

Super**Food**s



**Nutrient-dense foods to
protect your health**

Michael Van Straten
& Barbara Griggs





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A cookbook with a difference

The purpose of this book is to help people suffering from specific ailments in the simplest, most effective way—by teaching them to eat and enjoy those foods that will promote the healing process, and to avoid those that aggravate the condition, or indeed, may have caused it in the first place.

Equally, you can use this book to help promote the health and improve the resistance of yourself and your whole family by serving up a daily diet of Superfoods.

Your health problem may be a disabling bout of the flu or a crippling case of arthritis; you may be coping with an annual visitation of bronchitis, or chronic digestive discomfort, or even a diagnosis of cancer. Whatever the problem, turn to the appropriate section and follow the nutritional guidelines.

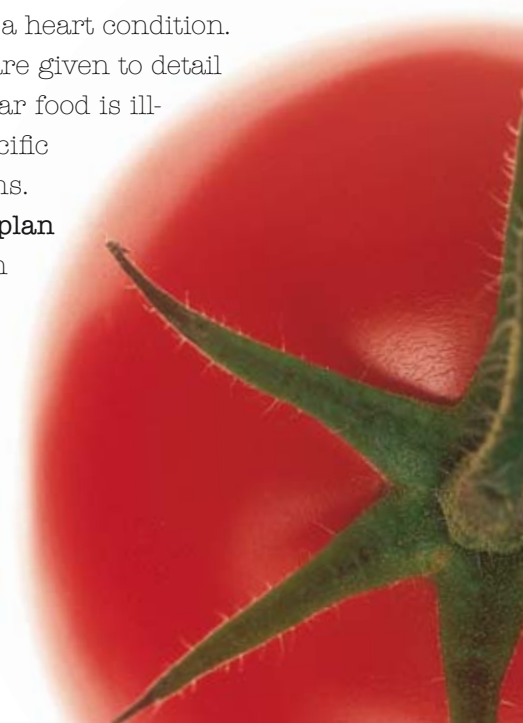
Each of the ailments sections of the book deals with disorders of a body system, such as the heart and circulation, the respiratory system, the digestive apparatus, the nervous system, the skin, and so on. Each section has an introduction explaining how the wrong diet may have contributed to your problems in the first place, and how eating the right foods can help restore you to good health.

A complete list of the Superfoods, including the potent **Four-Star Superfoods**, which we specifically recommend for your case, appears on p.20. Some of them have a

centuries-long history of successful kitchen medicine, such as sauerkraut for digestive problems. However, we certainly do not imply that any fruit, vegetable, or other food not named in the relevant section is without value to you and should be avoided. On the contrary, we always urge that you eat from as wide a range of foodstuffs as possible. So whatever your health problem, choose freely (unless a particular recipe features a food on your danger list).

The **Danger Foods**—listed immediately after the Superfoods—should be avoided wherever possible for those with the health problem specified. For example, avoid tea and coffee if you're suffering from anxiety or fatigue; steer clear of dishes that drip animal fat if you have a heart condition. Explanations are given to detail why a particular food is ill-advised in specific health problems.

The **eating plan** in each section spells out the broad guidelines you'll be following, and gives a week's menus.



How can you get the most out of this book?

Study the Superfoods in the sections that are relevant for you, and master the list of Danger Foods, too. In the recipe section you'll find dozens of other dishes that feature your Superfoods, while avoiding your Danger Foods. All of the recipes are beneficial for most ailments, but the ailments for which a recipe is *most* effective are listed under its title.

The menus for specific ailments are for your guidance only. Obviously, you don't have to keep eating the same dishes week after week. However, after using them, you may find it easier, and certainly cheaper, to plan a whole week's eating in the same way, balancing starch and protein, and including two or three Superfoods at almost every meal.

How carefully should you stick to the eating plan in the section relevant for you?

If you are seriously or chronically ill, if a doctor has recently given you a diagnosis of bad news, the more closely you stay with the eating plan, and the more you build the appropriate Superfoods into your daily menu, the more dramatic will be the improvement in your condition,

and the sooner you may return to health. Superfoods cannot always guarantee full recovery, but they can always reduce painful symptoms and increase well-being.

Some people may choose to stick with a particular eating plan as a form of insurance. If you have high cholesterol levels or high blood pressure, for instance, obviously you would be sensible to follow the recommendations in the section on circulatory problems, however well you feel at present. If you have had problems in the past with indigestion, constipation, or stomach ulcers, you might discover a digestive comfort and efficiency you never knew was possible by following the guidelines in the digestive section. If your workload is backbreaking—and there isn't a lot you can delegate—following the fatigue eating plan will help you cope.

If you wonder just how much “healthy eating” can do for you, follow the **Seven-Day Alimentary Plan** (p.287) and find out! The Three-Day Elimination Diet—the first three days of the Alimentary Plan—is recommended for those suffering from digestive problems, but it also works as a gentle cleansing and detoxifying diet after any season of rich eating and general overindulgence, such as Christmas or vacation time.

Over the last half-century, hundreds of thousands of people have recovered from serious health problems on no other treatment but following the eating plan devised by Dr. William Howard Hay in the 1920s, variously known as the Hay Diet or Food Combining, described on p.344. While

it is not essential to recovery, there is no doubt at all that **Harmonious Eating**, as we call it, can revolutionize your health, in some cases almost overnight. Whatever your ailments, we strongly recommend that you give it a serious trial for at least a week, as your first step toward super-health.

In our present state of ignorance, it would be foolhardy and irresponsible to claim that dietary changes alone can produce cures, but there can be no doubt that the right food will maximize the body's ability to fight back against many diseases. The extraordinary healing power of nature operates best in the well-nourished organism, whether it is a single cell or a complex human being.

Recent studies show the importance of nutritional factors in the amelioration of many diseases. For this reason we would urge all sufferers from such conditions as AIDS, myalgic encephalopathy (ME), Parkinson's disease, Alzheimer's disease, multiple sclerosis, motor neurone disease, cancer, lupus, rheumatoid arthritis, epilepsy, and schizophrenia to contact the relevant self-help and research organizations for the most up-to-date information and advice.

Whatever your illness, study the chapter on Harmonious Eating, together with those chapters most appropriate to your symptoms. Pick the recipes that tickle your fancy, enjoy them, and know that every mouthful enhances your health. As doctors are at last beginning to acknowledge, only nature heals.

However, Superfoods was designed to maintain well-being, as well as help restore

it, and you certainly don't need to be sick or out of condition to enjoy and benefit from the recipes in this book.

It's a rare household these days where all the family sits down to meals together in the evening, let alone at noon. So the menus are planned for breakfast, a light meal needing minimal preparation (which can often be turned into a packed lunch or prepared in advance), and for the main meal of the day, which may or may not be eaten in the evening.

In suggesting main-meal menus, there is always either an appetizer or a dessert as well as the principal dish. This is certainly not because we expect readers to prepare or eat a multi-course meal every day. Many of the recipes, including several presented as appetizers (such as the brown rice and celery soup), make a perfectly good meal in themselves, needing only the addition of a whole-wheat roll and a salad. However, when this is the only substantial meal of the day, or if it's the only time the family gathers and relaxes together, either appetizers or desserts, or occasionally both, may be called for. So we've made appropriate suggestions that preserve the balance of the meal. For those planning a lavish meal, the Sunday menu provides for a three-course feast, which could equally serve as a dinner-party menu.

It's a good idea to make a note of your personal Superfoods and Danger Foods. By the time you've been consulting it for a few days, you'll probably end up knowing it by heart. Then when you eat out in a restaurant, cafeteria, or café, you'll be able to skim the

menu and tell at a glance what are the good choices and which should be off-limits.

You can have too much of a good thing, even of a Four-Star Superfood. Some of these foods can be used successfully in what is known as the mono-fast—when you eat nothing but apples, or grapes, or plain brown rice for a day or two to help cleanse and regenerate your bodily forces—but few foods are suitable for such frequent consumption. Even ordinary and everyday foods, such as carrots, whole-wheat bread, and oranges, should not be overeaten. Some foods, such as pineapples or strawberries, can actually be harmful if eaten to excess. Let common sense be your guide. Eat the Superfoods that are right for you. Eat them often. Eat them daily, but don't overdo it.

Super-resistance

In an ideal world, the food we eat would be organically grown in soil uncontaminated by heavy metals and acid rain; the vegetables we eat would be freshly picked from our own gardens; the water we drink would be spring-pure and the air we breathe mountain-fresh. For the vast majority of us, this ideal is as remote as the Garden of Eden.

Our bodies suffer the daily insult of pollutants and the stress of food that is often

deficient in micronutrients. The fact that the human race has evolved at all is remarkable. We survive at what cost?

We are seeing today a dramatic increase in diseases that are linked directly to the failure of the body's immune defense mechanisms. We are seeing diseases never before encountered, such as MRSA and avian flu, against which we appear to have little immunity. Many workers in the field of environmental medicine believe that our new vulnerability is a consequence of our diet of devitalized foods, the product of agribusiness and global contamination.

Even if you eat the healthy diet all the experts advise, with vegetables, fresh fruit, salads, whole grains, nuts, and seeds, you may be short of the vital nutrients that you think you are getting in abundance. US nutrition expert Michael Colgan went shopping for oranges and found that a

freshly picked orange contained as

much as 180 mg of vitamin C,

while a supermarket orange, which looked just as fresh and glowing, contained not a single milligram.

In 1985 a survey in Britain indicated that 35 percent of men and 67 percent of women had an intake of zinc that fell alarmingly short of the 11 mg per day recommended by the World Health Organization. These



figures were based on the food intake of the subjects and assumed that these foods contained the levels of zinc set out in every nutritionist's calculating tables. However, as early as 1972, a study by the Food and Agriculture Organization reported severe zinc deficiencies in a wide range of soils in Europe and the United States. Fruit and vegetables grown on depleted soils are often low in vital minerals and trace elements, especially zinc, magnesium, and selenium, and there is no sign of any general improvement in farming methods.

In fact, intensive farming today relies on ever-increasing amounts of chemical fertilizer and pesticides that linger in our foodstuffs, further depleting our nutritional reserves. Twenty years on, surveys done in 2005 show that average selenium intake has halved and now represents less than 50 percent of the recommended daily amount.

Today it is not enough simply to rely on the traditional well-balanced mixed diet. To ensure Super-resistance, you must know how to supplement your diet—not with pills and capsules, but with the Superfoods that are extra-rich sources of the natural goodness we need. Together, they will supply the vital bricks that build your body's resistance to stress, disease, and infection. They are foods with the highest ORAC (oxygen radical absorbance capacity) scores—a system developed by the

Department of Aging at Tufts University to calculate the protective antioxidant value of a variety of individual foods.

Treat these foods as extra insurance at times of need, whether physical, mental, or emotional: during pregnancy, flu epidemics, periods of overwork or unusually high stress, or after an indulgent holiday. Use them at times of illness to hasten your recovery and always make sure that they feature regularly in your everyday eating. After all, an ounce of prevention really is worth a pound of cure. See p.20,

where you will find a list containing all of the Four-Star Superfoods.

Doesn't eating healthily cost a fortune?

Suppose you buy 1 lb (500 g) of fresh new potatoes at the farmer's market, and then buy the same weight of potato chips. You'll find that you pay around 19 times more for the chips, and for your money you'll be getting an unhealthy dose of fat, salt, and maybe a bunch of chemicals, too. This is the first lesson in understanding food value for money—the less anybody has done to the food you buy, the cheaper it is. A potato is grown and harvested by the farmer and transported to the wholesaler, who distributes it to the retailer where you buy it, all within as little as 24 hours. So four sets of people are making a living from your potato, and you're eating it soon after



harvesting, when it is still richly nutritious. Turn the potato into chips and you not only have the farmer and the transporter to get it to the factory, but you also have to add onto the price of the chips the cost of manufacture, packaging, delivery to another wholesaler, and delivery to the retailer. What's more, somebody has to pay for all that prime-time television advertising. Guess who?

Eating healthily doesn't have to cost a fortune. In terms of nutrition, more expensive certainly doesn't mean more valuable. The cheapest shin of beef is no less nutritious than a Chateaubriand steak; and common, locally grown vegetables will actually be fresher and more vitamin-rich than expensive, much-traveled, out-of-season alternatives. Try to buy as many fresh, unpackaged, unprocessed foods as possible. Not only will they cost much less than prepackaged foods, they will also be considerably fresher and thus a better buy nutritionally. Learn how to cook unfamiliar cuts of meat, vegetables, or fish, which may be the cheapest buy of the day. This is even more important if you're shopping just for one person, since many prepackaged foods are designed for a minimum of two people. Get into the habit of planning meals two or three days ahead. Learn to be resourceful with leftovers. Resist the almost-irresistible impulse buys, as you push your cart between supermarket shelves groaning with tempting delights. Most important of all, learn to be creative and experimental in your kitchen. If you do not have every single ingredient in a recipe, you can find a substitute—short of

total incineration, you have to do something extremely awful to render food inedible. You will soon discover that you don't have to spend a great deal of money to eat healthily. We priced out two sets of menus, buying all of the items at the same snack bars or supermarkets. Eating the healthy Superfood menus actually cost us at least 10 percent less than the equivalent junk food menus.

In the affluent Western world, those struggling to survive on the lowest incomes often spend their food budget in the worst way. Look into their shopping carts and you'll find that they buy, for example, white bread because it's cheaper than whole-wheat, margarine because it's cheaper than butter, and packages of instant desserts because they think they're cheaper than fresh fruit. People are convinced that they can't afford "real" food, never mind healthy food, but the same people regularly spend money at the fast-food restaurant or the, Chinese carry-out. An enormous amount of money is spent on junk food. Among the best-selling foods in Britain, for example, cola drinks, white sugar, potato chips, and chocolate bars rake in nearly a billion dollars a year. Shopping and eating in Sydney, Australia, offers an almost unbelievable choice of the finest fish, fruit, and vegetables, and ethnic restaurants from every corner of the world. But if you travel to the Atherton Tablelands—the fruit basket of north Queensland—you'll find that most of the restaurants there are greasy spoons serving meat pies and fries and fruit salads from syrup-laden cans. Nutritionally, such

foods contribute almost nothing but calories. It is the poorest sector of the community that not only eats worst in nutritional terms, but also fares worst in terms of illness and disease. While social deprivation and poor housing are major factors affecting public health, inadequate and unbalanced eating lies at the root of a huge proportion of illnesses affecting the poorest sector of Western societies. Before you say, “My diet is fine,” or “I wouldn’t feed my family on that garbage,” keep a notebook for one week and faithfully record every single item of food or drink that goes into your mouth. Get your family to do the same. At the end of the week, add up just how many high-fat, high-sugar, and low-nutrient foods and drinks have come your way. Count every cookie, doughnut, chocolate bar, soda, greasy carry-out, bag of chips, ice-cream sundae, and hot dog that you bought. Then work out how much they’ve cost you.

The more knowledgeable you are about nutrition, the easier it is to make good choices of food for yourself and your family. It’s perfectly true that a burger and French fries, or a helping of classic fish and chips, are fun food once in a while and will do you no harm if eaten occasionally. Similarly, everybody likes a bar of chocolate now and then. In a heat wave, what can be more delicious than good ice cream? However, it is when these foods become part of your staple diet, and when they crowd the good, health-building foods out of your budget, that your health will suffer. This is the price you’re paying.

All you’ll ever need to know about nutrition

Your great-grandmother may never have heard the word “nutrition.” She didn’t know a carbohydrate from a protein, a good fat from a bad fat, or a vitamin from a mineral. In spite of this, she raised your grandmother, who raised your mother, who raised you. How on earth did she do it without the help of nutrition experts, with their lists and diagrams? Simple—she used common sense. She served foods that were fresh and in season, and she planned good, square meals with a wide range of ingredients, which the family sat down to, and enjoyed together. Nutritionists have been arguing about exactly what we should be eating ever since the first vitamin was discovered in the early years of the last century. Today, however, there is nearly complete agreement throughout the world. The rules of sound nutrition can be summed up quite simply:

- ★ **Eat plenty of fresh fruit and vegetables**
- ★ **Eat a large variety of foods**
- ★ **Eat more fiber**
- ★ **Eat less fat**
- ★ **Eat less sugar**
- ★ **Eat less salt**

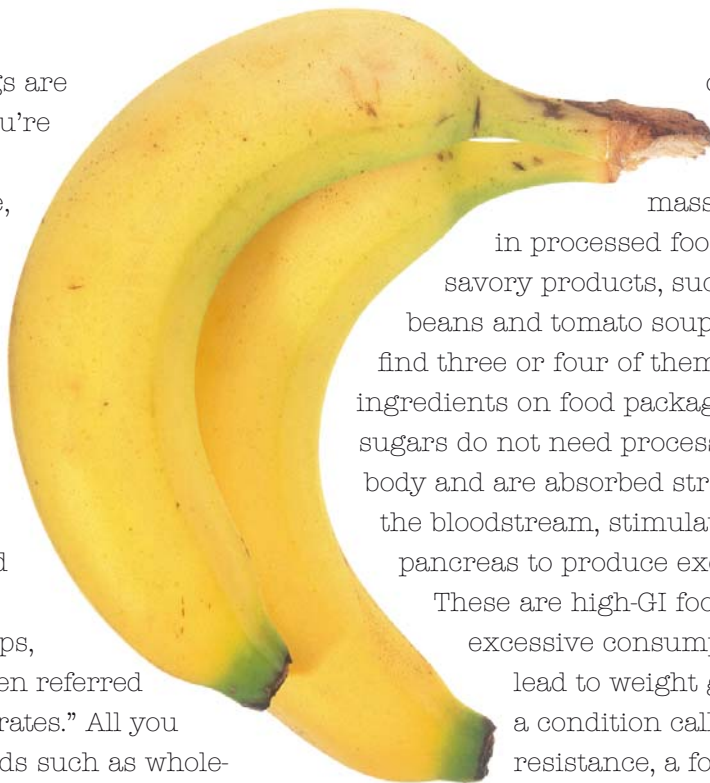
Thirty years ago, a handful of orthodox scientists raised the alarm about links between the diet of Western civilization and the diseases of affluence. They were branded scaremongers by the medical establishment and the food industry. Today, thanks to the weight of the World Health Organization, government bodies, and the avant-garde of

the medical world, things are changing, if slowly. If you're worried about your lack of nutritional knowledge, you can relax—here is all you need to know.

What's in food?

CARBOHYDRATES

Carbohydrates occur in grains, such as wheat and rice; legumes, such as beans and lentils; and in some root vegetables, such as potatoes, parsnips, and yams. These are often referred to as “complex carbohydrates.” All you need to know is that foods such as whole-wheat bread, brown rice, certain breakfast cereals (oatmeal, shredded wheat, unsweetened muesli), pasta, beans, and potatoes, are all wholesome. They are good because they provide slow-release energy and a wide range of nutrients. They are generally inexpensive and bulky, and traditional, healthy diets all over the world are based largely on grains and legumes. These “good” carbohydrates tend to have a low GI (glycemic index) rating. This means they're converted slowly from carbohydrates into sugars without causing a sudden rush of insulin into the bloodstream. Low-GI foods protect against diabetes, obesity, colon cancer, and heart disease. Confusingly, sugars are also carbohydrates, and these are not good for you, especially if they supply most of the energy in your diet. Refined sugars, such as sucrose, glucose,



dextrose, and maltose, are used in massive quantities in processed foods, including savory products, such as baked beans and tomato soup. You can often find three or four of them listed in the ingredients on food packages. These sugars do not need processing by the body and are absorbed straight into the bloodstream, stimulating the pancreas to produce excess insulin.

These are high-GI foods, and excessive consumption may lead to weight gain and a condition called insulin resistance, a forerunner of type 2 diabetes. This condition is known as “adult onset diabetes,” since it normally begins in middle age. Tragically, because of the enormous consumption of high-GI carbohydrates, doctors are now seeing type 2 diabetes in children as young as eight years old. The sugars that your body produces from low-GI carbohydrates do not have this effect.

Honey has been used as a sweetener since the first beehive was found, and, used in sensible amounts, it is far preferable as a sweetener than any form of sugar. Honey also contains traces of many nutrients.

Until the mid-19th century, white, refined wheat flour was unknown, and until early this century, most of the rice eaten around the world was unpolished, brown rice. What is “refined” out of wheat and rice is most of the goodness. In many countries

in the West, including Britain, the United States, Canada, Australia, and New Zealand, certain of these nutrients must by law be added back to the flour before it is baked into bread, but many vital nutrients are not.

FAT Fat is a nutritional minefield, with bitter battles raging over it. You are probably hopelessly confused by the conflicting advice you see in the press, in full-page advertisements for certain brands of margarine, or in promotions paid for by the dairy industry. Owing to modern, intensive rearing methods, factory farming, and the vast meat-processing and fast-food industries, most people in the West today consume unacceptably high levels of animal fat. For much the same reasons, most people are not getting enough of the essential fatty acids found in seeds, nuts, whole grains, some vegetables, and oily fish.

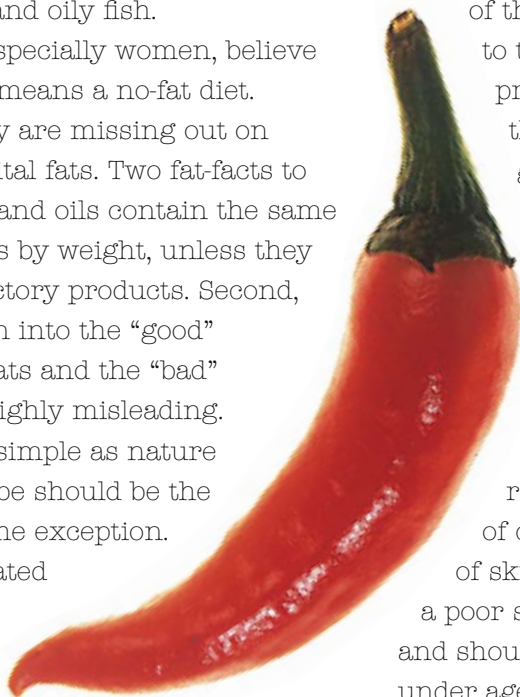
Many people, especially women, believe that a low-fat diet means a no-fat diet. Consequently, they are missing out on almost all of the vital fats. Two fat-facts to note: first, all fats and oils contain the same number of calories by weight, unless they are fat-reduced factory products. Second, the simple division into the “good” polyunsaturated fats and the “bad” saturated fats is highly misleading. Foods that are as simple as nature intended them to be should be the rule rather than the exception. Most polyunsaturated margarine is a highly processed, unnatural

foodstuff that contains trans-fatty acids. These trans-fats are liquid fats that are chemically treated to make them solid at room temperature, and they appear to be decidedly unhealthy. Natural butter, on the other hand, if used in moderation, is a useful source of vitamins A, D, and E.

We now know what every Mediterranean peasant has always known—that extra-virgin olive oil is a wonderful foundation on which to build your daily diet, and it is the best oil for your health, especially if it is combined with plenty of garlic and a glass of red wine a day. This is hardly surprising. Extra-virgin olive oil is obtained by a simple pressure process and contains the natural goodness to be found in the olive. The consumption of vegetable oils (such as sunflower, safflower, and corn oil) for

cooking has rocketed this century. Many of them are heavily processed to turn them into the near-tasteless products you buy. Consequently, there is little of the natural goodness of the sunflower, the safflower, or the corn left in them, and they have an unhealthy ratio of omega-6 to omega-3 fats.

With Superfoods, your diet will be low in fat. Consequently, you can enjoy the pleasures of real butter, the occasional dollop of cream, and whole milk, instead of skim milk, which is nutritionally a poor second cousin to the real thing and should never be given to children under age five.



You can reduce your fat intake by:

- ★ **Removing all visible fat from meat and poultry before cooking.**
- ★ **Saving meat products, such as sausages, pâtés, meat pies, hot dogs, salami, and bacon, for occasional treats—they provide up to 85 percent of their calories from fat.**
- ★ **Watching out for the hidden fats. When you eat a small bag of potato chips, up to two-thirds of its weight may be potato; the other third is fat. French fries are approximately 50 percent fat. Most cakes, pastries, and cookies are high in fats. An 8-oz (250-g) burger can contain more than 2 oz (60 g) of fat, and a cheeseburger even more.**

PROTEIN Estimates of how much protein—body-building components—we need to keep us going have varied wildly, from the hefty 5 oz (150 g) a day proposed by 19th-century nutritionists (equivalent to the protein content of approximately 1¼ lb [600 g] of lean beef) to the more modest 2–3½ oz (55–90 g) for adults that is recommended today.

How do you know whether you're getting enough protein? Simple. Unless you are following an extreme form of diet, such as a food-exclusion diet, or you are an exceptionally picky eater or an anorexic, it is almost impossible to be protein-deficient on an average, mixed diet. Quite the reverse is true. If you are eating eggs and bacon for breakfast, a pork pie at lunchtime, and meat and two vegetables in the evening, you may well be consuming far more protein than your body needs, and your kidneys will feel

the strain. Furthermore, meat isn't the only good source of protein, as is obvious when you consider the world's millions of healthy vegetarians. For those with high blood pressure, it is useful to know that reducing your animal protein intake helps to bring it down. Fish, chicken, eggs, cheese, milk, beans, peas, nuts, grains, vegetables, and even some fruits all supply varying quantities of protein. The average Western adult gets around 66 percent of his or her protein from meat, fish, eggs, cheese, and milk; 25 percent from bread and other cereals; and 10 percent from vegetables.

In spite of many doctors' opposition to vegetarianism, some of the healthiest cultures in the world never eat meat or animal products. The wisdom of centuries-old eating traditions helps them balance their diets without even thinking about it. The old idea of first-class and second-class proteins, with meat belonging in the executive class, is now, thankfully, dying out. The only imperative for vegetarians is that they should get their protein from mixed sources, as in the traditional rice and peas of the West Indies, for example; the rice and lentils of the Middle East; the pasta and beans of Italy; and the rice and dhal of India.

However, it is virtually impossible to be an adult vegan—someone who avoids eggs and all milk products as well as meat and fish—without supplementing the diet with B vitamins, and it is irresponsibly risky to bring up a child as a vegan unless you are extremely well-informed and give the child the appropriate dietary supplements.

FIBER Fiber occurs in whole grains, legumes, vegetables, fruits, and seeds. A hundred years ago, nobody needed to worry about fiber, since it was naturally present in their daily bread, cereals, and vegetables. There is now a huge body of evidence to suggest that when your diet is deficient in fiber, you are likely to suffer from a whole range of digestive nasties. As well as benefiting the digestive system, certain forms of fiber, especially the type in oats, barley, and beans, help the body eliminate excess cholesterol, and consequently protect the heart and circulatory system.

VITAMINS AND MINERALS Even a qualified nutritionist would need a computer to work out how many of your daily vitamin and mineral needs will be met by a particular diet or food. Without burdening you with an incomprehensible array of numbers, here are some simple guidelines to ensure that you obtain all of your vitamin and mineral requirements from the food you eat.

★ **The fresher the fruit and vegetables you eat, the better they are for you.** Much of their goodness starts to disappear the moment they are picked. The loss of vitamin C is increased by storage, handling, bruising, and preparation. Heat is the final enemy of vitamin C. The most nutritious way of eating many vegetables and most fruit is raw. Try one meal a day of nothing but raw foods—wonderful fruit, delicious salads, a crunchy carrot or cauliflower, peppers, fennel, celery, and unroasted nuts. Keeping cooked vegetables warm will destroy what little vitamin C may be left. B vitamins

and many minerals leach out into the cooking water, so cook vegetables in a minimum of water, for the shortest possible time.

★ **Good, fresh produce is always the first choice when it comes to buying vegetables.**

Commercially frozen vegetables are also a good option, since they are harvested and frozen at their best, when their vitamin content is at its highest. They may lose some vitamin C, but they will contain more than vegetables that have spent a long time in transit, in the store, or in your refrigerator. Frozen vegetables are handy for the cook who is pressed for time, since they can turn a snack into a nutritious meal.

★ **Discover nuts and seeds—they're not just for the hamster.** Almonds, hazelnuts, walnuts, cashews, and chestnuts, and sunflower, sesame, and pumpkin seeds are all available in supermarkets, and they're delicious. They also happen to be bursting with B vitamins, vitamin E, zinc, iron, protein, and fiber—the nutrients for their future growth into trees, shrubs, and flowers. For suggestions on how to use them, refer to the list of Superfoods (*p.20*).

★ **There are super-nutrients and anti-nutrients.** All the vitamins are essential for life, but some are super-nutrients, such as beta-carotene, which is found in brightly colored fruits and vegetables and is converted by the body into vitamin A. Vitamin C from fresh produce and vitamin E from nuts seeds are also super-nutrients. Some super-nutrients are antioxidants that mop up excess free radicals, which are the by-products of body chemistry. These are highly



destructive to individual cells, and they can trigger cancer, heart disease, and other disorders. Free radicals are also responsible for visible signs of aging, such as wrinkles.

An ever-growing body of research has now established beyond doubt the key role of antioxidants in keeping us healthy. Indeed, conventional nutritionists, who twenty years ago were certain that the “average” diet supplied all our nutritional needs, are now desperately promoting the “five portions of fruit and vegetables a day” message. This confirms the wisdom of the “health nuts” who always maintained that at least one-third of daily food should be fruit, salad, and vegetables. Eat plenty of green leaves, red peppers, grated carrots, radishes, fennel, chopped parsley, and tomatoes, dressed with extra-virgin olive oil, and you’re enjoying a mega-helping of the antioxidants.

Anti-nutrients are substances that either interfere with the body’s absorption of nutrients or destroy them. The much-touted bran, lavishly packed into cereals, or sprinkled into soup, can have a disastrous effect on the absorption of calcium, iron, and other minerals. Coffee, tea, and other caffeine-

carriers, such as cola and chocolate drinks, can also lower the amount of iron that the body will absorb from food. Vitamin C, on the other hand, will maximize it, so if you must have coffee with your boiled egg (a good source of iron), have some orange juice with it as well.

Refined sugars and alcohol drain the body’s vitamin B reserves. Certain drugs also lower nutrient uptake or storage, among them antibiotics, the contraceptive pill, antidepressants, antacids, and laxatives. If you are taking any of these regularly, your diet should be especially good, and you should consider taking a simple vitamin supplement.

★ **At least once a day, eat a home-cooked meal—at the table, not in front of the television, and not in a rush.** This way of eating is good for your digestion and results in your body getting more nutrients from the food. This is not to mention the fact that you and your partner, your family, or your friends will gather around the table and talk to one another, something that few people make time to do these days.

If you can’t manage a daily gathering around the dining table, why not try resurrecting the traditional Sunday brunch, or making a Friday evening family feast part of your weekly routine? Such gatherings are often among our richest childhood memories, but how many of today’s children will be able to look back on them?





The Superfoods

- ★ Fruit
- ★ Vegetables
- ★ Grains and legumes
- ★ Nuts and seeds
- ★ Eggs and dairy
- ★ Meat, seafood, and poultry
- ★ Herbs and spices
- ★ Miscellaneous



The Superfoods



Fruit

- ★ apples *p.22*
- ★ pears *p.24*
- ★ oranges *p.25*
- ★ grapefruit *p.26*
- ★ lemons and limes *p.27*
- ★ blueberries *p.28*
- ★ cranberries *p.29*
- ★ raspberries *p.30*
- ★ strawberries *p.31*
- ★ apricots *p.32*
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- ★ buckwheat *p.78*
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- ★ pasta *p.84*
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- ★ almonds *p.86*
- ★ cashews *p.87*
- ★ hazelnuts *p.87*
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Meat, fish, poultry

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- ★ oils *p.127*
- ★ honey *p.128*
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Apples



“If you could plant only one tree in your garden, it should be an apple tree,” says famous French herbalist Maurice Messegue. So what’s in an apple? A bonus for your heart: the pectin and vitamin C in apples help keep cholesterol levels stable, as US studies have shown; pectin also protects us from the ravages of pollution, binding to heavy metals, such as lead or mercury, in the body and carrying them safely out. The malic and tartaric acids in apples help to neutralize the acid by-products of indigestion and help your body cope with excess protein or rich, fatty foods: apple purée with pork, apples with cheese, or sage and apple stuffing for goose are traditional combinations based on country wisdom.

Because of these qualities, these wonderful fall fruits are great detoxifiers, and people suffering from arthritis, rheumatism, or gout should eat raw apples regularly. A mono-fast on apples alone, for a day or two, can be warmly recommended for people suffering from food poisoning or inflammatory bowel conditions. It’s also a marvelous general pick-me-up after the excesses

of a the holidays, or a debilitating bout of the flu.

It was observation of an apple cure at work that led Dr. Bircher-Benner to his discovery of the healing powers of raw food. On the advice of an old doctor, he fed grated raw apple to a patient whose digestive problems had brought her close to death: it was the first food she was able to take in weeks, and after a few days of the apple cure, she was well on the way to recovery. Apples, as Bircher-Benner realized, are first-class therapy for any digestive problems or infections, being both soothing and antiseptic.

In a French study, eating two apples a day resulted in an average drop in cholesterol levels of up to 10 percent. That’s partly because apples are also a fantastic source of fiber, both soluble and insoluble: one large apple can provide 10 percent of your daily recommended fiber intake. And we now know that high-fiber foods can be useful in preventing heart disease.

•••••
Recommended for:
circulatory *p.278*
digestive *p.284*
joints *p.304*





Pears



Pears are a good source of pectin, which helps bowel function and increases the amount of cholesterol eliminated by the body. Supplying reasonable vitamin C, some vitamin A and E, and potassium, they're helpful for digestion and convalescence, and are a source of easily accessible good calories. They contain no fat and virtually no sodium, but they do contain fruit sugar, which is easily converted into instantly usable energy.

Pears are one of the foods least likely to cause any type of allergic reaction, so they're ideal puréed for babies and used in exclusion diets where food allergies or intolerances are suspected. However, fresh pears do contain a sugar-based alcohol called sorbitol. While this sugar-free sweetener is tooth-friendly, in large amounts it may cause diarrhea in a small number of susceptible people.



Recommended for:

circulatory *p.278*

digestive *p.284*



Oranges



The high vitamin C content of fresh oranges accounts for much of their beneficial influence on our health, given the vital importance of this vitamin in combating infection. Here's one more bonus: in a Swedish study of people eating a Western-style breakfast, orange juice taken at the same meal more than doubled iron absorption. Oranges also contain another antioxidant: the vitamin A precursor beta-carotene.

The pith and segment walls contain bioflavonoids. These are also known as vitamin P factors, or C2 since they appear to make possible the activity of vitamin C. In addition, they are known to strengthen the walls of the capillaries. Leslie Kenton points out that in the original plant, these compounds “act as primitive defense systems protecting them from disease...Many studies indicate that various bioflavonoids...actively combat infectious bacteria, viruses and fungi.”



Recommended for:

- cancer *p.264*
- circulatory *p.278*
- respiratory *p.312*
- skin *p.318*



Grapefruit



Grapefruit shares with other citrus fruits a high level of vitamin C and plenty of potassium. It's also well supplied with pectin—a substance recommended to those suffering from circulatory or digestive problems. In addition, grapefruit has high concentrations of bioflavonoids. These plant substances are attracting increasing medical interest. They seem to have the ability to protect the integrity of the blood vessels, particularly the tiny capillaries, and to act against inflammation. Both pectin and bioflavonoids are found in the white pith of grapefruit, and in the membranes dividing the sections, so eat the whole fruit rather than just the juice to ensure maximum benefit.



Recommended for:

circulatory *p.278*

digestive *p.284*

respiratory *p.312*



Lemons and limes



Limes are the most acidic of citrus fruits, containing more vitamin C than grapefruit but less than oranges and lemons. Mostly grown for juice used as flavoring, particularly in drinks, limes have a chemical composition and medicinal properties similar to lemon juice. They're also rich in protective bioflavonoids, which are found mostly in the pith.

