

## **WHY DO WE NEED A STRICT DIET?**

Because the physical and emotional health of the masses, including ourselves, has taken a major turn for the worse!

### **WHAT ARE THE CAUSES?**

Tremendous increase in environmental toxicity, use of herbicides and pesticides, and harmful drugs such as antibiotics. Our bodies can no longer cope with the onslaught.

Yeast, fungi, parasites, pH imbalances and sugar intake are out of control in most people today.

Negative emotional stress has accentuated our physical breakdown.

### **WHAT HAVE BEEN THE RESULTS OF THE BREAKDOWN?**

Good organic foods, such as apples, lamb, quality wine, coffee, and honey are no longer helpful to many. Some of us are not capable of correctly digesting these foods.

Some of the possible side effects are:

Heart, circulatory and blood pressure problems

Bacterial and viral “infections” that are hard to shake

Edema, swelling of the arms, legs or belly

Emotional and thinking difficulties, foggy headedness.

Increase in allergies, asthma, chemical sensitivities

Tremendous fatigue

### **WHAT CAN BE DONE ABOUT IT?**

By following the right diet for a short time while taking your personal herbal food blend, it will give the body a chance to repair and rebuild. Then when you get tested again, your diet level will undoubtedly start climbing uphill.

## SOME OBVIOUS QUESTIONS

### Q. Where can I get my protein?

A. There is an abundance of **highly available** protein in such foods as rice, buckwheat, millet, amaranth and anasazi beans. If you serve a mixture of foods with each meal, the proteins will be nicely balanced out. (Ps. "protein" does not mean meat, in general it means "amino acids") There is more available protein in a pound of a mixture of rice and anasazi beans than in a pound of many meats.

### Q. What can I eat?

A. With a little forethought and imagination you can find many varieties of food on most diet levels. Instead of a candy bar for a snack, try a piece of celery! Instead of a beer, try a glass of pure water. Save a lot of money too!  
EAT TO LIVE, NOT LIVE TO EAT

### Q. How long will I need to stay on this diet?

A. We try to move people off of the lower diets (#2 and #3) after only a few weeks. As you apply yourself to the program, taking your herbs and following the diet, you will be able to step up to the next food level. Much also depends upon your health condition to begin with and the environmental pollution problems.

**WARNINGS!** Rigid diets with only a few foods should not be continued for months on end. Diet levels #2, and #3 should only be continued for less than one month each. Please be retested on these regularly.

If you have a dangerous sugar imbalance, please consult your doctor and watch your sugar levels one or more times daily. As your health improves, you may not need as much help from drugs to balance your blood sugar. If you have a medical problem that could be adversely affected by your eating foods that are good for you, you must consult you medical doctor before starting your diet.

It is most important that you eat as wide a variety of foods as is possible. This will then give you an abundance of different amino acids (proteins), vitamins, minerals, and enzymes.

### What can I expect on this herbal food and diet program?

**Better health!**

In order to help you to progress in your health, we have formulated the following food list. Each of the lower levels (2-4) are only to be temporary (possibly 2 to 4 weeks respectfully). Each individual is different in rate of progress. You may call for a "Food Level Screening" periodically in order to check your progress. (Turn to the web/folder pages about "Services" - VS-1, cost \$12) The levels are designed to help your body to rest and repair enough to go onto a higher level of digestion. The suggested foods should be organic when possible. A fifty percent ratio of raw to cooked foods is recommended for most people.

**LEVEL 2D**

ALL SPICE  
 ARROWROOT  
 BANANA  
 GREEN  
 BEET  
 BUCKWHEAT  
 CHAMOMILE  
 CILANTRO  
 CINNAMON  
 DANDELION LF  
 & ROOT  
 FENNEL  
 JERUSALEM  
 ARTICHOKE  
 LEMONGRASS  
 MILLET  
 OLIVE OIL  
 "REAL SALT"  
 RICE  
 SHAVEGRASS  
 SQUASH (ALL)  
 STEVIA  
 WILD RICE

**LEVEL 3D**

ALL SPICE  
 ARROWROOT  
 BANANA  
 GREEN  
 BEET  
 BUCKWHEAT  
 CARAWAY  
 CAROB  
 CARROT  
 CELERY  
 CHAMOMILE  
 CILANTRO  
 CINNAMON  
 DANDELION LF  
 & ROOT  
 FENNEL  
 GLYCERINE  
 (VEGETABLE)  
 JERUSALEM  
 ARTICHOKE  
 LEMONGRASS  
 MILLET  
 OKRA  
 OLIVE OIL  
 "REAL SALT"  
 RICE  
 SHAVEGRASS

