

Healthy Food Recommendations from The Herb Specialist

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<i>Eliminate From Diet</i> <i>READ ALL LABELS- Follow Blood Type Diet</i>	<i>Replace With Organic Food</i> <i>READ ALL LABELS – Follow Blood Type Diet</i>
Tap Water – Chlorine hardens the arteries	Reverse Osmosis Water-added with minerals Drink ½ oz. water to 1 lb. body weight within 12 hour period
Soda, Coffee, Alcohol, Processed Cocoa, Non-Dairy Creamers – Acidifies the Body	Herbal Teas, Thai-Go or Lemon in Water, Liquid Chlorophyll. Warm water w/meals
White and Brown Sugar, Artificial Sweeteners like Aspartame (NutraSweet or Equal) , Saccharin, Sucralose (Splenda)	Xylitol, Just Like Sugar, Stevia, Brown Rice Syrup, Maple Syrup, Unsulphured Molasses Raw Honey (all of these in small portions)
Dairy- Milk, Ice Cream, and Cheese – Causes Mucous - B Blood Types are the exception	Probiotics added to Almond Milk or Rice Milk. Yogurt and Kefir are OK-Organic Un-Homogenized Milk OK for –B Blood Type
Processed or Canned Foods	Fresh Vegetables and Fruits either raw or lightly steamed. Make soups from scratch.
Pork – Hard to Digest - Shrimp and Crab and any bottom feeders- pick up toxins	Cold Water Wild Fish, Chicken, Turkey, Grass or Range Fed Beef (no hormones/antibiotics)
White Flour, White Bread, White Rice-No fiber for digestion	Sprouted Multi Grain Breads, Spelt, Kamut and Brown Rice- minimize grains if you can
Iced Beverages with Meals – Slows down digestive process	Room Temperature or Warm beverages with Meals- sip and don't drink copious amounts
Table Salt, Black Pepper – hard to digest	Sea or Celtic Salt, Kelp, Capsicum, Any Gayelord Hauser Seasoning – Spike, Vegit
Head Lettuce- High in Pesticides, Low in Minerals	Leaf Lettuce- Romaine, Red Leaf, Butter Lettuce, Oak Leaf, Arugula, Water Cress, anything dark green
Preservatives	Foods That Spoil – Purchase from your Local Farmer's Markets so Fresh Food lasts longer.
Fried Foods – Harden the arteries	Raw, Baked, Lightly Steamed Foods – if you do fry eggs, fry them in water or butter.
Hydrogenated Oils- Canola, Corn, Soy	Saute food with water or broth or coconut oil. Follow with Olive, Sesame, Flaxseed, Grapeseed Oil for Flavor
Margarine	Butter, Almond, Cashew, Sesame Butters
Eggs from Caged Hens	Fertile Eggs from Free Range Hens – soft boil or poach the eggs for optimum nutrition
Peanuts and Peanut Butter – contains fungus and mycotoxins	Raw Almonds, Walnuts, Cashews, Macadamians, Brazil Nuts , Pecans and Nut Butters