Royal Navy ships once carried barrels of limes to prevent scurvy. This is the origin of the epithet "limey," an American name for an English person.



Recommended for:

cancer *p.264*

respiratory *p.312*



Blueberries



Blueberries were introduced to early settlers in North America by American Indians, for whom they were a staple food. Along with cranberries, the high vitamin C content in blueberries prevented the Indians from dying of scurvy. The pigment, which is mostly in the skin, has a high concentration of antioxidants. Blueberries may even help prevent Alzheimer's disease and other forms of dementia. Containing more antioxidant chemicals than red wine, blueberries are good for the heart and circulation. Added to breakfast smoothies or sprinkled over your morning cereal, they are a powerful package.



Recommended for:

- cancer *p.264*
- circulatory *p.278*
- digestive *p.284*
- stress *p.292*



Cranberries



American Indians taught white settlers in North America to eat the tart, bright red berries of the cranberry bush as a remedy for scurvy, and Yankee ships soon routinely carried barrels of cranberries stored in water. The berries are high in vitamin C; but iron, vitamin A, and potassium are among their other nutritional assets.

Worldwide, scientists now accept what native American healers have always known—that cranberry juice both treats and prevents urinary tract infections. It's not the acidity of the cranberries that does the trick, but their natural mucilage, which sticks to the walls of the bladder and its associated structures. This mucilage prevents bacteria from lodging in the tissues and causing chronic and recurrent cystitis. In a number of trials, cranberry juice has been used to treat urinary tract infections over prolonged periods with no marked side effects. There's no evidence of bacterial resistance to the benefits of this amazing juice.

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Recommended for:

circulatory *p.278*

fatigue *p.298*

urinary *p.324*



Raspberries



Like grapes, raspberries should be on every hospital menu. This tart, delectable fruit supplies not only a fair amount of vitamin C, but useful amounts of calcium, potassium, iron, and magnesium, which are all vital to the convalescent, as well as to those suffering from heart problems, fatigue, or depression. All of the minerals are well absorbed, thanks to the vitamin C.

Herbalists value raspberries for their cooling effect—they are useful in feverish conditions. Naturally astringent, raspberries can do you good the length of your digestive tract, helping to counter spongy, diseased gums, upset stomachs, and diarrhea along the way.

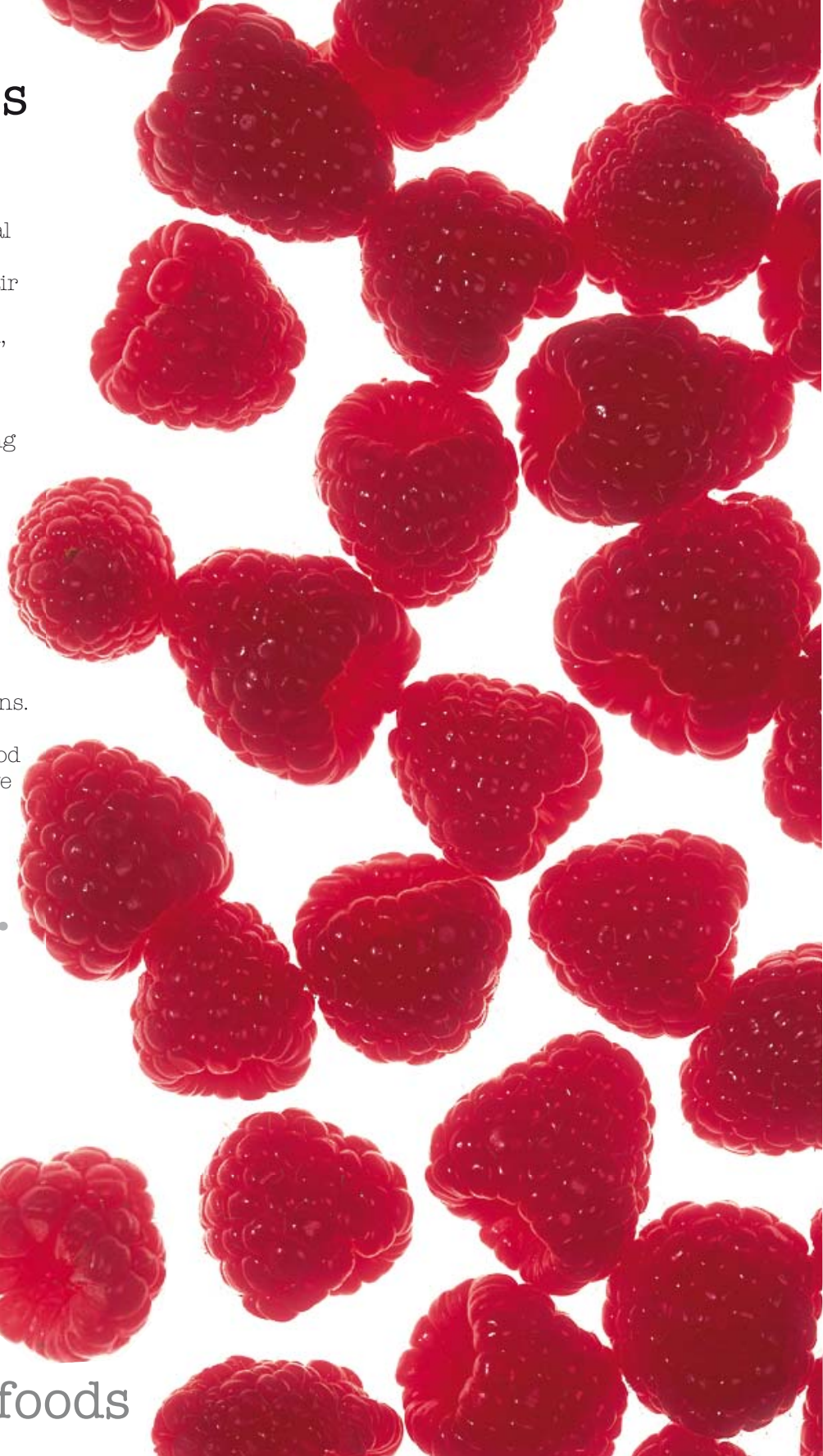


Recommended for:

circulatory *p.278*

digestive *p.284*

stress *p.292*



Strawberries



The great Swedish botanist Linnaeus, whose special interest was in medicinal plants, recommended strawberries as a perfect cure for arthritis, gout, and rheumatism. He spoke from personal experience: he cured himself of gout by eating almost nothing but strawberries morning and night. This agreeable cure probably works because strawberries are admirable cleansers and purifiers of the whole system.

Strawberries also have a confirmed reputation for combating high blood pressure, and they are recommended in European traditional medicine for the elimination of kidney stones. Their high iron content makes them therapeutic for anemia and fatigue. People with skin problems should enjoy plenty of this wonderful fruit, which cleanses and regenerates the intestinal flora. For full therapeutic effect, strawberries should be eaten on their own, or at the start of a meal.



Recommended for:

circulatory *p.278*

fatigue *p.298*

joints *p.304*

skin *p.318*



Apricots



Apricots, an early summer fruit that originated in China, are loaded with beta-carotene, as their wonderful yellow-orange color informs us—the brighter the color, the more beta-carotene a fruit contains. Beta-carotene—a nutrient that is converted by your body into vitamin A—is one of the most effective antioxidants around, so the ripe, fresh fruit should be eaten whenever possible by those suffering from any infection (especially of the respiratory system) or at risk from cancer or heart disease.

A US study also found that women who had high vitamin A intakes nearly halved their chances of developing cataracts: the more fruit you eat, the better your eyes. Dried apricots supply iron, and they actually have higher antioxidant levels than the fresh fruit. They can be thrown into stews or added to muesli. The sulfur dioxide that preserves their color can easily be washed off in some warm water.



Recommended for:

- cancer *p.264*
- respiratory *p.312*
- skin *p.318*



Cherries



Cherries contain plenty of potassium and virtually no sodium, so they're excellent for anyone with high blood pressure or heart disease. They're a reasonable source of vitamin C, but they also contain significant amounts of bioflavonoids and other plant chemicals. This puts them pretty near the top of the list of protective antioxidant foods. Their ellagic acid content adds extra value to their anti-cancer properties.

In folk medicine, cherries have long been used for the relief of arthritis and gout. In addition, dried cherry stones make the most wonderful hot bag for muscular pain, joint disorders, and stomachaches. Although there is no scientific evidence for their effectiveness, the anecdotal stories are legion—and even if cherries don't help, they can't hurt. They taste delicious raw, cooked, juiced, or dried. Of the sour cherries, Morello are wonderful for cooking and Acerola the richest in nutrients.



Recommended for:

cancer *p.264*

circulatory *p.278*

joints *p.304*



Grapes



A bunch of grapes is the get-well present that British people take to their sick friends in the hospital: they could do nothing better for them. Grapes are a uniquely nourishing, strengthening, cleansing, and regenerative food, useful in convalescence.

Grapes are also excellent for easing the symptoms of anemia, fatigue, and disorders such as arthritis, gout, and rheumatism, which may result from poor elimination of waste products, such as urine. The nutritive powers of grapes were confirmed by Mahatma Gandhi, who drank grape juice during his marathon fasts.

In 1926, South African natural healer Johanna Brandt pioneered the grape cure, after claiming to have cured herself of cancer with its help: for weeks on end, she ate nothing but fresh grapes. European nature clinics have obtained excellent results using a grape mono-fast to treat a range of ailments, including skin problems, disorders of the urinary system, arthritis, and gout. A two-day grape mono-fast every ten days is recommended for those wanting to lose weight.

Grapes should be eaten on their own, and not as part of a meal. This is because they ferment rapidly in the stomach. Chewing grapes is also recommended to help alleviate infected gums.

Grapeseed oil, now increasingly seen on supermarket shelves, is rich in polyunsaturated fats and vitamin E. It's also highly heat-stable, even in prolonged cooking at modest temperatures.

It is important to note that most grapes are sprayed incessantly with pesticides during

cultivation. Bearing this in mind, it is vital that you wash grapes very carefully before eating them.



Recommended for:

cancer *p.264*
stress *p.292*
fatigue *p.298*
joints *p.304*
skin *p.318*
urinary *p.324*





Kiwifruit



Kiwifruit isn't just a pretty face in a nouvelle cuisine dish. This little fruit with the shabby fur coat is a treasury of nutritional riches. It contains almost twice as much vitamin C as oranges, more fiber than apples, and as much vitamin E as an avocado—about 3.5 mg per 3½-oz (100-g) serving.

Kiwifruit is particularly rich in potassium, which can be in dangerously short supply in Western diets. Deficiency can lead to high blood pressure, depression, fatigue, and poor digestion. The average kiwifruit will supply 250 mg potassium, but only 4 mg sodium.

Choose fruit soft enough to yield to gentle pressure. It can be stored in the refrigerator, and should be peeled just before eating. The best way to eat it is to cut off the top and scoop out the wonderful pale green flesh with its small black seeds.



Recommended for:

circulatory *p.278*

digestive *p.284*

stress *p.292*

skin *p.318*



Bananas



One of nature's most superb fast foods, bananas are unjustly maligned as a high-calorie food; in fact, the average banana contains under 100 calories. Bananas are packed with nourishment, particularly potassium, which is essential to the functioning of every single cell in our bodies. Zinc, iron, folic acid, and calcium are other nutrients that bananas contain. They also contain the useful form of fiber known as pectin, which helps the body to eliminate toxic wastes.

Weight for weight, bananas contain nearly the same amount of vitamin B6 as liver. This important nutrient is chronically undersupplied in the average diet. Bananas are also highly beneficial to the digestive tract, soothing and helping to restore normal function; naturopaths recommend them for both constipation and diarrhea. They make an ideal energy snack for athletes, since the potassium helps to prevent cramps. Bananas should be eaten ripe, when they can be easily digested.



Recommended for:

circulatory *p.278*

digestive *p.284*

fatigue *p.298*



Melon



Melons are a cooling, delicious treat in hot weather: a large slice of crunchy pink watermelon—sold from roadside stands all over the Mediterranean—beats any carbonated drink for refreshment.

Watermelon—or a tea made by simmering its seeds in water for 30 minutes—has long been recommended in traditional medicine as a remedy for kidney and bladder problems. All forms of melon are also mildly stimulating to the kidneys, and are gently laxative, making them useful for those with gout or constipation. A two-day mono-fast on melons of any kind is a delightful summer cleanout of the whole system. Like grapes, melon of all kinds should be eaten on its own, or at least at the start of a meal, since it ferments rapidly in the stomach.



Recommended for:

digestive *p.284*

skin *p.318*

urinary *p.324*





Papaya



Papaya contains the enzyme papain, which improves digestion and is used industrially. One fruit provides twice the vitamin C and one-third of the vitamin A you need daily. The healers of the South American Mayans used the fruit's sticky latex, its juice, and the flesh as medicine. It's still common today in South America to wrap meat in the leaves of the papaya before cooking to create tender and delectable dishes.

On a less culinary note, the leaves may also be used to improve wound healing and for the treatment of leg ulcers and boils in traditional medicine. Even the seeds of this remarkable fruit are useful. The next time you eat a papaya, try saving the seeds and adding them to olive oil, vinegar, or pickles to impart a unique spicy flavor.

Papayas are particularly good for children because they make great-tasting smoothies. Halve and deseed the fruit, put the flesh into a blender, add a small carton of yogurt and a cup of milk, and blend until smooth. For a more sophisticated version for adults, blend the flesh with a little water and mix half and half with champagne.

Although canned papaya is available, it's not nearly as good for you as the fresh fruit, since most of the vitamin C and more than half the beta-carotene are, unfortunately, lost in processing.



Recommended for:

- digestive *p.284*
- respiratory *p.312*
- skin *p.318*



Mangoes



One mango provides over a day's dose of vitamin C, two-thirds the recommended amount of vitamin A, nearly half the recommended amount of vitamin E, and a quarter of your fiber, potassium, iron, and nicotinic acid for the day. It also tastes wonderful. Mangoes originally grew in India, where their history goes back over 4,000 years. Today, varieties are grown in Australia, South Africa, Brazil, and Pakistan.

It's a fantastic bonus that anything tasting as good as a mango is also a source of powerful antioxidants. The mango also has medicinal properties, and in traditional Indian medicine its antiseptic twigs can be chewed to protect the teeth and gums. The bark is useful in treating diarrhea, while the fruit is given for high blood pressure.

Mangoes actually belong to the same family as poison ivy. Wear rubber gloves to prepare them to avoid contact with their potentially irritating skin.



Recommended for:

circulatory *p.278*

fatigue *p.298*



Pineapples



In Hawaii, people eat chunks of juicy pineapple as a delicious cure for digestive problems. We now know that the fresh fruit contains an enzyme, bromelain, which can digest many times its own weight of protein in a few minutes. Like the enzyme papain in the (unripe) papaya fruit, bromelain breaks down only food and dead tissue, leaving our guts miraculously unassailed. The juice of fresh pineapples is also effective folk medicine for sore throats and was once a favorite herbal remedy for diphtheria. This reputation suggests that the pineapple contains compounds with marked antibiotic and anti-inflammatory effects.

Some of these compounds—though not bromelain—may survive the processing that produces juice or canned fruit. But for maximum healing potential, choose the fresh, ripe fruit. When really ripe, the fruit loses the tartness that puts many people off pineapples.

When buying a pineapple, always choose fruit that is fresh, ripe, and unbruised.



Recommended for:

- digestive *p.284*
- cancer *p.264*
- circulatory *p.278*
- joints *p.304*
- respiratory *p.312*
- skin *p.318*



Pomegranates



Pomegranates have been grown and eaten by humans since prehistoric times. This unique fruit has been part of ancient mythology, art, and religion from the time of the ancient Egyptians to the ancient Greeks and the Old Testament. You'll even see it in the mosaic tiles in the excavations at Pompeii. It gets its name from medieval French and it means, literally, "seeded apple"—an average fruit can contain up to 800 of the tiny seeds. Although it has a long history, scientific research shows that the pomegranate is indeed a true Superfood for our modern times.

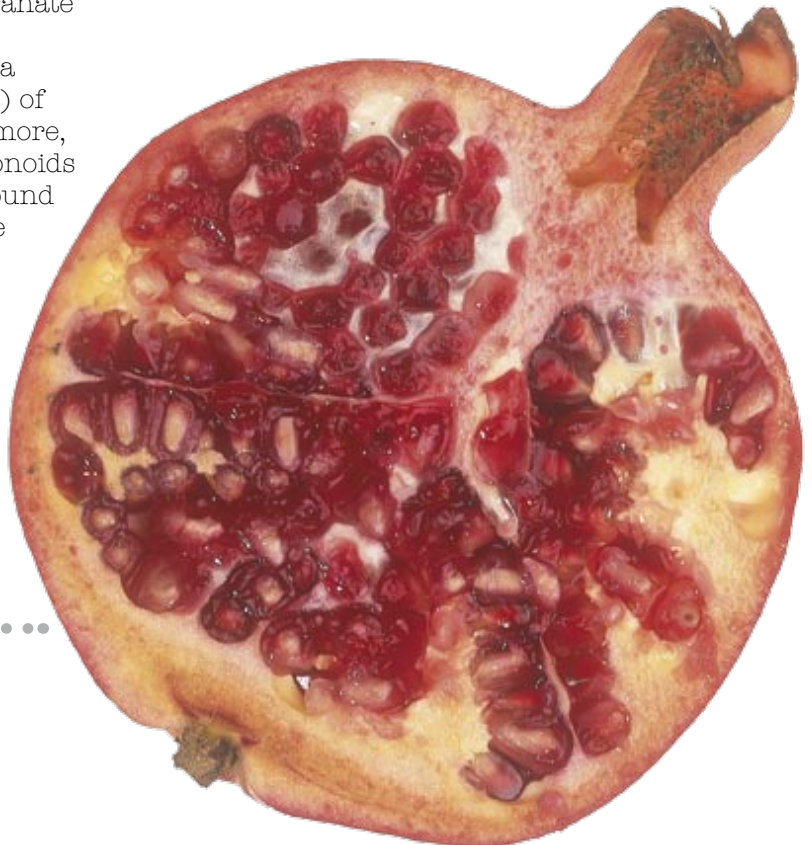
Scientists in California and Israel have shown that pomegranates are an extraordinarily powerful and natural antioxidant. One small glass of pomegranate juice provides three times the ORAC (Oxygen Radical Absorbance Capacity, a measure of a food's protective qualities) of the same quantity of red wine. What's more, the concentration of protective bioflavonoids in the fruit is even greater than that found in grapes or green tea. All the evidence supports the traditional belief that pomegranates are protective against heart disease, circulatory disorders, degenerative and inflammatory conditions, and even some types of cancer. There are even suggestions that the fruit has antiviral and antibacterial properties. Low in calories, fat, and sodium, pomegranates taste great when freshly juiced.



Recommended for:

cancer *p.264*

circulatory *p.278*



Dates



Dates are a highly energizing and richly nourishing food that is useful for convalescents and also an excellent addition to packed lunches. They are native to North Africa and Arabia (the date palm is mentioned in the Koran more often than any other fruit-bearing plant), and Bedouin Arabs would travel for days across the desert with little more than a store of dates, figs, and flour with which to make unleavened bread.

Like most dried fruits, dates are a good source of the antioxidants that help boost the body's defenses against some cancers. Rich in fiber, they are mildly laxative and so prevent constipation. Dates are an important source of minerals and are particularly high in potassium, helping to maintain fluid levels and the sodium/potassium balance so important in very hot climates. Most dates contain easily available iron, but some varieties provide exceptional amounts, which may explain their historical reputation as an aphrodisiac.



Recommended for:

digestive *p.284*

respiratory *p.312*



Figs



Figs have a centuries-old reputation as a sustaining and nourishing food. In classical antiquity, athletes were often fed entirely on figs, while Pliny the Elder praised them for their ability to get rid of wrinkles. In either fresh or dried form, they are friendly to the digestion. This is because they contain an enzyme called ficin that assists the digestive process, exerting a soothing action on the gut. They are also mildly laxative. Dried figs are a rich source of fiber, iron, potassium, and calcium, making them a useful food for people with high blood pressure.

Weight for weight, figs contain more fiber than most other fruits or vegetables, so they're great for your digestive system and your cholesterol levels. They're also very high in polyphenol antioxidants, which makes them a valuable food for cancer prevention. The instant energy they provide and their ability to prevent cramps make them good for athletes, too.



Recommended for:

circulatory *p.278*

digestive *p.284*

respiratory *p.312*



Raisins



Man has been drying fruits in the sun as a means of preservation for at least 5,000 years, and the Romans in particular included raisins in many of their medical prescriptions. Raisins are a perfect energy food for active people and those suffering from exhaustion. They're rich in fiber to help reduce cholesterol and improve bowel function, and also in iron, with a large handful providing more than 25 percent of the RDA of this nutrient for women. They also contain selenium and potassium, which helps to prevent fluid retention and reduce blood pressure. Raisins contain small amounts of vitamins A and B. The combination of energy and B vitamins means they are helpful for anyone with depression, anxiety, and stress.

Raisins are treated with sulfur or mineral oil, which can both be removed by washing raisins in warm running water. Organic raisins aren't treated with these substances.

Recommended for:

circulatory *p.278*

stress *p.292*

fatigue *p.298*



Prunes



These wonderful dried fruits have a terrible reputation. In countries where good food is greatly appreciated, such as France, they're considered a delicacy, whereas we tend to consider them for one thing only—as a laxative—though that's the least of their value. Rich in potassium, which helps high blood pressure, and in fiber, iron, niacin, and vitamins B6 and A, prunes are also energy food. In addition, they also contain *hydroxyphenyl-isatin*, which is a gentle, non-purging laxative. Most importantly, weight for weight, prunes are the most powerful of all the protective antioxidant foods. The US Department of Agriculture has calculated the ORAC (Oxygen Radical Absorbance Capacity) of prunes at 5770 units per 3½ oz (100 g), compared with 2,000-plus for raisins, blueberries, and blackberries. One handful of prunes provides more than the optimum protection of 5,000 ORACs daily.



Recommended for:

- cancer *p.264*
- circulatory *p.278*
- digestive *p.284*
- fatigue *p.298*



Mushrooms



We should all eat more mushrooms. They contain more protein than most other vegetables, they're very low in calories, and they're also a good source of phosphorus and potassium. Although most textbooks state that mushrooms are not a source of vitamin B12, the most up-to-date research reveals they are actually a valuable source of this essential nutrient. One decent-sized field mushroom, or three button mushrooms, will give you enough B12 for a day, which is vital for vegetarians and even more so for vegans, since other plant sources of B12 are very limited. The same is true for vitamin E. Again, modern research reveals that most mushrooms are a rich source of this essential nutrient, with 3½ oz (100 g) providing more than the minimum daily requirement.

Washing spoils their delicate flesh, so just remove any grit from mushrooms and then wipe them clean with a damp cloth.



Recommended for:

stress *p.292*
fatigue *p.298*



Celery



Celery helps calm the nerves, according to Hippocrates. Perhaps this is due to its rich calcium content. Worldwide, it has a high reputation as an anti-rheumatic, although the anti-inflammatory agent at the base of this reputation is more concentrated in the seeds and leaves than in the edible root. In traditional medicine, it's the seeds that are specifically recommended in the form of a tea for gout, rheumatism, and other problems resulting from poor elimination of wastes. In Japan, rheumatic patients are sometimes put on a celery-only diet; celery stewed with milk and eaten with it, or with celery seed tea, is a standard Romany treatment for rheumatic ailments. If you have rheumatoid arthritis, a daily half-glass of celery juice, first thing in the morning, for 15–20 days is worth trying. More than this would be counterproductive, and the kidneys would be irritated rather than stimulated.

As well as these admirable properties, celery has a very high reputation in folk medicine as a sexual stimulant: according to Dr. Vogel, it does in fact stimulate not only the thyroid and pituitary glands but also the gonads. There seems little scientific evidence in support of this claim, but folk medicine is seldom wholly misguided. And it's really true that you burn more calories chewing celery than you get from eating it.



Recommended for:

digestive *p.284*

stress *p.292*

joints *p.304*

urinary *p.324*



Radishes



Radishes belong to the crucifer family and are valuable for those at risk from cancer. But it is for problems of the liver and gallbladder that traditional medicine has most warmly recommended them. Radish juice acts powerfully on the gallbladder, stimulating the discharge of bile, as French studies have demonstrated.

Radishes contain other nutrients, including plenty of potassium, calcium, and sulfur, as well as some vitamin A and B-complex. They should be eaten as fresh as possible, while still young and crisp. Their tops should be eaten at the same time, as this aids the digestion of the vegetable. However, beware of overindulging in radishes; too much hot, stinging radish can irritate rather than stimulate the liver, kidneys, and gallbladder.



Recommended for:

cancer *p.264*

digestive *p.284*

respiratory *p.312*



Watercress



Watercress belongs to the powerful crucifer family, other members of which are cabbage, broccoli, Brussels sprouts, kale, turnips, and radishes. Like them, it should figure prominently in the diet of anyone at risk from cancer. Watercress is also rich in vitamin A and vitamin C, both of which play an important role in combating cancer.

Watercress is related to nasturtiums, and both contain potassium and a benzyl mustard oil, the compound that gives them their “bite,” which research has shown to be powerfully antibiotic. Unlike conventional antibiotics, the substances in watercress and nasturtiums are not only harmless to our intestinal flora, they are positively beneficial to the health of our gut. Urinary and respiratory infections in particular benefit from doses of watercress. Watercress is also a good source of iodine, which is useful for those with low thyroid activity.



Recommended for:

- cancer *p.264*
- fatigue *p.298*
- respiratory *p.312*
- skin *p.318*
- urinary *p.324*



Avocados



Every dieter thinks that luscious avocados are a high-fat, high-calorie treat. But when ripe they are also an almost complete food, supplying lots of potassium, vitamins A and E, some B and C vitamins, and a little protein and starch, along with avocado oil, which is mainly a monounsaturated fat.

Avocado is excellent as an early weaning food when puréed with other vegetables, and for convalescents. It's good for anyone suffering from stress or sexual problems. Avocados are a particularly rich source of skin-protective antioxidants, especially vitamin E. Women, in particular, who are often warned off avocados as being extra-high in fat and calories, should eat plenty of this fruit for the sake of their skin. Together with heart-protective monounsaturated oil and the other nutrients they contain, they neutralize damaging free radicals. This makes them good for the heart, circulation, and anti-aging.



Recommended for:

- circulatory *p.278*
- stress *p.292*
- fatigue *p.298*
- skin *p.318*



Peppers



Known as sweet or bell peppers, these versatile vegetables are an excellent source of vitamin C. The red and yellow ones contain four times as much vitamin C as oranges, and a serving of green peppers supplies 100 milligrams of vitamin C—over three times the recommended daily allowance. For this reason, peppers are best eaten raw, although in the salad form popular in Spain or Italy, they conserve much of their vitamin C. Yellow and orange peppers are also a good source of beta-carotene, and of iron and potassium, too. As one of the nightshade family of plants, however, peppers are perhaps best avoided by those with joint problems (*Joints*, p.304).



Recommended for:

cancer *p.264*
circulatory *p.278*
respiratory *p.312*
skin *p.318*



Tomatoes



All of the tomatoes we eat today are descendants of the cherry tomatoes that have always grown wild along the western coast of South America. The Mexicans were probably the first to cultivate the tomato, and from Mexico, this fleshy fruit was introduced to Europe by the Spanish during the 16th century. After this, the tomato rapidly became popular across the south of Europe. Since they are members of the deadly nightshade family, tomatoes were treated with suspicion at first, but they soon became an integral component of cuisines all around the Mediterranean.

Tomatoes are very rich in antioxidants, especially beta-carotene and lycopene, and they also contain a good deal of vitamins C and E. This makes them good for the cardiovascular system. Research shows that they may also help to prevent some forms of cancer, particularly prostate cancer. Lycopene seems to protect men against this form of cancer, which is far less common in Mediterranean countries, where men may eat as many as 6–8 ripe tomatoes a day. Fortunately, in this age of processed food, processed tomatoes actually contain far more lycopene than fresh ones, so canned tomatoes, tomato sauce, sun-dried tomatoes, and even ketchup are important sources of this antioxidant. Tomatoes are also low in sodium and rich in potassium, making them good for conditions such as high blood pressure and fluid retention.

In the largest study to date, it was evident that eating four portions of tomato sauce weekly reduced prostate cancer risk by 35 percent. Although lycopene may be useful as a supplement, research shows that when tomato products are cooked and combined with oil, the lycopene is more

biologically available—so pills aren't a substitute for the real thing. There are other plant chemicals in tomatoes that are also cancer-protective.

A ripe tomato contains more than 200 volatile compounds that make up its unique taste and smell. Green tomatoes contain a chemical called tomatine, which may trigger migraine attacks if you're a sufferer. Tomatine is destroyed by cooking but remains in quite high amounts in pickled green tomatoes.

There should always be a few cans of tomatoes in your cupboard, since they lose very little of their nutritional value during canning and are a great standby for instant high-nutrient sauces.



Recommended for:

- cancer *p.264*
- respiratory *p.312*
- skin *p.318*





Pumpkin, squash



Pumpkin and squash were an important part of the diets of many American Indian nations, who introduced them to the early settlers. In North America, squash and pumpkin (especially in the form of pumpkin pie) are still served as part of the traditional Thanksgiving meal. These vegetables are not only delicious, but are also filling, inexpensive high-energy foods.

As you might expect from their wonderful deep orange hue, pumpkins and squash are full of beta-carotene, the vitamin A precursor that helps protect us against cancer, heart troubles, and respiratory disease. In population studies, people eating plenty of pumpkin, or other orange-yellow members of the squash family, run a lower risk of developing lung cancer.



Recommended for:

cancer *p.264*
circulatory *p.278*
respiratory *p.312*
skin *p.318*



Carrots



Carrots are so rich in beta-carotene that a single “old” carrot supplies enough vitamin A for an entire day. Carrots are also near the top of the list of vegetables that protect us against cancer, and especially against lung cancer, a fact that is borne out in a number of population studies.

In traditional country wisdom favored by many orthodox French physicians, a purée of cooked carrots is the perfect answer to infant diarrhea, suggesting that carrots have an antibiotic as well as a nutritive action.

A two- or three-day fast, taking nothing but water and raw carrot juice, has been recommended for liver problems, and carrot juice is equally valuable for jaundice. Eating carrots increases the levels of red blood cells, and studies have also shown that carrots protect against excess ultraviolet light or radiation. Their antioxidant content is also useful for people with atherosclerosis (narrowed arteries).



Recommended for:

cancer *p.264*
circulatory *p.278*
digestive *p.284*
respiratory *p.312*



Potatoes



Potatoes must provide a pretty good nutritional package, since the Irish peasantry thrived on almost nothing else for generations, without any obvious health problems. This Superfood, even when boiled or baked, supplies fiber, B vitamins, useful minerals, and enough vitamin C to keep scurvy at bay, even in winter. Baked potatoes are nutritionally superior, since many of the nutrients, including much valuable potassium, are found in the skins. Potato-peeling tea, which contains lots of potassium, is used in many countries for high blood pressure.

Boiled or baked, potatoes contain less than 100 calories per 3½ oz (100 g). Eat them with low-fat cottage cheese instead of butter, add a carrot, and you have a well-balanced, very low-calorie meal.

Raw potato juice is used in traditional medicine to treat stomach ulcers and arthritis. The taste, everyone admits, is disgusting, but can be disguised by adding honey, carrot, or lemon juice.



Recommended for:

circulatory *p.278*

digestive *p.284*



Sweet potatoes



Sweet potatoes are an excellent source of energy, providing some protein, vitamin C and E, and lots of carotenoids, including beta-carotene. They are a powerful anti-cancer food, with one serving a day reducing the risk of lung cancer. This is even more important if you are a smoker or an ex-smoker.

Sweet potatoes are an extremely versatile vegetable and are wonderfully healthy for children and adults alike. A good way to introduce your family to them is to peel and cube a sweet potato and cook it together with ordinary potatoes, drain them, and mash with a little butter or olive oil and some grated nutmeg. They're equally delicious mashed with cooked parsnips or rutabagas. They're also great roasted in a medium oven, brushed with olive oil and a little black pepper. One of our favorite juices is apple, carrot, celery, and sweet potato, which tastes better than it sounds.



Recommended for:

cancer *p.264*
digestive *p.284*
fatigue *p.298*
respiratory *p.312*



Rutabagas



Another of the large and health-giving crucifer family, rutabaga is often thought of as no more than cattle fodder. However, it's an excellent vegetable with a delicate flavor and all the anti-cancer properties of this family of plants. It contains protective phytochemicals and significant amounts of vitamin C, with a serving providing 75 percent of the RDA, useful amounts of vitamin A, almost no sodium, a little fiber, and small amounts of trace minerals. A rutabagas has only 24 calories per serving, but lots of satisfying bulk, making it a real bonus for those watching their weight.

Mashed together with potatoes, rutabagas produce an interesting and tasty variation on the usual dish and are an excellent early weaning food for babies.

Note that, like other cruciferae, rutabagas contain goiterogens and should be eaten in moderation by anyone with thyroid problems or taking long-term thyroxin treatment.



Recommended for:

cancer *p.264*
skin *p.318*



Turnips



Turnips are one of the oldest of all the cultivated vegetables, and have been a staple of the peasant diet in cold, northern European countries for many centuries. They supply plenty of energy-giving carbohydrates, along with reasonable amounts of many nutrients, including vitamins C and B6. The tops or greens are as healthy as the turnips themselves, and are best when eaten young and fresh.

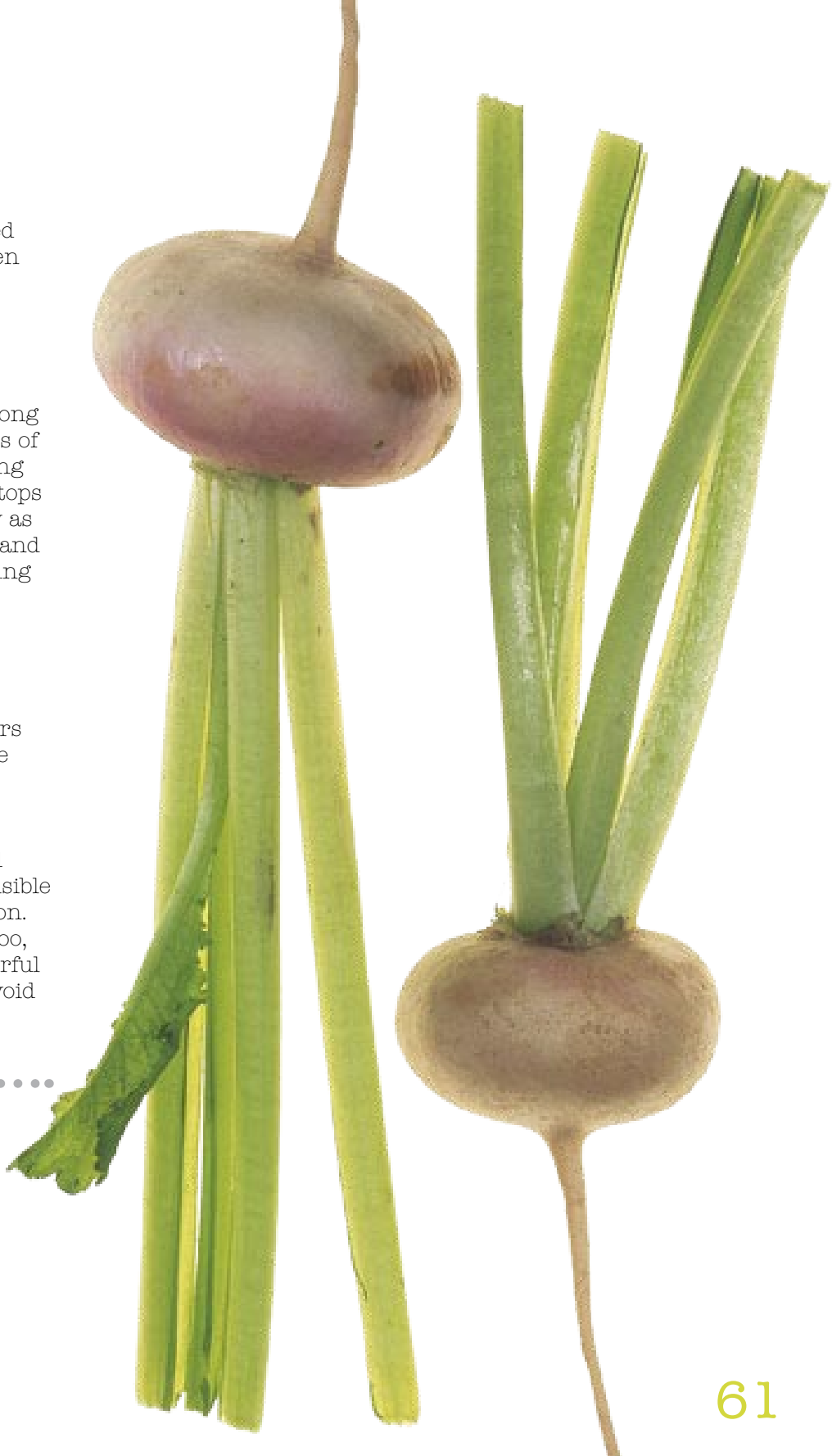
Turnips are warmly recommended for gout in traditional medicine, since they are eliminators of uric acid. A thin purée of turnips, cooked in milk, is an old country remedy for bronchitis: the sulfurous compound raphanol may be responsible for this bactericidal action. It would be surprising, too, if a member of the powerful crucifer family were devoid of such healing and antibiotic powers.