SQUASH (ALL)  
 SQUASH SEEDS  
 STEVIA  
 WILD RICE

**LEVEL 4D**

ALL SPICE  
 AMARANTH  
 ANASAZI BEAN  
 ARROWROOT  
 ARTICHOKE  
 AVOCADO  
 BANANA  
 GREEN  
 BASIL  
 BEET  
 BUCKWHEAT  
 CARAWAY  
 CARDAMON  
 CAROB  
 CARROT  
 CELERY  
 CHAMOMILE  
 CILANTRO  
 CINNAMON  
 CORIANDER

DANDELION LF. & RT  
FENNEL  
FENUGREEK  
GLYCERIN  
(VEGETABLE)  
JERUSALEM  
ARTICHOKE  
LEMONGRASS  
MILLET  
MUSTARD  
OKRA  
OLIVE (SOME)  
OLIVE OIL  
"REAL SALT"  
RICE  
SAFFLOWER  
SHAVEGRASS  
SQUASH (ALL)  
SQUASH SEEDS  
STEVIA  
SUNFLOWER  
SUNFLOWER OIL  
SUNFLOWER SEED  
TAPIOCA  
WILD RICE

**LEVEL 5D**

ADZUKI BEANS  
ALFALFA  
SPROUTS  
ALL SPICE  
AMARANTH  
ANASAZI BEAN  
ANISE  
ARROWROOT  
ARTICHOKE  
AVOCADO  
BANANA

GREEN  
BASIL  
BEET  
BUCKWHEAT  
CARAWAY  
CARDAMON  
CAROB  
CARROT  
CELERY  
CHAMOMILE  
CILANTRO  
CINNAMON  
CLOVES  
CORIANDER  
CUMIN  
DANDELION LF  
& ROOT  
DILL  
FENNEL  
FENUGREEK  
GINGER  
GLYCERIN  
(VEGETABLE)  
GOAT CHEESE  
GOAT MILK  
GOAT YOGURT  
HIBISCUS  
JERUSALEM  
ARTICHOKE  
LEMONGRASS  
LETTUCE  
MARJORAM  
MILLET  
MUSTARD  
NETTLE  
OKRA  
OLIVE (SOME)  
OLIVE OIL  
OREGANO  
PEPPERMINT  
POPPY SEED

RADISH  
RICE  
ROSEMARY  
SAFFLOWER  
SAFFLOWER OIL  
SAGE  
REAL SALT  
SHAVEGRASS  
SPEARMINT  
SQUASH (ALL)  
SQUASH SEEDS  
STEVIA  
SUNFLOWER  
SUNFLOWER OIL  
SUNFLOWER SEED  
TAPIOCA  
TARRAGON  
TEA, GREEN  
TURMERIC  
WATERCRESS  
WILD RICE  
YERBA MATE'

**LEVEL 6D**

AGAR AGAR  
ALL SPICE  
AMARANTH  
ANISE  
ARROWROOT  
ARTICHOKE  
ASPARAGUS  
AVOCADO  
BANANA  
GREEN  
BARLEY  
BASIL  
BEANS - ONLY  
ADZUKI

ALFALFA  
ANASAZI  
BLACK EYED  
PEAS  
GARBANZO  
GREEN BEAN  
KIDNEY  
LENTILS  
LIMA  
PEAS  
PINTO  
BEET  
BLACK PEPPER  
BLUE CORN  
BRAZIL NUTS  
BUCKWHEAT  
CANOLA OIL  
CARAWAY  
CARDAMON  
CAROB  
CARROT  
CAYENNE  
CELERY  
CHAMOMILE  
CHILI PEPPER  
CHIVES  
CILANTRO  
CINNAMON  
CLOVES  
CORIANDER  
CUMIN  
DANDELION LF  
& ROOT  
DILL  
ELK  
FENNEL  
FENUGREEK  
FILBERTS  
FLAX SEED OIL  
GARLIC  
GINGER

GLYCERIN  
(VEGETABLE)  
GOAT CHEESE  
GOAT MILK  
GOAT YOGURT  
HAZEL NUTS  
HIBISCUS  
JERUSALEM  
ARTICHOKE  
JICAMA  
KAMUT  
LAMB  
LEEK  
LEMONGRASS  
LETTUCE  
MARJORAM  
MILLET  
MUSTARD  
NETTLE  
NUTMEG  
OATS  
OKRA  
OLIVE (SOME)  
OLIVE OIL  
ONION  
OREGANO  
PARSLEY  
PAPRIKA  
PEPPERMINT  
POPPY SEED  
POTATO  
RADISH  
REAL SALT  
RED CLOVER  
RICE  
RICE VINEGAR  
ROSEMARY  
SAFFLOWER  
SAFFLOWER OIL  
SAGE  
SESAME SEED

