

Eating Right and Staying Slim

Grains:

Use barley, rye, buckwheat, millet, quinoa. Use old varieties of wheat such as spelt and kamut. Use all types of wheat in moderation. Eat wholemeal or brown rice. **Avoid modern varieties of wheat and all refined flours.**

Beans and Lentils: All beans and pulses are good, especially chick peas and lentils.

Fruits: Eat seasonal, organic fruits whenever possible. Eat fruits separately from meals and in small quantities (not at meal times). **Avoid banana.**

Vegetables:

These should be the majority of your diet. Choose organic and seasonal as much as possible. **Avoid potatoes and aubergines.**

Fish and meat: Fish can be eaten but **do not eat shellfish.** Eggs are good. **Do not eat pork or beef.** Chicken and lamb should be organic to avoid adding hormones to your diet.

Dairy: Natural live organic yogurt is excellent in moderation.

Use only warm organic milk with ginger, cinnamon or turmeric added to it.

Milk is a meal on its own so do not drink milk with meals or in drinks.

Do not drink sour drinks (like lemon) soon after drinking milk.

Avoid fish after your milk drink.

Light cheese in moderation is fine, but **do not use hard cheese.**

Dairy alternatives:

Avoid soya. Nut and oat milks are good. Make your own without oil is best.

Avoid processed soya foods and 'Quorn' but use whole beans and legumes instead.

Fats:

Use butter in small quantities, ghee is better. Coconut oil or nut butters are best and can be spread on toast.

Avoid all hydrogenated fats like margarine, instead use non hydrogenated vegan blocks or find recipes that use olive oil, rapeseed oil or coconut oil.

Drinks:

It is helpful to drink my 'Detox Tea' after your main meals but also green tea, fennel and dandelion are beneficial in weight loss. Apart from these, do not have drinks with your main meals. At other times sip warm water throughout the day, if possible every hour.

Sweets:

Only use honey, molasses or dates in small amounts.

Nuts and Seeds:

Use almonds and hazelnuts. Brazils, walnuts and pistachios in moderation.

All seeds are good.

Spices and Herbs:

All spices and herbs are excellent.

Here are some specific rules which will assist in recovering your balance...

Enjoy:

- Eat foods that are warm and light.
- Eat pungent tasting foods on a daily basis
- Eat bitter tasting foods on a daily basis. (See bitter foods list)
- Use plenty of freshly cooked vegetables.
- Use fruits and salads on a daily basis.
- Use spices everyday in your foods.

Be careful or phase out:

- Coffee and black tea
- Non organic meat

Avoid:

- White flour, white rice and white sugar products.
- Table salt (use Himalayan pink salt or sea salt)
- Fried food and fatty foods.
- Fizzy and carbonated drinks.
- Ice cold drinks.
- Processed food, 'takeaway' food and leftover food which has gone stale.
- Alcohol.
- Margarine (hydrogenated fats)

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