Recommended for:

joints *p.304*

respiratory *p.312*



Beets



In Romany medicine, beet juice was used as a blood-builder for patients who were pale and run-down, and in Russia and Eastern Europe it's used both to build up resistance and to treat convalescents after a serious illness. In the traditional medicine of central Europe, beets have a long history of use in the treatment of cancer: they seem to contain anti-carcinogens bound to the red coloring matter, as well as possessing a striking ability to increase cellular uptake of oxygen. Many of these actions are enhanced when beets are eaten raw or drunk as juice. The popular French starter *crudités*—which combines grated raw beet, raw carrot, and perhaps paper-thin slices of cucumber, all dressed with olive oil and lemon juice and garnished with chopped parsley—is a more powerful tonic for general health than a whole bottle of vitamin pills.



Recommended for:

cancer *p.264*

digestive *p.284*

fatigue *p.298*



Parsnips



The wild parsnip has been used for centuries in Europe, where it grows around the borders of cultivated fields and in chalky soil in roadside verges. Like carrots, parsnips have long been a popular cultivated vegetable with a history of countryside use. In Germany, they're often eaten with salted fish during Lent; in Holland, they're used for soup; in Ireland, they were boiled with water and hops for beer; and in England, rural women made them into jam and parsnip wine.

The great herbalists, such as Culpeper, were all fans of the humble parsnip and advised giving it to humans as well as livestock. Parsnips provide calories, fiber, potassium, folic acid, vitamin E, and traces of minerals and other B vitamins. They taste best after the first hard frost of winter. Mash them together with rutabagas, carrots, or potatoes, or brush them with a little oil and roast. They're even fabulous cooked on the grill.



Recommended for:

circulatory *p.278*

digestive *p.284*

fatigue *p.298*



Jerusalem artichoke



Jerusalem artichokes belong to the sunflower family, and Italians call them *girasole*. “Jerusalem” appears to be a corruption of the Italian word. By the 1800s they were popular in England made into “Palestine Soup.”

Rich in carbohydrates, there is little sugar in them, since they contain inulin, which the body deals with in the same way as fiber. Inulin isn't broken down during normal digestion but ends up in the colon, where it provides food for billions of friendly probiotic bacteria. As with globe artichokes, the resulting fermentation can sometimes be a cause of gas, but that's a small price to pay for the fabulous taste and the low glycemic index benefits of this much-underrated vegetable. Jerusalem artichokes are ideal for diabetics and anyone who has problems keeping their blood sugar levels on an even keel because they are filling and satisfying, and the inulin is not absorbed by the body.

Jerusalem artichokes are extremely low in calories—only 78 per 3½ oz (100 g)—and contain hardly any salt but are a rich source of heart-friendly potassium. They also provide useful quantities of iron and some B vitamins. Dried and ground into flour, they are perfect for anyone with gluten, wheat, or other cereal allergies.

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Recommended for:

circulatory *p.278*

digestion *p.284*

fatigue *p.298*



Globe artichoke



Globe artichokes, as any Frenchman will tell you, are the friend of the liver. In 1975 three Frenchwomen, specialists in pharmacy, published a study of plants used in modern medicine; they listed no fewer than 51 different pharmaceutical preparations based on the leaves of this plant. The active compound that seems to be chiefly responsible is cynarine, which acts powerfully on the liver to promote the flow of bile and stimulate liver cell regeneration.

These healing powers are concentrated mainly in the leaf, and when you buy artichokes in a continental market, they are sold complete with stem and leaves for those who wish to avail themselves of this excellent natural medicine. The globes, too, share some of this curative potential, making artichokes a Superfood for anyone with liver or digestive problems.

The artichoke is also a friend to the heart. In European folk medicine, it's used to treat high blood pressure and ward off heart attacks; studies have shown that artichokes have a distinct cholesterol-lowering ability, as well as a marked diuretic effect.

All of these qualities make artichokes one of the great purifying and detoxifying plants, particularly useful for those with rheumatism, arthritis, or gout.



Recommended for:

circulatory *p.278*

digestive *p.284*

joints *p.304*



Onions



Onions belong to the same botanical family as garlic, and both are the subject of intensive modern medical research, which only confirms the high reputation as a cure-all that they have always enjoyed. Like garlic, onions have a protective action on the circulatory system that is fascinating cardiologists the world over. In a delightful trial carried out in Newcastle, England, 22 volunteers were first asked to fast and then fed fried fatty British breakfasts, starring bacon and eggs. Half the volunteers had a little extra something on the menu: a helping of fried onions. When post-breakfast blood samples from both sets of volunteers were analyzed, they showed a startling difference. In people who ate the fried feasts without onions, the blood samples showed an increased tendency to clot—a state that could eventually lead to life-threatening thrombosis. The blood of the onion-eaters, however—despite all the bacon and eggs—showed a reduced tendency to clot. In a similar study in India, rich, fatty food pushed up blood cholesterol levels, and onions, whether cooked or raw, pulled it right back down. Dr. Victor Gurewitch of Tufts University has found that eating just half an onion daily—raw, please, not cooked—can raise blood levels of beneficial high-density lipoproteins by an average of 30 percent.

Onions are impressive country medicine for a huge range of ailments—among them anemia, arthritis and rheumatism, gout, and premature aging. They star in hundreds of traditional recipes, like this one for colic in babies: slice an onion, infuse it in hot water for a few minutes, let it cool, and give the baby a teaspoonful of the water. And onion soup at the end of a night on the tiles is part of Paris mythology.

Many of the onion's traditional properties are now being confirmed by modern research. In studies with rabbits, subcutaneous injections of onion extract lowered blood sugar levels more slowly than insulin, but for a longer period. It is thought this action is due to the glucokinine in onions. In other trials, onions were found to be effective against asthma. They are strongly diuretic, dissolving and eliminating urea, and they have powerful antibiotic activity.



Recommended for:

circulatory *p.278*

digestive *p.284*

fatigue *p.298*

respiratory *p.312*

urinary *p.324*





Leeks



Leeks have been cultivated in the West for at least 4,000 years, and the ancient Egyptians, the ancient Greeks, and the Romans all prized them for their medicinal value. Members of the same healing family as onions and garlic, they have the same therapeutic properties, although in a milder form. In French traditional medicine they are prescribed for respiratory problems, and being rich in potassium, they are also valued for their cleansing, diuretic powers. Their ability to eliminate uric acid means that people with gout or arthritis should eat plenty of leeks.



Recommended for:

joints *p.304*

respiratory *p.312*

urinary *p.324*



Spinach



This vegetable is iron-rich, as every admirer of Popeye knows. Orthodox nutritionists, however, point out crushingly that the iron in cooked spinach is poorly absorbed by the body. This is because spinach has high levels of oxalic acid, which interact with magnesium and calcium to carry it out of the body in the form of insoluble salts. Spinach is also rich in uric acid, so it is best avoided by those with gout and rheumatism.

Spinach is very rich in the dark green plant “blood,” chlorophyll (*Red cabbage, p.70*), so anemia patients or those suffering from fatigue and mental strain should eat plenty of it, raw, in the form of salads.

Cancer patients, or those at risk from cancer such as heavy smokers, should include plenty of raw spinach in their diets, too. Cancer research is increasingly focusing on the whole spectrum of carotenoids—not just beta-carotene—in dark green or brightly colored fruits and vegetables, and spinach is more highly endowed with those potential cancer-fighters than even carrots. In population studies quoted by Jean Carper, dark green vegetables, with spinach at the top of the list, are strongly protective against cancer.



Recommended for:

cancer *p.264*

stress *p.292*

fatigue *p.298*



Red cabbage



Cabbage has been the subject of an impressive amount of medical research. This is not surprising: its healing powers, which are long attested in traditional medicine, cover an amazing range of ailments.

Cabbage contains healing mucilaginous substances similar to those produced by the mucous membrane of the gut and stomach for their own protection. This confirms the effectiveness of the traditional raw cabbage-juice cure for ulcers. Cabbage is also loaded with sulfur compounds that, according to Dr. Valnet, give it a tonic and disinfectant action in respiratory infections.

Anyone who is anemic should eat cabbage for its iron and chlorophyll, the green “blood” of plants, which is chemically similar to the hemoglobin in human blood. Leslie Kenton quotes studies in which the red blood cells of anemic rabbits were restored to normal after being fed crude chlorophyll for two weeks. Centuries of use have also given the cabbage a reputation as being protective against stress, infection, and cardiac problems, while as a

member of the crucifer family, it is known to contain many anti-cancer compounds. In population studies, people eating the most cabbage were the least likely to develop cancers. Perhaps even more excitingly, 50 percent of guinea pigs fed diced raw cabbage before whole body irradiation survived, while those that were not so protected all died within 15 days. So maybe all those working with VDU screens, or facing radiation treatment or even diagnostic X-rays, should eat plenty of raw cabbage.

Most of these therapeutic effects have been observed with raw cabbage, and no doubt would also be found in sauerkraut. Traditional boiling in water not only means major nutrient losses into the water, but the disappearance or deactivation of many healing compounds. Cooked cabbage is rough on the digestion, too. So cook cabbage in its own juices, for as short a time as possible.

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Recommended for:
cancer *p.264*
circulatory *p.278*
digestive *p.284*
respiratory *p.312*





Sauerkraut



In traditional European sauerkraut, raw cabbage is finely shredded and layered in a stone crock, with sea salt and spices. By the time the crock is full, the cabbage juices have fermented to produce a sour taste.

All over Europe, sauerkraut has been a dietary staple of the peasantry: a good way of preserving the fall cabbages so that they could be eaten through the winter. Sauerkraut can truly be called a wonder food: since the enzymes and vitamin C of cabbage are well preserved in it, it must have saved millions from scurvy.

Apart from being high in vitamin C, sauerkraut is also rich in calcium and a good source of potassium. Sauerkraut is traditionally a medicine, too, in both preventative and curative senses. Dyspepsia, arthritis, cold, indigestion, stomach ulcers, skin problems—all were treated with sauerkraut, and it was often very effective. We now know why.

Any toxins brewing in our gut may prepare the ground for a number of serious diseases. Not for sauerkraut-eaters, though, since the lactic acid that forms during fermentation does a wonderful clean-up job in the digestive tract. Benevolent bacteria multiply, killing off excess bad bacteria to produce a healthy colon once more.



Recommended for:

cancer *p.264*

digestive *p.284*

joints *p.304*



Oriental greens



The Oriental leaves, such as pak choi, make a tasty, nutritious, and interesting contribution to healthy eating. They are superfoods in every sense, since they're extremely easy to grow, with many of them being suitable as a cut-and-come-again plant in the garden or greenhouse. Raw, stir-fried, steamed, braised, in salads, or in combination recipes, they're extremely versatile. Dark leaves contain the most beta-carotene, which is converted into vitamin A—important for the skin, immune health, and eyesight.

As members of the carotenoid family, Oriental greens protect against some cancers, particularly lung cancer. They also help to maintain vision and protect against age-related macular degeneration, which is the most common cause of visual deterioration in elderly people. These green leaves also provide valuable amounts of vitamin C, with one-third of the daily requirement delivered in an average portion, as well as some folic acid.

One of the most popular of the Oriental greens is Chinese cabbage, which is best served raw, lightly steamed, or stir-fried. Boiling it is a crime! Mizuna, with its peppery taste, is used raw, stir-fried, or in soup, and pak choi, widely available, can be eaten raw when young.



Recommended for:

cancer *p.264*

skin *p.318*



Asparagus



Asparagus has somehow become infamous for the strange odor produced by your urine after you eat it: this phenomenon has not been tremendously well researched. In 1891 a scientist called Nencki asserted that the smell was due to a metabolite called methanethiol, and although other theories have arisen since, none seems to have won out so far.

Asparagus really benefits the kidneys and the liver, and because it promotes elimination through the urine, it is warmly recommended for people who have rheumatism and arthritis. It's also a great source of folate, a B vitamin that is good for your cardiovascular system and is especially important for pregnant women, because it's known to help prevent certain birth defects, such as spina bifida. You can save the water asparagus is cooked in and drink it as a useful diuretic. Since asparagus is high in purines, people who suffer from gout should avoid it.



Recommended for:

digestive *p.284*

joints *p.304*

urinary *p.324*



Broccoli



Broccoli is a cruciferous plant with cancer-protective properties. Six major population studies analyzed at the US National Cancer Institute showed that the more cruciferous vegetables (including cauliflower, radishes, horseradish, cabbage, spring greens, turnips, Brussels sprouts, and kale) you eat, the lower your chances of developing colon cancer—a finding now reinforced by the American Institute of Cancer Research.

Broccoli is an excellent source of fiber, folate, and vitamins A and C. It's a very good source of potassium, B2, and B6 and contains reasonable amounts of iron, calcium, and vitamin E. Cruciferous vegetables also suppress free-radical formation, making them good for joints and the heart.

Recent studies reveal that broccoli helps to destroy damaged cells, helps prostate cancer, prevents cataracts, and builds stronger bones.



Recommended for:

cancer *p.264*

circulatory *p.278*

joints *p.304*



Barley



Barley has been cultivated longer than any other cereal. Bread made from barley was a staple in the Middle Ages, but was so heavy that it fell out of favor and was superseded first by oats and then by wheat. Barley has always been highly valued for its uniquely soothing qualities when used to treat inflammatory conditions of the intestines and urinary tract. Herbalists recommend plenty of barley water to help counter the painful irritation of cystitis and constipation.

Like other grains, barley is mineral-rich, with particularly high levels of calcium and potassium, and plenty of B-complex vitamins. This makes it useful for people suffering from stress or fatigue, and a nourishing food for convalescence. Research on the cholesterol-lowering effect of cereals—wheat, rye, oats, and barley—has found that their coarse outer layers are rich in substances that inhibit the synthesis of cholesterol by the liver.

Nutritionally, however, Scotch barley or pot barley—the little, beige, dehulled grains—is highly superior to cleaned or pearl barley. Use barley in soups, as stuffing for poultry, or eat it cooked on its own. You can also use it to make a delicious bread.



Recommended for:

circulatory *p.278*

digestive *p.284*

stress *p.292*

fatigue *p.298*

urinary *p.324*



Brown rice



Rice is a marvelous complete food, the dietary staple of Asia. Until the advent of rice-milling, it was eaten unpolished. With the new, milled white rice came a disastrous epidemic of beriberi—a disease of the brain and nervous system—that spread like wildfire around the Eastern world. Beriberi is caused by deficiency of a B vitamin, thiamine, in which the rice-polishings are rich, so white rice today is sometimes “parboiled” or “converted” by a process of steaming to drive some of the vitamins back into the grain.

Plain boiled brown rice is a universal folk remedy for diarrhea, as is the water in which rice is boiled, which is also recommended for fevers. It seems to have a beneficial effect on the entire intestinal tract, soothing and cleansing it. A regimen of plain, boiled, unsalted rice is recommended by French doctors for lowering the blood pressure. To this can be added a purée of apples.

Rice should be washed in running water before cooking, but never soaked, since vital minerals and vitamins leach out with the dirt.



Recommended for:

circulatory *p.278*

digestive *p.284*

stress *p.292*

fatigue *p.298*



Buckwheat



Buckwheat, often considered a grain, is actually a seed related to rhubarb. In Russia and Poland it is a diet staple. Considering the harsh climate in these countries, this makes a lot of sense. Buckwheat is high in a flavonoid called glycoside rutin, which strengthens and tones the walls of the capillaries, the tiniest blood vessels in your body, and so protects against frostbite and chilblains. Buckwheat helps high blood pressure and atherosclerosis. Protein-rich and gluten-free, it's excellent for people with celiac disease.



Recommended for:

circulatory *p.278*

digestive *p.284*

stress *p.292*



Lentils



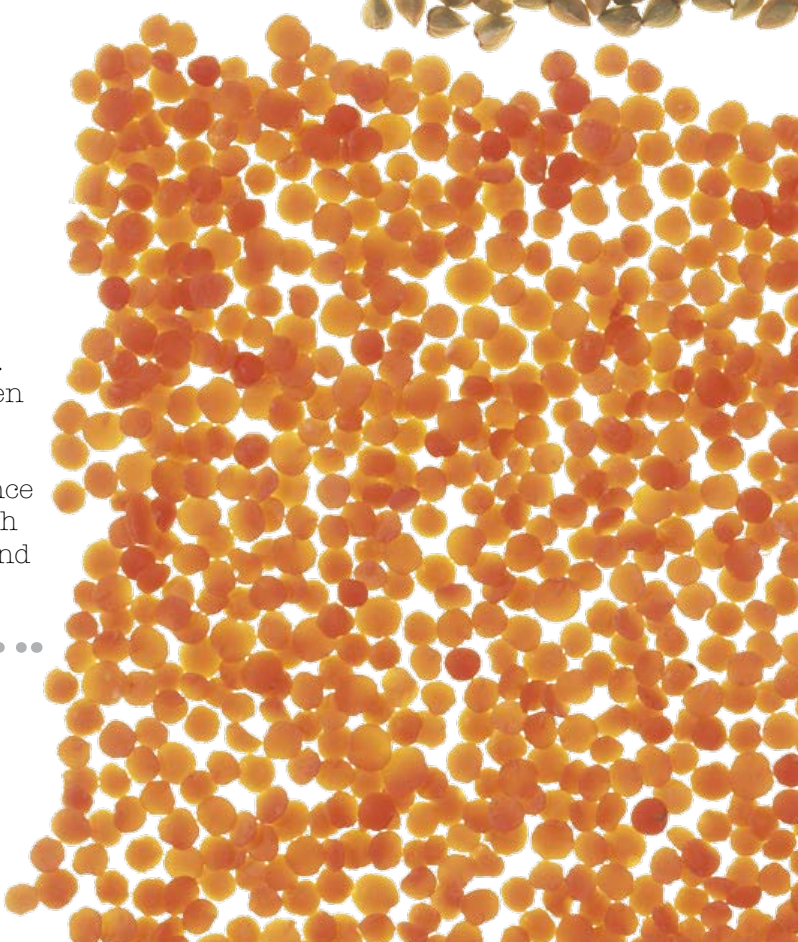
This legume is rich in protein, minerals, and fiber, is a good source of B vitamins, and is very low in fat. These complex carbohydrates are now recommended to us by cardiologists and diet advisors alike. Lentils are a diet staple the world over, often served with grains such as barley. This pairing maximizes protein consumption, since together, they contain a better balance of the eight amino acids. Flavor lentils with herbs and spices such as cumin, fennel, and garlic, which help to counter flatulence.



Recommended for:

circulatory *p.278*

fatigue *p.298*



Beans



Dried beans (legumes) are the second-largest group of foods forming the human diet. Weight for weight, they contain almost as much protein as steak, at a fraction of the cost and with many more health benefits.

Beans help to reduce cholesterol and protect against heart disease, circulatory problems, and colon cancer. With a low GI, they provide slow-release energy, making them excellent for diabetics. They are also rich in plant hormones (phytoestrogens), which protect against osteoporosis and breast and prostate cancers.

Soybeans (*p.82*) are the best vegetable source of protein, with the highest phytoestrogen content and the strongest antioxidant activity. This protects against both heart disease and cancer.

Other beans have individual properties (*see below*) and a variety of flavors that make them all valuable.

Pinto potassium, fiber, folate.

Mung less starch, more folate.

Kidney fiber, potassium, zinc.

Haricot fiber, iron.

Garbanzo fiber, calcium, iron, zinc.

Butter fiber, potassium, iron.

Blackeyed fiber, selenium, folate.

Baked beans fiber, iron, selenium, iodine—
but beware the salt.

Aduki fiber, magnesium, potassium, zinc.

Recommended for:

cancer *p.264*

circulatory *p.278*

fatigue *p.298*



Millet



Millet is the only grain that is a complete protein. It is also the only alkaline grain, making it particularly suitable for invalids and growing children.

It is also rich in silicon, a structural part of collagen (the tough substance that holds us together). Silicon is vital for the health of hair, skin, teeth, eyes, and nails. A lack of it can result in sagging connective tissue. Clogged arteries have much lower levels of silicon than disease-free arteries, so it seems to benefit arterial health.



Recommended for:

circulatory *p.278*

fatigue *p.298*

skin *p.318*

Corn



Corn grows all over the world and is the staple food of millions. It is gluten-free and is used for many products—cornflakes, popcorn, cornmeal, polenta, grits, and tortillas, which are all suitable for celiacs.

Diets dependent on corn, however, can cause the deficiency disease pellagra, in which the body gets too little of the B vitamin nicotinic acid. Corn is deficient in tryptophan, which is essential for the absorption of this B vitamin.



Recommended for:

digestive *p.284*



Oats



Oats contain a lot of protein for a grain. They also contain polyunsaturated fats, vitamin E, and B vitamins. They are very high in calcium, potassium, and magnesium, which, like the B vitamins, are vital to a healthy nervous system, as well as to strong bones and teeth. Oats supply silicon for healthy arterial walls. They also protect the digestive surfaces and soothe the stomach and intestines.

Oats have an impressive reputation in traditional medicine. Possets and caudles made from oatmeal with water, lemon juice, sugar, spices, and perhaps ale or wine were for centuries a prescription for any sickroom, along with gruel or porridge.

Herbalists turn to oats for one of their most reliable remedies for depression and general debility—a tincture of the whole plant, or just the dehusked oat. So potent is its tranquilizing effect that it is now being used by a number of health practitioners to wean people off the synthetic tranquilizers to which so many thousands are addicted.

In dozens of studies, the cholesterol levels of patients fed a daily dose of oat bran have declined an average 20 percent. The glutinous fiber in the oat bran appears to remove bile acids that would otherwise be converted into cholesterol. Oats should certainly figure on the diabetic's menu, too, since they appear to have a very favorable effect on the metabolism of sugar.



Recommended for:

circulatory *p.278*

digestive *p.284*

stress *p.292*

fatigue *p.298*



Soybeans



Soybeans are extraordinarily high in protein, well-absorbed iron and calcium, B vitamins, and lecithin (a natural emulsifier of fats that lowers cholesterol). Soybeans turn up in a number of different disguises: as flour; as a milk substitute; sprouted; or fermented to produce miso, shoyu, and tofu. They also turn up disguised as meat and are used as a substitute in meatballs, sausages, and casseroles. In our view, this is a long way from what either healthy eating or the enjoyment of food is about.

It may not be as healthy to rely heavily on soy, as many people suggest: reports suggest that they contain a thyroid-depressing element. Annemarie Colbin points out that the Japanese eat tofu in only small amounts, with rice as their staple, and that they eat iodine-rich seaweed almost daily, by way of instinctive compensation. Eat soybeans in moderation, therefore, if you want to benefit from their very real nutritional bonuses.



Recommended for:
cancer *p.264*
circulation *p.278*
stress *p.292*



Wheat



When most people say “bread,” they mean bread made from wheat flour, which is rich in zinc, magnesium, vitamin B6, pyridoxine, vitamin E, and fiber. But there is bread and there is bread. It is a long way from the loaf baked from the freshly milled whole grain of organically grown wheat, with no additions other than salt and yeast, to the flabby white stuff made with any number of additives, from wheat produced by agrofarming, in which pesticide residues may linger, and which has had much of its goodness refined out of it.

Fruментy, made from wheat grains, is one of the most ancient of English dishes. Sprouted wheat, which is nutritionally even richer, is recommended for cancer patients.

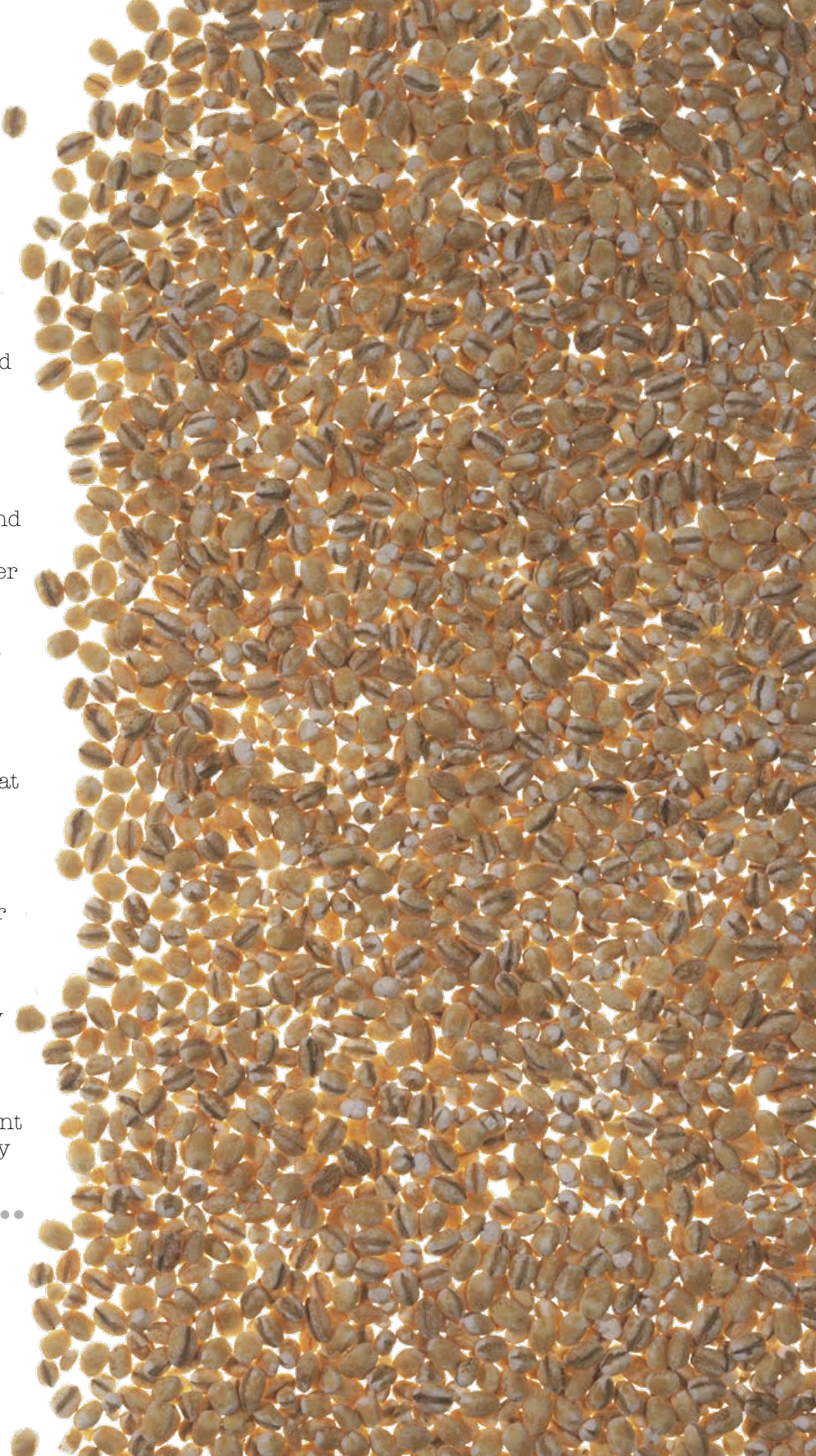
A number of people are wheat-intolerant. For many of them, the problem lies not in the wheat itself but in pesticide residues found in it. They should experiment with bread from organically grown wheat.



Recommended for:

circulatory *p.278*

stress *p.292*



Pasta



Far from being a food to avoid, pasta provides complex carbohydrates for slow-release energy. Whole-wheat varieties may contain more fiber, minerals, and B vitamins, but both white and whole-wheat types are healthy. Pasta itself won't make you fat—it's what you put on it that makes the difference. A plate of "aglio e olio" (spaghetti with garlic and olive oil), a simple mixture of olive oil, garlic, and fresh herbs, or a dish of pasta garnished with tuna and green onions are all filling, satisfying, delicious, and good for your waistline. Just avoid any sauces that are high in fat.

Pasta has been eaten in many different forms for centuries. Today, there are palatable whole-wheat varieties available, and for those who can't eat wheat, rice noodles make excellent alternatives.

A pan of boiling water, a package of pasta, and a can of chopped tomatoes makes a meal in 10 minutes.

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Recommended for:

digestive *p.284*

fatigue *p.298*

weight control *p.330*



Bread



Good bread is indeed “the staff of life” and an important part of a healthy, balanced diet. Whole-wheat bread contains five times as much fiber as white bread, and valuable amounts of vitamin E, potassium, iron, zinc, copper, magnesium, thiamin, riboflavin, pantothenic acid, folic acid, pyridoxine, and biotin. You’ll also get 10 times as much manganese, twice as much chromium, and one-and-a-half times as much selenium as you will from white bread.

The best way to avoid the high salt content in commercial bread is by making your own; it’s one of the most satisfying things you can ever do in a kitchen. But if you can’t be bothered with proving, kneading, and pummeling, you could buy a bread machine instead. Either way, you’ll be able to control what goes into your daily bread.



Recommended for:

digestive *p.284*

stress *p.292*

fatigue *p.298*



Almonds



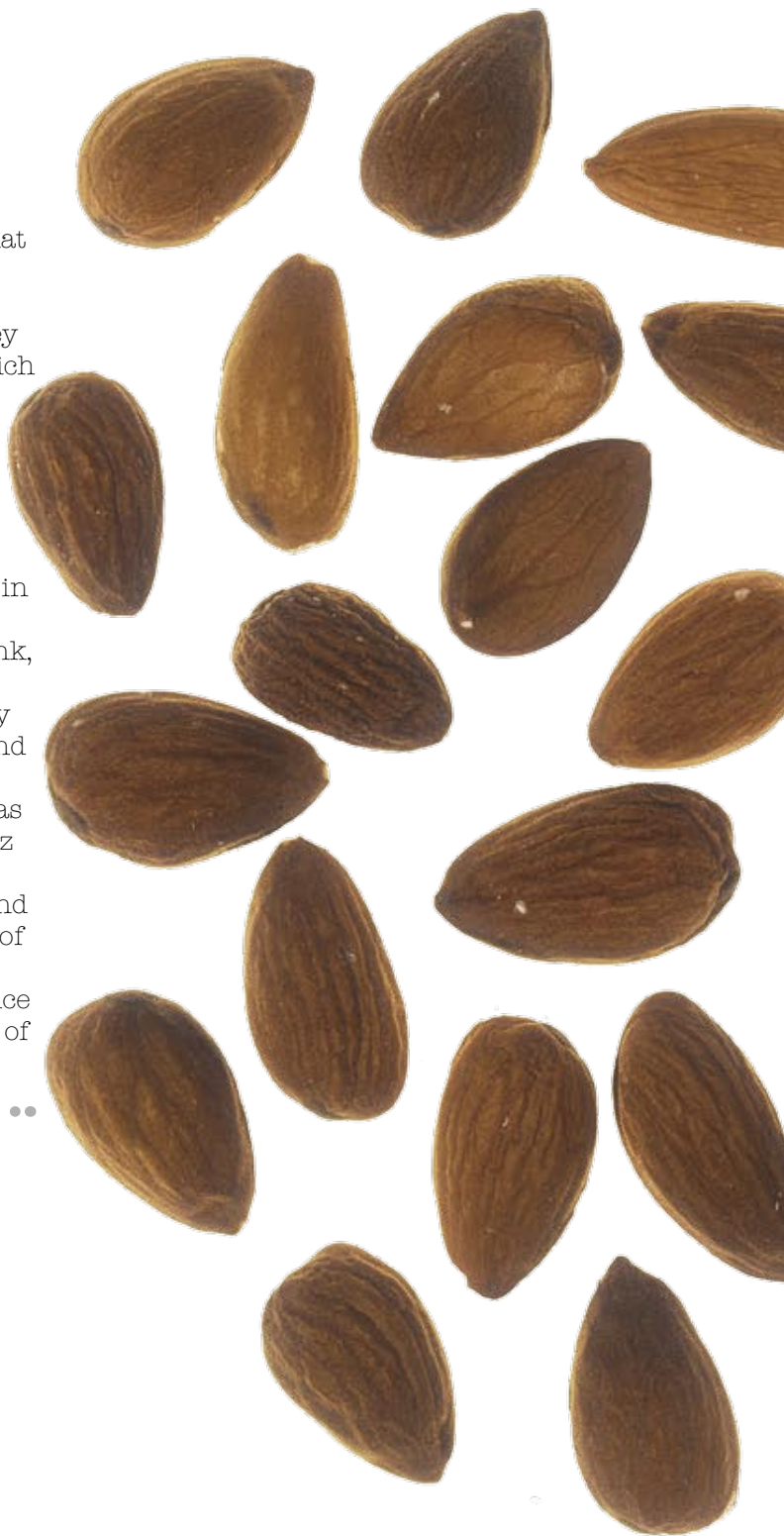
Almonds are not really nuts as we always imagine; they are, in fact, the seed of the fruit of the almond tree. Most importantly, almonds are a highly concentrated food that is rich in protein, fat, and vital minerals such as zinc, magnesium, potassium, and iron, as well as some B vitamins. Since they are also high in oxalic and phytic acid, which combine with these minerals to carry them out of your body, you should eat them at the same time as vitamin-C rich foods for maximum absorption.

Almonds are 20 percent protein—weight for weight, they have one-third more protein than eggs. The oil in almonds is soothing, and almond milk is a classic sickroom drink, being both sustaining and soothing. It is recommended by herbalists for respiratory ailments as well as digestive upsets. Almond milk can be combined with barley water (*p.257*) for urinary problems. Dr. Valnet has a recipe for making almond milk: soak 2 oz (60 g) whole almonds in tepid water, then skin them. Measure out 4 cups of water, and grind the almonds with a few tablespoons of the water (you can do this easily in a food processor), adding the rest of the water once you've produced a paste. Add a tablespoon of honey, and strain through muslin.

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Recommended for:

digestive *p.284*
respiratory *p.312*
urinary *p.324*



Cashews



This delicious nut is always sold shelled. Avoid the salted ones and choose the plain roasted variety instead. Cashews, like olive oil, are high in healthy heart-protecting monounsaturated fats. Puréed in a food processor with a little walnut oil, they make wonderful cashew nut butter. They're also a very good source of copper and a good source of magnesium, tryptophan, and protein. Cashews also contain some folic acid, potassium, and fiber.



