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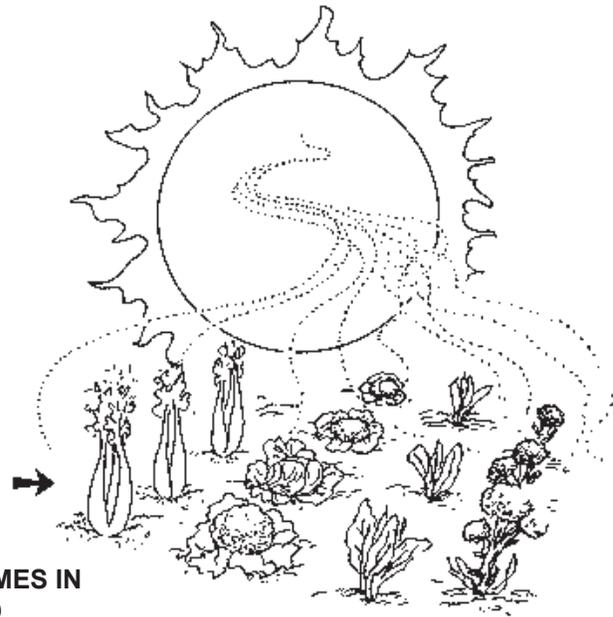
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Natural Ways to Health offers you cutting-edge nutritional supplements to support your journey to wellness. New Spirit Naturals, our manufacturing facility, exercises the strictest quality control. Our ingredients are of the purest quality. We do not use any fillers, sugars, or harmful ingredients of any kind in any of our products.

Our food extracts are grown organically, high in the mountains on an ancient volcanic lakebed surrounded by snow packed peaks. These farms are hundreds of miles from the nearest polluting industries. Studies done at a Utah university reveal that this is the most mineral and nutrient rich soil in North America. Additionally, the drying process guarantees a low temperature and gentle preservation of all phyto-nutrients.

Liver-Friendly Foods and Supplements

Eat an abundance of liver-friendly foods.

| | |
|---|---|
| <p>Artichokes Beans Beets Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Chives Cucumber Dandelion Greens Figs Garlic Kale Kohlrabi</p> | <p>Lentils Mangos Mustard greens Okra Onion Papaya Parsley Parsnips Peaches Peas Pumpkin Quinoa Sweet potatoes Squash Tofu Yams</p> |
|---|---|

Choose organically grown produce as often as possible to avoid pesticides and lighten your body's toxic load.

| Premium Lecithin | Detox Plus | Guardian Greens | Green Magic | Liver Chi |
|---|---|--|--|---|
|  |  |  |  |  |
| <ul style="list-style-type: none"> ◆ Breaks up fats and cholesterol. ◆ Cleanses liver and kidneys. ◆ Excellent for memory, concentration and recall. ◆ Helps the body absorb nutrients. ◆ Highest Phosphate concentration available (98%). | <p>Detox Plus™ boosts the body's ability to rid itself of toxins created by poor dietary choices, poor digestion, environmental toxins and metabolic waste.</p> | <p>A powerful blood and brain tonic that provides support for the immune system and its associated internal organs including the: brain, liver, kidneys, spleen, gallbladder, stomach and intestinal tract, pancreas, blood, and nerves.</p> | <p>Contains 17 of the most nutrient dense foods on the planet to provide a convenient, good tasting way to obtain full spectrum nutrition on a daily basis. One tablespoon of Green Magic provides more complete nutrition than 2 generous servings of organically grown vegetables.</p> | <p>Balances blood sugar and fat metabolism. Nurtures, detoxifies, and protects the liver from damage associated with auto-immunity, inflammation, oxidation, alcohol, and infections. Protect, and restore liver function while balancing your immune system.</p> |

Medicinal Benefits of Natural Foods

Apples: are very good to eat in their raw state, including the skin. They are a wonderful health builder and can help to alleviate constipation. Apples are an excellent blood purifier, and they help to lower cholesterol and relieve liver congestion. They are an anti-inflammatory fruit and also useful for lung health.

Asparagus: stimulates kidney function. It promotes the flow of urine by eliminating fluids that are stored in the tissues. Asparagus contains potassium, phosphorous, iron, magnesium, and is one of the vegetables that are highest in protein, but low in calories. It's a great food for weight loss, and also heart and bone health. Asparagus is also a good blood purifier.

Artichoke: helps to detoxify the liver by facilitating the elimination of waste material. It is liver protective and good for the kidneys, especially in cases of fluid retention. Artichokes are helpful with digestive problems and are very good for diabetes and blood sugar issues. They are high in inulin and should be included in any diet of those needing to regulate blood sugar. Artichokes are also excellent for the skin.

