

MAKE IT SIMPLE!

Eat moderately – The heart bleeds
Be aware of any allergic response!
We are responsible for our actions
Breathe! Breathe!



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DEDICATION

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SPECIAL MENTION

Lyndona Charles & Yvonne Charles-	formatting the article
Gwen Stoddard-	graphic design
Tish Chavez & Connie Hagar-	technical support

CONTACTS

Arnold Bathersfield - 301-322-5475 & Gwen Stoddard -909-732-7987



Please Note: I Arnold P. Bathersfield a lay person am in no way trained to dispense medical advice or prescribe the use of herbs as a form of treatment for any medical condition – Please consult with your physician or a health care professional, who is thus trained.

1. Food preparation is essential. No additives. (Drink quality water.)

- ❖ *Try to remove surface pesticides from produce by washing thoroughly with water and vinegar. Scrub fruits and vegetables with a natural bristle vegetable brush.*

Fruits should be eaten on an empty stomach—by so doing fruits will play a major role to detoxify the system of the body.

2. On arising...

- a) Shake your legs and arms, one at a time. Let the body vibrate.
- b) Clean the nostrils—wash with distilled water.
- c) Breathe—take breaths. Exhale slowly.
- d) Wash the body. Sap the body. It is yours, touch it.
- e) Cold water stimulates. When using warm water—always finish up with cold. Use a wash cloth (towel).
- f) Sap the body. You will feel the vibrations.
- g) Breathe! Breathe! The Breath! Develop your own techniques.
- h) It is your body, understand it! Master it! Air it out! Explore its universe.
- i) Squeeze half a lemon in one pint of warm water or 1 tea spoon of apple cider vinegar or ½ tea spoon of cayenne pepper (capsicum frutescens/annuum) Always swirl around your mouth—swallow slowly. Record your response.
- j) Six or more table spoons of plain yogurt (Erivan Acidophilus yogurt) *“Yogurt aids digestion and controls the action of the intestine in favorably stimulating the kidneys.”* Yogurt contains the B complex vitamins and has a high percent of vitamins A and D and is also high in protein. Yogurt is also a natural antibiotic beneficial in treating high cholesterol level, arthritis, constipation, diarrhea, gallstones, halitosis, hepatitis, kidney disorders, and skin diseases. Review! Review!

3. Fruits

- ❖ *Fruits and vegetables have a medicinal, therapeutic, and protective effect.*
Know your body! Breathe! Choose your fruits (no syrup)! Fresh fruits always!

- a) Fruits in season, all the way, depending on your environment. To name a few: Apple, Apricot, Bananas, Black Cherries, Blueberries, Cranberries, Cherries, Cashew, Custard Apple, Dunks, Fig, Guava, Grapes (with seeds), Grapefruit, Gooseberry, Governorplum, Genip, Kiwi, Melons, Mango, Orange, Papaya, Pineapple, Plums, Pears, Peaches, Passion fruit, Pomegranate, Raspberries, Star Apple, Sapodilla, Soursop, Strawberry, Tamarind, Watermelon,
- b) If you choose a fruit juice (carrot, beet etc.) drink slowly, swirl around your mouth, swallow slowly. Fruit shake, same process, slowly.
- c) Snack! Snack! Oh! Snacks—Fruits are adequate snacks. Dried fruit, nuts, sesame seeds/sticks, sunflower seeds, pumpkin seeds, whole grains, walnut, almond nuts etc., etc.

❖ *Garlic can work wonders when taken with a juice blend or green drink. It Rejuvenates! Rejuvenates!*

Know your body. Select accordingly. Be informed. Be appraised. Minerals, enzymes, vitamins, exercise. Sunlight! Sunlight! Breathe! Breathe! Water! Water!

❖ *Seeds that are edible are rich in protein, B complex vitamins A, D and E, phosphorus, calcium, iron, fluorine, iodine, potassium, magnesium, zinc and unsaturated fatty acids.*

❖ *Read up on processed cooked foods! No salt – No sulphur – No! No! No! Use naturally – Your call – Your choice –*

4. Alternative:

- a) Breakfast! Breakfast! Oh, break the fast!
- b) Breathe! Shake! Rub the palm of your hands together.
- c) Touch your face and all parts of your body. Feel the vibration.
- d) Lightly slap all your joints.
- e) Breathe!
- f) Develop your own technique. It is your body. Master it!

❖ *Whole grains – Always!*

Organic oatmeal, barley flakes, split wheat/wheat flakes. Lightly cooked with nutmeg, cinnamon, cloves and honey or molasses – Blackstrap (Milk is your choice).

Power up by blending with raw almonds or walnuts or pumpkin seeds, flax seeds (be creative).