Recommended for:

circulatory *p.278*
digestive *p.284*
stress *p.292*
fatigue *p.298*



Hazelnuts



Deliciously crunchy hazelnuts can be bought ready-shelled to eat as a nourishing snack. They contain the B vitamin thiamine (deficiency of which can make you feel low and lethargic) and they also supply the omega-3 fats needed to balance omega-6 fats in our diets. Dry-roast hazelnuts in a hot frying pan, chop them, and sprinkle them on fruit or green salads. They're a good source of protein and also contain fiber, magnesium, and vitamin E.



Recommended for:

stress *p.292*
fatigue *p.298*
joints *p.304*



Pumpkin seeds



Pumpkin seeds contain measurable amounts of zinc, iron, and calcium, and they're an excellent snack food, supplying protein and B-complex vitamins. In traditional medicine in many parts of the world, particularly in Eastern Europe, they also have a high reputation as a male sexual tonic and protector of the prostate gland.

For prostate disorders, Russians simmer 3½ oz (100 g) of the unshelled seeds in 3 cups of water for 20 minutes and drink a wineglassful three times a day. The protective action of pumpkin seeds has been ascribed to a plant hormone that is found in them, but more research in this area is needed.

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Recommended for:

stress *p.292*
fatigue *p.298*
skin *p.318*



Sesame seeds



These little seeds are the vegetarian's friend. A large handful will supply about 26 grams of protein, or about two-thirds of a day's needs for a reasonably active man. Unusually for vegetable sources, they are also rich in the amino acids methionine and tryptophan, which are important for good liver and kidney health. They are also well endowed with minerals, containing over 7 mg of iron and 10.3 mg of zinc per 3½ oz (100 g). Eat a vitamin-C-rich fruit or vegetable at the same meal, though, to help your body absorb the minerals. Sesame seeds are also a good source of polyunsaturated fatty acids and vitamin E.

In ancient Babylon—as today all over the Arab world—halvah was made from pounded sesame seeds and honey and eaten to enhance sexual vitality. Paavo Airla, one of the US's most highly respected naturopaths, listed sesame seeds among ten foods for maintaining and enhancing sexual vigor.



Recommended for:
circulatory *p.278*
fatigue *p.298*



Sprouted seeds



Sprouted seeds are a wonderful source of vitamins and minerals. They have been described as “the most live, pure, nutritious food imaginable.” They are cheap and easy to grow even if you don’t own so much as a window box, and if you sprout them yourself, you can be sure that they are organic, produced without fertilizers or pesticides.

When you sprout beans or seeds, what you produce is an enormously enhanced package of the nutrients already present in the original seeds. This can include the full range of vitamins and minerals, plus a powerhouse of plant enzymes, which are at their most abundant in the early sprouting stage. Plant enzymes are thought to activate the body’s own enzyme systems and boost the ability to metabolize fats and oils.

One researcher found that levels of vitamin B2 in oats rose by 1,300 percent almost as soon as they began sprouting, and by the time green leaves formed, the increase was 2,000 percent. B6 (pyridoxine) was up 500 percent, and folic acid 600 percent. In one study, only small amounts of vitamin C were found in unsprouted wheat grains, but this increased by 600 percent while the grains sprouted over the next few days.

Their wealth of 100 percent natural nutrition, free of chemical pollution, makes sprouts an obvious choice for cancer patients. They are used extensively at many clinics practicing the natural approach to treating cancer. They are also valuable for anyone anxious to boost their immune defenses, and for all conditions needing first-class nutrition.

Many supermarkets sell sprouted seeds. If yours doesn’t, or only stocks one or two kinds, talk to the manager and suggest that they extend their range.

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Recommended for:

- cancer *p.264*
- stress *p.292*
- fatigue *p.298*
- skin *p.318*



Sunflower seeds



These seeds are concentrated nourishment, containing protein, B-complex vitamins, and useful levels of minerals. They are also rich in polyunsaturated oils, which is why you should examine hulled seeds carefully before you eat them: they easily turn rancid and become a most unhealthy food. Fresh hulled seeds are a pale, uniform gray—rancid ones are yellowy brown. Buy sunflower seeds in their shells, and enjoy cracking them open to find the fresh nuts the way children do all around the Mediterranean.

Eaten regularly, sunflower seeds will help to counter fatigue, depression, irritability, and lack of energy. Smokers trying to give up the habit find chewing them particularly helpful. They're also an excellent addition to the school lunchbox.

Recommended for:

stress *p.292*
fatigue *p.298*

Walnuts



Walnuts are protein-rich, containing as much protein, weight for weight, as eggs. They are also high in potassium and other minerals, such as zinc and iron. Eat them in salads, where vitamin C-rich foods will help your body absorb these minerals.

Recommended for:

circulatory *p.278*
fatigue *p.298*



Chestnuts



Chestnuts must be cooked and can then be added to sweet and savory dishes, soups, stuffings, or vegetables. Try them with Brussels sprouts or broccoli and Stilton soup. Unlike other nuts, they contain virtually no fat and only 170 calories per 3½ oz (100 g). Because they're high in starch, they can be dried and ground into excellent gluten-free flour. They don't supply much protein, but they do contain the B vitamins thiamin (B1), riboflavin (B2), and pyridoxine (B6), and potassium.

Recommended for:

circulatory *p.278*

fatigue *p.298*

Peanuts



A large-scale experiment has shown that a teaspoon of peanut butter five days a week produces an average pound a week weight loss. The monounsaturated fats reduce cholesterol and prevent heart disease. With a very low glycemic index rating, peanuts may also help to prevent adult-onset diabetes, since they hardly raise blood sugar levels. They also provide vitamin B3, folate, and protein. Peanuts and organic peanut butter should be part of a healthy diet.

Recommended for:

circulatory *p.278*

fatigue *p.298*



Milk



Cow's milk is extremely nutritious, a first-class protein, and a rich source of calcium. It also provides some B vitamins and a little iron and zinc. As a fast food, and as a regular part of a child's diet, it can be warmly recommended.

Milk, however, is a fatty food. If you order skim milk to avoid the fat, you also lose the vitamins A, D, and E present in whole milk. Moreover, the mineral calcium needs to be in balance with another important mineral, magnesium, deficiency of which is very common in modern Western diets; and milk is a poor source of magnesium.

A number of adults—and whole populations in the Eastern and Southern hemispheres—lack the digestive enzyme lactase, which is needed in order to absorb all the goodies in milk. Many more people may be intolerant to milk, and to other dairy products such as butter and cheese. So milk is not a Superfood for everyone.



Recommended for:

stress *p.292*

joints *p.304*



Yogurt



Yogurt is a valuable food for your digestive system. When the natural balance between beneficial and harmful bacteria in the gut is upset, it can lead to fermentation, gas, putrefaction, constipation, and poor absorption. If ignored, this may give rise to even more severe health problems. Live yogurt contains *Lactobacillus bulgaricus*, a microbe that helps restore equilibrium in the gut.

Yogurt's lactic acids aid digestion by synthesizing B vitamins and increasing the uptake of nutrients, particularly of calcium (which yogurt also supplies). They regulate bowel function, and have properties that can stop a budding infection, such as *E. coli*. Antibiotics destroy both good and bad bacteria in the gut, so when taking them, eat plenty of yogurt of counter this.

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Recommended for:

digestive *p.284*

stress *p.292*

joints *p.304*

Eggs



Free-range eggs are free from unwanted chemicals and lower in cholesterol than factory-farmed eggs. For all but a tiny minority of people, the cholesterol in eggs does not affect blood cholesterol. Eggs are easily digested and supply protein, zinc, B vitamins, and other nutrients.

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Recommended for:

stress *p.292*

skin *p.318*



Butter



After many years of being told that margarine is better for you than butter, the tide has turned. Used modestly, butter is healthier than most margarines, which often contain artery-damaging trans-fats, and it's delicious, too. Butter is virtually all fat, and 60 percent of that is saturated fat. One hundred grams of butter provides 740 calories, but it also supplies vitamins A, D, and E. Salted butter may contain up to 1,300 milligrams of salt per 3½ oz (100 g); you can avoid this by simply choosing an unsalted variety.

Use butter sparingly and your food will taste better for it.



Recommended for:

- fatigue *p.298*
- joints *p.304*
- skin *p.318*



Cheese



For thousands of years, cheese has been important for human nutrition. The ancient Greeks and Romans made cheese, and it was so much a part of the Roman diet that every Roman legionnaire was entitled to a daily portion.

We worry that so many young women avoid this vital source of bone-building calcium, protein, and vitamins A, B, and D. They do it in the pursuit of thinness, just because cheese contains some fat. Apart from calcium and vitamins, cheese also supplies some zinc in a form the body can easily use—3½ oz (100 g) of cheese supplies about one-quarter of the daily zinc requirement for adults. Cheese can benefit men, too—zinc is vital for normal male sexual function. Cheese is also good for children and adolescents, since they need the calcium for their developing bones.

People who get migraines may react badly to a chemical known as tyramine, which is found in cheese and can trigger migraine attacks. There are also people with an allergy to cow's milk. Goat's and sheep's cheeses make wonderful alternatives to cow's milk cheese, and for both of these groups, they usually present no problems. Most goat's cheese is soft and mild. If you like hard cheese, Spanish manchego is an exceptional one (made from sheep's milk) with a full but mild flavor. French Roquefort, Italian pecorino, and Greek feta are stronger sheep's cheeses.



Recommended for:

stress *p.292*

fatigue *p.298*



Beef, lamb



These meats contain protein, iron, zinc, and B vitamins. Free-range cattle produce CLA, a unique fat that helps to control cholesterol and aids weight management. Beef and lamb from pasture-raised livestock is much lower in saturated fat than factory-farmed meat. It is also free of the chemical cocktail found in factory-farmed meat, which includes hormones, antibiotics, pesticides, and insecticides. Excessive consumption of red meat is linked to colon cancer, but three portions a week is fine.



Recommended for:

fatigue *p.298*

Liver



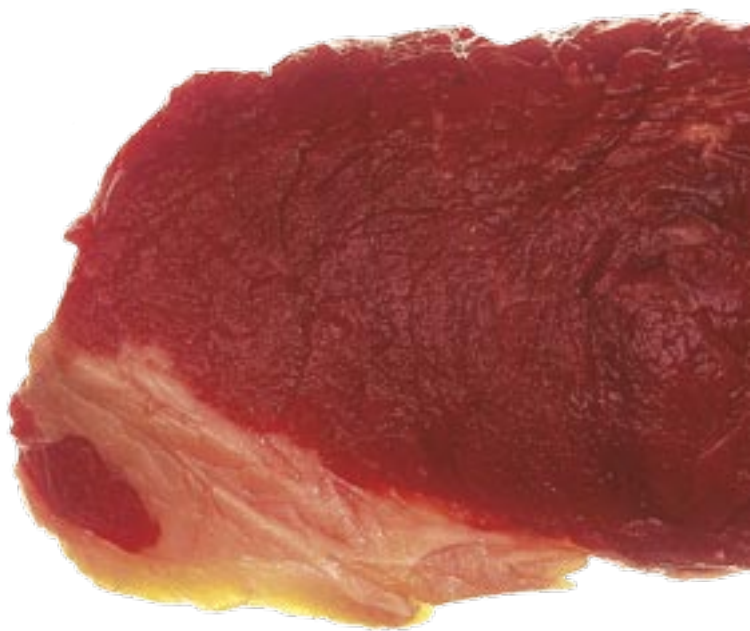
Liver is an amazing source of essential nutrients, but we don't eat enough of it these days. It supplies iron and zinc that can be easily absorbed, and is the richest dietary source of vitamins A and B12. It also contains other B vitamins. Don't eat liver, however, if you are, or are trying to become, pregnant, since excessive vitamin A may cause birth defects; an average portion of liver provides five times your daily requirement of this nutrient.



Recommended for:

stress *p.292*

fatigue *p.298*



Chicken



Free-range or organic chicken, like beef and lamb from pasture-raised livestock, not only tastes better than the factory-farmed birds, but is also a great deal healthier. A properly reared chicken, without the antibiotics, growth hormones, and other unwanted chemicals poured down its throat from hatching to dispatching, will have a lower fat content than red meat or commercially produced chicken. Most of the fat will be in the skin and is easily removed. Because they are feeding on natural grasses, free-range chickens have more of the healthy omega-3 fatty acids and much less of the worst saturated fats than their commercially reared counterparts.

Free-range birds also build more muscle, and more muscle means more protein. In addition, they are an excellent source of B vitamins and of easily absorbed iron and zinc. And chicken soup is comforting as well as antiviral.



Recommended for:
circulatory *p.278*
stress *p.292*



Oily fish



Over the last hundred years, our consumption of fish has slowly declined, even as we've made more and more exciting discoveries about its nutritional role in our diets. Oily fish, in particular, is one of the richest known sources of a vital ingredient in human health—the essential fatty acid omega-3.

Professor Hugh Sinclair was the first person to recognize the importance of essential fatty acids, or EFAs. He wanted to know why the Inuit, who ate primarily whale blubber and fish (a diet which, according to the wisdom at that time, was high in saturated fats and therefore very heart-unfriendly), should have low levels of cardiovascular disease. There was one clue: the Inuit were known to bleed very easily. So Sinclair put himself on a diet of whale blubber for 100 days, and at the end of the study, his platelet and cholesterol levels had gone down, and he too bled easily. Something was thinning his blood. The substances responsible for this, he eventually worked out, were the EFAs, and one in particular, called omega-3.

Historically, we have consumed a diet with equal levels of omega-3 and

omega-6 fatty acids, but in the last century, as our diet has contained more vegetable oils and refined grains and less oily fish, the balance has been upset. The deficiency in omega-3 fatty acids may be partly responsible for soaring levels of depression, heart disease, and behavioral problems in the young, as well as a spectrum of illnesses. So remember to eat that oily fish!

There are two problems that complicate the issue further. The survival of some species is currently threatened, and certain fish should be eaten only rarely because they may be contaminated with pollution. Fortunately, the healthiest fish are less threatened: you can eat herring, mackerel, pilchards, sardines, sprats, trout (not farmed), whitebait, anchovies, and carp (farmed) without anxiety or guilt. Non-oily Pacific cod, Dover sole, white bass, and Alaskan and Pacific halibut are all sustainably caught and good sources of protein.

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Recommended for:
circulatory *p.278*
fatigue *p.298*
joints *p.304*





Mollusks



These are the closed-shell seafoods, such as mussels, oysters, cockles, whelks, winkles, clams, and scallops.

Mollusks, especially oysters, are an excellent source of zinc, and, together with cockles and whelks, oysters also contain as much iron as steak. Winkles are an even richer source of this essential mineral, supplying as much as the equivalent weight of liver.

Another good reason for eating mollusks is their high selenium content. Selenium deficiency has been closely linked with heart disease and considerably greater risks of cancer of the esophagus and the prostate.

Casanova used to eat 70 oysters a day, and they have been a favorite aphrodisiac food for centuries, dating back to Roman times. What the Romans in Britain didn't know as they ate vast quantities of native Colchester oysters—the best in the world—was that they contained substantial quantities of zinc, an essential mineral for the production of sperm and the maintenance of male potency. A dozen of these magnificent mollusks provide more than you need for a whole week.

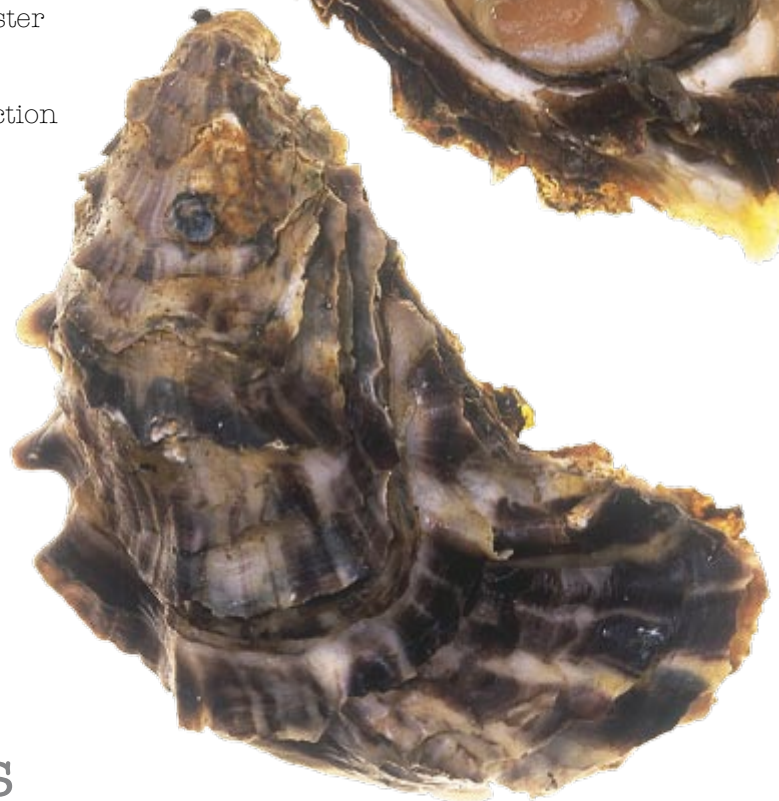
Mollusks should be eaten the day you buy them. The shells of all mollusks should be tightly closed before cooking. Many people are allergic to mollusks.

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Recommended for:

cancer *p.264*

stress *p.292*

fatigue *p.298*



Crustaceans



Crabs, lobsters, shrimp, crayfish, prawns, and langoustines are the most popular edible crustaceans. They provide the same amount of protein and other nutrients as white fish, although they are much saltier.

There has been controversy about the cholesterol content of crustaceans, but most experts believe that this is only a hazard if you have an inherited tendency to high cholesterol levels. Far from increasing the risk of heart disease, a regular intake of shellfish reduces levels of LDL (bad) fat, which are most dangerous. Crustaceans also contain valuable amounts of essential omega-3 fatty acids.

All crustaceans are highly nutritious alternatives to meat. They are excellent sources of protein, selenium, and tryptophan, and are very good sources of vitamins B12 and D. They also provide good amounts of minerals, including iron and zinc. Unfortunately, many people have an allergy to crustaceans. They also contain purines, which can aggravate gout.



Recommended for:

- circulatory *p.278*
- stress *p.292*
- fatigue *p.298*



Basil



Basil is the traditional accompaniment to tomatoes in Mediterranean cooking and an ingredient of the green Italian pasta sauce pesto (pistou in Provence). Basil is both tonic and calming to the nervous system, making it a natural tranquilizer for the kind of frazzled nerves that lead to insomnia. If this is your problem, have a good “soupe au pistou” in the evening.



Recommended for:

digestive *p.284*

stress *p.292*



Mint



This popular herb comes in many varieties, and is often used for flavoring light summer dishes. Mint sauce with lamb was for a long time regarded by the French as culinary barbarism, but now they have acknowledged mint's beneficial effect on the digestion and have devised their own *sauce paloise*. Fragrant peppermint tea is a popular digestive throughout the Middle East. Mint also stimulates the heart and nerves. Drink this delicious tea instead of coffee for its mild lift.



Recommended for:

circulatory *p.278*

digestive *p.284*



Oregano



Oregano is the distinctive note in the smell of pizza. An obliging herb, it is almost as delicious dried as fresh. It is an effective antiseptic for the respiratory tract, so enjoy plenty of it in winter. It's also good for colic.



Recommended for:

digestive *p.284*

respiratory *p.312*



Chives



Chives share many of the healing properties of garlic and onions, which belong to the same family. They impart a milder flavor, however, so are good for flavoring delicate sauces. The pretty mauve flowers of chives can also be eaten, and look good when scattered on a summer salad.



Recommended for:

cancer *p.264*

circulatory *p.278*



Sage



Sage and onion stuffing for roast goose or turkey is true kitchen medicine, since sage aids the digestion of rich, heavy food. Italian cooks always add a leaf of sage to the pan when they fry sausages or pork.

Sage also acts as a stimulant to the central nervous system, making it a valuable tonic for convalescents or for those suffering from stress or nervous exhaustion. It is good for respiratory complaints, and the French make a tonic wine with it, which is admirable for those who are run down or are getting over a nasty viral infection.

Sage is powerful stuff, however—it can dry up mother’s milk—so don’t use it medicinally for more than a week at a time.

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Recommended for:

digestive *p.284*

stress *p.292*

respiratory *p.312*



Marjoram



Sweet or pot marjoram is the gentler garden variety of wild marjoram or oregano (*p.105*), which grows on the hillsides of Greece.

In medieval times, sweet marjoram was an important household herb and was used to scent rooms and as a furniture polish.

Unsurprisingly, perhaps, marjoram and oregano have similar properties. Sweet marjoram is particularly valued for its calming qualities, and the essential oil is strongly sedative. The leaves can be used to make a soothing tea, or they can be chopped finely and added as a flavoring to salads and sauces, and other dishes.



Recommended for:

digestive *p.284*

stress *p.292*



Parsley



Parsley is rich in vitamins A and C and in iron, calcium, and potassium, as well as in life-giving chlorophyll. Use it fresh and use it lavishly.

Herbalists value parsley for its diuretic action, and parsley tea was used in the trenches in World War I for soldiers suffering from kidney complications following dysentery. It also helps to eliminate uric acid, making it useful in the treatment of rheumatism and gout. Parsley tea was an old country aid to digestion: Maurice Messegue recalls the monster pot brewed by his grandmother Sophie after a Lucullan feast of foie gras, roast chicken, sautéed mushrooms, crêpes, custards, and apple tart.

Add a bunch of fresh parsley whenever you make a freshly pressed vegetable juice to enjoy the full benefits of this important herb.



Recommended for:

digestive *p.284*

joints *p.304*

urinary *p.324*



Rosemary



Rosemary originated in the hot, dry climate of the Mediterranean countries, where it has long been an important medicinal and household herb.

We know it mainly as the inseparable companion of roast lamb and chicken in Mediterranean cooking. It is once more a powerful friend to the digestive system, prompting the production of extra bile for fat digestion.

“Rosemary for remembrance” is an old adage, and it’s true that rosemary also stimulates the adrenal cortex.

Rosemary wine, in small doses, is valuable in states of general debility, including loss of memory, strain, and nervous tension.



Recommended for:

digestive *p.284*

stress *p.292*



Savory



Savory is one of the oldest herbs used for flavoring, and the ancient Romans often used it in sauces. The German name of this peppery little plant means “bean-herb,” since it eases the digestion of this challenging food. Try it with split peas, broad beans, and lentils. It benefits the entire digestive tract and has an antiseptic action on the gut.

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Recommended for:
digestive *p.284*



Fennel



The dark green fronds of fennel are a classic ingredient of the court-bouillon for fish dishes and soups. You can also add them to mayonnaise to serve with cold fish in summer. Fennel goes particularly well with rich fish such as mackerel. An excellent aid to digestion, it prevents gas or colic.

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Recommended for:
digestive *p.284*



Tarragon



The delicate, distinctive flavor of this herb seems particularly French. Tarragon is often used with roast chicken, in sauces, in omelets, or to flavor a wine vinegar. The dried herb, however, is a pale shadow of the fresh. Tarragon can help relieve gas, flatulence, and acidity.



Recommended for:

digestive *p.284*



Thyme



Thyme contributes to the deepest aromatic note in a bouquet garni, and it would be hard to imagine a robust peasant daube of beef, or a springtime lamb stew, without this herb. Its medicinal qualities are just as impressive. Thyme is a powerful antiseptic as well as a general stimulant of the body's natural defenses, with marked antiviral and antibacterial activity. It is also a tonic for the nervous system.



Recommended for:

stress *p.292*

respiratory *p.312*



Dill



Both the ancient Egyptians and the Greeks valued dill for its medicinal properties and used it to treat indigestion and other stomach complaints. The leaves, flowers, and seeds of this pretty, feathery herb are all useful in cooking, and the seeds are still sometimes served as a digestive following a rich meal. Dill is a favorite accompaniment to fish in Scandinavia, and it is particularly good with salmon, whether fresh or smoked. Dried dill is a piquant addition to bland cheeses or to salad dressings.

Babies may first taste dill in the form of gripe water, where it is highly effective; in fact, its name comes from an Anglo-Saxon word meaning “to lull.”



Recommended for:

digestive *p.284*

stress *p.292*



Dandelion



The bitter taste of dandelion leaves is a clue to their usefulness: they have a long-standing reputation in the treatment of liver problems. Juice from the roots could be found at every apothecary for centuries. A digestive and urinary system tonic, dandelion is also a gentle, effective diuretic, helping to eliminate uric acid, excess cholesterol, and urea. The plant supplies enough potassium to compensate for the amount lost in the urine. It is also known as a blood-cleanser and is helpful for toxic or inflammatory conditions of the skin or joints.

The leaves are nearly as useful as the root. They are rich in vitamins A and C, beta-carotene, and chlorophyll, and the iron that they supply is more readily taken up by the body than the iron in spinach. Add the young leaves—the older leaves are too bitter—to any mixed green salad and enjoy an all-around tonic.



Recommended for:

- circulatory *p.278*
- digestive *p.284*
- fatigue *p.298*
- joints *p.304*
- urinary *p.324*



Bay leaves



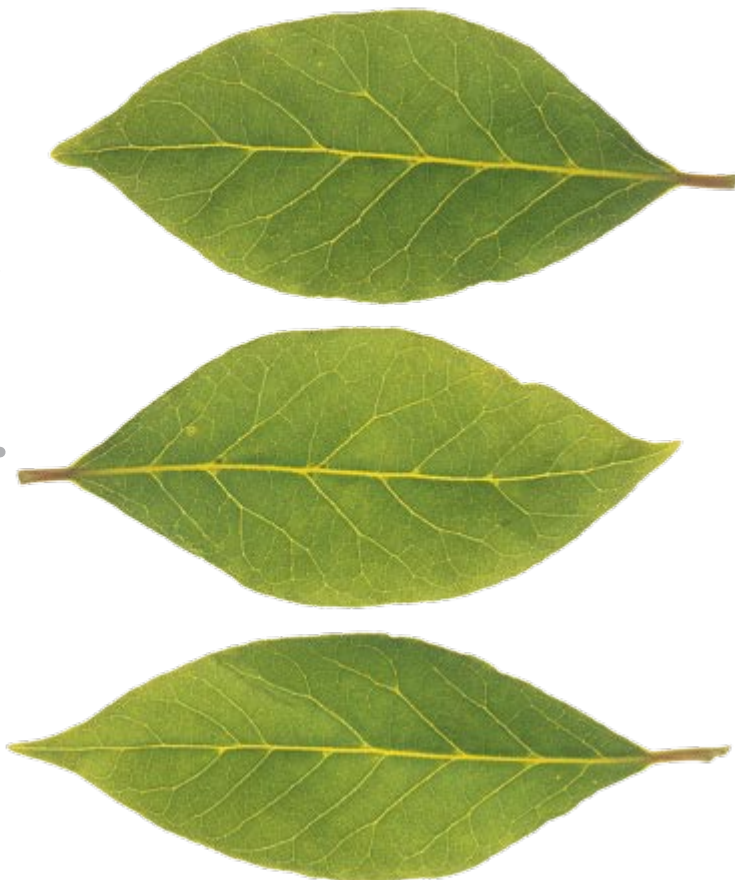
The distinctive flavor of bay leaves is an intrinsic part of the classic French bouquet garni (a bunch of herbs used to flavor slowly cooked dishes). Bay leaves are prized for their antiseptic properties and for their assistance to the digestion, helping to ward off gas and cramps.



Recommended for:

digestive *p.284*

respiratory *p.312*



Juniper



These tiny berries are responsible for giving gin its unique flavor. They impart a powerful tang when used in cooking. Herbalists use them as a diuretic and to help clear excess uric acid from the body. Like so many culinary herbs, they are also a tonic to the digestive system.



Recommended for:

digestive *p.284*

urinary *p.324*



Nutmeg



This spice, familiar from so many favorite winter sweet treats, can have a mildly uplifting effect in small doses and is also good for the digestion. Don't overdo it, though, because it can be hallucinogenic in large quantities.

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Recommended for:

digestive *p.284*

stress *p.292*



Cinnamon



This excellent spice lends its delicate but distinctive flavor to dozens of minced-meat and other dishes in Middle Eastern cookery. In Northern Europe, it's one of the warming winter favorites used in festive desserts or mulled wine. Cinnamon is a potent antiseptic. It is also a tonic and a stimulant, warming the whole system and helping to combat the fatigue and listlessness that so often accompany bouts of the flu or other viral infections. Add a stick to the sweet hot toddy you take to bed at the start of a cold.

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Recommended for:

digestive *p.284*

respiratory *p.312*



Chili peppers



These small, hot peppers are used fresh, or dried in the form of chili powder or cayenne pepper. Chili peppers are popular wherever people like their food with a real kick to it. Nineteenth-century herbalists had boundless faith in the life-saving and restorative powers of chili or cayenne pepper. They used teaspoon doses for typhoid and cholera patients in extremis. Research has confirmed the chili pepper's beneficent effect on the heart and circulatory system. A shot of chili or cayenne added to a hot drink is a sure boost to a sluggish digestion. Scientists have found that certain pungent foods, such as mustard, horseradish, chili pepper, and garlic, contain constituents called mucokinetic agents that help shift excess mucus from the lungs, so that it can be coughed up. Thus chili peppers and their derivatives also have a tonic effect on the respiratory system.

Recommended for:

circulatory *p.278*
digestive *p.284*
respiratory *p.312*





Caraway



A spice whose use dates from ancient times, caraway has been found in ancient Egyptian tombs and is mentioned in the Bible. Although it has long been popular in the cold northern European countries, caraway is also used in Indian cuisine, where the seeds are served as a digestive after the meal. Similarly, in central Europe, caraway seeds are a well-known aid to digestion—people often chew a few of them before sitting down to a rich meal. They are particularly effective for coping with gas or flatulence (as is dill, which contains the same compound, carvone). Add caraway seeds to potentially “gassy” dishes, such as cabbage or beans.



Recommended for:
digestive *p.284*



Cloves



Cloves come from a tropical evergreen tree and have been important in European culture ever since the spice routes opened up in the Middle Ages. The spiky whole cloves are actually dried, unopened flower buds. They have been used for centuries for purposes as diverse as flavoring foods, treating toothaches, and freshening the breath.

Like cinnamon, cloves are both powerfully antiseptic and a warming boost to the circulation. They are used in much the same way as cinnamon, and like that spice, they can be added to dishes whole or can be ground into a powder first. Try adding a bruised clove or two to any herbal tea to provide an extra lift.

Recommended for:

digestive *p.284*

stress *p.292*

respiratory *p.312*



Cumin



People often associate cumin with Indian curries, but the incomparable smell given off by the warmed, crushed seeds evokes Middle Eastern cookery, too. Cumin is also an important flavoring in Mexican cuisine and is an essential ingredient in many Mexican dishes. Like so many herbs and spices, cumin has a soothing effect on the digestive system, which is probably why it is mixed with yogurt to make the cooling lassi drinks of Indian cuisine.

Use cumin in rich fried dishes or with beans to counter flatulence and dyspepsia. It has a special affinity with lamb dishes.



Recommended for:
digestive *p.284*



Coriander



Coriander is mentioned in Sanskrit writings and in the Bible. It was introduced into Europe by the ancient Romans, who found it useful as a preservative for meat. Today, we know coriander seed as an essential ingredient of curry powders. It is also added to cold appetizers cooked *à la grecque*. Powdered coriander seed adds a distinctive North African flavor to meat and fish dishes. In hot, stimulating food, this mild spice is valued for its cooling quality and its assistance to the digestion.

The chopped fresh leaves of the plant that produces coriander seed, called cilantro, have a delicious, piquant flavor and are good added to a plain green salad. The fresh leaves also go well with cold cooked chicken.



Recommended for:
digestive *p.284*



Garlic



The word “garlic” comes from two Anglo-Saxon words that together mean “spear leek.” This name probably derived from the shape of the garlic plant’s leaves, which are sharp and pointed.

Garlic is yet another food that was introduced to Britain by the Romans. The Roman soldiers used to put cloves of garlic between their toes in order to prevent fungal infections of the feet. In Britain, the plant was established in the wild from the cloves that dropped to the ground.

Garlic is not only a delicious flavoring for food, but also has many health-giving properties. From ancient times right up to the end of the nineteenth century, garlic was the most frequently used medicinal plant throughout the world. All sorts of diseases and conditions, including bronchitis, asthma, indigestion, gout, and even (as the Romans apparently knew) athlete’s foot, can be helped by garlic. It has antiviral, antibacterial, and antifungal properties, with virtually no side effects apart from irritation of the gut in some sensitive people.

The most exciting discovery about garlic so far, however, has been its effect on the heart and circulation. Like its close relative the onion (*p.66*), garlic has the ability to thin the blood. It contains the sulfur compound allicin, which helps the body eliminate cholesterol and also reduces the amount of unhealthy fats produced by the liver.

When, in studies, garlic was given to healthy volunteers who were fed diets rich in fatty foods, garlic reduced blood cholesterol by up to 15 percent. In another study, people with high cholesterol levels who took garlic

supplements—but did not otherwise change their diets—reduced their cholesterol levels by an average of 12 percent over a four-month period.



Recommended for:

circulatory *p.278*

digestive *p.284*

joints *p.304*





Ginger



Ginger is another warming, antiseptic spice. It is widely used in the cooking of meat and fish in the East, where it helps counter putrefaction. It is equally popular as a sweet spice in the West. It is the tuberous root of a perennial plant found in tropical regions and should be peeled before slicing or grating.

It's far better to use the fresh root wherever possible, since dried ginger is poor stuff by comparison. Ginger aids digestion and is unexpectedly useful against nausea. In fact, clinical trials have shown it to be more effective than the standard drugs against motion sickness. Another benefit is that it has none of the side effects of conventional anti-nausea drugs, and pregnant women and children can use it safely. Fresh ginger grated into hot lemon and honey as a bedtime drink can stop a cold in its tracks.



Recommended for:

digestive *p.284*

joints *p.304*



Horseradish



Horseradish was originally a medicinal herb, but these days most of us know it only as a condiment made up in jars and eaten as a flavoring with roast beef. It deserves to be used more adventurously: try the fresh root grated into salad dressing, mayonnaise, or cottage cheese, or try adding a little horseradish to some natural yogurt as a tangy accompaniment to smoked fish.

Horseradish is an invigorating herb and is a powerful stimulant to the digestion, which is a reason for eating it with rich foods, such as roast beef or oily fish. It also clears excess catarrh and counters infection. Since the volatile oil that gives horseradish its flavor is destroyed by heat, the herb should only be added fresh to food after cooking.