Avocado: is a very nourishing food and an excellent body builder. Avocados are rich in B vitamins and dietary fiber. They are very high in potassium, which makes them excellent for the cardiovascular system. Potassium is a wonderful mineral for regulating blood pressure. Avocados are also good for anemia and nervous disorders and excellent for maintaining a healthy blood sugar level. The avocado is also the most protein rich fruit, containing all of the essential amino acids.

Bananas: are another food very high in potassium, making them a good medicinal food. They are a great energy food. Bananas help to alkalize the blood and eliminate excessive uric acid, which make them a very good food for those suffering from arthritis and gout. 2 bananas a day provide 1,000 mgs of potassium, excellent for maintaining a healthy heart.

Beans (string): can be more nourishing than leafy vegetables and help to invigorate the body. String beans are very good for constipation, rheumatism, bladder and kidney issues. They are a good diuretic and help to reduce blood glucose levels. String beans are anti-inflammatory and also low in calories, so they are very good for maintaining a healthy weight.

Beans (legumes): are very rich in protein and fiber. They are excellent for constipation. Black beans may be the easiest to digest. Legumes are another food that is very rich in potassium, making them an excellent food for hypertension. They are beneficial for hair follicles and have been recommended for hair loss. Legumes contain more amino acids than any other plant food. They are a great meat substitute, and should be eaten by those who are undernourished.

Beets: are one of the best foods for constipation. Beets fight inflammation, have anti-cancer properties (especially colon cancer) and help to detoxify the liver and the blood. They can be eaten raw or cooked. We grate them into our salads. Don't throw away the greens, as they are excellent in salads or lightly steamed and very healthy for the large intestine.

Blueberries: are a wonderful blood purifier and improve blood circulation. They are good for anemia, constipation, poor complexion, and obesity. Blueberries help to improve vision. They aid in cancer prevention and are very high in antioxidants that provide powerful protection against many degenerative diseases.

Broccoli: is very rich in the mineral potassium. It is excellent for the circulatory system and the heart. Broccoli is a very powerful anti-carcinogenic food and it is great cancer preventative. Because broccoli is low in calories and sugars, it is a great food for diabetics, and is a wonderful source of dietary fiber.

Cabbages, including bok choy: are an excellent healing food. The juice will help to heal ulcers. Cabbages are especially helpful for lowering the risk of stomach and colon cancer. They are also high in calcium and potassium, which makes them valuable for the heart, helping to reduce fluid retention and blood pressure.

Carrot: is very rich in Vitamin A and beta carotene. Carrots are a great medicine for the eyes, particularly night vision. They help regulate elimination and are soothing to the intestinal tract. Carrots help to strengthen the liver, immunity, and improve the blood. They are a beneficial food for cancer prevention. Carrot's health benefits improve when cooked, but carrot juice is especially beautifying for the skin.

Cauliflower: is an excellent source of fiber. It protects our body against various cancers, such as breast and colon cancer. Cauliflower stimulates the immune system. It is rich in potassium and calcium and is more digestible than other cruciferous vegetables. Cauliflower helps to regulate the transit time in the colon. It has diuretic properties and is helpful for the cardiovascular system.

Celery: is one of the oldest remedies for controlling high blood pressure. It cleanses the blood. It is good for fluid retention and gout. Celery makes a wonderful juice and is also good blended in smoothies with apples. It has an astringent quality and helps with digestion and weight loss. Celery juice helps to lower cholesterol.

Collard Greens: are very high in calcium and promote good bone health. They help with vision health and offer antioxidant protection. Collards are cancer protective. They are good food for weight control, due to low calorie and high fiber count. Collards are rich in vitamin C and folate and promote healthy liver function. The health benefits of collard greens are better when the leaves are steamed. They make a great addition to soups.

Cucumbers: are high in silica and are a good food for the complexion and nails. They cool the body temperature. Cucumbers are excellent for obesity, skin eruptions, fevers, heart health, and constipation. They hydrate the body and are rich in many alkalizing minerals. Cucumber juice is great to drink in the summer time.

Garlic: is a natural antibiotic and it stimulates our immune system and the digestive system. It helps to lower blood pressure. Garlic helps to reduce inflammation in the body and increase blood fluidity. It is excellent for respiratory problems. If raw garlic is eaten twice a week, it can lower the risk for lung cancer by 44 percent. The use of garlic as a medicine goes back to the time of Hippocrates.

Kale: is one of our healthiest foods and is particularly protective against at least five different types of cancer. It has detoxification properties that make it a very good food for liver function. Kale is high in bone building calcium and one of the vegetables whose health benefits improve when steamed.