SESAME OIL  
SESAME TAHINI  
SHAVEGRASS  
SPEARMINT  
SQUASH (ALL)  
SQUASH SEEDS  
STEVIA  
SUNFLOWER  
SUNFLOWER OIL  
SUNFLOWER SEED  
TAPIOCA  
TARRAGON  
TEA, GREEN  
THYME  
TURMERIC  
VANILLA  
VENISON  
WATERCRESS  
WILD RICE  
YERBA MATE'  
YERBA SANTA

**LEVEL 7D**

AGAR AGAR  
ALOE VERA  
ALL SPICE  
ALMOND  
AMARANTH  
ANISE  
APPLE  
APPLE CIDER  
VINEGAR  
APRICOT  
ARROWROOT  
ARTICHOKE  
ASPARAGUS  
AVOCADO  
BAKING POWDER  
BAKING SODA  
BANANA

GREEN  
BANANA, RIPE  
BARLEY  
BASIL  
BEANS - ONLY  
ADZUKI  
ALFALFA  
ANASAZI  
BLACK EYED  
PEAS  
GARBANZO  
GREEN BEAN  
KIDNEY  
LENTILS  
LIMA  
PEAS  
PINTO  
BEEF  
BEET  
BELLPEPPER  
BILBERRY  
BLACKBERRY  
BLACK PEPPER  
BLUEBERRY  
BLUE CORN  
BRAZIL NUTS  
BROCCOLI  
BRUSSELS SPROUTS  
BUCKWHEAT  
CABBAGE  
CANOLA OIL  
CARAWAY  
CARDAMON  
CAROB  
CARROT  
CASHEW  
CAULIFLOWER  
CAYENNE  
CELERY  
CHAMOMILE  
CHERRY

CHICKEN  
CHILI PEPPER  
CHIVES  
CILANTRO  
CINNAMON  
CLOVES  
COCOA  
COCONUT  
COFFEE  
CORIANDER  
CORN, MOST  
CRANBERRY  
CUMIN  
CURRANT  
DANDELION LF  
& ROOT  
DATES  
DILL  
EGG  
EGGPLANT  
ELK  
FENNEL  
FIG  
FENUGREEK  
FILBERTS  
FISH  
CATFISH  
HALIBUT  
MACKEREL  
RED SNAPPER  
SALMON  
SOLE  
TROUT  
TUNA  
WHITING  
FLAX SEED OIL  
GARLIC  
GINGER  
GLYCERIN  
(VEGETABLE)  
GOAT CHEESE

GOAT MILK  
GOAT YOGURT  
GRAPE  
HAZEL NUTS  
HIBISCUS  
HONEY  
JERUSALEM  
ARTICHOKE  
JICAMA  
KELP  
KALE  
KAMUT  
KIWI  
KOHLRABI  
LAMB  
LEEK  
LEMONGRASS  
LETTUCE  
MAPLE SYRUP  
MARJORAM  
MILLET  
MUSTARD  
NETTLE  
NUTMEG  
OATS  
OKRA  
OLIVE (SOME)  
OLIVE OIL  
ONION  
OREGANO  
PAPAYA  
PARSLEY  
PAPRIKA  
PEACH  
PEAR  
PECAN  
PEPPERMINT  
PERSIMMON  
PISTACHIO  
PLUM  
POMEGRANATE

POPPY SEED  
POTATO  
QUINOA  
RADISH  
RAISIN  
RASPBERRY  
RED CLOVER  
RICE  
RICE SYRUP  
RICE VINEGAR  
ROSEMARY  
RHUBARB  
SAFFLOWER  
SAFFLOWER OIL  
SAGE  
REAL SALT  
SAUERKRAUT  
SESAME SEED  
SESAME OIL  
SESAME TAHINI  
SHAVEGRASS  
SPEARMINT  
SPELT  
SQUASH (ALL)  
SQUASH SEEDS  
STEVIA  
STRAWBERRY  
SUNFLOWER  
SUNFLOWER SEED  
TAPIOCA  
TARRAGON  
TEA, BLACK  
TEA, GREEN  
THYME  
TURKEY  
TURMERIC  
TURNIP  
VANILA  
VENISON  
WALNUT  
WATERCRESS