Recommended for:

digestive *p.284*



Brewer's yeast



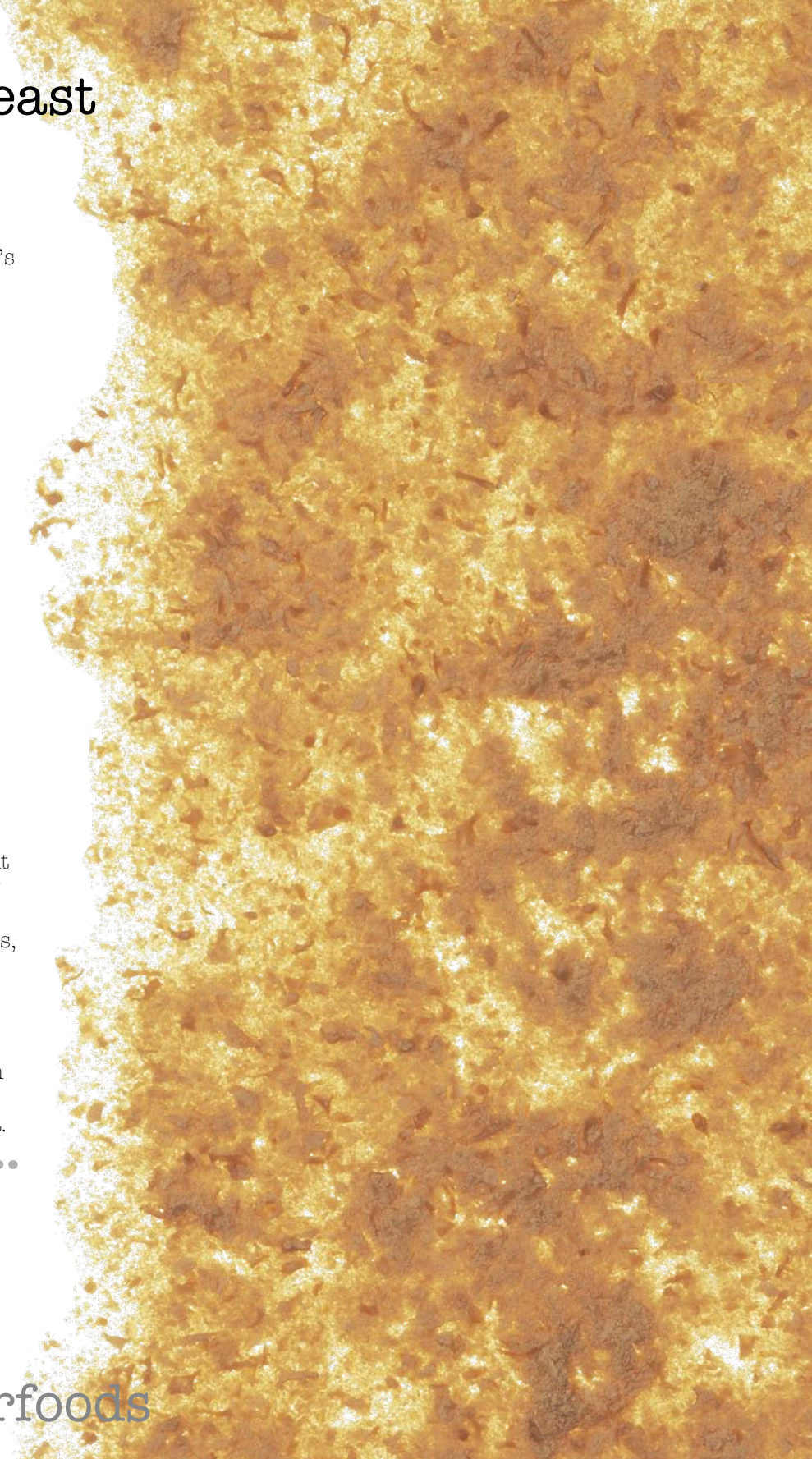
Although it is no longer quite the health food store star of former days, brewer's yeast is still an unrivaled source of the B-complex vitamins, which serves many purposes: it helps to break down carbohydrates, proteins, and fats and supports the nervous system, among other functions. With particularly high levels of iron, zinc, manganese, magnesium, and potassium, brewer's yeast supplies protein, and is also high in chromium, which has been shown to help lower cholesterol and reduce blood sugar levels. It is rich in the nucleic acid RNA, which is vital to the immune system.

On its own, brewer's yeast does not taste agreeable, but spooned into your morning smoothie and blended with milk, yogurt, and fruit juices, with a little honey, it registers as a pleasant, nutty flavor.

Since brewer's yeast is high in purines, it should be avoided by people with gout.



Recommended for:
circulatory *p.278*
stress *p.292*
fatigue *p.298*



Oils



Olive oil Like all cold-pressed vegetable oils, extra-virgin olive oil is extracted from the olives without the use of heat or chemicals, resulting in the purest possible finished product. Olive oil is the best digested of vegetable oils and provides the strongest stimulation of the gallbladder, an aid to all fat digestion.

Just two tablespoons of extra-virgin olive oil provides almost 90 percent of monounsaturated fat and nearly 20 percent of the vitamin E that you need for a whole day. The monounsaturated fats in olive oil help reduce cholesterol levels, and the oil also acts as a strong antioxidant thanks to its high vitamin E content, protecting cells from damage. Some of the natural chemicals in olive oil prevent the absorption of cholesterol and increase the level of HDL (good) fat in the bloodstream. One study showed that adding two tablespoons of olive oil to the daily diet with no other dietary changes produced a significant fall in cholesterol levels.

Flaxseed oil Cold-pressed flaxseed oil is extremely rich in omega-3 fatty acids, especially alpha-linolenic acid (ALA). Some people believe that flaxseed oil is as healthy as fish oils, since the ALA can be converted in the body into EPA—eicosapentaenoic acid. Not all people produce the enzyme necessary for this to happen, however. ALA is important as a balance to omega-6 fatty acids in the diet. Flaxseed oil turns rancid if exposed to heat, light, or air. Keep it in the refrigerator and use it well before its expiration date. It's not suitable for frying or cooking, but it's perfect added to dressings, sauces, and marinades.



Recommended for:

cancer *p.264*

circulatory *p.278*



Honey



Ancient societies used honey for energy and sweetening and as a preservative. To this day, milk and honey is a popular bedtime remedy for insomnia.

Traditionally, honey has been valued for both internal and external medicine, relieving coughs, stomachaches, indigestion, and injuries. New Zealand Manuka honey is now widely used in hospitals as a sterile dressing for plastic surgery wounds and severe ulceration. It kills most bacteria, including the dreaded MRSA.

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Recommended for:

digestive *p.284*

fatigue *p.298*

respiratory *p.312*



Molasses



Molasses is the last extract from sugar cane when the sugar is refined out of it. Weight for weight, crude black molasses contains more calcium than milk, more iron than eggs—three milligrams in one tablespoon—and a very high level of potassium. It is also rich in many B vitamins. Its flavor is quite powerful. Molasses should not be eaten straight from the spoon as a matter of habit, however, because of its high sugar content—a risk to teeth and gums.

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Recommended for:

stress *p.292*

fatigue *p.298*

joints *p.304*



Chocolate



When the famous botanist Linnaeus came to name the cocoa tree, he called it *theobroma*, which means “food of the gods.” He had good reason for this—a major constituent of the bean is a chemical called theobromine, which acts in the brain to trigger the release of natural feel-good chemicals called endorphins. These chemicals kindle feelings of romance, love, and arousal, and combat depression. Chocolate also contains caffeine, which is a stimulant that makes chocolate a mild diuretic.

Dark chocolate contains fat and provides 500 calories per 3½-oz (100-g) serving. However, it also supplies iron, magnesium, useful amounts of protein, and traces of some other minerals, as well as some B vitamins. You’ll need to do two hours of brisk walking, ride your bike for an hour and a half, or swim nonstop for a full hour to burn off a large chocolate bar.



Recommended for:

stress *p.292*



Beer



Beer is one of the best nutritional sources of silicon, which is essential for bones. As little as 10 fl oz (0.5 liters) a day could help prevent osteoporosis, which causes more than 200,000 fractures every year, most of them in women.

There's more good news about beer: recent research reveals that the hops used in traditional brewing are a good source of phytoestrogens, which are natural plant hormones that protect against osteoporosis. If you really want strong bones, have a piece of cheese and a glass of beer with your lunch. The calcium in the cheese and the phytoestrogens in the beer are perfect bone-builders.

Beer is also rich in vitamins B6 and B12 and folic acid, which many women lack in their diets. As a bonus, hops have a natural antibiotic action that kills the *Helicobacter pylori* bacterium, which is the cause of most gastric ulcers. With lots of potassium but little sodium, sensible quantities of beer can be good for blood pressure.



Recommended for:

circulatory *p.278*

digestive *p.284*



Red wine



In most parts of the world, the drinker's toast is to their companions' good health—"à votre santé," "salud," "skoal," "prost," "l'chayim"—and there are indeed some health benefits from drinking red wine. It's one of the factors in the Mediterranean diet that is known to protect against heart disease. Research done in France shows that men who regularly drink moderate amounts of red wine have a 30 percent lower risk of death from all causes than either men who drink heavily or those who abstain from alcohol completely. This may be due at least in part to the natural antioxidants, known as phenolic compounds, that red grapes contain. These phenolic compounds are known to protect against heart and circulatory disease.

People who drink white wine in moderation may also be improving their health; studies done in the US show that white wine drinkers have the healthiest lungs.




Recommended for:

circulatory *p.278*

respiratory *p.312*



A close-up photograph of a glass teapot pouring tea into a glass cup. The teapot is on the left, tilted, and the cup is on the right, partially filled with a golden-brown liquid. The background is plain white.

Tea



Nutritionally, tea contains very little in terms of vitamins and minerals. The leaves do contain tannins, which are good for eye problems—a used teabag dipped in cold water and placed over closed eyes for 10 minutes gives instant relief for sticky, itchy, and tired eyes.

By far the most exciting benefits of tea come from the bioflavonoids it contains. These natural plant chemicals, which act as antioxidants, neutralize the damaging free radicals that cause heart and circulatory problems. Two to four cups of tea a day are necessary for this extra protection, and although green tea is richer in protective substances, black tea also contains significant amounts. Green tea is the most cancer-protective of all teas.

Tea can even help concentration, and it's not the caffeine. There's another ingredient that helps concentration and speeds up the learning process, but we don't yet know what it is.



Recommended for:

cancer *p.264*

circulatory *p.278*

Coffee



Coffee is known for containing caffeine, but there's also caffeine in tea, chocolate, and cola drinks. On the positive side, caffeine stimulates the brain, aids concentration, and fights fatigue. Surprisingly, coffee may also help some people with asthma. It increases the potency of painkillers, and may even help relieve migraines.

On the other hand, coffee can increase blood pressure in non-regular users by 10 percent for three hours after consumption. Too much coffee is addictive. It is also linked to PMS, cyclical breast lumps, poor fertility, and low birth weight in babies.

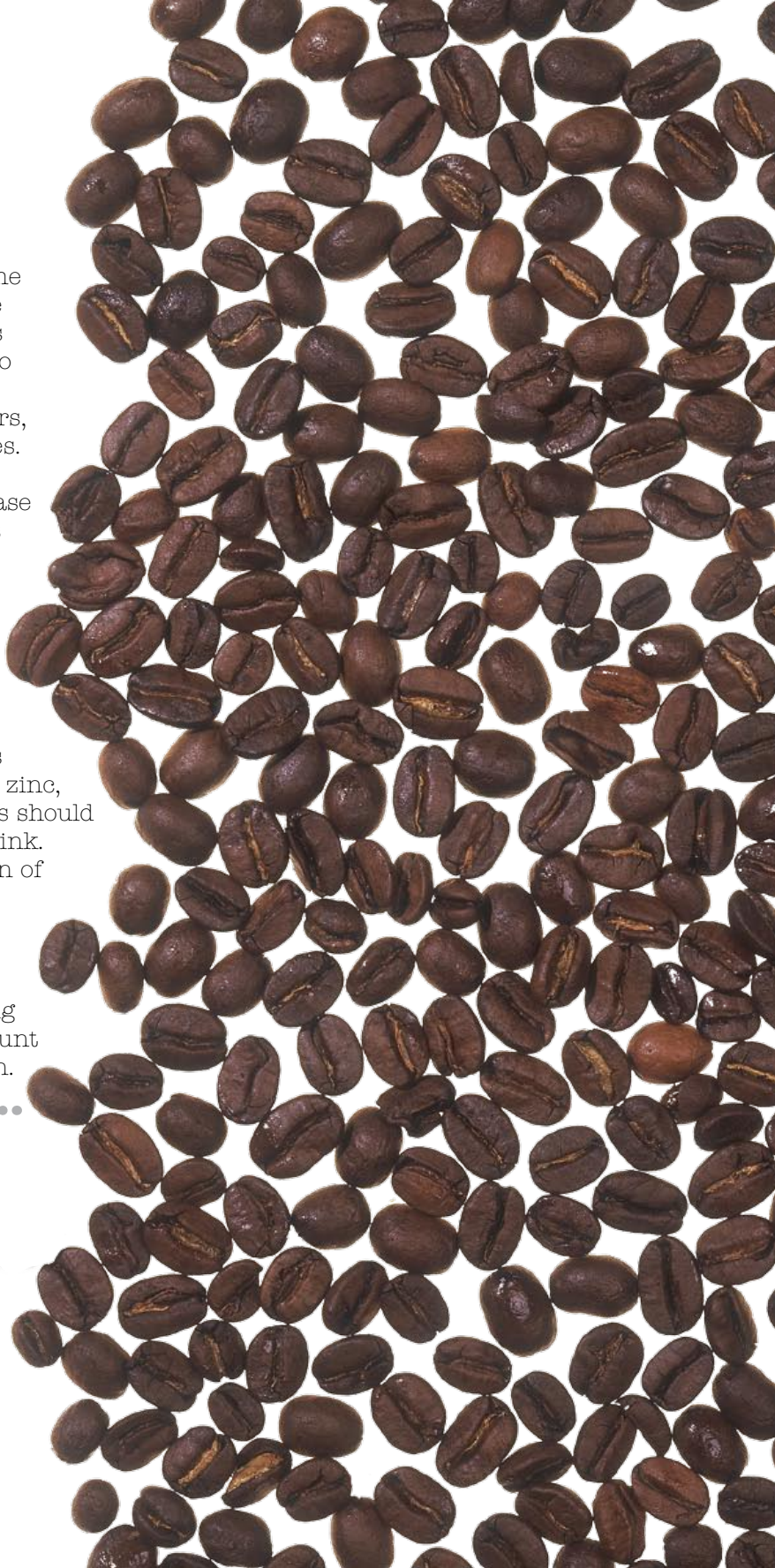
Caffeine adversely affects the body's absorption of the minerals iron and zinc, so pregnant women and vegetarians should reduce the amount of coffee they drink. Coffee also stimulates the production of stomach acid, which can lead to heartburn and indigestion.

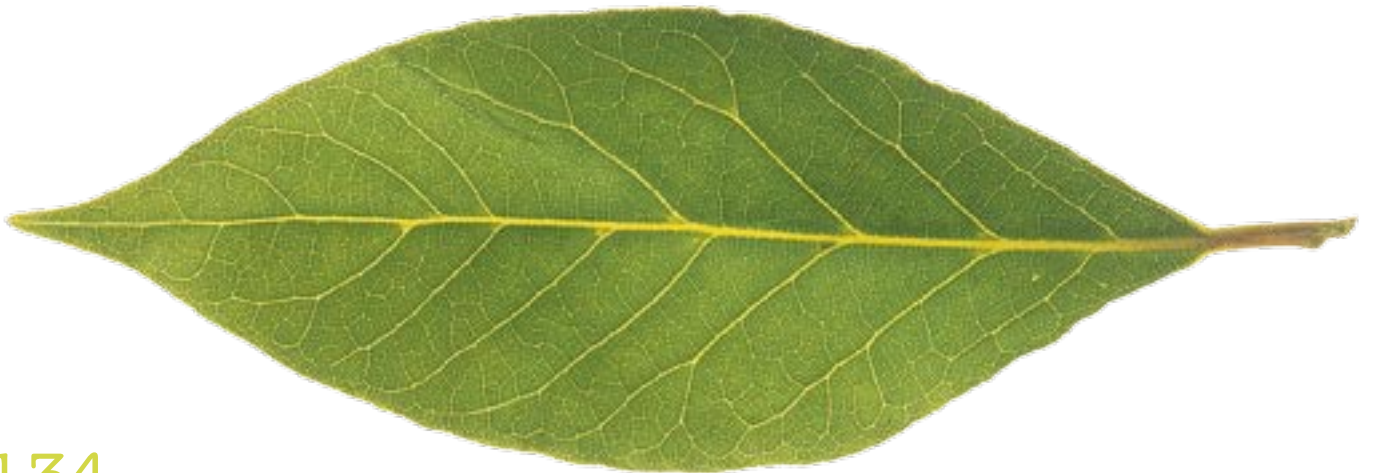
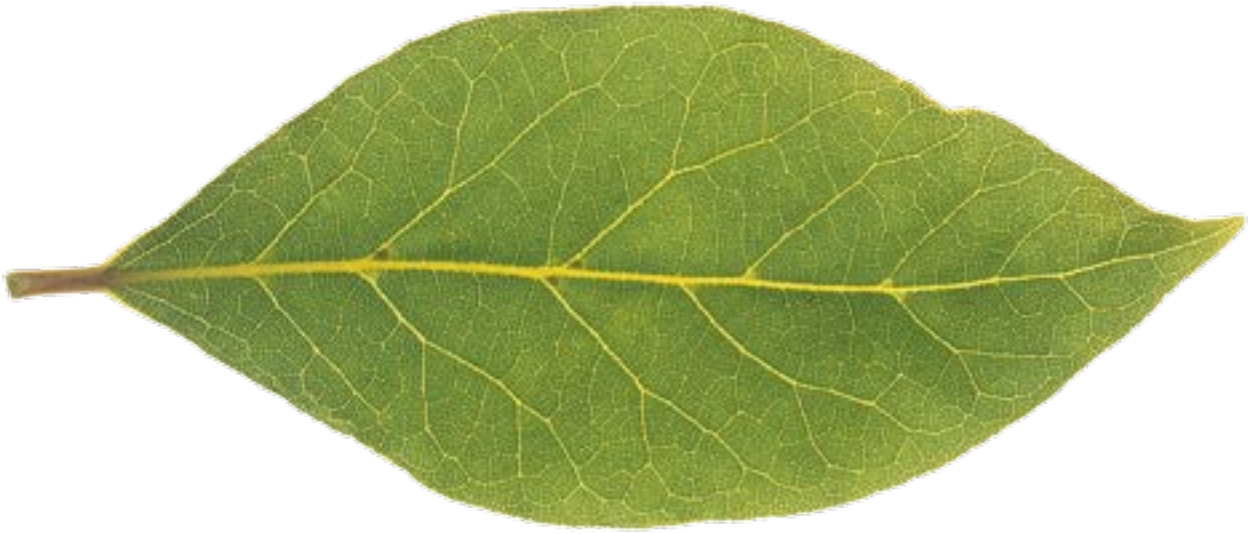
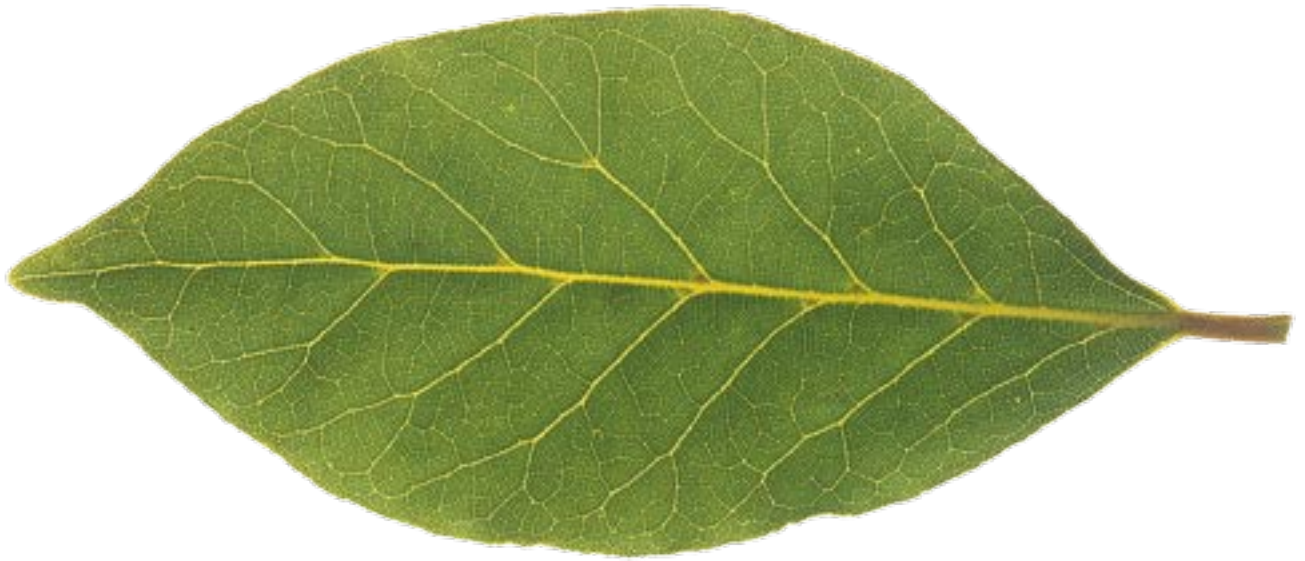
It's fine to enjoy a cup of good coffee, a pot of fragrant tea, or a mug of soothing cocoa, but limit the amount you drink to avoid caffeine addiction.

Recommended for:

fatigue *p.298*

respiratory *p.312*





Recipes

- ★ Soups and appetizers
- ★ Eggs and pasta
- ★ Seafood
- ★ Meat, chicken, and game
- ★ Grains and legumes
- ★ Vegetables
- ★ Snacks
- ★ Salads
- ★ Desserts
- ★ Drinks
- ★ Basic recipes

★ ★ ★ Soup was probably the very first recipe that followed the discovery of fire. From light broths to “stand the spoon up,” they’re comforting and nourishing as snacks, appetizers, or a one-pot meal.

Soups and appetizers

- ★ Pumpkin soup
- ★ Onion soup
- ★ Spanish white garlic soup
- ★ Borscht
- ★ Carrot soup
- ★ Jerusalem artichoke soup
- ★ Brown rice and celery soup
- ★ Verdant broth
- ★ Sweet corn and haddock chowder
- ★ Oats and broccoli pottage
- ★ Watercress soup
- ★ Leek and cheese soup
- ★ White bean soup
- ★ Stilton soup
- ★ Fresh tomato soup
- ★ Cold cucumber and yogurt soup
- ★ Vegetable and barley soup
- ★ Carrot, leek, and ginger soup
- ★ Florida cocktail
- ★ Artichoke vinaigrette
- ★ Avocado, walnut, and pear salad
- ★ Green and white pâté
- ★ Asparagus citronette
- ★ Classic crudités
- ★ Beets in white sauce
- ★ Pear and celery almondaise
- ★ Marinated mushrooms
- ★ Hummus plus

Pumpkin soup serves 4

DIGESTIVE *P.284* RESPIRATORY *P.312* SKIN *P.318*

1½-lb (750-g) piece of pumpkin
1 tsp olive oil
1 large onion, sliced
1 clove garlic, chopped
1 bay leaf
3 cups vegetable stock
(*p.261*)
2 carrots, finely grated
2 tbsp chopped parsley
whole-wheat garlic
croutons (*p.254*)

Preheat the oven to 275°F (140°C). Cut the pumpkin into wedges, skin and all, remove seeds, put the pumpkin in an ovenproof dish, and bake for half an hour. Drain off the surplus water and reserve. Remove the pumpkin skin. Heat the oil in a heavy-bottomed pan and cook the onion, the garlic, and the bay leaf for a few minutes over medium-low heat. Add the stock, the pumpkin, and its water, and simmer for 30 minutes. Stir in the grated carrots, add the chopped parsley, adjust the seasoning, and serve with the croutons.

Onion soup serves 4

CIRCULATORY *P.278* RESPIRATORY *P.312* URINARY *P.324*

2 large onions
1 tbsp oil
4 cups vegetable stock
(*p.261*)
fresh thyme
black pepper
½ tsp salt-free yeast extract
4 slices whole-wheat bread
4 oz (125 g) grated Cheddar
cheese

Peel and slice the onions, heat the oil in a heavy-bottomed pan over medium heat, and cook the onions until slightly golden. Add the stock, thyme, pepper, and yeast extract, bring to a boil, and simmer gently for 15–20 minutes. Pour the soup into ovenproof bowls, if you have them. Float the bread in the soup, sprinkle grated cheese on top of the bread, and put under a hot broiler until melted.

Spanish white garlic soup serves 4

CANCER *P.264* CIRCULATORY *P.278* JOINTS *P.304* RESPIRATORY *P.312*

6 oz (175 g) blanched almonds
4 big cloves garlic, crushed
1 thick slice white bread, soaked in water and squeezed dry
½ cup olive oil
½ cup ice water
a little lemon juice
salt
a few peeled Muscat grapes, if in season

In the bowl of a food processor, pulse the almonds until fine. Add the garlic and the bread to the ground almonds, and process thoroughly until smooth. Then add the olive oil drop by drop, with the processor motor running. Add the ice water until the soup is a thick cream. Add lemon juice, and salt to taste.

Traditionally, this soup is served with a few peeled white Muscat grapes floating in it.

Borscht serves 4

CANCER *P.264* FATIGUE *P.298*

1 lb (500 g) raw beets
2 tbsp butter
1 tbsp olive oil
1 medium-sized onion, sliced
2 carrots, peeled and sliced
2 sticks celery, chopped
1 small bulb fennel, chopped
5 cups vegetable stock (*p.261*)
1 tsp chopped fresh thyme
1 tbsp chopped fresh parsley
1 bay leaf
salt and pepper
juice of 1 lemon
1–2 tbsp natural yogurt
whole-wheat croutons (*p.254*)

Peel the beets and slice into thin strips. Heat the butter and oil in a heavy-bottomed pan over medium-low heat and cook the onion for 3–4 minutes. Add the beets and the carrot, celery, and fennel. Sauté over very low heat for a few minutes, and then add the stock and the herbs. Bring to a boil, reduce the heat, and simmer until the vegetables are soft—about 30 minutes.

Strain into another pan, purée the vegetables in a blender or food processor, return them to the soup, add the lemon juice, and season to taste. Serve with a swirl of natural yogurt in each bowl, and whole-wheat croutons.

Carrot soup serves 4 ►

CIRCULATORY *P.278* RESPIRATORY *P.312* SKIN *P.318*

$\frac{3}{4}$ lb (375 g) old carrots, peeled
1 small onion, finely chopped
1 tbsp olive oil
 $2\frac{1}{2}$ cups vegetable stock
(*p.261*)
juice of 3 oranges, and grated
zest of 1 orange
a sprig of fresh mint
5 oz (150 g) natural yogurt

Coarsely grate the carrots. Heat the oil in a heavy-bottomed saucepan, add the carrots and onion, and cook very gently until the carrots are soft and mushy. Add the stock and mint, and leave to simmer for 20 minutes. Purée in a blender or food processor, add the orange juice, and season to taste. Serve hot or cold with yogurt and sprinkled with the grated orange zest.

Jerusalem artichoke soup serves 4

CIRCULATORY *P.278* FATIGUE *P.298* JOINTS *P.304* SKIN *P.318*

1 tbsp vegetable oil
1 lb (500 g) Jerusalem
artichokes, thoroughly
washed and sliced
1 medium-sized onion, finely
chopped
4 cups vegetable stock
(*p.261*)
1 small bunch watercress,
washed and trimmed
whole-wheat garlic croutons
(*p.254*)
2 tbsp finely chopped fresh
parsley leaves
a little cream, if desired

Heat the oil in a saucepan over medium-low heat. Sauté the artichokes and onion, until the onion is just transparent, but not browned. Add the vegetable stock and simmer until the artichoke pieces are soft and tender. Purée in a blender or food processor, together with the watercress. Return to the pan and reheat. Serve piping hot with whole-wheat garlic croutons and sprinkled with chopped parsley. Add a swirl of cream for luxury.



Brown rice and celery soup serves 4

CANCER *P.264* DIGESTIVE *P.284* FATIGUE *P.298* JOINTS *P.304* URINARY *P.324*

4 cups vegetable stock
(*p.261*)
4 sticks celery, cleaned
and diced
2 tbsp olive oil
1 medium-sized onion,
finely chopped
¼ cup brown rice, washed
and drained
salt and pepper
1 tbsp chopped fresh parsley
leaves

Put the stock in a pan, add the diced celery, bring to a boil, and simmer until the celery is soft. Strain off the stock and reserve. Purée the softened celery in a food processor or blender. In a clean pan, heat the oil over medium-low heat, add the onion, and cook until transparent. Add the rice and stir. Add the celery purée and the vegetable stock, and season with salt and pepper to taste. Bring to a boil, and simmer until the rice is cooked—about 35 minutes. Sprinkle with the parsley.

Verdant broth serves 4

CANCER *P.264* CIRCULATORY *P.278* JOINTS *P.304* RESPIRATORY *P.312* SKIN *P.318*

1 fat leek, washed, trimmed,
and sliced
1 head celery, washed,
trimmed, and sliced
4 cups water
1 tbsp olive oil
1 large onion, sliced
1 bunch watercress, washed
1 bunch parsley, washed
1 tbsp olive oil
salt and pepper
whole-wheat garlic
croutons (*p.254*)

Boil the water in a large pan. Put the cleaned green top of the leek and the top and tough outer leaves of the celery into the boiling water to make a stock. Simmer for 30 minutes, then discard the vegetables. Heat the oil over medium-low heat and sauté the finely sliced white part of the leek and the sliced onion until translucent, but don't let them brown. Add the sliced celery and the stock, season with salt and pepper to taste, and simmer for half an hour. Then put in a food processor together with the watercress and parsley, and purée. Serve this fresh-tasting broth with garlic croutons.

Sweet corn and haddock chowder serves 4

CIRCULATORY *P.278* DIGESTIVE *P.284*

2 tbsp sunflower oil
3 oz (90 g) streaky bacon, cut into strips
1 onion, chopped
1 bay leaf
a sprig of fresh thyme
2 medium-sized potatoes, peeled and diced
12-oz (375-g) can of sweet corn, drained
1¼ cups milk
1¼ cups buttermilk
⅔ cup water
8 oz (250 g) undyed smoked haddock, cut into 1-in (2.5-cm) cubes, skinned and boned
1 tbsp chopped fresh chives
salt and pepper

This is a one-pot meal. Keep the cooking time short by cutting the potatoes small, so that they cook through in 10 minutes. Ideally, they should crumble and thicken the soup.

In a saucepan, heat the oil over medium heat, and fry the bacon until crisp. Remove and reserve. Add the onion and cook until softened but not brown. Add the bay leaf, thyme, potato, sweet corn, milk, buttermilk, and water. Simmer for 10 minutes, add the fish and chives, and simmer gently for a further 5 minutes. Season to taste with salt and pepper, and serve with the strips of bacon arranged over the top.

Oats and broccoli pottage serves 4

CANCER *P.264* CIRCULATORY *P.278*

1 tbsp olive oil
6 green onions, chopped
1 lb (500 g) broccoli florets
⅔ cup whole oats
2 cups milk
2 cups vegetable stock (*p.261*)
freshly ground pepper
freshly ground nutmeg
1 tbsp heavy cream
1 tbsp chopped fresh chives

Heat the oil over medium heat and cook the onions until they are soft. Add the broccoli and stir for a couple of minutes. Add the oats and stir for another minute or two. Slowly add the milk and stock, stirring. Cover and simmer very gently for 10 minutes. Season with a little freshly ground pepper and nutmeg. Just before serving the soup, stir in the cream and sprinkle with the chopped chives.

Watercress soup serves 4

CANCER *P.264* FATIGUE *P.298* RESPIRATORY *P.312* URINARY *P.324*

1 tbsp olive oil
1 medium-sized onion,
finely chopped
2 cloves garlic, finely chopped
1 tsp curry powder
3 bunches watercress,
thoroughly washed, with
stalks remaining
4 cups vegetable stock (*p.261*)
salt and freshly ground
black pepper
5-oz (150-g) carton plain
yogurt

Heat the oil in a saucepan over medium heat, cook the onion until soft, add the garlic, and cook for 1 minute. Add the curry powder and cook for another minute, stirring vigorously. Turn down the heat, add the watercress, and stir for 2 minutes or until it wilts. Add the stock, season with salt and pepper to taste, and simmer for 10 minutes. Purée in a blender or food processor and serve hot with a swirl of yogurt in each dish. Alternatively, this soup is delicious served chilled as a summer appetizer.

Leek and cheese soup serves 4

CIRCULATORY *P.278* DIGESTIVE *P.284* RESPIRATORY *P.312* URINARY *P.324*

1 lb (500 g) leeks
2 tbsp butter
2 tbsp whole-wheat flour
1 $\frac{2}{3}$ cups chicken stock
1 $\frac{1}{2}$ cups milk
90g/3oz soft cheese (perhaps
Boursin with herbs) cut
into small pieces
1 tbsp finely chopped fresh
dill
salt and pepper

Wash, trim, and finely slice the leeks. Melt the butter in a saucepan over medium heat and sauté the leeks until they are soft. Stir in the flour and cook for a couple of minutes. Add the chicken stock and milk. Cover and simmer for about 15 minutes, then put in a blender or food processor and blend until smooth. Transfer back to the pan, add the cheese, and heat until it has melted. Stir in the dill, season with salt and pepper to taste, and serve immediately.

White bean soup serves 4

CIRCULATORY *P.278* FATIGUE *P.298*

½ cup extra-virgin olive oil
1–2 cloves garlic, chopped
3 15-oz (425-g) cans
cannellini beans, drained
and rinsed
salt
freshly ground black pepper
¼ cup canned
concentrated beef
consommé, diluted in water
to make 1 cup stock
2 tbsp finely chopped fresh
parsley

This recipe comes from Marcella Hazan's beautiful book, *The Essentials of Classic Italian Cooking*: This soup is almost solid enough to serve as a side dish, but if you'd like it thinner, just add a little more stock or water.

Put the oil and garlic in a soup pot over medium heat. Sauté until the garlic is a very pale gold. Add the beans, and salt and pepper to taste. Cover and then sauté gently for 5–6 minutes.

Take a cup of beans from the pot and purée them in a blender or food processor. Return to the pot, add the stock, and simmer for another 5–6 minutes. Taste, adjust salt and pepper, swirl in the parsley, and turn off the heat.

Stilton soup serves 4

FATIGUE *P.298*

1 tbsp olive oil
1 large onion, finely chopped
2 sticks celery, finely
chopped
1 large potato or 3–4 small
ones, peeled and diced
4 cups water
⅔ cup white wine
8 oz (250 g) Stilton, crumbled
⅔ cup half-and-half
1 tbsp fresh parsley, finely
chopped

Heat the oil in a big pan over medium heat, add the onion and celery, and sauté until they are just beginning to soften. Add the potato, water, and wine, and cook until the vegetables are cooked through—about 15 minutes. Add the Stilton, and heat through until it has melted into the soup. Then stir in the half-and-half, reheat, and serve sprinkled with the parsley. Don't add salt—the Stilton will make the dish salty enough.

Fresh tomato soup serves 4

CANCER *P.264* CIRCULATORY *P.278* RESPIRATORY *P.312* SKIN *P.318*

1 medium-sized onion,
finely chopped
2–3 cloves garlic, chopped
3 tbsp olive oil
1½ lb (750 g) tomatoes,
peeled, quartered, and
deseeded
4 cups vegetable stock (*p.261*)
2–3 slices stale whole-wheat
bread, crusts removed and
coarsely crumbled
salt and pepper
1 tbsp pesto

Make this in summer when you can find beautifully ripe, red tomatoes that are full of flavor.

In a saucepan, heat the oil over medium heat, and sauté the onion and garlic until translucent. Add the tomatoes and cook until broken down. Add the vegetable stock, cook for 4–5 minutes, add the bread, and cook for another 2–3 minutes. Season with salt and pepper to taste, and serve tepid, with the pesto.

Cold cucumber and yogurt soup serves 4

DIGESTIVE *P.284* FATIGUE *P.298* SKIN *P.318* URINARY *P.324*

1 medium-sized cucumber
salt
1¼ cups natural yogurt
1 clove garlic, finely chopped
1 tsp white wine vinegar
1 tbsp fresh dill, chopped
salt and pepper
2 tsp olive oil
1 tsp lemon juice

Peel the cucumber, slice it paper-thin, sprinkle with salt, and allow to drain in a colander. After 10 minutes, rinse it and put it in a blender or food processor with the yogurt, garlic, vinegar, and dill. Blend thoroughly. Season to taste with salt and pepper, and chill. Serve with the oil and lemon juice drizzled over the surface.