5. Lunch

- a) One hour or half hour before lunch—drink one pint of water (room temperature or warm). Hot tea—Alfalfa, Cinnamon, Fennel, Fenugreek, Rose Hips, Red Clover, Green Tea (no sugar). Master Self!
 - ❖ *Be Alert! Read Up! Coconut Water/Coconut Jelly – Green (a meal in a meal) Adequate for Lunch. Also fresh wheatgrass juice*
- b) Lightly steam cauliflower, broccoli etc – vegetables are your choice (calypso of vegetables) Eat Generously.
 - ❖ *Vegetables leaves are usually rich in calcium, iron, magnesium, vitamin C and many of the B vitamins. (Greener the leaf, the better)*
 - ❖ *Try to remove surface pesticides from vegetables & fruits by washing thoroughly with water and vinegar. Scrub fruits and vegetables with a natural bristle vegetable brush. (See, food preparation is essential.)*
- c) Oh! Potatoes, potatoes! Red—estimated 90 calories—high in protein, Vitamin A, Vitamin C, niacin, thiamine, riboflavin, iron, calcium etc., etc.
- d) What about yams, cassava/leaves, dasheen/leaves, plantain/leaves. Adequate alternatives (create a chart). Research! Research!
- e) Vegetable Broth—red potatoes, celery, beets, carrots, cabbage, mustard greens, turnips, garlic, onions, - Tomatoes, spinach, kale, collard greens, broccoli, cauliflower etc., etc. Select! Select! – Vegetables in season.
- f) Seasoning your broth—cook always with cayenne pepper, cumin (sparingly) ginger, parsley, rosemary, sage, thyme, oregano, fennel, basil, etc. Your call (cote ci, cote la). Both sides of the coin.
 - ❖ *Vegetable broth can be blended.*
 - ❖ *When preparing foods – make olive oil an essential part with the natural herbs you choose.*

6. Afternoon

- a) Fresh fruit—kiwi, pineapple
- b) Fruit Juice—coconut water with jelly
- c) Yogurt! Yogurt! Especially if you are having that steak and pork chop! Ah, yogurt before and after-your choice, master your digestive system.

7. Dinner

Your choice—salad, green leafy, lettuce leaves, cucumber, beet, green pepper, Alfalfa sprouts etc. (Be moderate during dinner.)

8. Before retiring...

- a) Loosen up! Loosen up! Shake your legs, shake your arms. Feel the vibrations.
- b) Breathe!
- c) CLOSE AND OPEN YOUR EYES
- d) LOOK LEFT, LOOK RIGHT, LOOK UP! LOOK DOWN!
- e) LOOK TOWARDS THE SKY, FOCUS ON THE TREES!
- f) BREATHE! EXHALE SLOWLY
- g) STAND ON YOUR TOES, STAND ON YOUR HEELS
- h) ROTATE YOUR ANKLE
- i) TOES INSIDE, TOES OUTSIDE, LEFT/RIGHT, RIGHT/LEFT
- j) STAND ON YOUR TOES- STAND ON YOUR HEELS
- k) RELAX! BREATHE—(YOUR CALL)
- l) POWER UP!
- m) MAKE IT SIMPLE

SUMMARY: Nutrition! Nutrition! Oh, Nutrition!
Complement your food! Find your balance!

Breakfast: Oatmeal, wheat germ
2 slices of whole grain toast
Oatmeal can be eaten with fresh fruit slices (no sugar)

Snack: Fresh fruit – 1 apple, celery stalks, carrots, fig, apricot,
(fruits in season)
Fresh wheatgrass juice
Yogurt! Yogurt! Yogurt!

Lunch: Steam cauliflower, broccoli, asparagus, green beans, dried
beans, pumpkin, eggplant, fried plantains, (Flesh of your
choosing) seasoned with herbs.

Olive oil is suggested after steaming – Stir.

Appetizer: Sunlight! Sunlight! Breathe! Breathe! Water! Water!

Snack/Desert: Chocolate squares, fresh and dried fruits- blueberry, pineapple-nut dessert. *Always choose a balanced combination.*

❖ *Pineapple! Pineapple! Oh! Pineapple has an enzyme called bromelin that aids in the digestion of protein. (Maintaining the precious yin-yang balance). Bromelin/bromelain also reduces swelling and joint pain.*

Dinner: Steam vegetables (mixed) red baked potato or squash, green cabbage, beets, spinach, maize, beans, yam, etc. (your call—vegetables in season)

Soup or (flesh of your choosing) seasoned with herbs.
Reference suggested herbal seasoning.

Calming

Nightcap:

Warm water one hour before or after meal
When flesh is consumed, drink one pint of organic orange juice or green tea or fresh pineapple (see note above)
Yogurt aids the digestive process also— very effective. Also papaya

Some soups: Vegetables, beans, split pea, avocado, zucchini soup, etc.
(Be creative)
No Additives
Power up!



A few suggested readings:

- Fresh Juice Recipes and Menu Planner - Juiceman
- Nutrition Almanac - John D. Kirschmann
- Prescription for Nutritional Healing - Phyllis A Balch & James F. Balch, MD
- Herbally Yours - Penny C Royal
- Every Body's Guide to Nature Cure - Harry Benjamin
- Health Secrets from the Orient - Carlson Wade
- Flaxseed (Linseed) Oil and the Power Of Omega-3 - Ingeborg M. Johnston, C.N. and James R. Johnston, PhD
- Nature's Medicines - Richard Lucas
- Rational Fasting - Arnold Ehret
- Mucusless Diet Healing System - Arnold Ehret
- Organic Garden Medicine - Dr. Jean Valnet
- Indian Vegetarian Cookery - Jack Santa Maria
- The Miracle of Fasting - Paul C. Bragg ND PhD
- Vitamin B12 and Folic Acid - Ruth Adams and Frank Murray
- The New York Times Natural Cook Book - Jean Hewitt
- Appetizers, Soups, Salads & Desserts - Michelle A. Preston

