

Suki Zoë

there are no rules, only choices

FOODS TO ENJOY (alkaline 80%)

VEGETABLE JUICES: fresh celery, cucumber, fennel, romaine + red pepper, spinach/watercress, kale/cavolo nero, parsley, chives, coriander, basil, carrots, lemon, pear, aloe vera, garlic, ginger.

SALAD: raw, fresh, green & organic

SUPERFOODS: Vitamineral Greens, barley grass powder, seaweed, spirulina, chlorella, blue green algae, raw cacao, bee pollen, goji berries, maca, hemp seeds, chia.

MEDICINAL MUSHROOMS: Fo Ti, cordyceps, reishi, chaga, ashwaganda, lion's mane.

VEGETABLES: fresh & organic. Raw, steamed or baked. Greens & sweet potato & squash

OILS: cold pressed organic EV olive, pumpkin, hemp, flax, coconut, cacao butter, sesame

FRUIT: in season, ripe, fresh & organic

AVOCADO & OLIVES NUTS and SEEDS

FERMENTED FOODS: sauerkraut and kim chi

WHOLE GRAINS: millet, short-grain brown rice, quinoa, buckwheat (kasha), spelt, basmati

PULSEES: chickpeas (humous) & lentils, aduki, mung, black, pinto, flageolet, borlotti

MYLKS: almond, oat, coconut,

Organic goats/sheep cheese

TEAS: green sencha, kukicha, nettle, dandelion, fennel, ginger, sage, mate, pau d'arco + cat's claw

Unbleached Salts: Celtic sea salt, rock salt

TAMARI: wheat-free soya sauce, namo shoyu

SWEET: coconut sugar, xylitol, manuka honey, stevia, artichoke, locanto, erythmitrol

COLON AIDS:

SQUAT/feet up when pooping (western toilets were designed by the laxative industry)

GINGER capsules/powder for gas prevention

Activated CHARCOAL for gas absorption

Linseed/flaxseed &/or psyllium Husks: 1 tea spoon each, soaked for 1 hour in water &/or a little juice, then drink.

Strong fresh BEETROOT JUICE

RELAX: tummy, stretch/yoga daily, meditate

EXERCISE: keep fit, lean, flexible & strong

Skin brushing, far infrared sauna & Epsom baths, magnesium oil, castor oil packs, Hopi ear candles

WOMEN: shatavari, pueraria mirifica, maca, vitex

THINGS TO AVOID OR REDUCE (acidic 20%)

MICROWAVED food/drink of any kind

ARTIFICIAL SWEETENERS

ANTIPERSPIRANTS

SUGAR: cake, chocolate, pies, biscuits,

MILK: cow dairy & processed SOYA products

WHEAT: flour, pasta, bread, noodles, biscuits, cakes, bagels, pies, muffins, croissant, Kellogg's, bran. All flour is acidic & clogging.

FRIED FOODS: burgers, fish, chips, sausages, kebabs (unrecognisable refined products)

HYDROGENATED FATS & margarines

MSG: in Asian food, soya sauce & most crisps

TAP WATER (unfiltered) and diet drinks

PRESERVED/SMOKED MEATS & FISH

TABLE SALT – BLEACHED WHITE

GMO CORN

SOME VACCINATIONS...

Foods with ingredients you can't pronounce

FOODS OF CAUTION:

(problem foods for some people)

LECTINS – nightshades, legumes, grains

GLUTEN - oats, rye, barley, wheat, spelt

NIGHTSHADES - potatoes, aubergines, tomatoes, peppers, tobacco

YEAST – wines, beer, bread, marmite

ALL FLESH FOODS must be clean, free-range &

ORGANIC grass fed = 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 hours to digest). Fats take 9 hours

RAW (alkaline) NOURISHES & CLEANSSES

1. Keep your kitchen safe. Clean food only.

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

9. Drink excellent water