Vegetable and barley soup serves 4

CANCER *P.264* CIRCULATORY *P.278* DIGESTIVE *P.284* STRESS *P.292*
JOINTS *P.304* RESPIRATORY *P.312* SKIN *P.318* URINARY *P.324*

1 tbsp olive oil
3 sticks celery with leaves, sliced
2 carrots, peeled and sliced
3–4 green cabbage leaves,
finely shredded
1 large leek, washed, trimmed
and thinly sliced
1 small turnip, peeled and diced
2 large onions, chopped
1 bay leaf
2 tbsp barley, well washed
4 cups vegetable stock (*p.261*)
black pepper
1 tbsp chopped fresh parsley

Heat the oil in a large saucepan over medium heat. Add the onion, celery, and leeks and cook until softened, about 5 minutes. Add the remaining ingredients, season with the black pepper, and bring to a boil, stirring well. Allow to simmer, covered, until the vegetables are soft—about 45 minutes. Serve sprinkled with fresh parsley.

Carrot, leek, and ginger soup serves 4

CANCER *P.264* CIRCULATORY *P.278* STRESS *P.292* RESPIRATORY *P.312*
SKIN *P.318*

2 large leeks, cleaned and
finely sliced, with some of
the green part
2 large carrots, thinly sliced
1 tbsp olive oil
1-in (2.5-cm) piece fresh
ginger, peeled
4 cups vegetable stock (*p.261*)
1 bay leaf
2 tbsp half-and-half
1 tbsp chopped fresh cilantro

Heat the oil in a saucepan over medium-low heat and cook the leeks until softened but not browned. Add the carrots, stir, grate in the peeled ginger, and add the stock and the bay leaf. Bring to a boil and simmer for 30 minutes. Remove the bay leaf and purée the soup in a blender or food processor. Reheat and serve in individual bowls with a swirl of cream and a sprinkling of chopped fresh coriander.

Florida cocktail

serves 4

CIRCULATORY *P.278* DIGESTIVE *P.284* FATIGUE *P.298* RESPIRATORY *P.312*

1 orange
1 pink grapefruit
2 kiwi fruit
1 small bunch white grapes
juice of a big, juicy orange
juice of half a lemon
a sprig of mint

Peel the orange, the grapefruit, and the kiwi fruit. Wash, halve, and deseed the grapes. Split the oranges and grapefruit into segments, divide between four serving glasses, cut the kiwi fruit into wedges, and add them to the glasses, with the grapes. Add the orange and lemon juice and then decorate with mint leaves.

Artichoke vinaigrette

serves 4

CIRCULATORY *P.278* DIGESTIVE *P.284* JOINTS *P.304*

4 medium-sized globe
artichokes
juice of half a lemon
¼ cup olive oil
1 tbsp tarragon vinegar
black pepper
4 green onions, finely
chopped
a pinch of dried mixed herbs
1 clove garlic, finely chopped

Clean the artichokes by soaking them pointed end downward in cold water for 30 minutes and then shaking the water off. Trim off the stalks to just below the base (if they're small, young artichokes, you can leave a bit more of the stalk), and cook them in a big pan of boiling water—to which you have added the juice of half a lemon—until you can easily slide a sharp knife into them. Drain pointed end downward. Beat together the oil, vinegar, and the other ingredients to make the vinaigrette. Serve the artichokes cold, with the vinaigrette as a dip.

NOTE: This vegetable is eaten with the fingers. Starting at the outside, pull off a leaf, dip the thick end into the vinaigrette, chew the goodness out of it, and discard it. Smaller leaves near the middle may be eaten whole. In the very middle is the hairy choke, which should be removed with a knife. You can now enjoy the gray-green heart beneath. Provide napkins, finger bowls, and side dishes to dispose of the leaves.

Avocado, walnut, and pear salad serves 4

STRESS P.292 FATIGUE P.298 SKIN P.318

1 bunch watercress
2 avocados, peeled and pitted
2 firm, ripe pears, washed,
cored, and sliced
juice of half a lemon
2 oz (60 g) chopped walnuts
2 tbsp walnut oil
salt and pepper

Wash, dry, and trim the watercress; arrange it on four plates. On top, put alternate slices of the avocados and pears. Sprinkle a little of the lemon juice over them to keep their color fresh. Scatter the walnuts evenly over the plates. Mix together the oil, the rest of the lemon juice, the salt and pepper, and pour over each salad.

Green and white pâté serves 4

JOINTS P.304

1 tbsp vegetable oil
½ lb (250 g) leeks, cleaned
and sliced
juice of 1 lemon
½ lb (250 g) celeriac, peeled
and diced
½ lb (250 g) fresh spinach, or
use frozen spinach
salt and pepper, freshly
ground
2 tbsp chopped fresh chives
½ tsp ground nutmeg
8 oz (250 g) low-fat cream
cheese
1 tbsp powdered gelatin
lamb's lettuce and red
radicchio garnish

Grease a 3-cup loaf pan and line with plastic wrap. Heat the oil in a sauté pan over medium-low heat and cook the leeks for 5 minutes. Drain on paper towels, purée in a food processor, and set aside to cool. Boil a big pan of water, add the lemon juice to it, and cook the celeriac for 5 minutes, or until soft. Drain, purée, and cool. If using fresh spinach, squeeze out the moisture; if using frozen, heat gently until it defrosts, then drain and squeeze. Purée the spinach. Season the purées with salt and freshly ground black pepper. Stir chives into the leek purée, and nutmeg into the spinach. Divide the cheese into three and beat one-third into each purée. Dissolve the gelatin in 3 tbsp of hot water. Cool slightly. Stir 1 tbsp of the liquid into each purée. Spread the leek purée in the base of the pan and top with the celeriac, then the spinach. Chill for at least half an hour, then turn out onto a serving plate, remove plastic wrap, and garnish with the salad leaves.

Asparagus citronette serves 4 ►

DIGESTIVE *P.284* URINARY *P.324*

1 lb/500 g asparagus
3 tbsp extra-virgin olive oil
zest and juice of a big lemon
black pepper, to taste

Wash the asparagus and trim off the tough bottoms of the stalks (do not discard these; use for soup together with the asparagus cooking water).

An asparagus steamer gives the best results; otherwise, cook them lying flat in boiling water in a deep, wide frying pan or even a wok. They are done when you can easily pierce the fleshiest part of the stems with a knife. Drain, saving the water, and let cool. For the dressing, combine the oil, lemon juice, and pepper in a glass jar and shake well. Serve the asparagus drizzled with the dressing and sprinkled with the lemon zest.

NOTE: To make asparagus soup from the stock and trimmings, put the cut-off ends—all but the really dirty ones—into the reserved cooking water. Add 2–3 small, peeled potatoes and 1 whole spear of asparagus. Bring to a boil, simmer until the potatoes are done, purée, and serve with a swirl of low-fat natural yogurt.

Classic crudités serves 4

CANCER *P.264* DIGESTIVE *P.284* FATIGUE *P.298* RESPIRATORY *P.312* SKIN *P.318*

6–10 radishes, washed
2 carrots, peeled
4–6 young beets, washed
2–3 sticks celery, washed
juice of half a lemon
1 tbsp olive oil
1 tbsp chopped fresh parsley

In French restaurants, crudités can include a dozen different dishes. The classics are fresh radishes with their green tops; raw carrots, peeled and grated; grated raw young beets; and chunks of crisp celery. All of these may be served with a lemon and olive oil dressing, with a sprinkling of fresh parsley on top.



Beets in white sauce serves 4

CANCER P.264 CIRCULATORY P.278 FATIGUE P.298

12 raw baby beets—
allow 3 per person
2 tbsp cider vinegar
2 tbsp butter
1 heaped tbsp all-purpose
flour
a pinch of white pepper
a pinch of nutmeg
2½ cups skim milk

Rinse the beets clean—don't scrub too hard or they will bleed—then trim, leaving a little of the leaf-top and the stem. Put in a pan, cover with water, add the cider vinegar, bring to a boil, and simmer for about 30 minutes. Meanwhile, prepare the sauce. Melt the butter over medium-low heat in a heavy-bottomed saucepan until froth subsides; do not allow to brown. Add the flour and stir briskly into a thick paste with a wooden spoon; continue stirring for another couple of minutes. Add the white pepper and nutmeg. Heat the milk and add it, a little at a time over low heat, to the paste. Stir continuously, until there are no lumps. When the sauce comes to a boil, continue stirring until it thickens. Remove from the heat and cover. Drain the beets and, very carefully, holding them in a thick stack of paper towels, remove the skins. Arrange in a white china dish, and pour the sauce over the top. Serve immediately.

Pear and celery almondaise serves 4

FATIGUE P.298 JOINTS P.304 SKIN P.318

4 sticks celery
1 lb (500 g) pears
1 tbsp lemon juice
¾ cup chopped peeled
cucumber
2 oz (60 g) ground almonds
1 tbsp olive oil
a few walnuts
lettuce leaves

Trim the celery—save the leaves—and cut into chunks. Chop up the leaves and set aside. Peel, core, and chop up the pears. Put lemon juice, cucumber, and ground almonds into a food processor and blend until well mixed. Add the oil a little at a time, until combined. Toss the celery and pears with the dressing. Line a salad bowl with lettuce leaves, put in the mixture, and garnish with walnuts and chopped celery leaves.

Marinated mushrooms serves 4

CANCER *P.264* STRESS *P.292*

2 tbsp olive oil
1 medium-sized onion, sliced
3 cloves garlic, crushed
1¼ cups red wine
2 tbsp lemon juice
1 tsp honey
¼ tsp ground black pepper
½ tsp ground coriander
2 large tomatoes, peeled,
deseeded, and chopped
12 oz (375 g) mushrooms
1 tbsp chopped fresh parsley

In a large, heavy-bottomed saucepan, heat the olive oil over medium heat and cook the onion until transparent. Add the garlic and cook for 2 minutes. Add the red wine, lemon juice, honey, black pepper, coriander, and tomatoes. Bring to a boil and simmer for 5 minutes. Add the mushrooms and continue to simmer until soft. Put in a bowl and marinate in the refrigerator for 4 hours or overnight. Serve with a sprinkling of fresh chopped parsley.

Hummus plus serves 4

CANCER *P.264* DIGESTIVE *P.284* FATIGUE *P.298* SKIN *P.318*

¾ cup soaked chickpeas
juice of 2 lemons
3 tbsp tahini (sesame
seed paste)
2 garlic cloves, crushed
sea salt
2 tbsp extra-virgin olive oil
¼ tsp paprika
pita bread, olives, and
trimmed radishes, for
serving

Serve this famous Middle Eastern chickpea dip with whole-wheat pita bread and olives. In a pinch, it can be made with chickpeas out of a can, but dried chickpeas taste much better. Wash the chickpeas and soak in a big bowl of water the night before, or 6–8 hours before you need them. Drain and put in a big pan of fresh water, bring to a boil, and simmer for about an hour, or until soft. Drain, saving the cooking water. Put in a blender or food processor with a little of their cooking liquid, gradually adding enough to make a thick paste. Add the lemon juice, tahini, and garlic. Season with salt to taste. Serve with a swirl of olive oil over the surface and a sprinkle of paprika. Cover and chill. Accompany with hot pita bread, a bowl of mixed black and green olives, and radishes complete with their leaves.

★ ★ ★ For speed,
variety, nutrition, and
value, nothing compares
with eggs and pasta.

Eggs and pasta

- ★ Tomato and herb omelet
- ★ Eggs with smoked haddock
- ★ Tuna and fennel pasta
- ★ Red and yellow eggs
- ★ Eggs Mornay
- ★ Tuna and black olive sauce
- ★ Eggs tonnato
- ★ Pasta pesto with vegetables
- ★ Tagliatelle with artichokes
- ★ Green pasta salad
- ★ Pasta shells with broccoli
- ★ Meatball and tomato sauce

Tomato and herb omelet serves 1 ►

DIGESTIVE *P.284* FATIGUE *P.298* RESPIRATORY *P.312*

1 medium-sized tomato
3 free-range eggs
2 tbsp chopped fresh herbs—
parsley, chives, chervil
salt and pepper
1 tbsp olive oil

Omelets are best made one at a time, though two people can share a big one. These quantities make one good-sized omelet; for 2 people, double the quantities, but use 5 rather than 6 eggs.

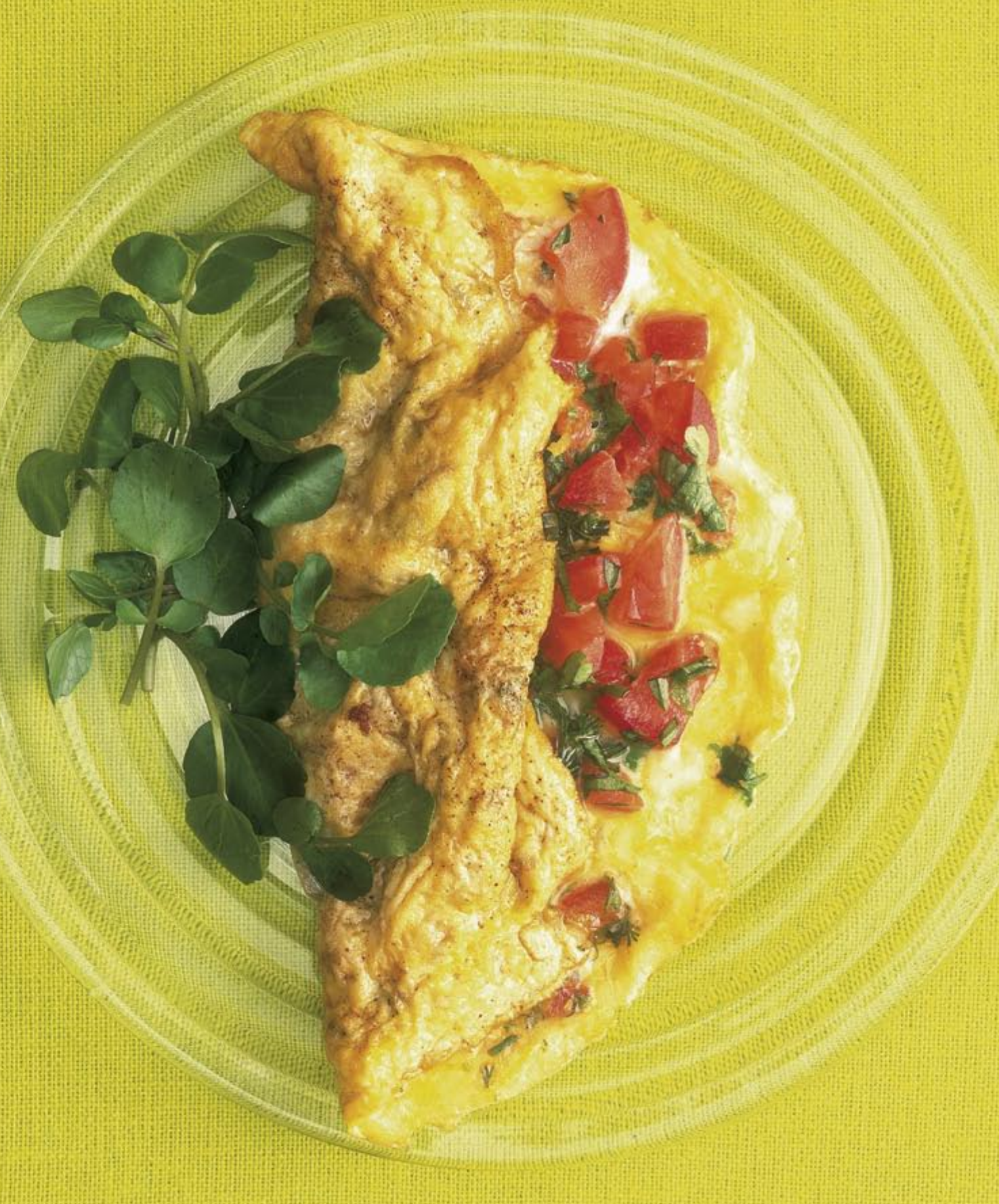
Peel the tomato—dip it in boiling water for a couple of minutes, then the skin slides off easily. Chop it. Beat the eggs in a bowl, then add the chopped tomatoes, the herbs—save a sprinkle for garnishing—and seasoning. Have a hot plate ready. Heat the oil in a small nonstick sauté pan over medium-high heat. When it is sizzling hot, pour in the egg mixture. With a fork, keep lifting the edges so that the uncooked egg on top can run underneath. The whole operation should take less than a minute, and the egg should still be slightly runny on top when you roll the omelet out onto the plate. Sprinkle with the remaining herbs and serve at once.

Eggs with smoked haddock serves 2

CIRCULATORY *P.278* FATIGUE *P.298*

6 oz (175 g) smoked
haddock—avoid the lurid
yellow kind
 $\frac{2}{3}$ cup milk
4 free-range eggs
freshly ground black pepper
1 tbsp butter
whole-wheat toast, for serving

Simmer the haddock in the milk for 2–3 minutes, then strain and save the milk. Flake the haddock, discarding skin and bones, and keep it hot. Beat the eggs with 2 tablespoons of the fishy milk, and season with a little pepper, but don't add salt. Melt the butter in a nonstick pan over medium heat. Add the eggs, and stir briskly off the heat. Just before the eggs set, add the flaked haddock and stir it in. Serve with hot whole-wheat toast. To serve 4 people, simply double the quantities.



Tuna and fennel pasta serves 4

CIRCULATORY *P.278* FATIGUE *P.298* JOINTS *P.304* SKIN *P.318* URINARY *P.324*

7-oz (200-g) can tuna in oil
1 large fennel bulb
1 tbsp olive oil
2 cloves garlic, chopped
½ cup vegetable stock
(*p.261*)
12 oz (375 g) spaghetti

Drain the oil from the tuna. Clean the fennel, chop, including most of the feathery fronds, and mince in a food processor. Heat the oil in a saucepan over medium-low heat, add the garlic and minced fennel, and fry gently until soft. Flake in the tuna, add the stock, and heat through. Meanwhile, cook the spaghetti in boiling water until just tender. Drain, and quickly toss in the hot fennel and tuna sauce.

Red and yellow eggs serves 2

FATIGUE *P.298* URINARY *P.324*

1 large red pepper
1 large yellow pepper
1 medium-sized onion
3-4 ripe red tomatoes
4 tbsp butter
6 free-range eggs
salt and freshly ground
black pepper
1 tbsp chopped fresh parsley

Halve the peppers, remove the ribs and seeds, and slice into fat strips. Finely chop the onion. Peel and roughly chop the tomatoes. Heat the butter in a large nonstick pan over medium-low heat. Add the peppers and onion and stew gently, covered, until softened, about 10 minutes. Stir in the tomatoes, and cook for another 5 minutes. Beat the eggs, season with salt and pepper, and add the parsley. Add to the vegetable mixture, and stir until the eggs are just set.

Eggs Mornay serves 4

FATIGUE *P.298* URINARY *P.324*

Sauce Mornay (*p.260*)
1 tbsp butter
4 free-range eggs
1 tbsp grated Cheddar or
other sharp cheese

Prepare the Sauce Mornay in advance. Preheat the oven to 375°F (190°C). Butter a baking dish, break the 4 eggs carefully into it, and top with the Sauce Mornay. Sprinkle the cheese on top and bake in the oven for 5 minutes.

Tuna and black olive sauce serves 4

CIRCULATORY *P.278* JOINTS *P.304*

Tomato sauce (*p.255*)
7-oz (200-g) can tuna in oil
8–10 pitted black olives
salt and pepper
8 oz (250 g) pasta, any shape

Make the tomato sauce. Add the tuna, drained of its oil, and the olives. Season to taste with salt and pepper, and heat through. Meanwhile, cook the pasta in a large pot of boiling water until *al dente* (just tender). Drain the pasta, stir in the sauce, and serve.

Eggs tonnato serves 4

CIRCULATORY *P.278* FATIGUE *P.298*

4 free-range eggs
7-oz (200-g) can tuna in oil
6 tbsp mayonnaise
1 small onion, finely chopped
2 tbsp chopped fresh parsley
salt and pepper

This can be either a substantial appetizer or a light meal in itself. In the latter case, you may wish to use a few more eggs.

Hard-boil the eggs for 10 minutes. Peel the eggs, halve them, and arrange them face-down in a flat salad bowl. Drain the tuna, flake it, and add to the mayonnaise. Stir in the onion and 1 tablespoon of the parsley—save a little to garnish. Season to taste with salt and pepper. Spoon the mayonnaise over the eggs, and sprinkle with the rest of the parsley.

Pasta pesto with vegetables serves 4 ►

CIRCULATORY *P.278* DIGESTIVE *P.284* STRESS *P.292* FATIGUE *P.298*

1 tsp salt
10 oz (300 g) spaghetti
2 oz (60 g) French beans,
cleaned and finely chopped
2 oz (60 g) new potatoes,
peeled and finely diced
2 oz (60 g) zucchini, cleaned
and diced
2–3 tbsp pesto sauce
a few fresh basil leaves
Parmesan cheese, grated

To prepare the sauce, you can use ready-made pesto, available in jars.

Heat a large pot of water. When it boils, add the salt, and plunge in the spaghetti and the vegetables. By the time the pasta is cooked *al dente* (just tender), the vegetables should also be just tender. Just before you drain the spaghetti, take a tablespoon of the cooking water and stir it into the pesto. Drain the pasta and vegetables, and quickly transfer them to a hot dish. Stir in the pesto and toss. Garnish with the basil leaves and serve. Have a little grated Parmesan cheese ready for those who want it.

Tagliatelle with artichokes serves 4

CANCER *P.264* DIGESTIVE *P.284* FATIGUE *P.298* SKIN *P.318* URINARY *P.324*

2 tbsp butter
1 medium-sized onion,
finely chopped
1 tbsp all-purpose flour
¾ cup dry white wine
14-oz (425-g) can or jar of
artichoke hearts, quartered
2 tbsp chopped fresh parsley
2 heaped tbsp of grated
Parmesan
1 lb (500 g) tagliatelle or
other pasta

Traditionally, this recipe is made with fresh baby artichokes, but it can also be made with artichoke hearts packed in oil and sold in jars.

Heat the butter in a large saucepan over medium heat and sauté the onion without browning it. Add the flour and stir vigorously for 1–2 minutes. Drizzle in the wine and keep stirring. Add the artichoke hearts and parsley; simmer, covered, until heated through—about 5 minutes. Add half the cheese, mix thoroughly, and keep warm. Boil a large pot of water and cook the pasta until *al dente* (just tender). Drain the pasta and put it in a large heated dish. Add the sauce, stir through quickly, and serve with the rest of the Parmesan.



Spaghetti con aglio e olio serves 4

CIRCULATORY *P.278* FATIGUE *P.298* JOINTS *P.304* URINARY *P.324*

¼ cup extra-virgin olive oil
3 cloves garlic, chopped
½ tsp dried red chili pepper,
finely chopped
pinch of salt
1 lb (500 g) spaghetti or
spaghettini
2 heaped tbsp chopped
parsley
1 tbsp vegetable oil

Heat the olive oil in a small pan over medium heat and sauté the garlic and the chili pepper until the garlic is just beginning to brown. Turn off the heat and add a little salt. Put a big serving dish in the oven to warm. Cook the pasta in plenty of well-salted, boiling water. Stir occasionally and cook until the pasta is *al dente* (just tender). Drain, put in the warmed serving dish, and add the sauce. Sprinkle the parsley on top, toss, and serve immediately.

Green pasta salad serves 4

CANCER *P.264* CIRCULATORY *P.278* JOINTS *P.304* RESPIRATORY *P.312* SKIN *P.318*

2 very young, tender
zucchini
4 green onions
8 oz (250 g) green fusilli or
any other green pasta
handful of snow peas
3–5 baby sweet corn ears
3 tbsp extra-virgin olive oil
juice of a large lemon
2 tbsp chopped fresh parsley
oakleaf lettuce
seasoning to taste

Wash and grate the zucchini without peeling them. Wash and coarsely chop the green onions. Boil a saucepan of water and cook the pasta until it is *al dente* (just tender). Drain and return to the pan. Add the olive oil and lemon juice, the zucchini, chopped green onions, snow peas, and baby sweet corn. Season with salt and pepper. Toss, turn into a dish lined with oakleaf lettuce leaves, sprinkle with the chopped parsley, and serve at once.

Pasta shells with broccoli serves 4

CANCER *P.264* CIRCULATORY *P.278* RESPIRATORY *P.312* SKIN *P.318*

$\frac{3}{4}$ lb (375 g) fresh broccoli
 $\frac{1}{4}$ cup olive oil
1 tsp anchovy paste
generous pinch of chili powder, or a deseeded, chopped, small chili pepper, according to preference
black pepper, freshly milled
12 oz (375 g) pasta shells or other pasta
2 tbsp butter
3 tbsp grated Parmesan cheese

Put plenty of water on to boil for the pasta. Wash the broccoli and break into small florets. Cook in boiling water until tender, 5–6 minutes. Drain. Heat the oil in a large frying pan over medium heat, and add the anchovy paste and the chili pepper or chili powder. Add the broccoli, sprinkle with black pepper, and sauté for 5 minutes. Keep the sauce warm while you cook the pasta. When it's ready, drain, return to the saucepan, add the butter and cheese, and toss. Put into a warmed dish, add the sauce, and fold in quickly.

Meatball and tomato sauce serves 4

CANCER *P.264* FATIGUE *P.298*

1 lb (500 g) ground beef
3 cloves garlic, chopped
1 tbsp chopped fresh mint
1 tbsp chopped fresh parsley
salt and black pepper
1 egg
2 tbsp olive oil
tomato sauce (*p.255*)

This is a recipe that turns spaghetti into a substantial meal.

Mix together the ground beef, garlic, fresh herbs, and salt and pepper. Break the egg into the mixture and mix it up with your hands. Form the mixture into meatballs the size of table-tennis balls. Heat the oil in a frying pan over medium heat and fry the meatballs gently for 7–10 minutes. When they are cooked through, add them to the tomato sauce, and serve with spaghetti, cooked until just tender.

★ ★ ★ Eat fish for
your brains, said the old
wives, and how right
they were. White fish, oily
fish, pink fish, yellow fish,
little fish, big fish, and
even shellfish—the more
you eat, the healthier
you'll be.

Seafood

- ★ Big Macks
- ★ Haddock and broccoli au gratin
- ★ Grilled garlicky gambas
- ★ Salmon with green sauce
- ★ Sardines with mustard sauce
- ★ Herring in oatmeal
- ★ Herb-coated sea bass
- ★ Shrimp, broccoli, and leek stir-fry
- ★ Peppered fish with vinaigrette
- ★ Baked fish provençal
- ★ Salmon en papillote
- ★ Far Eastern fish
- ★ Grilled red mullet
- ★ Marinated fish
- ★ Shrimp and tomato curry
- ★ Cod with sesame and spinach

Big Macks serves 4

CIRCULATORY *P.278* FATIGUE *P.298* JOINTS *P.304* URINARY *P.324*

8 oz (250 g) cooked mackerel
or canned mackerel in
brine
1¾ cups mashed potato
2 tbsp butter, melted
2–3 green onions, cleaned
and chopped
1 tbsp chopped fresh parsley
1 tbsp milk or vegetable
stock (*p.261*)
1 tbsp fine oatmeal
2 tbsp vegetable oil

Skin and bone the mackerel. Flake, and mix with the mashed potatoes and melted butter. Add the green onions. If the mixture is very stiff, moisten with a little milk or stock. Shape into 4 patties and chill for at least half an hour.

When you are ready to eat, dust the patties with oatmeal. Heat the oil in a skillet over medium heat and fry the patties until golden brown on both sides. Drain on paper towels. Serve with watercress and slices of tomato. Big Macks can also be eaten cold, in a whole-wheat bun, with cress and slices of cucumber.

Haddock and broccoli au gratin serves 4

CIRCULATORY *P.278* DIGESTIVE *P.284* JOINTS *P.304*

1 lb (500 g) broccoli
2 tbsp butter
3 tbsp all-purpose flour
2 cups milk
4 oz (125 g) grated Cheddar
salt and pepper
1½ lb (750 g) haddock fillets,
skinned

Preheat the oven to 350°F (180°C). Steam the broccoli until barely tender. Melt the butter in a saucepan over medium heat and stir in the flour. Add the milk, heated to near boiling point, stir, and bring to a boil. Add half the cheese, and a little salt and pepper. Butter an ovenproof casserole dish, put in the broccoli, lay the haddock fillets on top, and cover with the cheese sauce. Sprinkle the rest of the cheese over the top. Bake for 30–40 minutes, until the top is golden and bubbling.

Grilled garlicky gambas serves 4

CANCER *P.264* CIRCULATORY *P.278* STRESS *P.292* RESPIRATORY *P.312* SKIN *P.318*

16–20 big Pacific shrimp in their shells (fresh are best, but if you do use frozen, thaw them thoroughly and blot completely dry)
3–4 large cloves garlic
2 tbsp olive oil
lettuce leaves for garnish
chunks of lemon for serving

Wash and dry the shrimp if fresh. Chop the garlic up very small, put in a small bowl, and add the olive oil. Marinate for a couple of hours. Turn the broiler on high, use a pastry brush to paint the shrimp with the garlicky oil, and broil until the shells are almost burned. Serve on a bed of lettuce, with chunks of lemon to squeeze over them.

Salmon with green sauce serves 2

CANCER *P.264* CIRCULATORY *P.278* RESPIRATORY *P.312*

2 5-oz (150-g) fresh salmon steaks
½ thick slice of wholewheat bread, crusts removed
2 tbsp lemon juice
1 clove garlic, finely chopped
2 tbsp pine nuts
2 tbsp finely chopped fresh parsley
2 tbsp finely chopped fresh basil (if no basil, use all parsley)
yolk of 1 hard-boiled egg, mashed
¾ cup extra-virgin olive oil
a sprig of fresh parsley

To make the sauce: soak the bread in the lemon juice for 10 minutes. Mash it up in a mixing bowl. Add the garlic, pine nuts, parsley, basil, and mashed egg yolk. Combine and mash with a fork. Drizzle in the oil a little at a time, beating as you do so. Leave to stand for at least an hour before you need it, so that the flavors can mingle. (You can also make the sauce in a blender or food processor: put in the ingredients except the oil, blend them together very lightly, then add the oil first in a trickle and then in a steady stream with the blades running.) When you're ready to eat, brush the steaks with a little olive oil on each side and heat under a red-hot broiler until just forming a crust on each side and turning brown at the edges. Serve on hot plates and spoon the sauce around, but not over, the steaks. Garnish with parsley, and serve with boiled new potatoes.

Sardines with mustard sauce serves 4

CANCER *P.264* CIRCULATORY *P.278* STRESS *P.292* JOINTS *P.304* SKIN *P.318*

12-16 sardines
1 tbsp olive oil
5 oz (150 g) low-fat natural yogurt
1 tbsp chopped fresh parsley
1 tbsp Dijon mustard
1 lemon, quartered

Split and clean the sardines, brush with the oil, and broil under a red-hot broiler for a minute or so on either side. Combine the yogurt, parsley, and mustard to make the sauce. Serve the sardines with this sauce, and a quarter of the lemon for each serving.

Herb-coated sea bass serves 4

CANCER *P.264* FATIGUE *P.298* RESPIRATORY *P.312* SKIN *P.318* URINARY *P.324*

2 medium-sized onions,
finely chopped
1 tbsp chopped mixed fennel,
parsley, and tarragon
 $\frac{2}{3}$ cup water and dry
white wine (mixed half
and half)
1 2-lb (1-kg) whole sea bass,
cleaned, washed, and dried
1 tbsp olive oil
1 lemon
2 tbsp butter, softened
salt and pepper

Preheat the oven to 450°F (230°C). Combine the onion and herbs with the water and wine. Slice the lemon thinly and remove the seeds. Lay the cleaned and dried fish in an oval, ovenproof baking dish and moisten with the olive oil. Pour the wine-and-herb mixture over it, cover with the slices of lemon, dot with the butter, and season to taste. Bake for 25-30 minutes. Baste while cooking.

Herring in oatmeal serves 4

CIRCULATORY *P.278* STRESS *P.292* JOINTS *P.304* SKIN *P.318*

4 fresh herring (ask the fish counter to split and trim them)
¾ cup coarse oatmeal
freshly ground black pepper
2 tbsp sunflower or grapeseed oil
1 lemon, quartered
2 tbsp chopped fresh parsley

Wash and pat dry the herring. Put the oatmeal on a plate with a generous sprinkling of freshly ground black pepper. Dip the herring in the oatmeal and turn them over until completely coated. Heat the oil to smoking point in a large frying pan over medium-high heat and fry the herring until golden brown—3–4 minutes on each side. Serve them immediately with a wedge of lemon and a sprinkle of parsley.

Shrimp, broccoli, and leek stir-fry serves 2

CANCER *P.264* CIRCULATORY *P.278*

2 tbsp sunflower oil
1 clove garlic, crushed
2 cups broccoli florets
1 leek, finely sliced
1 tbsp dark soy sauce
¼ cup vegetable stock (*p.261*)
1 tomato, chopped
1 tbsp all-purpose flour
4 oz (125 g) cooked shrimp
1 carrot, peeled and cut into thin matchsticks
1-in (2.5-cm) piece fresh ginger, peeled and cut into thin matchsticks
3 oz (90 g) fresh watercress
Any green vegetable, such as beans or spinach, can be used in this recipe

Heat the oil in a large frying pan or wok over medium-high heat and quickly fry, but do not brown, the garlic. Add the broccoli, and cook for 2 minutes, then add the leek, and cook for another minute, stirring constantly. Stir in the soy sauce, stock, and tomato. Mix the flour with 2 tablespoons of water to make a smooth paste, and stir into the sauce. Cook until thickened. Add the shrimp, carrot, and ginger, and cook over high heat for 1 minute. Stir in the watercress, and serve immediately.

Peppered fish with vinaigrette serves 4 ►

CIRCULATORY *P.278* DIGESTIVE *P.284* RESPIRATORY *P.312*

- 1 heaped tbs mixed peppercorns
- 1 heaped tbsp all-purpose flour, seasoned with a little salt
- 2 fresh or frozen white fish fillets, each weighing approx. ½ lb (200 g)
- 1 tbsp olive oil

For the vinaigrette:

- 1 clove garlic, crushed
- 2 tsp coarse-grain mustard
- grated zest and juice of 2 limes
- 4 tbsp olive oil
- salt and freshly ground black pepper
- 2 tbsp chopped fresh cilantro

This delicious recipe was presented in a leaflet by a British supermarket to its customers.

Coarsely crush the peppercorns and mix them together with the seasoned flour. Skin the fish fillets, wipe with paper towels, and coat them with the peppercorn mixture, pressing it well onto both sides. Set aside. Meanwhile, prepare the vinaigrette. Combine in a bowl the garlic, mustard, lime zest and juice, 4 tablespoons of oil, salt, pepper, and cilantro.

Heat a tablespoon of olive oil in a large frying pan over high heat. When hot, add the fish and fry for 3 minutes on each side, until crisp and golden. Keeping the heat high, pour the vinaigrette around the fish, and maintain heat for a couple of minutes to reduce the liquid.

Baked fish provençal serves 2

DIGESTIVE *P.284* FATIGUE *P.298* RESPIRATORY *P.312*

- 1½ lb (750 g) skinned white fish
- 2 tbsp dry white wine
- juice of 1 lemon
- 1 tbsp oil
- 1 medium-sized onion
- 2 cloves garlic
- 14-oz (425-g) can whole tomatoes, roughly chopped
- mixed herbs, salt, and pepper
- 1 tbsp chopped fresh parsley

Preheat the oven to 400°F (200°C). Put the fish into a shallow casserole dish, and pour the white wine and lemon juice over it. Leave to marinate. Heat the oil in a skillet over medium heat and cook the onion and garlic until soft. Remove the fish from its marinade, drain, and add the marinade to the onion and garlic. Let it reduce a little, then add the tomatoes and herbs and season. Lightly grease the casserole, put in the fish fillets, cover with the sauce, and bake for 20 minutes. Sprinkle with parsley and serve.



