

We are building a new body with every bite we take...every year we have a new body of cells

(Thanks to the "Square One" website for this information...peace and healing)

If fighting cancer. We know the body is adaptive in life regarding foods, yet with our new approach to food, it's time to return to health

Hundred percent commitment is easier than 99% commitment

Stay away from sugar.

..focus on the produce section...fruits and vegetables

Eliminate meat, whole grain and Dairy

Find new Stress Management meditations, affirmations, readings, and exercises including physical therapy

Stay away from packaged Foods... no restaurant food until healthy and then it's called "recreational food"

Milk is a baby cow growth formula. We are not baby cows :o)

We eat to feed the cells

Juicing is three times better than eating with your teeth...we definitely want to chew broccoli cuz it's great for you

Great cheap juicer for about \$100 is the Juiceman JS 8000s

Drink 16 oz of water in the morning with lemon juice or amla powder, and exercise....with saying positive affirmations out loud..."gets things going" ...bowels, and lymphatic system

Drinking carrot juice that you juice is absolutely excellent

Here's an excellent juice (organic if you can):

3-5 carrots

1-2 stalks of celery

1/2 beet root

1-2 beat greens

Slice of ginger root

Bit of tumeric

1/4 lemon

1/2 an apple

1 clove of garlic (very important)

(Store in mason jars or can)

Here's a great **lemonade**:

1 lemon

4 organic apples

Organic Amla powder if can

(1/4 teaspoon)

Berry drink:

(Frozen Berries is cool)

Two cups of berries bananas and some almonds if you dig

Oatmeal is cool...(calories)...can sweeten with date sugar or strap molasses.

Eat big salads with cruciferous leafy greens...spinach, kale etc...

Broccoli, red and green peppers, lentils, garbanzo beans, avocado, white button mushrooms cooked (gets rid of toxins if cooked)

...Use Bragg olive oil and lemon juice or apple cider vinegar for dressing...can top the salad with oregano, garlic powder, turmeric powder, or Bragg Organic sprinkle...

Green tea is great

Can blend the salad up and all the vegetables into a soup if you want...

Can eat brown rice, black beans, sweet potatoes, lentils, garbanzo beans, black and red rice for calories...

If eating fish, salmon is good...careful of fish that has been subjected to any toxins...can look that up on the internet

Peace and healing