Lemon: is a good general blood and body purifier and a mild diuretic. It works as an antiseptic for external use. Lemons improve blood fluidity, circulation, and help with removal of toxins from the body. Lemons help strengthen the capillary walls and lower blood pressure. They alkalize the blood and are helpful with arthritic conditions and digestive disorders. Squeeze the juice of a half a lemon into your water several times a day and drink. It is helpful for weight loss and also helps to correct liver function.

Nuts and Seeds: are foods that deeply nourish the body. They are good for nervous system and brain function and also help in the prevention of cardiovascular disease. Nuts and seeds are high in calcium, potassium, magnesium, and phosphorus. They have a higher concentration of protein than other plants. Nuts and seeds are best in their raw state and not roasted. If roasted or heated they may become toxic. Walnuts and Flax Seeds are high in Omega 3s. Sesame Seeds are high in Calcium. Almonds are rich in magnesium, which is beneficial to the muscles, teeth, and bones. Pumpkin Seeds are high in zinc and beneficial for immunity. Cashews are high in magnesium and help promote relaxation and prevent osteoporosis. If weight is an issue, eat in smaller amounts, such as a small handful for an energetic snack and healthy blood sugar regulation.

Nutritional Yeast: contains a high quality protein that is easily digested and tastes delicious sprinkled on vegetables or organic non GMO popcorn. It adds nutritional value and flavor to soups. Nutritional yeast is a great alternative to animal protein. It is rich in B complex vitamins, especially B-12, so is very good for vegetarians. It is mineral rich. Nutritional yeast is truly on our list of great superfoods!

Pineapple: if eaten fresh contains bromelain which helps to prevent indigestion. It is also highly anti-inflammatory, and is good for arthritis, sore throat, and cold symptoms. Pineapple is a good complement to weight loss diets. It is protective against stomach cancer. Pineapple/Parsley juice made in a blender is great for weight loss.

Raspberries / Strawberries: are both good for digestion and urinary tract infections. Both berries are cleansing and detoxifying, and both are anti-aging. They are a good remedy for constipation, are high in fiber, and have the ability to prohibit cancer cells from growing. Berries are high in potassium and good for high blood pressure prevention. They are good for liver disorders. Use only organic berries, due to high pesticide use.

Spinach: provides strength to the muscles and protects the retina of the eye. It is very low in calories and contains great nutritive power from its richness in minerals and vitamins. Spinach is good for anemia and helps to prevent macular degeneration. It helps with the production of red blood cells and is protective against prostate cancer. Spinach is an excellent food for constipation. Raw spinach can be blended into a smoothie.

Spirulina: helps to strengthen the immune system and is cancer protective. It is low in calories and helps with weight loss. Spirulina curbs hunger and helps decrease inflammation. It is helpful in the treatment of allergies. Spirulina has a balance of all 9 essential amino acids and is considered a complete protein. It is high in chlorophyll, easy to digest, and gives the body abundant energy on a cellular level.

Swiss Chard: is a blood purifier. It helps with digestion and is good for constipation. Like spinach, it is good for anemia and weight loss.

Zucchini: is a great food to eat freely in the summertime. It is good for constipation, high blood pressure, kidney and bladder health, as well as weight loss. Zucchini is soothing to the intestinal tract and easy to digest. It is very good for heart health. See the highly nourishing Beiler Broth recipe in this publication.

Nutritious Great Tasting Smoothie Recipe



Our favorite smoothie mixer is the NutriBullet Pro 900 (pictured here)

- ◆ 8 oz of organic coconut water (excellent source of electrolytes and potassium)
- ◆ 4 oz of filtered water
- ◆ 1 banana (high in potassium and good for heart health)
- ◆ 1 cup of your choice of frozen or fresh organic berries (Anti aging)
- ◆ 10 raw organic walnut halves (protein, essential fatty acids, and blood sugar stabilization)
- ◆ 1 tablespoon of Green Magic powder (feeds and nourishes every cell of the body)
- ◆ 1 large handful of organic spinach (builds healthy blood and strengthening for the body)

Blend all ingredients in a blender until liquified and enjoy!

Recipes for Weight Loss & Detoxification

Recipe for Blended Salad **Use for Spring Detox and Weight Loss** **(May be used for a 1 to 5 day fast)**

4 romaine lettuce leaves
1 small carrot or 1/2 large carrot
1/2 cucumber with skin intact
1/2 tomato
1/4 beet or 1/2 small beet
1 stalk of celery
juice of 1/2 lemon or lime
2 teaspoons of olive oil or Golden Omega-Omega oil
1 garlic clove (optional)

Put three inches of distilled water into the bottom of the blender. Next put in the lettuce leaves and tomato. Give them a quick blend until liquified. Cut up the carrot, celery and beet. Put remaining vegetables into the blender and blend for about a minute or until they are also liquefied. Add 2 teaspoons of extra virgin olive oil or flax seed oil and the juice of 1/2 lemon or lime. Blend again for 10 seconds.