Salmon en papillote serves 4

CIRCULATORY *P.278* STRESS *P.292* JOINTS *P.304* SKIN *P.318*

4 salmon steaks or fillets
2 tbsp olive oil
3 tbsp chopped fresh tarragon
2 tbsp chopped fresh flat-leaf parsley
1 tbsp capers, chopped
1 small can of anchovies, drained and chopped
salt and freshly ground black pepper
juice of 1 lemon or to taste

This is an impressive, but incredibly simple, recipe to prepare—an ideal choice for dinner parties. You could use foil instead of paper, but then you wouldn't want to present the fish wrapped at the table, which is part of the impact.

Heat the oven to 400°F (200°C). Cut 4 pieces of parchment paper large enough to wrap around the fish. Brush lightly with oil and place the fish in the center. Scatter the herbs, capers, and anchovies over the fish, and season with salt and pepper, a squeeze of lemon juice, and a drizzle of olive oil. Fold the paper around the fish to form a secure parcel—you can staple it together—place on a baking sheet, and cook it for 15–20 minutes, depending on the thickness of the fish.

Far Eastern fish serves 4

CIRCULATORY *P.278* STRESS *P.292* SKIN *P.318*

1½ lb (750 g) firm white fish
5 tbsp peanut oil
1 small onion, finely chopped
4–6 green onions, finely chopped
1 tbsp fresh ginger, grated
2 tbsp each light and dark soy sauce
2 tsp white sugar
a pinch of salt
½ cup chicken or vegetable stock (*p.261*)

This classic Chinese recipe is best made in a nonstick frying pan. Wash and blot dry the fish, then cut it into big pieces. Heat the oil in the pan over medium-high heat. Add the fish and brown it. Remove and drain on paper towels. Pour off most of the remaining oil, add the onion and green onions, and fry for a minute. Add the ginger, soy sauces, sugar, salt, and stock, and heat to boiling point. Turn the heat down, put the fish back in the pan, cover, and simmer for about 5 minutes. Put the fish in a serving dish and pour the sauce over it. Serve with plain boiled rice.

Grilled red mullet serves 2

CIRCULATORY *P.278* STRESS *P.292* JOINTS *P.304* SKIN *P.318*

1 head red radicchio
2 small whole red mullet,
cleaned
1/3 cup olive oil
2 cloves garlic, chopped
1 tsp chopped fresh thyme or
oregano, or a pinch of dried
herbes de Provence

Quarter the radicchio and cut out the thick stem. Heat the grill and grill the mullet for just 3 minutes on each side. Mix together the oil, garlic, and herbs, and place the grilled mullet in the mixture to cool. Brush the radicchio with a little of the marinade oil, and grill until it begins to wilt and turn brown. Serve the mullet on top of the radicchio.

Marinated fish serves 4

CANCER *P.264* CIRCULATORY *P.278* STRESS *P.292*

2-3 ripe tomatoes, finely
chopped
a handful of fresh dill, or
parsley, or fennel fronds,
finely chopped
1 small onion, finely chopped
salt and freshly ground black
pepper
3 tbsp olive oil
4 fish fillets (you can use
frozen fish, but defrost first)

Preheat the oven to 400°F (200°C). Put the chopped tomatoes in a wide, shallow dish with the herbs, onion, salt and pepper, and oil. Put the fillets in this marinade, and leave for 15 minutes. Remove the fish, reserve the marinade, and put aside.

Cut 4 sheets of foil big enough to enclose each fillet. Put a small spoonful of the mixture in the middle of each piece of foil. Lay the fillets on top, and divide the rest of the mixture between them. Seal up by folding the foil and twisting the edges together. Bake for 15 minutes.

Shrimp and tomato curry serves 4 ►

CANCER *P.264* CIRCULATORY *P.278*

1 medium-sized onion,
chopped
14-oz (425-g) can diced tomatoes
1 clove garlic, chopped
2 tbsp chopped fresh cilantro
3 tbsp frozen peas
½ vegetable stock cube
1 tsp ground cumin
1 tsp ground coriander
a good squeeze of tomato
paste from a tube
salt
1 tsp garam masala
2 tbsp curry powder
1 red chili pepper, deseeded
and chopped
12 oz (375 g) jumbo shrimp,
shelled and cooked (if frozen,
defrost in refrigerator)
⅔ cup half-and-half

Put the onion, tomatoes with their juice, garlic, half of the fresh cilantro, frozen peas, and crumbled stock cube in a pan. Bring to a simmer over medium heat and cook for about 5 minutes.

Make a paste with the cumin, ground coriander, tomato paste, salt, and a little water. Add the garam masala, curry powder, and chili pepper. Add this mixture to the tomato sauce, and simmer for about 5 minutes.

Add the shrimp, and let them simmer in the sauce for a further 3 minutes—no longer or they will get leathery. Then turn off the heat, stir in the cream, sprinkle with the rest of the fresh cilantro, and serve at once with boiled rice. To make this a more substantial dish, add a can of sweet corn in unsweetened water to the tomato sauce.

Cod with sesame and spinach serves 2

CANCER *P.264* CIRCULATORY *P.278* DIGESTIVE *P.284* FATIGUE *P.298* URINARY *P.324*

2 white fish steaks
salt and pepper
1 egg, beaten
⅓ cup sesame seeds
2 tbsp of butter
8 oz (250 g) young spinach
¼ tsp nutmeg, freshly grated
2 tbsp crème fraîche or
sour cream

Preheat the oven to 350°F (175°). Season the fish with salt and pepper, brush with beaten egg, and coat with sesame seeds. Place the coated fish on a baking sheet and bake for 20 minutes. Just before serving, melt the butter in a frying pan over medium heat and wilt the spinach leaves in it. Add the nutmeg, salt and pepper to taste, and the crème fraîche. Divide between two plates, resting the cod on top. Serve with lemon wedges.



★ ★ ★ **The most expensive** but, if you're a carnivore, the most delicious of the protein foods. Men don't need as much as they think, but always buy the best you can afford, and organic if you can.

Meat, chicken, and game

- ★ Hearty beef stew
- ★ Carpaccio
- ★ Italian pan-fried liver
- ★ Lamb and pine nut koftas
- ★ Lamb burgers
- ★ Ginger lamb stir-fry
- ★ Deviled chicken
- ★ Spicy chicken wings
- ★ Chicken with garlic
- ★ Chicken jalfrezi
- ★ Tandoori chicken
- ★ Citrus chicken
- ★ Chicken livers with warm salad
- ★ Bedouin chicken
- ★ Rosemary chicken
- ★ Cornish game hen casserole
- ★ Duck breasts with orange juice
- ★ Duck breasts in green pepper sauce

Hearty beef stew serves 4

STRESS *P.292* FATIGUE *P.298* RESPIRATORY *P.312*

1 large onion
1 tbsp olive oil
2 cloves garlic
1 lb (500 g) lean rump steak,
cubed
2 heaped tbsp whole-wheat
flour, seasoned with salt
and pepper
 $\frac{2}{3}$ cup red wine
 $2\frac{1}{2}$ cups vegetable stock (*p.261*)
2 large carrots, sliced
1 large leek, cut into chunks
1 stick celery, thickly sliced
1 parsnip, thickly sliced
1 bay leaf
6 peppercorns
a sprig of fresh thyme

Cut the onion in half, finely chop one half, and slice the other. Heat the oil in a heavy-bottomed pan over medium heat and cook the chopped onion and garlic until softened. Then toss the cubes of meat in the flour so that each cube is liberally covered. Add the floured meat to the pan and stir briskly over high heat to sear all the surfaces. Reduce the heat, add the wine, bring to a boil, and let it bubble for a couple of minutes. Then add the stock and all the vegetables and seasonings. Cover the pan tightly, turn the heat down, and simmer, stirring occasionally, for about an hour and a half. Add more stock or boiling water if it looks dry.

Carpaccio serves 4

FATIGUE *P.298* RESPIRATORY *P.312*

10 oz (300 g) best fillet steak
(get the butcher to
slice it paper-thin for you, or
sharpen your best knife
and do it yourself!)
1 small bunch arugula or
watercress
1 bunch celery leaves
4 tbsp freshly grated
Parmesan cheese
4 tsp extra-virgin olive oil
freshly ground black pepper

Pound the slices of steak between 2 sheets of waxed paper until they are as thin as possible. Arrange on individual plates and decorate with the arugula or watercress and celery leaves. Sprinkle with the Parmesan, drizzle 1 teaspoon of oil over each steak, and add a generous amount of freshly ground black pepper. Serve with coarse whole-wheat bread.

NOTE: The recipe requires the very finest and freshest of ingredients. Tough steak, stale Parmesan, or poor-quality oil could ruin it.

Italian pan-fried liver serves 2

STRESS *P.292* FATIGUE *P.298*

5 tbsp sunflower oil
2 tbsp butter
1 onion, coarsely chopped
2 slices bacon, halved
¾ lb (375 g) calf's liver,
thinly sliced
salt and pepper
3 tbsp fino, or other dry
sherry
a handful of chopped parsley

The last-minute addition of dry sherry makes a delicious sauce, but if no sherry is to be found, use vermouth, or failing that, just water.

Heat the oil and butter together in a skillet over medium-high heat until foaming, and then add the onion. Cook until softened and beginning to brown. Remove the onion, and add the bacon. Cook until just beginning to brown, then remove. Season the liver with salt and pepper, and sauté it over high heat for 1 minute on either side, or until it is just turning brown. Return the onions and bacon to the pan, and pour in the sherry. Heat until bubbling and a sauce has formed. Stir in the parsley, and serve immediately.

Lamb and pine nut koftas serves 4

FATIGUE *P.298*

1 onion
2 oz (60 g) pine nuts
1 lb (500 g) ground lamb
1 tbsp chopped fresh mint
1 egg, beaten
whole-wheat pita bread,
lemon wedges, and green
salad, for serving

Heat the broiler to maximum. Place the onion and pine nuts in a food processor and chop finely. Add the lamb, mint, and egg, and blend to a smooth paste. Shape into walnut-sized balls or small sausage shapes and press tightly onto kebab sticks. Broil for 2 minutes on each side. Serve with whole-wheat pita bread, lemon wedges, and a green salad of arugula, watercress, and cos lettuce.

Lamb burgers serves 4 ▶

STRESS *P.292* FATIGUE *P.298* RESPIRATORY *P.312*

1 slice whole-wheat bread
with crusts removed
1 lb (500 g) ground lamb
1 large onion, finely chopped
1 egg
a good pinch of dried oregano
a good pinch of dried thyme
1 tbsp chopped fresh parsley
1 tbsp chopped fresh mint
salt and freshly ground black
pepper

Soak the bread in water, then squeeze out the excess. If you have a food processor, you can put in all the other ingredients and process them briefly—chop the onion finely first. However, it's quite easy to mix them by hand. Crumble the bread into a bowl with the lamb. Some supermarkets sell low-fat, ready-ground lamb, or you can buy fillets and mince them in a food processor. Add the onion. Beat the egg and add it. Add the herbs, salt, and pepper, and mix. This mixture can be left to gather flavor for 2–3 hours, or you can leave it all day in the refrigerator in a bowl covered with plastic wrap.

When you're ready to cook, heat the grill to maximum, shape the lamb mixture into patties, oil the broiler pan, and broil for 3–4 minutes on each side. Serve with tomato sauce (*p.255*).

Ginger lamb stir-fry serves 4

STRESS *P.292* FATIGUE *P.298* RESPIRATORY *P.312*

12 oz (375 g) lean lamb
2 tsp dry sherry
4 tsp soy sauce
½ tsp sesame oil
2 tsp olive oil
white part of 1 leek, sliced
1 green onion, chopped
2 cloves garlic, thinly sliced
1-in (2.5-cm) piece of fresh
ginger, peeled and grated

Remove all fat from the lamb and cut it into thick strips. Put it in a flat dish with the sherry, soy sauce, and sesame oil, and leave to marinate for 30 minutes. Drain, reserving the marinade. Heat a wok or frying pan over high heat and add the olive oil, then the lamb with some marinade. Stir for 3 minutes over high heat. Add the leeks and stir for 2 minutes, then add the green onions, garlic, and ginger, and stir for another 3 minutes.



Deviled chicken

serves 4

CIRCULATORY P.278 DIGESTIVE P.284 FATIGUE P.298 RESPIRATORY P.312

8 chicken drumsticks—allow
2 per person
2 cloves garlic, crushed
5 tbsp Dijon mustard
2 tbsp olive oil
2 tsp cayenne pepper
2-in (5-cm) piece fresh ginger,
peeled and grated
1 tsp soft brown sugar
a dash or two of
Worcestershire sauce
salt and pepper

Tangy spices, such as mustard and chili pepper, are often assumed to be deadly to the disordered digestive system. In fact, unless you consume them in heroic quantities, they can actually be beneficial to the gut, toning and stimulating the digestive action. Mustard is one such spice. We found this recipe (originally for Deviled Turkey) in a splendid book devoted to an herb that has been cultivated since at least 4000 BC and is the second most common condiment in the world. *The Compleat Mustard* is by Rosemary Man and Robin Weir.

Score the drumsticks deeply in several places, then mix the garlic with the mustard, oil, cayenne, grated ginger, sugar, and Worcestershire sauce. Season lightly with salt and pepper and paint each drumstick, liberally and evenly, with the paste. Chill for a minimum of 12 hours, bringing to room temperature before cooking.

Heat the broiler to very hot, then turn it down low and cook the drumsticks for 30–40 minutes. Turn frequently and baste with any juices that have poured off them until they are very dark and the meat is cooked through. Then turn the broiler back to high and cook for 3–4 minutes, turning the drumsticks to warm them thoroughly and crisp up the skin. Serve hot or cold, with a sharp green salad.

If you use turkey drumsticks, allow one for each person, and extend cooking time to 1½ hours.

Spicy chicken wings serves 4

CIRCULATORY *P.278* DIGESTIVE *P.284* RESPIRATORY *P.312*

1½ lb (750 g) chicken wings,
tips removed
½ cup tomato ketchup
3 tbsp Worcestershire sauce
1 tbsp honey
3 tsp paprika
3 tsp English dried mustard
powder
1 tsp turmeric
salt and freshly ground
black pepper

Put the chicken in a flat dish. Combine the other ingredients and pour over the chicken, reserving a few tablespoons. Leave to marinate for 15 minutes, turning the chicken a few times.

Heat the broiler and line the broiler pan with foil. Cook the chicken for 10–12 minutes, turning the pieces 2–3 times and basting them with the remaining marinade. Serve with a large salad—and plenty of paper napkins; the only way to eat these is with your fingers—and a cold beer.

Chicken with garlic serves 4

CIRCULATORY *P.278* STRESS *P.292* RESPIRATORY *P.312*

3 tbsp extra-virgin olive oil
1 tbsp butter
4 leg quarters of chicken
salt and plenty of freshly
ground black pepper
at least 10 large cloves garlic
(up to 30 if you're brave)
1¼ cups dry white wine
1 tbsp chopped fresh parsley
bread for serving

This recipe is good for the heart, but is not for the faint-hearted! Heat the oil and butter in a large, deep frying pan over medium-high heat. Season the chicken with salt and pepper, add it to the pan, and cook until it is evenly browned on both sides for 8–10 minutes. Reduce the heat, and place the unpeeled cloves of garlic under the chicken on the bottom of the pan. Cook for a further 10 minutes, shaking the pan regularly, then add the wine, and scrape all the cooking bits from around the pan with a wooden spoon. Continue cooking for another 8–10 minutes until the chicken is thoroughly cooked.

Arrange the golden garlic around the pieces of chicken, and sprinkle with the parsley. Serve with bread and the rest of the dry white wine.

Chicken jalfrezi serves 4

CIRCULATORY P.278 STRESS P.292 RESPIRATORY P.312

3 tbsp sunflower seed oil
1 tsp cumin seeds
3 cloves garlic, chopped
1-in (2.5-cm) piece fresh
ginger, peeled and
finely grated
1 tsp turmeric
4 tsp bottled mild curry paste
1½ lb (750 g) chicken breast,
skinned and cubed
2 fresh green chili peppers,
deseeded and thinly sliced
1 medium-sized red pepper,
deseeded and cut into
1-in (2.5-cm) cubes
10 cherry tomatoes, halved
⅔ cup canned coconut milk
1 level tbsp garam masala
1 tbsp chopped fresh parsley
or cilantro
12 oz (375 g) rice

This recipe, from the Lal Quila Restaurant in Surrey, England, is quoted in *Favourite Restaurant Curries* by Pat Chapman.

Heat the oil in a large frying pan, or better still, a wok, over medium heat. Add the cumin seeds, stir, add the garlic, and stir for half a minute. Add the ginger, stir for another half a minute, add the turmeric, a tablespoon of water, and then add the curry paste.

Add the chicken pieces and stir continuously for another 2 minutes. Add the chili peppers, red pepper, and tomatoes, and cook for about 10 minutes, adding the coconut milk little by little. Add the garam masala and the cilantro or parsley, and stir for 5 minutes. Make sure the chicken is cooked through, and serve with the rice, which can be cooked while you are preparing the rest of the meal.

Tandoori chicken serves 4

CIRCULATORY *P.278* DIGESTIVE *P.284* RESPIRATORY *P.312* SKIN *P.318*

4 chicken quarters, skinned
2 tbsp lemon juice
2 cloves garlic, crushed
1 green chili pepper, deseeded and thinly sliced
1-in (2.5-cm) piece fresh ginger, peeled and chopped
4 tbsp low-fat natural yogurt
1 tbsp ground cumin
1 tbsp garam masala
1 tbsp paprika
2 tbsp sunflower or grapeseed oil
1 red pepper, sliced
iceberg lettuce leaves, shredded
1 lemon, quartered

Prick the chicken all over with a sharp fork. Put into an ovenproof dish, coat with the lemon juice, cover, and leave for half an hour. Put the garlic, green chili pepper, ginger, and a tablespoon of water in a blender and mix to a smooth paste. Stir into the yogurt, adding the cumin, garam masala, paprika, and oil. Mix and pour over the chicken. Cover and leave to marinate in a cool place for at least 4 hours, preferably overnight. Turn occasionally.

Preheat the oven to 325°F (170°C). Bake the chicken, uncovered, for about an hour. Spoon the juices over the chicken from time to time, and turn halfway through. Serve surrounded by slices of red pepper, shredded lettuce, with lemon quarters.

Citrus chicken serves 4

CIRCULATORY *P.278* FATIGUE *P.298* RESPIRATORY *P.312* SKIN *P.318*

4 chicken breasts
2 zucchini, thinly sliced lengthwise
1 red pepper, deseeded and cut into strips
2 cloves garlic, crushed
a sprig of fresh rosemary
2/3 cup dry white wine
1 1/4 cups vegetable stock (*p.261*)
juice of 2 lemons
black pepper

Preheat the oven to 350°F (175°C). Skin the chicken breasts, wipe with a damp cloth, and place in an ovenproof dish. Lay the sliced zucchini and strips of red pepper on top of the chicken, sprinkle with the garlic, and put a piece of fresh rosemary on each breast. Add the white wine, stock, and lemon juice, cover, and bake for 30 minutes. Season with black pepper to taste.

Chicken livers with warm salad serves 4

CIRCULATORY *P.278* RESPIRATORY *P.312* SKIN *P.318*

1½ lb (750 g) chicken livers,
preferably free-range
¼ cup walnut oil
1½ tbs red wine vinegar
4 cloves garlic, finely chopped
pepper and salt
1 small head radicchio
1 bunch watercress
1 head chicory
3 tbs butter

Wash the livers and pat dry. Put 4 plates to warm in the oven until very hot. Make the salad dressing with the oil, vinegar, finely-chopped garlic, pepper, and salt. Wash and dry the salad leaves, pulling the radicchio apart and separating the watercress into sprigs and the chicory into its long leaves. Melt the butter in a heavy nonstick frying pan over medium heat, add the livers, stir for about 5 minutes, then remove the pan from the heat. Quickly arrange the radicchio, watercress, and chicory leaves on the 4 hot plates. Remove the livers from the pan with a slotted spoon and distribute among the plates. Pour the dressing over the salad and serve at once. (Have an oven mitt handy and warn diners that plates are hot!)

Bedouin chicken serves 4 ►

CIRCULATORY *P.278* FATIGUE *P.298* RESPIRATORY *P.312* URINARY *P.324*

1 tsp oil
1 small onion, finely chopped
½ cup cooked barley (*p.257*)
1 small apple, diced
4 fresh dates, pitted and
chopped
3 tbs raisins, well washed
1 tsp chopped almonds
½ tsp allspice
½ tsp cinnamon
1 3-lb (1.5-kg) chicken
salt and pepper
juice of half a lemon
1 lemon, quartered to garnish

Preheat the oven to 425°F (220°C). Heat the oil in a skillet over medium heat and fry the onion until just transparent. Mix it with all the other stuffing ingredients and spices in a mixing bowl. Stuff the chicken with the mixture, tie it up, put it in a roasting pan, and season liberally with pepper, salt, and a squeeze of lemon juice. Put the chicken in the oven and cook for 10 minutes, then turn the oven down to 375°F (190°C) and roast for 1¼ hours or until the juices run clear from the thigh when you pierce it with a skewer.

Eat with a plain lettuce salad and a lemon and oil dressing.



Rosemary chicken serves 4

CANCER *P.264* CIRCULATORY *P.278* DIGESTIVE *P.284* STRESS *P.292* JOINTS *P.304*

1 3-lb (1.5-kg) chicken—
preferably free-range
several sprigs of fresh
rosemary
1 tbsp butter
1 tbsp olive oil
2 tbsp white wine or vegetable
stock (*p.261*)
salt and freshly ground black
pepper

Clean the chicken inside and out and pat dry. Put the sprigs of rosemary inside it, reserving one of them. Tie the legs together with a piece of string and tuck the extra sprig into the knot. If possible, do this as soon as you get the chicken home, or at least some hours before cooking.

Preheat the oven to 400°F (200°C). Melt the butter and oil over medium-high heat in a Dutch oven (or you can use a frying pan, and transfer its contents to an ovenproof dish). Brown the chicken on all sides, then transfer to the oven. Pour the wine or stock over it and baste with its juices from time to time during the cooking. If the liquid dries up, add more. Toward the end of cooking, season with a little salt and freshly ground black pepper. Roast for about an hour, or until the juices run clear when you push a skewer into the fattest part of the thigh.

Cornish game hen casserole serves 4

CIRCULATORY *P.278* FATIGUE *P.298* RESPIRATORY *P.312*

1 whole head garlic, peeled
1 2½-3-lb (1-1½-kg) Cornish
game hen
half a lemon
a sprig of thyme
1 tbsp olive oil
2 large carrots, peeled and
sliced
1 medium-sized onion, sliced
black pepper

Take two cloves of garlic, cut into slivers, and slide under the hen's skin. Rub it with lemon, put the sprig of thyme inside, wrap loosely in foil, and refrigerate. Preheat the oven to 350°F (180°C). Heat the oil over medium heat in a Dutch oven and brown the hen on all sides. Turn on its back and add the carrots, onions, and remaining garlic cloves. Add a little pepper. Cover and bake in the preheated oven for about 40 minutes. Serve with braised red cabbage (*p.200*).

Duck breasts with orange juice serves 2

FATIGUE *P.298*

2 duck breasts with skin
juice of 2 oranges and
julienned zest of
half an orange
1–2 tbsp honey
salt and freshly ground
black pepper
snow peas or French beans,
for serving

Heat a large frying pan over medium-high heat. Prick the duck skin all over with a fork and place skin-side down into the ungreased, but hot, pan. Cover and cook for 6 minutes. The fat will run out of the skin and can be poured away, and the skin will become crisp. Turn the duck breasts over and cook for a further 2 minutes on the second side for pink flesh. (If you like your duck well done, or the duck breasts are large, you will need to cook them for longer.) Pour the freshly squeezed orange juice, add the orange zest and the honey to the pan, and increase the heat. Season with salt and pepper, and as the liquid forms a thickish sauce, spoon it over the duck. Serve with crisp vegetables, such as snow peas or French beans.

Duck breasts in green pepper sauce serves 4

FATIGUE *P.298*

1 tbsp butter
4 duck breasts
1 medium-sized onion, very
finely chopped
1 tbsp green peppercorns
salt
¼ cup dry sherry
½ cup half-and-half

Heat the butter in a skillet over medium-high heat and fry the duck breasts for 3–5 minutes on each side, until they are a rich brown color. Remove the breasts and keep them warm. Fry the onion in the butter over a moderate heat until it is just beginning to brown. Add the green peppercorns, a pinch of salt, and the sherry. Stir together and simmer for 10 minutes. Add the half-and-half and simmer for another 2–3 minutes. Meanwhile, cut the duck breasts into short strips, put them in a dish, and keep them warm. When the sauce is ready, pour it over the duck, and serve at once.

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of the food world deserve
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digestible, full of fiber
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value for money
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Grains and legumes

- ★ Sun-dried tomato risotto
- ★ Red-hot rice
- ★ Bean casserole
- ★ Quick bean ragout
- ★ Vegetable risotto
- ★ Warm bulgur with eggplant
- ★ Rainbow peppers

Sun-dried tomato risotto serves 4

CANCER *P.264* CIRCULATORY *P.278* FATIGUE *P.298*

- 2 tbsp vegetable oil
- 1 medium-sized onion, chopped
- 2 cloves garlic, chopped
- 8 oz (250 g) brown rice
- 6 oz (175 g) sun-dried tomatoes, chopped
- 3 cups vegetable stock (p.261)
- 4 ripe red tomatoes, peeled and chopped
- salt and freshly ground black pepper
- 1 tbsp fresh basil, chopped
- 2 tbsp grated Cheddar, Parmesan, or other hard cheese

Heat the oil in a saucepan over medium heat, and fry the onion and garlic for 2–3 minutes. Add the rice, sun-dried tomatoes—drain them first if they are in oil—stock, and fresh tomatoes. Bring to a boil, season with salt and pepper to taste, and simmer for approximately 40 minutes. Add the basil, and stir in the cheese before serving.

NOTE: For a quicker version of this recipe, you can use boil-in-the-bag or instant brown rice. While it's cooking according to the package instructions, heat the oil, and fry the onion and garlic until they are just beginning to brown. Add the sun-dried and fresh tomatoes, and sauté for another 5 minutes. When the rice is ready, stir it into the tomato mixture, season to taste, add the basil, stir in the cheese, and serve.

Red-hot rice serves 4

CIRCULATORY *P.278* DIGESTIVE *P.284* FATIGUE *P.298* RESPIRATORY *P.312*

- 4 oz (125 g) boil-in-the-bag brown rice
- 1 small red pepper
- 1 small, fresh red chili pepper
- 3 tbsp vegetable oil
- 1 medium-sized onion, thinly sliced
- 2 cloves garlic, thinly sliced

Boil a pan of water, and cook the rice—it will take 20–25 minutes. Meanwhile, wash the pepper, remove the ribs and seeds, and slice it into strips. Wash, slit open, and deseed the chili pepper—rinse your hands carefully afterward. Heat the oil in a skillet over medium heat, and gently sauté the chili in it for 5 minutes, then fish it out with a fork and discard it. Add the onion, garlic, and red pepper, and sauté them over low heat until they are soft. When the rice is cooked, put it in a salad bowl, pour in the contents of the frying pan, and stir through.

Bean casserole serves 4

CANCER *P.264* CIRCULATORY *P.278* JOINTS *P.304* RESPIRATORY *P.312* URINARY *P.324*

2 oz (60 g) dried fava beans, soaked overnight
2 oz (60 g) dried red kidney beans, soaked overnight
1 tbsp vegetable oil
1 large onion, finely chopped
2 cloves garlic, finely chopped
2 large carrots, sliced
2 zucchini, sliced
2 sticks celery, sliced
7 oz (200 g) canned diced tomatoes
a small sprig of fresh thyme or a pinch of dried thyme
salt and pepper

Drain the beans, put in separate pans, and cover with cold water. Bring to a boil and boil rapidly for 10 minutes, then turn the heat down, cover, and simmer for about an hour, or until the beans are tender. Drain, reserving the liquid. Heat the oil in a heavy pan over medium heat, add the onion and garlic, and cook until soft. Add the carrots, zucchini, celery, tomatoes, thyme, and salt and pepper to taste. Add enough of the bean cooking water to moisten. Cover and simmer for about 15 minutes, adding more of the bean water if necessary, until all the vegetables are soft. Add the beans—and more liquid as needed—cover, heat through gently, and serve.

Quick bean ragout serves 4

CANCER *P.264* CIRCULATORY *P.278* DIGESTIVE *P.284* SKIN *P.318*

1 tbsp olive oil
1 tsp dill seeds
4 cloves garlic, finely chopped
1 small onion, finely chopped
1 Savoy cabbage, shredded
2½ cups vegetable stock (*p.261*)
4 8-oz (250-g) mixed cans of beans
1 tbsp chopped fresh parsley

A multi-bean sampling for real bean addicts—using canned beans, without all that presoaking.

Heat the oil in a Dutch oven over medium heat. Cook the dill seeds, garlic, and onion until soft. Add the shredded cabbage and stir briskly. Add the stock. Open all the cans of beans and rinse them under running cold water. Add them to the Dutch oven, bring to a boil, and simmer for 20 minutes. Cook for another 10 minutes. Serve sprinkled with the parsley.

Vegetable risotto serves 4 ►

CANCER *P.264* CIRCULATORY *P.278* STRESS *P.292* JOINTS *P.304* RESPIRATORY *P.312*

3 tbsp olive oil
2 cloves garlic, chopped
2 large onions, sliced
4 oz (125 g) whole unsalted peanuts
2 sticks celery, sliced
2 large carrots, sliced
1 large leek, sliced
1 2 oz (375 g) brown rice, washed
4 cups vegetable stock (*p.261*)
4 oz (125 g) button mushrooms
salt and pepper
1 cucumber, peeled and diced

Heat the oil in a large frying pan or skillet over medium heat, and sauté the garlic, onions, and peanuts. Add the celery, carrot, and leek, and sauté for another 5 minutes, stirring frequently. Add the rice and continue to stir for another 5 minutes. Add the stock, mushrooms, and salt and pepper to taste, and bring to a boil. After 6–7 minutes, add the cucumber. Cover and simmer until the rice is tender and all the liquid is absorbed. Add more stock to the mixture if necessary.

Warm bulgur with eggplant serves 4

CIRCULATORY *P.278* STRESS *P.292* FATIGUE *P.298*

4 oz (125 g) bulgur or cracked wheat
4–6 tbsp olive oil
1 large onion, thinly sliced
1 large eggplant, cut into cubes
2 tsp ground coriander
2 tsp ground cumin
3 oz (90 g) flaked almonds
2 oz (60 g) raisins
salt and freshly ground black pepper

Simmer the bulgur wheat in twice its volume of water for 10 minutes, or until the grains are soft. Drain if necessary. Meanwhile, heat 2 tbsp oil in a skillet over medium heat and fry the onion until it turns brown. Add the eggplant and, stirring frequently, sauté until it is brown—you might need to add a little extra oil. Add the coriander and cumin to the pan and cook for 1 minute, stirring constantly. Lower the heat, add the almonds and raisins, and brown lightly. Stir the cooked bulgur wheat into the vegetables, season with salt and pepper, add extra oil, and sauté for 1 minute to heat through.



Rainbow peppers serves 4

CANCER *P.264* CIRCULATORY *P.278* DIGESTIVE *P.284* FATIGUE *P.298* JOINTS *P.304*

½ cup brown rice
⅔ cup vegetable stock (*p.261*)
1 tsp salt, plus extra to taste
for seasoning
2 tbsp olive oil
1 large onion, chopped
2 cloves garlic, chopped
1 tbsp raisins
1 tbsp pine nuts
juice of 1 lemon
1 tbsp oregano
freshly ground black pepper
4 peppers: 1 red,
1 yellow, 1 green, and
1 orange
1 tbsp tomato paste
⅔ cup water

Preheat the oven to 350°F (175°C). An hour before you want to start preparing the dish, cook the rice. Wash it thoroughly and put it in a small ovenproof Dutch oven. Add 1 teaspoon of salt and enough stock to come up to the depth of a thumbnail over the surface of the rice. Cover tightly and put in the oven for 35–40 minutes, until the rice has absorbed all the stock and is cooked through but still slightly moist.

Heat 1 tablespoon of the oil in a small skillet over medium heat, and cook the onions until soft. Add the chopped garlic, and cook for a moment longer. Add the onion and garlic to the cooked rice, together with the raisins, pine nuts, lemon juice, oregano, a little freshly ground pepper, and a touch of salt to taste.

Turn the oven up to 400°F (200°C). Wash the peppers, then slice the tops off and reserve them. Scrape out the seeds and fibrous ribs, pack with the rice mixture, and replace the tops. Stand the peppers in a baking dish just big enough to hold them, so that they don't collapse sideways; if necessary, slice off a sliver from the bottoms to steady them. Brush with oil. Stir the tomato paste into the water and pour it into the dish. Place in the oven and bake for about 45 minutes, checking periodically to be sure the liquid hasn't dried out, and adding a little more water or stock if necessary.

Serve with Tomato sauce (*p.255*) and a green vegetable or a salad.



★ ★ ★ Vegetables:
nature's own health
insurance—no other
foods provide so much
protection against heart
disease, skin disorders,
cancer, and high blood
pressure, and give the
body all-around vitality.

Vegetables

- ★ Braised red cabbage
- ★ Tofu and vegetable stir-fry
- ★ Cabbage with onion and bacon
- ★ Spiced red cabbage
- ★ Potato galette
- ★ Ratatouille
- ★ Grilled red radicchio
- ★ Cauliflower and broccoli cheese
- ★ Vegetable couscous
- ★ Roasted vegetables
- ★ Aromatic mushrooms
- ★ Quick mashed potatoes
- ★ Turnip and potato cream
- ★ Turnip purée
- ★ Braised fennel
- ★ Spinach Italian-style
- ★ Vegetable samosas
- ★ Sweet potato and nutmeg mash
- ★ New potato and beer salad

Braised red cabbage serves 4

CIRCULATORY *P.278* FATIGUE *P.298*

1 medium-sized red cabbage
3 tbsp olive oil
1 large onion, chopped
3 garlic cloves, chopped
4–5 tbsp apple cider vinegar
1 tsp brown sugar
salt and pepper

Rinse the cabbage, shred, and drain. Heat the oil in a large skillet over medium heat and sauté the onion gently, add the garlic and cabbage, and stir well. Add the vinegar and sugar, and salt and pepper to taste. Lower the heat and cook, covered, stirring occasionally, until tender—about half an hour—or cook covered in a moderate oven. If you like, add a dash of lemon before serving.

Tofu and vegetable stir-fry serves 4

CIRCULATORY *P.278* DIGESTIVE *P.284* FATIGUE *P.298* JOINTS *P.304* SKIN *P.318*

3 tbsp vegetable oil
8 oz (250 g) tofu
1 medium-sized onion, finely chopped
1 green pepper, chopped
1 tsp grated fresh ginger
1 stick celery, chopped
2 medium-sized carrots, sliced
a chunk of cabbage, cut into thin wedges
4–5 mushrooms, sliced
4 oz (125 g) cashews
1 cup vegetable stock (*p.261*)
a dash of soy sauce

Heat the oil in a wok over medium-high heat, add the tofu, and fry lightly until golden brown. Remove with a slotted spoon and leave on one side. Sauté the onion, green pepper, ginger, and celery over medium heat until soft but not brown. Add the carrots and the cabbage and sauté for 3–4 minutes; then add the mushrooms and cashews and sauté for 1 minute more. Add the stock, return the tofu, cover, and steam until the vegetables are soft. Stir in a dash of soy sauce.

Cabbage with onion and bacon serves 4

CIRCULATORY *P.278* FATIGUE *P.298*

1 medium-sized cabbage
1 tbsp vegetable oil
1 medium-sized onion,
coarsely chopped
3–4 slices streaky bacon,
cut in pieces
salt and pepper

Wash and shred the cabbage, but don't dry it. Heat the oil in a big saucepan over medium heat, and gently fry the onion and bacon together until the onion is just changing color and the bacon is nearly crisp. Add the cabbage, salt and pepper, and stir. Put the lid on, turn down the heat, and simmer. Shake the pan, and stir the contents a couple of times, until the cabbage is cooked *al dente* (just tender).

