

## ***Diet and Health***

There are many aspects to a healthy diet. There is no doubt that we are what we eat. Meaning that our physical bodies are composed of what we eat, drink, breath, and all other elements that we are exposed to. Believe it or not, no one even knows what all of these components are. There are many studies to find the cause of disease but try to find one that looks for the cause of health.

The good news is that we don't need to know all the components of health. God already knows what they are and gave them to us. And the most remarkable thing is that God also engineered our body to tell us what foods we need at any given time. We call these cravings. We are taught that we should ignore our cravings and eat what science or the latest fad diet tells us to, but cravings can tell you a lot about yourself. They can tell us if we are healthy or not. Just like a drug addict craves drugs, the body will crave what it is addicted to. Allergies many times result in addictions to those foods. These addictions and or allergies can be fixed. Also if your body is trying to increase your weight due to corruption in a memory pattern then you will crave foods that will make you fatter. When this is corrected and the body is trying to reduce its weight then you may crave foods that help in losing weight. Then there are habits. Don't confuse cravings with habits. When I go on a cruise and they give me desert with every meal it is easy to get into the habit of eating desert with every meal, but it is not a craving.

The two simple rules on craving would be first to know the difference between a craving and a habit. Next is to make sure the craving is not from an addiction or allergy. After the Mk 7 General Health Procedure has been completed, your true cravings will be your best guide for the type and amount of food you should eat, and they may be quite different than they are now. Eating the correct amount of the correct food will be the most satisfying to your hunger, your taste and your health.

The final thing about diet will be how to identify a poison from a food. Fortunately, there are only a few items that we need to be aware of to keep our diets relatively healthy. These toxic contaminants are called non-food food products and are found as fillers, preservatives, sweeteners, taste enhancers, and food replacement products. These toxic products are also directly related to the corruption and ongoing dysfunction of our body's memory. Therefore, following these recommendations will enhance the effects and length of time the Body Memory Reset Therapy will have on your system.

Remember that you do not have to change everything in your diet at one time. Start at the top with the most severe toxins and work your way through the list and just try your best to follow the guides. Any improvement in your current diet will pay great dividends in your overall health.

### ***You can not eat, EVER!!!***

**Corn Syrup:** aka high fructose corn syrup, glucose, etc.

**Aspartame:** (NutraSweet, Blue wrapper) (Part of the family of excitotoxins, including MSG and other flavor enhancers.) So toxic it should be a crime to sell it.

**Energy Drinks:** Do not get into this habit. They don't give the body energy they stimulate the body into thinking it has energy.

**All diet sweeteners:** If it is sweet with no calories, don't eat it, ever, even **Stevia**. They all function as neurotoxins.

### ***Try your best to avoid!***

**White sugar:** especially beet sugar. Sugar beets are genetically engineered to be immune to Roundup which is now used to manage the weeds in beet crops. Unfortunately we are not immune to Roundup.

**Shortening & Margarine:** they are just edible plastics

**Synthetic Vitamins:** in a bottle or fortified foods.

**Store Milk:** Everything good has been removed. Homogenization has strong link to heart disease.

**Coffee:** A socially acceptable stimulant.

### ***Replace with something better.***

**Sugar:** Raw cane sugar, honey, maple syrup, black strap molasses, agave etc.

**Table Salt:** Whole mineral real salt, Quality sea salt.

**Canned vegetables:** fresh or fresh frozen vegetables.

**Store Milk:** Raw dairy, preferably goat.

**White Flour, White Rice:** Organic whole grains, fresh when possible.

**Canola Oil:** Replace with an edible oil.

**Soy:** Great for cows, not so good for humans. Soy is usually made as a cheap substitute for other real foods. Just eat the other real foods.

### ***How to select real food***

#### **Fresh vegetables and greens**

It is almost impossible to eat too many fresh raw greens, vegetables and salads. When you eat out, start with a quality salad with field greens. This is an easy way to improve your diet and satisfy many of your cravings.

#### **Oils**

Select a quality brand and the proper oil for the proper use.

Cooking with high heat takes oil that is stable at high temperature such as coconut, lard, or peanut oil.

Oils for baking or low heat cooking can be the same as above or low heat stable oils such as butter, Olive, or safflower oil.

Oils that will not be subject to any heat before eating should be the highly volatile oils such as flaxseed oil. These oils turn rancid very easily but have the greatest nutritional value.

#### **Meat**

Select quality meat raised on real food. Moderate amounts of fish, beef, or fowl should be consumed daily as desired.

#### **Eggs**

One of God's perfect foods, almost as good as butter.

#### **Cheese**

Processed cheese is not food and should not be confused with cheese. It is just another edible plastic.

Moderate amounts of real cheese add to a healthy diet. It also helps broaden your food selection as there are dozens of quality cheese products from all over the world that all have very different and wonderful flavors.

#### **Bread**

Considered a staple food but commercial white bread should not even be considered bread or food.

Select quality bread made from whole grains from quality bakeries and consume in moderation.

#### **Water**

Water is the greatest nutritional deficiency in the US. Even tap water is better than no water. Good quality filtered water is good but natural spring water is the best. Short of drowning, you can't get too much. General rule, 1 oz water for every 2 lbs you weigh each day. Helpful hints to let you know when you need water. You are thirsty, you have chapped lips, you have drank everything but water today.

Obviously we could not place an in depth study of diet on this one page. However, observing the above recommendations will dramatically improve the average American diet and enhance your health dramatically without removing any quality of life or enjoyment of dining.

If you would like more detailed educational information about diet please ask the physician that handed you this brochure. I am personally not a supporter of vegetarian or other diets that strictly limit any of the basic food groups.

Dr. Gerry Graham III (President LazrPulsr System)