Dr. Beiler's Health Broth

**Use for fall or winter detox, weight loss, great looking skin,
and to restore health**

3 stalks of celery
3 whole zucchini
2 cups of string beans
1 cup of parsley
1 clove of garlic (optional)

Put 1 cup of water into a stock pot. Put the string beans in first and simmer for about 8 minutes on low heat. Then add the celery and zucchini into the pot and simmer for another 5 - 7 minutes or until tender, but still crisp. Do not overcook. When done put the water that the vegetables have cooked in into the blender. Follow with the vegetables. Blend until liquified. Add a teaspoon of raw unsalted organic butter with a large handful of parsley. Blend again until parsley is liquefied.

Enjoy!

Use organically grown vegetables whenever possible!

HEALTH ISSUE

DIETARY RECOMMENDATIONS

AGING - To slow the aging process, keep your system alkaline with green drinks, fresh vegetable juice, plenty of fresh green vegetables and low glycemic fruits (berries). Eat an organic apple a day. The diet should be at least 65% "living food". Include sea vegetables (dulse, kelp, nori, etc). Have fish 2 times a week (Alaskan salmon). Another good choice is Vital Choice canned Alaskan salmon which has been tested for pollutants. Drink lots of water. Eliminate deli meats and fried foods. Avoid caffeine, highly seasoned and chemically processed foods, and sugar. Sugar will age you faster than any other substance. Eat a low calorie diet. Take Orac + , VitaBalance 2000, and Green Magic daily. Living uncooked vegetables and fruit = live enzymes = more youth.

ALLERGIES - For allergy problems good digestion is very important. Build a strong immune system. Do a total cleansing and detoxification program. A mono food diet for 3 days is a good way to detox. Juice fasts using carrot/celery/raw apple juice are excellent and can be done over a 3 - 5 day period. Include magnesium rich foods in your diet for allergy prevention. These include: almonds, cashews, sesame seeds, lima beans, white and red beans, millet, bananas. Eat fresh sprouts, green leafy vegetables, and root vegetables. Eat wild and brown rice occasionally. Avoid dairy and wheat. Take digestive enzymes with each meal. Eat clean fresh unclogging foods. Heavy meals tax the digestive system.

ARTHRITIS - For arthritis, good digestion is extremely important. Short vegetable or fruit fasts are good. Eat mostly vegetables & sulphur containing foods such as asparagus, garlic and onions, and eat very small amounts of animal protein. Drink juice made with kale, celery, romaine lettuce, and lemon. Green leafy vegetables and fresh fruits are excellent. Eat fresh pineapple regularly as it contains bromelain which is good for inflammation. Drink different combinations of fresh vegetable juice once or twice a day. Keep colon clean. Exercise regularly. Keep weight down. Avoid dairy, sugar and any food with added salt, cola drinks, and fried food. Eat a clean fresh anti-inflammatory diet!

CHOLESTEROL - To reduce cholesterol, make sure the diet is full of fiber from vegetables. Foods that help to reduce cholesterol include apples, cold water fish (especially salmon), beans, garlic, and olive oil. Carrot/celery/beet juice help with liver health. A periodic vegetable juice fast is good, or a day of blended soup or salad (see recipes). Reduce saturated fat in the diet. Take a good fiber supplement, such as NutriCleanse, psyllium, or flax seeds. Use our Omega Omega oil in a smoothie or on salads (as a dressing). Lecithin (2 to 3 times a day) is excellent for lowering cholesterol (add to a morning smoothie). The combination of sugar and starch, in all forms, can promote an elevation of harmful cholesterol. Avoid coffee, fried foods, and dairy products. Avoid stress. Stay away from deli meats and cheese. Exercise! Plant sterol supplements and Red Rice Yeast are helpful. Take fish oil supplements.

CHRONIC FATIGUE/EPSTEIN-BARR - For chronic fatigue, good digestion is essential. The diet should be at least 75% fresh fruits and vegetables daily. Emphasize foods that build immunity. Have protein (whey protein) every day. Add colostrum powder to your protein drink. The diet should be mostly fruits, vegetables, nuts, seeds. Have very small amounts of organic animal protein 3 or 4 times a week. Include defense foods: cruciferous vegetables such as broccoli and cauliflower. Include antibody forming foods: onions and garlic. Green algae drinks are excellent and give the body energy. Drink vegetable juice. Nourish your adrenal glands. Strengthen the kidneys. Get plenty of rest. Avoid high carbohydrate foods, sugar, caffeine. Take digestive enzymes with each meal. Get plenty of rest and meditate daily.