WILD RICE  
YAM  
YERBA MATE'  
YERBA SANTA  
  
**LEVEL 8D**  
AGAR AGAR  
ALOE VERA  
ALL SPICE  
ALMOND  
AMARANTH  
ANISE  
APPLE  
APPLE CIDER  
VINEGAR  
APRICOT  
ARROWROOT  
ARTICHOKE  
ASPARAGUS  
BAKING POWDER  
BAKING SODA  
BANANA  
GREEN  
BANANA, RIPE  
BARLEY  
BASIL  
BEANS - ONLY  
ADZUKI  
ALFALFA  
ANASAZI  
BLACK EYED  
PEAS  
GARBANZO  
GREEN BEAN  
KIDNEY  
LENTILS  
LIMA  
PEAS  
PINTO  
BEEF  
BEET

BELLPEPPER  
BILBERRY  
BLACKBERRY  
BLACK PEPPER  
BLUEBERRY  
BLUE CORN  
BRAZIL NUTS  
BROCCOLI  
BRUSSELS  
SPROUTS  
BUCKWHEAT  
CABBAGE  
CANOLA OIL  
CARAWAY  
CARDAMON  
CAROB  
CARROT  
CASHEW  
CAULIFLOWER  
CAYENNE  
CELERY  
CHAMOMILE  
CHERRY  
CHICKEN  
CHILI PEPPER  
CHIVES  
CILANTRO  
CINNAMON  
CLOVES  
COCOA  
COCONUT  
COFFEE  
CORIANDER  
CORN, MOST  
CRANBERRY  
CUMIN  
CURRANT  
DANDELION LF  
& ROOT  
DATES  
DILL

EGG  
EGGPLANT  
ELK  
FENNEL  
FIG  
FENUGREEK  
FILBERTS  
FISH  
  CATFISH  
  HALIBUT  
  MACKEREL  
  RED SNAPPER  
  SALMON  
  SOLE  
  TROUT  
  TUNA  
  WHITING  
FLAX SEED OIL  
GARLIC  
GINGER  
GLYCERIN  
(VEGETABLE)  
GOAT CHEESE  
GOAT MILK  
GOAT YOGURT  
GRAPE  
GRAPFRUIT  
HAZEL NUTS  
HIBISCUS  
HONEY  
JERUSALEM  
  ARTICHOKE  
JICAMA  
KELP  
KALE  
KAMUT  
KIWI  
KOHLRABI  
LAMB  
LEEK  
LEMON

LEMONGRASS  
LETTUCE  
MAPLE SYRUP  
MARJORAM  
MILLET  
MUSHROOMS  
MUSTARD  
NETTLE  
NUTMEG  
OATS  
OKRA  
OLIVE (SOME)  
OLIVE OIL  
ONION  
ORANGE  
OREGANO  
PAPAYA  
PARSLEY  
PAPRIKA  
PEACH  
PEAR  
PECAN  
PEPPERMINT  
PERSIMMON  
PISTACHIO  
PLUM  
POMEGRANATE  
POPPY SEED  
POTATO  
QUINOA  
RADISH  
RAISIN  
RASPBERRY  
RED CLOVER  
RICE  
RICE SYRUP  
RICE VINEGAR  
ROSEMARY  
RHUBARB  
SAFFLOWER  
SAFFLOWER OIL

SAGE  
REAL SALT  
SAUERKRAUT  
SESAME SEED  
SESAME OIL  
SESAME TAHINI  
SHAVEGRASS  
SPEARMINT  
SPELT  
SQUASH (ALL)  
SQUASH SEEDS  
STEVIA  
STRAWBERRY  
SUNFLOWER  
SUNFLOWER SEED  
TAPIOCA  
TARRAGON  
TEA, BLACK  
TEA, GREEN  
THYME  
TURKEY  
TURMERIC  
TURNIP  
VANILA  
VENISON  
WALNUT  
WATERCRESS  
WILD RICE  
YAM  
YEAST, BAKING  
YERBA MATE'  
YERBA SANTA  
  
