FLUIDS**

### **WATER**

Drink Fresh Clean Water in adequate amounts, aiming for 2 litres each day. Occasionally add 1 tablespoon of pure concentrated Apple Juice.

### **BEVERAGES**

Avoid Coffee and keep Tea to minimum. Keep added sugar to absolute minimum Use only Semi-skimmed or Skimmed pasteurised milk (not UHT or Sterilised).

## ***JUST ONE FINAL TIP!***

**Now you've read these notes through once  
read them through a few times more -  
you'll be surprised at all the  
important things that you missed  
the first time through!**