POOR CIRCULATION - For good circulation - exercise! Eat a salad a day with arugala & olive oil. Avoid heavy high fat and heavy meals. Keep the colon clean (NutriCleanse). Eat a 60% fresh raw food diet. Green vegetables (high in chlorophyll) are excellent blood cleansers and provide oxygen to the blood. Juice of spinach, parsley, celery, and apple juice is excellent. Use lots of garlic. Eat smaller size meals. Drink plenty of green drinks. Have vegetable protein (edame beans and tempeh) instead of meat as much as possible. Avoid caffeine, cola, alcohol, salt, and sugar. Eat whole grains, such as quinoa and brown rice. Take lecithin 2 times daily. Get outside and walk everyday for at least 40 minutes.

COLD/FLU - Go on a liquid diet to clean out the blood stream and mucous. Drink diluted citrus juices. If you are not a vegetarian, chicken soup with cayenne pepper and crushed garlic help to increase mucus release. If you are a vegetarian, low sodium miso soup with garlic added is good. Drink lemon and ginger tea with crushed garlic. Drink echinacea tea. Drink 6 to 8 glasses of hot liquid a day. Avoid dairy and other mucous forming foods. Avoid high-fat red meat, sugar, fried, and fatty foods. Take an immune defense formula. Take Echinacea daily beginning 3 months before the cold and flu season begins.

CONSTIPATION - For constipation, keep the lower bowel clean. Use a teaspoon of NutriCleanse powder in your breakfast drink. Drinking plenty of water is essential (8 cups per day). Eat an organic apple a day. Drink fresh vegetable juice including beet/celery/spinach/carrot juice once a day. Chew your food completely. Have fresh lemon juice each morning. Eat soaked prunes. Baked or roasted beets are great for elimination and liver health. Fiber rich legumes have a laxative effect. Include whole grains such as quinoa and brown rice. Drink aloe vera juice (whole leaf) as a tonic. Include flax oil or ground flax seeds in a daily smoothie. Avoid dairy (especially cheese), white sugar, fried foods, pasta and other starchy foods. Eat a clean diet and you will be clean. Exercise! Many yoga postures are helpful. Relax and let go of tension. Fiber is key!

HEALTH ISSUE

DIETARY RECOMMENDATIONS

DIABETES - For diabetes, good fats such as nuts and seeds and chromium rich foods are key. Include brewers yeast, string beans, eggs, cucumber, onions, garlic and wheat germ. High fiber in the diet is essential as it improves glucose metabolism. Include plenty of high fiber vegetables. Eat Alaskan salmon 2 times a week. Have a green salad every day with avocado. Lower starch consumption to less than 10% of diet. Avoid sugar, fruit juice, alcohol, refined foods, fried, and fatty foods. Fish oil supplements are excellent. Try to increase the amount of vegetable protein in the diet. Drink green foods that include spirulina, which is helpful with blood sugar control. Take care of your liver! Use GlucoFit to help lower sugars.

DIGESTION - Digestion is an important component of good health and good digestion begins in the mouth with chewing. Make chewing your food a meditation practice. Chew each mouthful at least 20 times before swallowing. This will also help you to eat less. A low protein, vegetable based diet is excellent for digestive disturbances. Eat plenty of salad with bitter greens. A glass of apple cider vinegar with honey 1/2 hour before a meal is quite helpful. Follow food combining principles (look online). Take digestive enzymes with each meal. Avoid heavy high fat meals. Blend parsley and pineapple in 8 oz of water and drink. Aloe vera juice is very soothing to the digestive tract. Eat an apple a day.

FIBROMYALGIA - For fibromyalgia, eat a well balanced whole foods diet of at least 75% foods from the plant kingdom. Again, digestion is very important in order to reduce inflammation. The diet should also be low in carbohydrates and sodium. Include small amounts of turkey, chicken, and Alaskan salmon. Include green drinks for chlorophyll. Drink plenty of liquid to flush out toxins. Eat small meals rather than large meals. Avoid green peppers, eggplant, tomatoes, dairy, and white potatoes. Drink red clover tea. Avoid chemical preservatives, saturated fats, and processed oils. Avoid all forms of sugar. Take probiotics and fish oil supplements. Walk for exercise and get plenty of rest.

HEADACHES - For chronic headaches, try a short 24 hour fast with lemon water. Follow the next day with organic fruit, salads, and a small amount of brown or wild rice. Eat a whole foods diet. Keep the lower intestine clean. Drink fresh vegetable juice and green drinks daily. Avoid chemical laced foods, wheat, salt, sugar, dairy foods (especially cheese), condiments, sulfites, and MSG. Pay attention to liver health. Eat liver friendly foods, such as beets, broccoli, dandelion greens, garlic, peas, lentils, and watercress. Eat small amounts of low fat protein with your two main meals. Start the day with a whey protein shake to help stabilize blood sugar. Eat small meals instead of large meals, so that it is easier on the digestive system. For prevention, take one MigraBalance capsule daily.