**LEVEL 9D**  
AGAR AGAR  
ALOE VERA  
ALL SPICE  
ALMOND  
AMARANTH  
ANISE  
APPLE

APPLE CIDER  
VINEGAR  
APRICOT  
ARROWROOT  
ARTICHOKE  
ASPARAGUS  
BAKING POWDER  
BAKING SODA  
BANANA  
GREEN  
BANANA, RIPE  
BARLEY  
BASIL  
BEANS - ONLY  
ADZUKI  
ALFALFA  
ANASAZI  
BLACK EYED  
PEAS  
GARBANZO  
GREEN BEAN  
KIDNEY  
LENTILS  
LIMA  
PEAS  
PINTO  
BEEF  
BEET  
BELLPEPPER  
BILBERRY  
BLACKBERRY  
BLACK PEPPER  
BLUEBERRY  
BLUE CORN  
BRAZIL NUTS  
BROCCOLI  
BRUSSELS  
SPROUTS  
BUCKWHEAT  
CABBAGE  
CANOLA OIL

CARAWAY  
CARDAMON  
CAROB  
CARROT  
CASHEW  
CAULIFLOWER  
CAYENNE  
CELERY  
CHAMOMILE  
CHERRY  
CHICKEN  
CHILI PEPPER  
CHIVES  
CILANTRO  
CINNAMON  
CLOVES  
COCOA  
COCONUT  
COFFEE  
CORIANDER  
CORN, MOST  
CRANBERRY  
CUMIN  
CURRANT  
DANDELION LF  
& ROOT  
DATES  
DILL  
EGG  
EGGPLANT  
ELK  
FENNEL  
FIG  
FENUGREEK  
FILBERTS  
FISH  
CATFISH  
HALIBUT  
MACKEREL  
RED SNAPPER  
SALMON

SOLE  
TROUT  
TUNA  
WHITING  
FLAX SEED OIL  
GARLIC  
GINGER  
GLYCERIN  
(VEGETABLE)  
GOAT CHEESE  
GOAT MILK  
GOAT YOGURT  
GRAPE  
GRAPFRUIT  
HAZEL NUTS  
HIBISCUS  
HONEY  
JERUSALEM  
ARTICHOKE  
JICAMA  
KELP  
KALE  
KAMUT  
KIWI  
KOHLRABI  
LAMB  
LEEK  
LEMON  
LEMONGRASS  
LETTUCE  
LIME  
MAPLE SYRUP  
MARJORAM  
MILLET  
MUSHROOMS, SOME  
MUSTARD  
NETTLE  
NUTMEG  
OATS  
OKRA  
OLIVE (SOME)

OLIVE OIL  
ONION  
ORANGE  
OREGANO  
PAPAYA  
PARSLEY  
PAPRIKA  
PEACH  
PEAR  
PECAN  
PEPPERMINT  
PERSIMMON  
PISTACHIO  
PLUM  
POMEGRANATE  
POPPY SEED  
POTATO  
QUINOA  
RADISH  
RAISIN  
RASPBERRY  
RED CLOVER  
RICE  
RICE SYRUP  
RICE VINEGAR  
ROSEMARY  
RHUBARB  
SAFFLOWER  
SAFFLOWER OIL  
SAGE  
REAL SALT  
SAUERKRAUT  
SESAME SEED  
SESAME OIL  
SESAME TAHINI  
SHAVEGRASS  
SPEARMINT  
SPELT  
SQUASH (ALL)  
SQUASH SEEDS  
STEVIA

STRAWBERRY  
SUNFLOWER  
SUNFLOWER SEED  
TANGERINE  
TAPIOCA  
TARRAGON  
TEA, BLACK  
TEA, GREEN  
THYME  
TURKEY  
TURMERIC  
TURNIP  
VANILA  
VENISON  
WALNUT  
WATERCRESS  
WILD RICE  
YAM  
YEAST, BAKING  
YERBA MATE'  
YERBA SANTA

NOTE FOODS NOT ON  
ANY OF THE ABOVE  
LISTS - MOST PEOPLE  
CANNOT ASSIMILATE  
THESE FOODS AT THIS  
TIME IN HISTORY, AND  
SOME OF THE "FOODS"  
ARE DOWN RIGHT  
HARMFUL TO  
ANYONE!.

BEER  
BARLEY, GRASS  
DRIED  
BAYLEAF  
COFFEE, DECAF  
COLA  
COW BUTTER  
COW CHEESE

COW MILK  
COW YOGURT  
CRAB  
DULSE  
EUCALYPTUS.  
LOBSTER  
MSG  
PORK  
RABBIT  
SALT, IODIZED  
SHRIMP  
SODA POP  
SOY BEANS  
SUGAR, WHITE  
SUGAR, BROWN  
TOBACCO  
TOFU  
TOMATO  
WHEAT GRASS  
WHISKEY  
WINE  
YEAST.

NUTRITIONAL

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