

.. in “*The Spirit of Health*”
LOW GLYCEMIC HEALING FRUITS AND VEGETABLES

GREEN LEAF VEGETABLES

- Arugula
- Bok Choi
- Cabbage
- Collard
- Dandelion Leaf
- Kale
- Leafy Herbs (Basil, Parsley, Cilantro, Rosemary, Thyme, etc.)
- Lettuce (Green, Red, Romaine, Boston Bibb, Iceberg)
- Mustard
- Spinach
- Swiss chard
- Turnip
- Watercress

ROOT VEGETABLES/STEM

- Asparagus
- Black Radish, with skin
- Broccoli
- Brussels Sprouts
- Celery
- Cucumbers
- Dandelion
- Dill
- Endives
- Green Onions
- Horse Radish, with skin
- Leeks
- Onions
- Red Beets
- Red Cabbage
- Rhubarb
- Sea Vegetables
- Sprouts (Alfalfa, Brassica, Green-Leaf, Radish)
- Red Radishes
- Zucchini

VEGETABLES--ROOT, STEM, FRUIT (RELATIVELY STARCHLESS)

- Acorn Squash (Baked)
- Asparagus
- Broccoli (Baked or Steamed)
- Brussels Sprouts (Steamed)
- Butternut Squash (Baked)
- Carrots (Steamed)
- Cauliflower (Steamed or Baked)
- Green Peas (Steamed)
- Peppers (Green, Red, Yellow, or Orange)
- Pumpkins (Baked or Steamed)
- Spaghetti Squash (Baked)
- Sweet Potato (Baked)
- Zucchini (Steamed or Baked)
- Sprouts (Alfalfa, Brassica, Green-Leaf, Radish)
- Sugar Beets
- Zucchini

FRUITS & BERRIES (In Moderation)

- Blackberries
- Grapefruit
- Grapes
- Lemons
- Mandarin
- Nectarine
- Oranges
- Pomegranates
- Prunes
- Raspberries
- Strawberries
- Tangerines
- Watermelon



What **NOT** to Eat, Every Day

- **Sugars** – soft drinks, fruit juices, cookies, cakes, fruit roll ups, sweet tea.
- **Starches** – potatoes, beans and rice are high in starches---one potato or 1 cup of rice exceeds 30 grams of carbs.
- **Grains** – especially wheat (**gluten**) in **ANY** form! Flour, pasta, breads, crackers, cakes, cookies, cereals, corn, rice, etc., etc.
- **Trans Fats, Hydrogenated Oils** – including corn and **all** vegetable oils.
- **Milk - AVOID MILK.** Raw, pasteurized, low fat, full fat... Most milk is in high in carbs.
- **Legumes** – including beans, but especially peanuts. They are high in carbs and **toxic** because of fungal contamination.
- **High Carb Fruits** – avoid grapes, bananas, pineapple, pears, and other sweet fruits.
- **High Carb Vegetables** - avoid yams, sweet potatoes, white potatoes, beans and parsnips.

Behaviors to eliminate:

1. **Stop drinking carbonated beverages!** Carbonation greatly increases the body's acid level, and the sugar in them will create more systemic inflammation. If it is artificially sweetened, it is a carcinogen. There is no upside to drinking carbonated beverages.
2. **Stop using sugar in any form!** It is the worst thing you can do to your body---short of eating rat poison.
3. **Eliminate high glycemic foods.** At the same time increase your consumption of low glycemic vegetables.
4. **Eat more fat.** Coconut Oil, Olive Oil, Butter, Ghee, etc., etc.
5. **Eliminate as many carcinogens from your life as possible.**
6. **Stop eating processed foods and learn to cook.**
7. **Limit the time you spend talking on your cell phone and message more.**
8. **Because of their mercury content,** it's no longer healthy to consume large ocean fish. Substitute with sardines or freshwater fish.

9. **Avoid consumption of monosodium glutamate (MSG).**
10. **Do NOT consume meat products that contain nitrites or nitrates.**
11. **Avoid any GMO produce and food products.**
12. **Avoid high glycemic foods** such as white rice, wheat, and potatoes---they spike insulin levels.
13. **Eliminate ALL stress from your life---as much as possible.**
14. **Check all household product ingredient labels for toxins** and/or xenoestrogens.
15. **Limit your consumption of red meat to 15 ounces per week.**

Behaviors to implement:

1. **Regular daily exercise.**
2. **Four cups of green tea or coffee per day---mix and match.**
3. **Maintain the proper levels of magnesium, calcium and potassium.**
4. **Eat moderate quantities of berries.** They are anti-angiogenic and anti-inflammatory.
5. **Be certain that all of your eggs, fish, and meat** products are free range and organic.
6. **Substitute olive and coconut oils for vegetable oils when cooking,** and butter for margarine.
7. **Try to buy most of your produce from organic sources.**
8. **If you dry clean,** be sure to air dry them for several hours prior to wearing.
9. **Detoxify! and then detoxify some more.**
10. **Every time you eat, you make critical choices, (govern wisely)**
to select foods that promote disease or consume foods that support health.