HEART - For cardiovascular health, eat magnesium (get food sources online) and potassium rich foods (most vegetables, fruits, and especially bananas). Pomegranate juice, unsalted tomato juice, and coconut water are very high in potassium. Foods high in bioflavonoids, such as the white segments of citrus fruits, grapes, plums, cherries, blackberries, and rose hips help to strengthen veins and capillaries. Include fish (wild alaskan salmon and halibut) and sea vegetables in the diet. Eat dry roasted, salt free, non GMO soy nuts. Garlic and celery lower blood pressure. Have a glass of fresh organic celery/apple juice daily. Have lecithin twice a day. Drink fresh vegetable juice every day. Reduce saturated fat intake. Eliminate sugar and pastries. Avoid: sodium, deli meats, high fat meats, and fried foods. 75 % of the diet should be vegetarian. Exercise! Jump on a trampoline 20 minutes each day. Take VasuFlex for a healthy vascular system.

HYPERTENSION - For hypertension, do a liquid diet one day every week in order to cleanse the system of toxicity. Drink apple/celery/parsley juice several times a week. In the old days celery was used to bring blood pressure down. A vegetarian diet can be very helpful. Avoid foods high in sodium. Include: all green leafy vegetables, bananas, sunflower seeds, fish, garlic, nutritional yeast, pomegranate (juice, as well), coconut water, kiwi fruit, and brown rice. Avoid refined foods, caffeine, salt, fried and fatty foods, heavy pastries, soft drinks, cheese and other dairy products. Avoid Sugar! Supplements containing L-arginine have been shown to lower blood pressure. Use six capsules of VasuFlex before sleeping each evening and another four capsules each morning before food. Add lots of garlic to your meals. Avoid overconsumption of alcohol.

HYPOGLYCEMIA - For hypoglycemia, a diet high in fiber is very important. Include small amounts of protein throughout the day. Eat non-starchy vegetables, asparagus, green beans, okra, celery, watercress, parsley, alfalfa, jerusalem artichokes, and all green vegetables. Try parsley/watercress/carrot/celery juice to build the blood. Make your own sprouts and include them on your salads. Use green drinks between meals. Small amounts of fruit are OK. Avoid refined carbohydrates like pastas and white bread, and sugary foods that cause blood sugar to rise rapidly. Spirulina is very good for blood sugar balance. Whey protein drinks between meals are very helpful. Carry a small bag of fresh organic nuts and seeds with you and eat a small handful at the first sign of a drop in blood sugar.

IMMUNE SYSTEM - For immune system support, begin a diet of fresh fruits and vegetables (preferably uncooked), nuts and seeds, small amounts of grain, and other foods high in fiber. Follow a fasting program once a month to rid the body of toxins that can weaken the immune system. Colostrum and whey protein powder are very good for immune system support. Have green drinks daily. Use spirulina every day; it is easy to digest and aids in enhancing immune function. Medicinal mushrooms are very good for the immune system. Take 3000 mgs of Vitamin C twice a day. Take antioxidants. Use Liver Chi, which contains medicinal mushrooms.

LIVER/HEPATITIS - For liver health (disorders), eat only fresh "live" foods such as salads, fruit and fresh juices for 2 or 3 weeks. Include carrot/beet/cucumber juice every day. Have green drinks 3 times a day. Eat artichokes for liver protection. Drink burdock, milk thistle, and dandelion herb teas. Avoid alcohol, all raw fish and shellfish, too much animal protein, saturated fats, sugar, and highly processed foods. Do not eat pastries or heavy deli meals. Avoid cheese, chocolate, and ice cream. Liver friendly foods include, artichokes, beets, broccoli, kale, bok choy, mustard greens, and arugala. Eat clean and you will be toxin free! Take Liver Chi 3 or 4 times a day.

**HEALTH
ISSUE****DIETARY
RECOMMENDATIONS**

LOW THYROID - For low thyroid, try 65% raw foods diet for 1 month to balance the thyroid. Include parsley, watercress, apples, alfalfa, kelp, molasses, prunes, seeds, nuts, poultry. Add seaweed to your meals as it is very nourishing and iodine rich. Drink carrot/celery/parsley juice. Include green drinks containing chlorophyll. Avoid raw broccoli, cauliflower, kale, brussel sprouts, and other raw cruciferous vegetables, because they suppress thyroid function. Eating cruciferous vegetables cooked is alright, but do so sparingly. If thyroid function is extremely low, avoid them entirely. Fats should not exceed 15% of the diet. Avoid refined foods, saturated fats, and sugar.

