

Suki Zoë

☺ It's all about the life in your food, not the food in your life ☺

wet & crunchy v. dry & chewy

FOODS TO ENJOY (alkaline 80%):

- ✓ **VEGETABLE JUICES – FRESH** - celery, cucumber, fennel, romaine + red pepper, spinach/watercress, kale/cavola nero/chard, parsley/chives/coriander/basil, carrots, lemon/pear, wheatgrass, aloe vera, garlic/chilli/ginger
- ✓ **SALAD** – raw, fresh & organic (Romaine/Cos)
- ✓ **SUPERFOODS** seaweed, spirulina, chlorella, blue green algae, **Nature's Living Superfood & Nature's Biotics SBO, Prime Directive**, Barley Grass, raw Cacao, Bee Pollen. Goji, Maca, hemp,
- ✓ **VEGETABLES** - fresh & organic. Raw, steamed or baked. **Greens** & sweet potato & squash = ☺
- ✓ **OILS** – cold pressed **organic: extra virgin** olive, pumpkin, **hemp**, flax, coconut, cacao butter
- **FRUIT** – ripe, fresh & organic
- **AVOCADO & OLIVES**
- **FATS** – for cooking: ghee, coconut
- **NUTS/SEEDS** – sesame, pumpkin, sunflower, hemp, macadamias – raw (soaked) not roasted
- Whole **GRAINS** – millet, **short-grain brown rice**, quinoa, buckwheat (kasha), spelt, basmati
- **PULSES** - chickpeas (humous) & lentils
beans: aduki, mung, black, pinto, flageolet, borlotti
- **Fresh nut/seed milks**, rice milk, organic unpasteurized goats cheese
- **TEAS** – green sencha , kukicha (twig), nettle, dandelion, fennel, ginger, sage, mate, **pau d'arco**
- Unbleached **Salts**: Celtic, rock, pink Himalayan
- **TAMARI** – wheat-free Soya sauce, namo shoyu
- **Xylitol** – manuka honey, Raw Yacon, stevia

COLON AIDS:

- **SQUAT/feet up when pooping** - western toilets were designed by the laxative industry!
- **Colosan, OxyPowder, BTA, Coton**
- Hot Water Bottle on tummy
- **GINGER** capsules/powder for gas prevention
- **Activated CHARCOAL** for gas absorption
- Linseed/Flaxseed &/or Psyllium Husks: 1 teaspoon each, **soaked** for 1 HOUR in water &/or a little juice, then drink. If it doesn't come out **STOP** taking it – email me!
- Strong fresh **BETROOT JUICE** - dilute
- * **Urine Therapy** *
- **RELAX** (not TV!) Tummy, stretch/yoga daily
- **EXERCISE** - keep fit, lean, flexible & strong!
- **Skin brushing, steaming/sauna & Epsom** baths, **castor** oil packs, **Hopi** ear candles

any questions - please eMail me:
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THINGS TO REDUCE (acidic 20%):

- ✗ **MICROWAVED** food/drink of any kind
- ✗ **ARTIFICIAL SWEETENERS**
- ✗ **VACCINATIONS, antiperspirants, Tampax**
- ✗ **SUGAR**, cake, chocolate, pies, biscuits, ice cream
- ✗ **COFFEE** & tea (caffeine)
- ✗ **MEAT**
- ✗ **DAIRY** (cow) & **SOYA** products
- ✗ **WHEAT** flours, **PASTA**, *any* **BREAD**, noodles, biscuits, cakes, bagels, pies, muffins, croissant, Kelloggs, bran. All flour is acidic & clogging.
- **FRIED FOODS** - burgers, fish, chips, sausages, kebabs (unrecognizable refined products)
- **HYDROGENATED FATS** – & margarines
- **MSG** - Chinese food, soya sauce & most crisps
- All processed, non-organic & tinned (except beans)
- **FLESH FOODS & NO:** Cod, Tuna, Haddock, Halibut, Salmon, Marlin, Skate, Ray, Plaice, Tropical Prawns, Hake, Dover Sole, Monkfish, Swordfish, Shark, Mackerel
- **TAP WATER** & carbonated/**diet DRINKS**
- **PRESERVED/SMOKED MEATS & FISH**
- **COOKED/roasted NUTS, PEANUTS**
- **BATTERY EGGS**
- **ALCOHOL** esp. cheap non organic wines/beer
- **YEAST** – wines, beer, bread, marmite
- **TABLE SALT** – **BLEACHED WHITE**
- Iceberg lettuce & GM/pesticide laden foods

FOODS OF CAUTION:

(these are problem foods for some people only)

- **GLUTEN** - oats, rye, barley, wheat (spelt, kamut)
- **NIGHTSHADES** - potatoes, aubergines, tomatoes, peppers, tobacco & **MUSHROOMS**
- **ALL FLESH FOODS** must be clean, free-range & **ORGANIC** = don't eat them outside your home if you don't know where they are from....

EATING TIPS:

- **EAT FRUIT & JUICE ONLY ON AN EMPTY STOMACH** (20 minutes to digest)
- **DON'T MIX STARCH** (4 hrs digestion) & **PROTEIN** (7 hrs to digest). Fats take 9 hrs.....
- **RAW (alkaline) NOURISHES & CLEANSSES**
- **COOKED (acidic) DEPLETES & DEPOSITS**
- **FROZEN FOODS** – peas, spinach, corn

1. don't bring 'bad' foods into your house
2. where did your food come from?.....
3. give thanks ☺
4. **eat only when hungry**
5. eat for your stomach, not your mouth
6. **sit down & chew food with awareness**
7. eat light & fresh: feel energetic
8. stop when full!