LYMPHATIC - For lymphatic problems, start with a short vegetable or fruit fast to clean the blood and liver. Keep the bowels clean. Potassium broth made with onions, celery, garlic, potato peels, and parsley is very healing. Eat lots of high fiber vegetables and fruits including: asparagus, beets, cabbage, carrots, cucumbers, string beans, turnips, flax seeds, blueberries, figs, and prunes. Include vegetable juices. Drink burdock root, red clover, and dandelion teas. Have a fresh salad every day. Jump on the trampoline to stimulate the lymph system. Avoid sugar, white flour products, and fried foods.

MEMORY/CONCENTRATION - For memory, minerals are essential for a healthy brain and nervous system. Minerals also are important for the over-all health of the body. 50% of the diet should be uncooked vegetables. A high fiber diet is very important. Include green drinks for micro-nutrients. Good brain foods include: eggs, fish, soy foods, sea vegetables, seeds and nuts, avocados, nutritional yeast, brown rice, tofu, and molasses. Too many high carbohydrate foods have an adverse affect on memory. Avoid allergy triggering foods such as wheat, shell fish, corn, and dairy. Avoid sugar, fried foods, and alcohol.

NERVOUS/BRAIN - For nerves and the brain, eat plenty of avocado, nuts and seeds. All leafy greens are good. Include Alaskan wild salmon and cod for essential fatty acids. Include broccoli, cauliflower, onion, garlic, avocado, brown and wild rice. Drink carrot and celery juice. Mix flax seed meal or flax oil, green drinks, and lecithin into a smoothie. Avoid caffeine and sugar.

OSTEOPOROSIS - For osteoporosis, eat high calcium containing foods such as broccoli, chestnuts, clams, dandelion greens, kale, most dark leafy vegetables, hazelnuts, flounder, molasses, oats, oysters, salmon, sea vegetables, sesame seeds, soy beans, tahini (sesame butter), tofu, and turnip greens. Include garlic, onions, and eggs. Take a Vitamin K supplement. Do weight-bearing exercise. Limit intake of beet greens, chard, and spinach as these foods are high in oxalic acid which inhibits calcium absorption. Avoid citrus fruits, sugar, caffeine, and soft drinks.

PMS/MENOPAUSE - For PMS and menopause, eat at least 50% fresh, raw foods. Include organic, non-GMO soy foods as much as possible, unless low thyroid function is an issue. Eat salads with plenty of green leafy vegetables, especially kale and dandelion greens. Eat white fish and salmon. Include whole grains, sunflower and sesame seeds, almonds, pecans, walnuts, cabbage, broccoli, seaweeds, bananas, avocado, and black strap molasses. Eat fresh fruit moderately. Drink 2 quarts of water/tea every day. Drink black cohosh, chamomile, and horsetail teas. Eat a cooling diet. Avoid fatty foods, dairy, caffeine, and refined foods. Avoid sugar!

PROSTATE - For prostate problems, eat plenty of cruciferous vegetables such as broccoli, cauliflower, brussel sprouts, and cabbage. Include yellow and deep orange vegetables such as carrots, pumpkin, squash, and yams. Have fresh vegetable juice every day. To nourish the prostate gland, have zinc rich foods every day such as seafood, spinach, sunflower seeds, whole grains, and especially pumpkin seeds. Include bee pollen, apples, cantelope, and berries. Make a smoothie every day with green superfood powders and flax seed meal. Drink saw palmetto, burdock root, nettle, and buchu herb teas. A macrobiotic diet is helpful. Avoid dairy products and sugar.

RESPIRATORY - For respiratory issues, the body needs to be cleansed of excess mucous. Lower bowel cleansing is essential. Short fasts along with "cleansing diets" and a positive attitude will speed healing. Eat plenty of green leafy vegetables, sprouts, sunflower seeds, black beans, garlic, and fresh fruits. Include calcium rich foods to rebuild and relax the nerves. Drink red clover herb tea. Eat an apple a day. Drink warm lemon water. Avoid dairy, bread, pasta, and other starchy foods.

STRESS - For stress, the diet should be about 50% raw foods. Also include carrots, yams, kale, parsley, turnip greens, collard greens, swiss chard, and red peppers. Eat protein and mineral rich foods with each meal. Include seafood, eggs, green drinks, soy foods, sprouts, black strap molasses, sunflower seeds, millet, wild rice, and lentils. Drink herb teas including chamomile, ginkgo, alfalfa, gotu kola, valerian, and licorice root. Take VitaBalance 2000. B Vitamins are essential. Avoid caffeine, all processed food, dairy, and sugar.

HEALTH ISSUE

DIETARY RECOMMENDATIONS

WEIGHT LOSS - The most common causes of obesity are poor diet and/or eating habits and a lack of exercise. Other factors that can lead to obesity include glandular malfunctions, diabetes, hypoglycemia, emotional tension, boredom, and a simple love of food. Obesity has also been linked to food sensitivities and/or allergies. Ironically, poor nutrition may be an important factor in obesity. When there is inadequate intake of certain essential nutrients, fat is not easily or adequately burned and can accumulate in the body.

Carbohydrates from starch, such as pasta, bread, bagels, various grains, white flour, and sugar all tend to put weight on the body and stress on the digestion. Processed foods have often been stripped of their micronutrients. Overcooked vegetables lose much of their nutritional benefit. An overload of carbohydrates in the absence of a balanced nutritional profile causes excess production of triglycerides which are stored as fat. When food is improperly digested, toxins are released into the body and waste accumulates. When we are not able to eliminate all of the waste material the body starts to suffer from auto-intoxication and digestion is further degraded. This can become a vicious cycle of low energy, susceptibility to disease, and weight problems.

When one starts to eat nutritional food it is easier to control one's appetite. For weight loss the diet should consist largely of vegetables and salads with small amounts of protein with at least 2 of the daily meals. Grains should be eaten sparingly (serving size no bigger than the palm of your hand) 2 or 3 times a week and not at the same meal that the protein is eaten. Grains combine well with vegetables but not with animal protein. When grains and protein are eaten together the digestion and assimilation of food becomes more difficult.

Eat one meal a day that consists entirely of vegetables. Vegetables are mineral rich and help to build our bodies. Fruits are the cleansers. They are good to eat in between meals. Both are needed in an over weight body. Eat lots of salads. Uncooked vegetables contain enzymes that are important in keeping our digestive system healthy. It is impossible to put on weight eating vegetables. Carrot, celery, beet, and apple juice are needed to feed the glands. Lemon juice in water first thing in the morning will clean the liver, which helps filter toxins. Plenty of green leafy vegetables, carrots, broccoli, celery, tomatoes, apples, cantaloupe, berries, melons, and plums are good. Almonds, sesame seeds, seaweeds, asparagus, cabbage, and chives are beneficial.

One of the keys to superior nutrition without the impact of calories is the use of green super-foods such as spirulina, chlorella, wheat and barley grass juices. These foods, especially taken in a blend, provide full spectrum nutrition with few calories. Additionally, the nutrients are easy to assimilate and break down, even when the digestive system is weak. As a result, the cells of our body get the nourishment that they need. Do not consume more calories than you burn. Do not eat after 7 PM.

There are several recipes in this booklet that are excellent for weight loss. Try having the Blended Salad for dinner a couple of times a week. Pick one day a week where you only drink blended foods such as soups or smoothies. This is an excellent way to give the digestive system a well deserved rest.

Drinking cups of hot water during the day help to dissolve the accumulated toxins and aid in the process of weight loss. Exercise is a critical component of any weight management program.

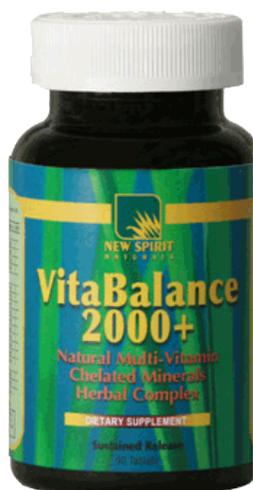
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To get the most from your Superfoods: Green Magic, Guardian Greens, Earth's Harvest, and VitaBalance 2000:

- ◆ Keep bottle cool and dry (in the freezer or refrigerator, if possible)
 - ◆ Keep the lid on tight to preserve enzymes
 - ◆ Never put a wet spoon in bottle
 - ◆ Never mix with a hot beverage
 - ◆ Most effective when taken on an empty stomach

When a complete nutritional profile is included in the diet, long term benefits include:



- ◆ More energy
- ◆ Boosted immune system
- ◆ Greater ability to cope with stress
- ◆ Ability to ward off infections
- ◆ Movement toward a healthy weight
- ◆ Clear and brighter skin
- ◆ Increased mental alertness
- ◆ Increased stamina
- ◆ Slower aging



In Addition to Superfoods, our most popular products include:

Liver Enhancer Chi: for balancing blood sugar and fat metabolism, protecting and restoring liver function while balancing your immune system.

Kidney Enhancer: a kidney tonic and anti-aging formula, promotes longevity and enhances vitality.

NutriCleanse: an all natural, gentle herbal colon cleanser to cleanse, heal, and nourish our lower digestive track.

Meal In A Glass: a metabolically balanced weight control meal replacement with a complete amino acid profile and low carb. Superior Taste with added flax seed.

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