Spiced red cabbage serves 4

CIRCULATORY *P.278* FATIGUE *P.298*

1 small red cabbage
1 large cooking apple, peeled
and sliced in segments
3 tbsp red wine vinegar
10 whole cloves
salt and pepper
1–2 tsp brown sugar

Wash and shred the cabbage and put it in a saucepan with the apple, red wine vinegar, cloves, and salt and pepper. Sprinkle with 2–3 tablespoons of water, add the brown sugar, cover, and simmer for 20 minutes over medium-low heat.

Potato galette serves 4

CIRCULATORY *P.278* DIGESTIVE *P.284* FATIGUE *P.298*

4 medium-sized potatoes
2 egg yolks
1 medium-sized onion, grated
3 tbsp chopped fresh parsley
2 cloves garlic, finely chopped
1 tsp all-purpose flour
1 tsp ground nutmeg
sunflower or corn oil

Peel the potatoes and grate in a food processor. Turn into a bowl and mix with the egg yolks, onion, parsley, and garlic. Form into a cake and dust with flour. In a frying pan over medium-high heat, heat enough oil to come about halfway up the side of the cake. Add the cake and fry on both sides until golden. Drain on paper towels and dust with nutmeg.

Ratatouille serves 4

CANCER *P.264* CIRCULATORY *P.278* DIGESTIVE *P.284* URINARY *P.324*

2 zucchini
1 large eggplant
salt
2 large red peppers
1 large onion
2 cloves garlic
¼ cup extra-virgin olive oil
1 small can diced tomatoes
a few coriander seeds or ½ tsp
ground coriander
1 tbsp fresh basil or parsley,
chopped

Wash the zucchini and eggplant and cut into small slices. Place in a colander, sprinkle with salt, and leave for an hour.

Deseed the peppers and cut into thin strips. Peel and finely slice the onion and garlic. Heat the oil in a heavy-bottomed saucepan over medium heat. Add the onion and cook until transparent. Rinse and pat dry the eggplant and zucchini, and add them, together with the peppers and garlic. Cover and simmer gently for about 40 minutes. Add the tomatoes and coriander, and cook for another 30 minutes—but don't let it get too mushy. Stir in the basil or parsley, and serve hot.

Grilled red radicchio serves 4

CANCER *P.264* CIRCULATORY *P.278* DIGESTIVE *P.284* JOINTS *P.304*

2–3 radicchio heads
3–4 tbsp extra-virgin olive oil
salt and freshly ground
pepper
lemon slices
sliced bread, for serving

Clean the radicchio, stripping off wilted outer leaves. Slice thickly, rinse, and pat completely dry with paper towels. Lay the slices in a shallow, ovenproof dish. Mix 3–4 tablespoons of oil with a little salt and freshly ground pepper, and pour over the radicchio. Leave it to soften for 5 minutes, while you heat the broiler. Broil for no longer than it takes for the leaves to change color a little. Lift out and serve with slices of lemon, and bread to mop up the tangy juices.

Cauliflower and broccoli cheese serves 4

CANCER *P.264* STRESS *P.292* FATIGUE *P.298*

1 small cauliflower
1 small head of broccoli
2 cups milk
4 tbsp butter
1 tbsp whole-wheat flour
2 oz (60 g) Cheddar, grated
1 tsp Dijon mustard
salt and pepper

Preheat the oven to 350°F (180°C). Break the vegetables into florets and cook them in the milk until just tender. Drain, reserving the milk, and put the vegetables in a buttered gratin dish. Melt the butter in a small nonstick saucepan over medium-low heat. Stir in the flour, 1 tablespoon of the cheese, the mustard, and seasoning. Stir in the hot milk to make a smooth sauce. Pour the sauce over the vegetables, scatter the rest of the cheese on top, and bake for 15–20 minutes.

Vegetable couscous serves 4

CANCER *P.264* DIGESTIVE *P.284* FATIGUE *P.298*

olive oil, for frying
1 small onion, finely chopped
2 carrots, halved lengthwise
and sliced
1 zucchini, halved
lengthwise and sliced
half red pepper, deseeded
and chopped
1 tsp (or more to taste)
ground cumin
2 tomatoes, peeled and diced
salt
1–2 tbsp fresh cilantro
leaves
13 oz (400 g) canned
chickpeas, drained
¾ cup couscous

Heat a little olive oil in a frying pan over medium heat. Add the onion and fry until golden. Add the carrots, zucchini, red pepper, and ground cumin and continue to fry for a few minutes. Add the tomatoes, a little salt, and the cilantro. Simmer for about 10 minutes, or until the vegetables are cooked and nicely tender. Add the chickpeas and heat through. While the vegetables are cooking, steam the couscous, according to the package instructions. Serve the vegetables and steamed couscous together. If a child insists on having meat with this, you can fry a few small pieces of chicken with the onion.

Roasted vegetables serves 4 ▶

CANCER *P.264* CIRCULATORY *P.278* RESPIRATORY *P.312*

- 1 red pepper, cored, deseeded, and cut into chunks
- 1 yellow pepper, cored, deseeded, and cut into chunks
- 2 onions, quartered
- 2 medium-sized or 4 small zucchini, thickly sliced
- 8 cherry tomatoes
- 4 cloves garlic, crushed
- 4 tbsp olive oil
- salt and black pepper
- 1 bunch fresh cilantro, basil, or parsley, chopped

Preheat the oven to 400°F (200°C). Arrange all the vegetables and the garlic in a shallow roasting pan. Add the olive oil, and push the vegetables around until they are well coated with the oil. Sprinkle with a little salt and pepper, and roast in the oven for about 40 minutes, stirring once or twice. The vegetables should be tender and just starting to turn golden-brown. Sprinkle with the chopped fresh herbs.

Serve these vegetables with plain brown rice (*p.257*), couscous, or bulgur for an appetizing and colorful supper. The vegetables are also a delicious accompaniment to roast beef, grilled fish or meat, or a simple omelet.

Aromatic mushrooms serves 4

CIRCULATORY *P.278* DIGESTION *P.284* SKIN *P.318*

- 1 lb (500 g) small white or flat field mushrooms
- 3 tbsp olive oil
- 2 cloves garlic, sliced in half
- 1 bay leaf
- 6–8 coriander seeds
- salt and freshly ground black pepper

Clean the mushrooms, and slice them thinly. Warm the olive oil in a skillet over low heat. Add the garlic slices, bay leaf, coriander seeds, and salt and pepper. Add the mushrooms, and cover the pan. Shake gently, and cook over very low heat for 20 minutes. Remove the bay leaf before serving the mushrooms. Serve with Michael's millet and buckwheat (*p.261*) and a green salad.



Quick mashed potatoes serves 4

CIRCULATORY P.278 DIGESTIVE P.284

1 lb (500 g) potatoes, peeled
and diced
 $\frac{2}{3}$ cup milk
a little sea salt
4 tbsp butter
a pinch pepper
1 tbsp fresh parsley, finely
chopped

Put the potatoes in a saucepan with the milk and a touch of salt. Bring to a boil, reduce the heat, cover, and simmer for 10–15 minutes, until the potatoes are tender.

Mash with a potato masher—add a little more milk, if needed—and stir in the butter and pepper. Sprinkle with the parsley and serve.

Turnip and potato cream serves 4

JOINTS P.304 RESPIRATORY P.312

1 lb (500 g) small turnips
1 medium-sized potato
3 tbsp half-and-half
salt and pepper
1 tbsp fresh parsley, finely
chopped

If the turnips are young and tender, they won't need peeling—just scrub them and cut into small dice. Scrub and dice the potato. Put the vegetables in a pan with enough water to cover. Bring to the boil and simmer until they are tender—about 15 minutes. Drain off all but 1 tablespoon of cooking water, and mash the potatoes and turnips into this—it should be quite a rough consistency. Stir in the half-and-half, season to taste with salt and pepper, and sprinkle with the parsley.

Turnip purée serves 4

JOINTS P.304 RESPIRATORY P.312

1 lb (500 g) young turnips
 $\frac{2}{3}$ cup milk
4 tbsp butter
a pinch of nutmeg

Clean and quarter the turnips. Cook in the milk, over low heat, until tender. Purée, stir in the butter, and sprinkle with the nutmeg.

Braised fennel serves 4

DIGESTIVE *P.284* STRESS *P.292*

2 large or 4 small heads of fresh fennel
1 tbsp olive oil
1 tbsp chopped fresh parsley
a sprig of fresh thyme
6 peppercorns
 $\frac{2}{3}$ cup dry white wine

Clean the fennel and cut it into halves or quarters. Heat the oil in a skillet or Dutch oven over medium heat and fry the pieces of fennel until they are lightly browned. Add the parsley, thyme, and peppercorns, then pour in the wine and let it bubble for a minute. Cover the dish and cook over very low heat for about 25 minutes.

Spinach Italian style serves 4

CANCER *P.264* STRESS *P.292* FATIGUE *P.298*

2 lb (1 kg) fresh spinach
2 tbsp olive oil
1–2 cloves garlic, chopped
1 fresh red or green chili pepper, chopped
a squeeze of fresh lemon juice

Italian greengrocers sell a wide range of greens, already trimmed and washed. As well as spinach, wild chicory, beet tops, and endives can all be cooked in the following way—and even mixed together. When cooking spinach, you don't have to trim off all the stalks—only the very toughest and thickest should be removed.

Wash the spinach thoroughly in several changes of water. Put it while it is still wet into a large pan, cover, and cook over the lowest possible heat. Within 10 minutes the greens will have wilted and become just tender. Drain thoroughly.

At this point, you can choose two ways of serving the spinach. Either heat the oil in a big pan, quickly sauté the garlic and chili pepper, toss the spinach very quickly in the flavored oil, and serve. Alternatively, you can dress the drained spinach with a little olive oil and freshly pressed lemon juice, and serve it lukewarm.

Vegetable samosas serves 4

CIRCULATORY *P.278* DIGESTIVE *P.284*

2 potatoes, cut into cubes
1 cup finely chopped
vegetables—use
combinations of favorite
vegetables, such as carrots,
beans, peas, spinach,
cauliflower, and parsnips
1 tsp mild curry powder or
paste
2 tbsp cream cheese or
cottage cheese
salt and pepper
1 tbsp olive oil
2 tbsp butter, melted
8 sheets filo pastry
4 tbsp poppy seeds or black
sesame seeds

Preheat the oven to 375°F (190°C). Boil the potato cubes in lightly salted water for about 10 minutes, or until soft. Drain well. In a separate pan, bring enough water to a boil to just cover the chopped vegetables, and cook them until tender but still crisp. Drain well and put the vegetables and potatoes into a bowl. Add the curry powder or paste, cheese, and salt and pepper. Mix everything really well together.

Melt the olive oil and butter in a small saucepan. Lay out one sheet of filo pastry and brush it with the melted butter and oil. Lay another sheet on top and brush again. Now cut the pastry lengthwise into strips about 3 in (7 cm) wide. Put a heaped teaspoon of filling at one end of a strip. Fold the pastry diagonally so that it makes a triangle. Keep folding over along the length of the strip until your triangle is completed. Brush the outside with butter and roll the samosa in poppy or black sesame seeds. Repeat with all your pastry and filling.

Put the samosas on a baking sheet and bake in the oven for 15–20 minutes, until golden. Serve the samosas while they are still warm. Makes about 16.

Sweet potato and nutmeg mash serves 4

DIGESTIVE *P.284* SKIN *P.318*

2 large sweet potatoes,
scrubbed and cubed
quarter head dark green
cabbage, finely shredded
juice of a lemon
½ tsp ground nutmeg
extra-virgin olive oil
freshly ground black pepper

This quick and easy recipe provides loads of slow-release energy, beta-carotene, and other essential carotenoids, together with protective vitamin C and anticancer chemicals from the cabbage and plenty of feel-good myristicine from the nutmeg. It's also rich in fiber. Serve as a side dish or top with an organic poached egg for a light supper or Sunday brunch.

Put the sweet potatoes in a large saucepan of cold water and bring to a boil, uncovered. After 5 minutes, place the cabbage in a steamer on top and cover. Strain the sweet potatoes, put them back in the saucepan and on the heat, shaking vigorously until completely dry. Drizzle with olive oil, mash, stir in the steamed cabbage, add the nutmeg and pepper, and serve.

New potato and beer salad serves 4

CIRCULATORY *P.278* DIGESTIVE *P.284*

2 lb (1 kg) new potatoes
1 red onion, finely chopped
2 cloves garlic, finely chopped
1 tbsp fresh thyme, chopped
1 tbsp chopped flat-leaf parsley
6 tbsp extra-virgin olive oil
2 tbsp cider vinegar
¾ cup beer
4 green onions, chopped
1 tbsp wholegrain mustard
1 tsp honey
pepper

Put the unpeeled potatoes in a large saucepan of cold water, bring to a boil, and cook, uncovered, until just soft (about 20 minutes). Drain and leave until cool enough to handle. Cut each potato in half and mix gently with the onion, garlic, thyme, and parsley. To make the dressing, whisk all the remaining ingredients together to a smooth, creamy consistency. To serve, pour the dressing over the warm potatoes and serve immediately. If you're not going to eat this right away, refrigerate the potatoes and dressing separately.

★ ★ ★ Snacks—always
nice but they don't have
to be naughty or
unhealthy. Here's the
pick of the bunch.

Snacks

- ★ Tapenade
- ★ Falafel
- ★ Pita pizza
- ★ Potato pancakes
- ★ Salade niçoise
- ★ Millet croquettes
- ★ Beef and onion burgers
- ★ Onion whole-wheat burgers
- ★ Cress, watercress, and carrot sandwich filling
- ★ Chicken liver and alfalfa sandwich filling
- ★ Sardines in oil sandwich filling
- ★ Banana and almond muffins
- ★ Green tea bread
- ★ Blueberry muffins
- ★ Banana and walnut bread

Tapenade

serves 4

CIRCULATORY P.278 JOINTS P.304 RESPIRATORY P.312

20 pitted black olives
1 can anchovy fillets, drained
1 heaped tbsp capers, rinsed
1 tsp lemon juice
1 clove garlic
black pepper
½ cup olive oil

Put all the ingredients except the oil in a blender and blend for a few seconds. Add black pepper to taste, and half a tablespoon of olive oil. Blend again and repeat, adding more oil until the mixture is a smooth, thick purée.

Falafel

serves 4

CIRCULATORY P.278 STRESS P.292 JOINTS P.304

8 oz (250 g) dried chickpeas
2 Spanish onions, finely chopped
3 tbsp finely chopped fresh parsley
2 tsp ground coriander
2 tsp ground fennel
2 tsp ground cumin
½ tsp baking powder
4 cloves garlic, crushed
salt and freshly ground black pepper
2 tbsp flour (optional)
3–4 tbsp sunflower oil
paprika to garnish

Every food writer has their own version of falafel: our favorite is that of Paul Laurensen and Ethel Minogue in *The Taste of Health* (BBC Books).

Soak the chickpeas in water for several hours, until they double in size. Change the water as often as you can during the soaking, to reduce the likelihood of their causing flatulence. Blend the chickpeas with a little of their cooking water to a smooth paste. Add the onions and parsley to the chickpeas and blend again for a few seconds. Add the ground spices, baking powder, crushed garlic, and salt and pepper. Knead the mixture for a moment or two to mix the ingredients well, then let it rest in the refrigerator for 30 minutes. Take small pieces and form into little flat cakes about 2 inches across. If they are sticky, roll them in a little flour. Heat the oil in a skillet over medium-high heat and fry for about 2 minutes on each side. Drain on paper towels, sprinkle with paprika, and serve hot or cold.

Pita pizza serves 1

CANCER *P.264* FATIGUE *P.298*

1 whole-wheat pita bread
1 medium-sized tomato, sliced
salt and freshly ground
black pepper
a good pinch of dried oregano
1 tbsp Cheddar cheese, grated
1 tsp olive oil

Made with whole-wheat pita bread, this is a superfast, healthy variation on pizza. Try any of the classic pizza toppings, such as anchovies, black olives, thinly sliced onion, slivers of red or green pepper, thin slices of mushroom, diced ham, or slices of pepperoni.

Heat the broiler to red-hot. Toast the pita on one side for a minute or two, and remove from the broiler. Turn the bread over, and top with sliced tomatoes, salt and pepper to taste, oregano, and the grated cheese. Drizzle the oil over the top, and return to the broiler. The pizza will be done in 2–3 minutes. This recipe serves one, but it can easily be multiplied to serve more.

Potato pancakes serves 4

CIRCULATORY *P.278* DIGESTIVE *P.284*

1 lb (500 g) potatoes
1 medium-sized onion
2 eggs
2 tbsp all-purpose flour
salt and pepper
3–4 tbsp sunflower oil

Peel the potatoes and onion, and grate them into a large bowl. Beat the eggs and add them, and stir in the flour and the salt and pepper. Mix together well. Heat the oil in a frying pan over medium-high heat and fry tablespoonfuls of the mixture, flattening them down in the pan, for 5 minutes on each side.

Salade niçoise serves 4 ▶

CANCER *P.264* CIRCULATORY *P.278* STRESS *P.292* FATIGUE *P.298*

1 head cos or iceberg lettuce
2 eggs
4 firm tomatoes
1 large red pepper
½ cucumber
4 small boiled potatoes
4 anchovy fillets
2 tbsp milk
2 cloves garlic, chopped
a pinch of mixed herbs
1½ tbsp good wine vinegar or balsamic vinegar
3 tbsp extra-virgin olive oil
12 pitted black olives

Wash and dry the lettuce. Hard-boil and halve the eggs. Wash and quarter the tomatoes. Deseed the pepper and slice into strips. Peel and slice the cucumber. Halve the boiled potatoes. Soak the anchovy fillets for 30 minutes in the milk, then drain and dry.

Make the dressing by adding the garlic and mixed herbs to the vinegar and oil. Mix thoroughly, and leave to stand while you prepare the salad. Line the salad bowl with the lettuce leaves. Arrange all the other ingredients in the middle, decorate with the olives and anchovy fillets on top, and add the dressing just before you eat. Toss and serve.

Millet croquettes serves 4

CANCER *P.264* DIGESTIVE *P.284* STRESS *P.292*

4 cups water
10 oz (300 g) millet
4 tbsp oil
1 onion, finely chopped
2 tbsp freshly chopped parsley
8 oz (250 g) grated cheese
salt and pepper
1 egg, beaten
1 tbsp whole-wheat flour

Bring the water to a boil, add the millet, and simmer for about 25 minutes, stirring frequently, until the water is completely absorbed. In another pan, heat 2 tbsp of the oil over medium heat and cook the chopped onion until softened. Add to the millet, together with the parsley and cheese, and season with salt and pepper to taste. Leave the mixture to cool. When cool, shape it into croquettes. Dip the croquettes in the beaten egg, then in the flour. Heat the remaining oil in a skillet over medium-high heat. Fry the croquettes in batches, turning once, until golden brown.



Two burgers

The following are recipes for two different burgers, one made with meat, the other with a mixture of breadcrumbs, onions, potatoes, and plenty of seasoning. They are delicious eaten hot, with a sharp green salad; when cold, they can be packed into burger buns with a few onion rings, and a couple of lettuce leaves.

Beef and onion burgers serves 4

FATIGUE P.298 JOINTS P.304 RESPIRATORY P.312 URINARY P.324

1 large onion, finely chopped
1 tbsp sunflower oil
12 oz (375 g) chuck steak or
shin of beef, with all fat
removed, ground
½ lb (250 g) carrots, grated
1 tbsp whole-wheat breadcrumbs
1 tbsp each chopped fresh
mint and parsley

Heat the oil in a skillet over medium heat and cook the onion until softened. Let cool and add to all the other ingredients. Mix, shape into patties, dust with a little flour, and fry.

Onion whole-wheat burgers serves 4

CANCER P.264 CIRCULATORY P.278 FATIGUE P.298 RESPIRATORY P.312

12 green onions
2 eggs, lightly beaten
a good pinch grated nutmeg
2 slices whole-wheat bread
crusts cut off, crumbled
1¾ cups cold mashed
potatoes
sea salt and black pepper
sunflower oil
iceberg lettuce, onions, and
tomato, for serving

Wash and cook the green onions in boiling water until soft. Drain and chop. Thoroughly mix the eggs, nutmeg, salt and pepper, breadcrumbs, mashed potatoes, and onions and shape into patties. Heat the oil in a large frying pan over medium heat and fry the patties until golden brown. Serve with iceberg lettuce, rings of onion and slices of tomato, and a favorite relish.

Three fillings for sandwiches

Three fillings for whole-wheat sandwiches, whole-wheat or multi-grain rolls, or wholewheat buns. They can be made the night before and stored in the refrigerator, wrapped in foil or plastic wrap.

Cress, watercress, and carrot serves 2

STRESS P.292 FATIGUE P.298

1 bunch watercress
1 bunch cress
1 carrot, grated

Chop the watercress and cress and mix with the grated carrot. You can add a little low-fat mayonnaise if desired.

Chicken liver and alfalfa serves 2

FATIGUE P.298 JOINTS P.504 SKIN P.318

6 chicken livers, preferably from free-range birds
1 tbsp olive oil
1 small onion, finely chopped
1 hard-boiled egg, finely chopped
4 oz (125 g) low-fat cream cheese
½ cup alfalfa sprouts, rinsed

Make the chicken liver pâté the night before. Grill the livers. Heat a little oil in a nonstick frying pan over medium-low heat, cook the onion until soft but not brown, and remove from pan with a slotted spoon. Put the livers, onion, egg, cream cheese, and alfalfa in a blender or food processor, and blend to a smooth pâté. You may need a little more cream cheese. Pack into a small dish, cover with foil, and refrigerate overnight.

Sardines in olive oil serves 2

CIRCULATORY P.278 FATIGUE P.298

1 can of sardines in olive oil
1 tsp cider vinegar
1 tbsp chopped fresh parsley
black pepper

Drain the sardines, remove tails, and mash with a dash of cider vinegar and a little of their own oil, a sprinkle of chopped parsley, and some black pepper. Put in sandwiches with cucumber slices.

Banana and almond muffins serves 6

CIRCULATORY P.278 DIGESTIVE P.284 FATIGUE P.298

1½ cups all-purpose flour
1½ tsp baking powder
1½ tsp baking soda
½ tsp salt
2 eggs
6 large ripe bananas,
thoroughly mashed
1¼ cups dark brown sugar
⅓ cup sunflower oil
⅓ cup buttermilk
½ tsp vanilla extract
4 oz (100 g) almonds, toasted
and chopped

Preheat the oven to 400°F (200°C). Lightly grease a 12-cup muffin tin. Put the flour, baking powder, baking soda, and salt in a large mixing bowl and mix well together. Mix the eggs, bananas, sugar, oil, buttermilk, and vanilla extract in a separate bowl and then pour them into the dry ingredients. Mix them together until just combined. (Be careful not to overmix or the muffins will be rubbery.) Fold in the almonds. Fill each muffin cup to the rim with batter. Bake for 25–30 minutes, until firm to the touch and golden on top. Cool the muffins for 2–3 minutes and serve them warm or at room temperature.

Green tea bread serves 6

CIRCULATORY P.278

12 oz (375 g) seedless brown
and golden raisins, mixed
1¼ cups green tea (or
your favorite tea)
¾ cup soft brown sugar
2 cups whole-wheat flour
3 tsp baking powder
1 tsp salt
1 egg
½ tsp cinnamon
½ tsp nutmeg
grated zest of 1 lemon
3 oz (90 g) mixed chopped
almonds, walnuts, and
hazelnuts

Put the dried fruit in a large bowl and stir in the tea and sugar. Cover and set aside to soak overnight. The next day, preheat the oven to 350°F (180°C). Lightly grease a 2-lb (1-kg) loaf pan. Add the remaining ingredients to the dried-fruit mixture and beat well. Pour into the prepared loaf pan, pushing the mixture into the corners of the pan. Transfer to the preheated oven and bake for 1 hour 15 minutes, or until a skewer inserted into the center of the bread comes out clean. Turn out of the pan and leave to cool on a wire rack.

Blueberry muffins serves 6

CIRCULATORY *P.278* DIGESTIVE *P.284* FATIGUE *P.298*

1 cup self-rising flour
½ cup whole-wheat flour
1 tsp baking powder
½ tsp cinnamon
½ tsp nutmeg
½ cup milk
4 tbsp butter, melted
1 large egg
2 tsp lemon juice
½ cup soft brown sugar
1 cup fresh blueberries

Preheat the oven to 350°F (180°C). Put 12 paper muffin cases into a muffin tin. Sift the flours, baking powder, and spices into a mixing bowl, putting the bran in the sieve back into the bowl. Beat together the milk, butter, egg, lemon juice, and sugar in a bowl. Make a well in the center of the flour mixture and pour in half the milk mixture. Gently fold it in, then add the rest and stir it in. Then fold in the blueberries.

Spoon the mixture into the muffin cases and bake in the oven for about 20 minutes, until well risen and golden on top. Take the muffins out of the pan and leave on a wire rack to cool.

Banana and walnut bread serves 6

CIRCULATORY *P.278* DIGESTIVE *P.284* FATIGUE *P.298*

8 oz (250 g) cottage cheese,
pressed through a sieve
⅔ cup soft brown sugar
3 eggs, beaten
2 oz (60 g) chopped walnuts
2 bananas, mashed
2 cups whole-wheat flour
3 tsp baking powder
1 tsp salt

Preheat the oven to 350°F (180°C). Line a 2-lb (1-kg) loaf pan with greased parchment paper. Cream the cottage cheese and sugar together until well blended. Gradually beat in the eggs. Add the chopped nuts and bananas and mix well. Add the flour, baking powder, and salt to the cottage cheese mixture and mix well. Spoon the batter into the prepared pan, pressing it into the corners. Bake in the oven for 40–45 minutes, or until a skewer inserted into the center of the bread comes out clean. Cool on a wire rack and serve in lightly buttered slices.

★ ★ ★ From Caesar to
Waldorf, iceberg to little
gem, mixed or green,
dressed or not—salads
offer a rainbow of
delicious, healthy eating.

Salads

- ★ Mushroom and radicchio salad
- ★ Spinach and mushroom salad
- ★ Watercress salad
- ★ Dutch salad
- ★ Avocado and watercress salad
- ★ Red bean salad in plum sauce
- ★ Tomato salad
- ★ Waldorf salad
- ★ Complete coleslaw
- ★ Celery, radish, and walnut salad
- ★ Winter white salad
- ★ Orange and watercress salad
- ★ Radish and arugula salad
- ★ Frisée salad
- ★ Sprouted seed salad
- ★ Carrot salad
- ★ Tsatsiki
- ★ Sauerkraut salad
- ★ Tricolor coleslaw

Mushroom and radicchio salad serves 4

STRESS *P.292* FATIGUE *P.298*

12 medium-sized wild mushrooms
3 tbsp olive oil
salt and pepper
2 cloves garlic, chopped
1 head of radicchio, cleaned
4 tomatoes, sliced
piece of Parmesan cheese, weighing approx. 4 oz (125 g)
1 tbsp chopped fresh parsley

Preheat the broiler. Wipe the mushrooms clean and broil them for 1 minute or so on each side. Meanwhile, heat the oil in a frying pan over medium-high heat. Transfer the broiled mushrooms to the frying pan, season with salt and pepper, add the garlic, and sauté quickly. Arrange the radicchio leaves and tomato slices on 4 plates. Add 3 grilled mushrooms to each plate. Divide the hot, garlicky olive oil between the plates and flake the Parmesan cheese on top. Garnish with chopped parsley.

Spinach and mushroom salad serves 4

CANCER *P.264* STRESS *P.292* FATIGUE *P.298*

8 oz (250 g) young, tender spinach leaves
6 oz (175 g) white mushrooms
4 slices streaky bacon
2 tbsp olive oil
1 tbsp sunflower seeds
2 tsp vinegar
salt and a little freshly ground black pepper

Wash and dry the spinach leaves and arrange them in a salad bowl. Wipe and slice the mushrooms and add them to the bowl. Chop the bacon and fry it in a nonstick pan over medium heat until it is crispy. Remove the bacon pieces with a slotted spoon and add them to the salad. Put the olive oil in the pan, heat it, and add the sunflower seeds. Toss them until they are lightly browned. Add the vinegar, season with salt and pepper, and pour the contents of the pan over the salad. Toss, and serve.

Watercress salad serves 2

CANCER *P.264* CIRCULATORY *P.278* STRESS *P.292* SKIN *P.318*

1 bunch watercress
1 avocado
2 slices streaky bacon, chopped
1 tbsp olive oil
1 tsp vinegar
salt and freshly ground
black pepper

Wash, trim, and dry the watercress, and arrange it in a salad bowl. Peel, pit, and slice the avocado, and add it to the bowl. Heat the oil in a skillet over medium heat, and fry the bacon pieces until they are crisp. Add the vinegar to the pan, season with salt and pepper, and pour over the salad.

Dutch salad serves 4

CIRCULATORY *P.278* DIGESTIVE *P.284* FATIGUE *P.298*

6-8 tiny new potatoes
4 eggs, hard-boiled
2 medium-sized apples
4 anchovies
2 medium-sized beets, roasted
or boiled
2 pickled dill cucumbers

For the dressing:

4 oz (125 g) natural
yogurt
1 tbsp olive oil
1 clove garlic, chopped
salt and pepper
1 tbsp chopped fresh parsley

Wash the potatoes and put them in a pan of boiling water until they are cooked, then cool and dice them. Slice the hard-boiled eggs. Wash and dice the apples. Chop the herring into bite-sized pieces. Peel and dice the beets. Slice the cucumbers.

Make a ring of diced beets around the edge of the salad bowl, and pile the potatoes, apples, herring, and cucumbers in the middle of the beet ring. Top with the egg slices. Make a dressing with the yogurt, oil, garlic, and salt and pepper, and pour over the salad. Garnish with a sprinkling of parsley.

Avocado and watercress salad serves 4 ►

CANCER *P.264* CIRCULATORY *P.278* STRESS *P.292* FATIGUE *P.298* SKIN *P.318*

1 bunch watercress
2 avocados, peeled, pitted,
thinly sliced
1 oz (30 g) pine nuts
2 tbsp walnut oil
juice of half a lemon
salt and pepper

Wash and dry the watercress, discard the bigger stalks, and put the cress in a salad bowl. Add the avocados and the pine nuts. Make a dressing with the walnut oil, lemon juice, salt, and pepper and pour over the salad. Toss very gently, then chill, covered with a damp cloth, for an hour or so before eating.

Red bean salad in plum sauce serves 4

CANCER *P.264* CIRCULATORY *P.278* STRESS *P.292* SKIN *P.318*

1 clove garlic
dash cayenne pepper
6 leaves fresh basil, torn
in pieces
a few sprigs of fresh
cilantro
1 tbsp red wine vinegar
5 tbsp plum jam
1 tbsp olive oil
12 oz (375 g) cooked red
kidney beans, drained

Nathalie Hambro gives the recipe for this piquant salad in her book *Particular Delights*. Although it sounds a little strange, this traditional dish from Georgia (in the former USSR) is a real taste treat.

Crush the garlic. Add the cayenne, basil, and some of the coriander leaves, chopped, and mash the mixture to a smooth paste. Combine the vinegar and jam in an enamel or stainless steel pan and boil over high heat, stirring constantly, until the jam is dissolved. Rub the mixture through a fine sieve, add the oil, then gradually beat it into the garlic and herb paste. Add the beans and toss gently but thoroughly. Cover and refrigerate overnight. Serve decorated with the remaining cilantro leaves.



Tomato salad serves 4

CANCER *P.264* CIRCULATORY *P.278* DIGESTIVE *P.284* FATIGUE *P.298*

4 tomatoes
4 cloves garlic, finely chopped
2 tbsp finely chopped fresh basil, chives, or parsley
2 tbsp green onions, chopped
sea salt and freshly ground black pepper
2 tbsp extra-virgin olive oil

Thinly slice the tomatoes. Spread them on a long, flat white china dish. Clean, trim, and chop the green onions. Strew the chopped garlic across the tomatoes, top with the chopped green herbs and the chopped green onions, add a little freshly ground pepper and a touch of salt, and drizzle the oil over the surface.

Waldorf salad serves 4

CANCER *P.264* CIRCULATORY *P.278* DIGESTIVE *P.284* JOINTS *P.504* RESPIRATORY *P.512*

4 sticks celery
2 large eating apples
a handful of raisins
1 tbsp olive oil
1 tsp lemon juice
5 oz (150 g) natural yogurt
salt and pepper
1 tbsp finely chopped parsley
2 oz (60 g) walnuts

Clean and slice the celery into small chunks; wash and core the apples and cut into small slices; wash and dry the raisins. Put celery, apple chunks, and raisins into a salad bowl. Stir the olive oil and lemon juice into the yogurt, season with salt and pepper, and add to the salad. Toss lightly and garnish with the walnuts and parsley.

Complete coleslaw serves 4

CANCER *P.264* CIRCULATORY *P.278* DIGESTIVE *P.284* FATIGUE *P.298* JOINTS *P.504*

½ small white cabbage
2 carrots
1 small eating apple
juice of half a lemon
1 tbsp olive oil
5 oz (150 g) natural yogurt
salt, pepper, and fresh chervil

Wash and shred the cabbage, wash and grate the carrots, and wash and shred the apple, and then put them all in a salad bowl. Sprinkle with the lemon juice. Stir the oil into the yogurt, season with salt and pepper to taste, and stir into the slaw. Cover and chill for at least an hour. Garnish with chopped chervil before serving.

Celery, radish, and walnut salad serves 4

CANCER *P.264* STRESS *P.292* JOINTS *P.304* SKIN *P.318*

1 bunch radishes
3–4 sticks celery with leaves
4 oz (125 g) walnuts
2 tbsp extra-virgin olive oil
1 tsp lemon juice
salt and pepper

Scrub the radishes and cut into fine slices; save the best unwilted parts of the green leafy tops. Clean the celery and thinly slice; save some of the leaves. Roughly chop the walnuts. Make a dressing with the oil, lemon, and salt and pepper to taste. Stir thoroughly. Arrange the celery, radishes, and walnuts on a flat dish. Spoon the dressing over the salad and decorate with the radish and celery fronds.

Winter white salad serves 4

CANCER *P.264* CIRCULATORY *P.278* STRESS *P.292* FATIGUE *P.298* JOINTS *P.304*

1 large fennel bulb
a chunk crisp white cabbage
2 sticks celery
2–3 white radishes
2 tbsp oil
1 tbsp lemon juice
salt and pepper
1 tbsp finely chopped fresh
parsley

Clean and slice the fennel into strips, saving the feathery fronds; clean and shred the cabbage; clean and slice the celery; clean and slice the radishes. Arrange in the salad bowl. In a separate bowl, mix the oil, lemon juice, and salt and pepper, and pour over the salad and toss. Garnish with the parsley.

Orange and watercress salad serves 4

CANCER *P.264* CIRCULATORY *P.278* DIGESTIVE *P.284* SKIN *P.318* URINARY *P.324*

1 large bunch watercress
2 tbsp olive oil
2 tsp lemon juice
salt and pepper
2 large ripe oranges
2 tbsp pumpkin seeds
2 tbsp chopped fresh parsley

Wash and dry the watercress thoroughly. Trim off the thicker pieces of stalk, and line a white china dish with the leaves. Make a dressing with the oil, lemon juice, and salt and pepper. Scrub one of the oranges, grate the rind, and stir it into the dressing. Toast the pumpkin seeds lightly in a dry frying pan over moderate heat. Peel both oranges, remove most of the pith, separate into segments, and slice each segment in half. Add to the bowl and sprinkle with the parsley and pumpkin seeds. Add the dressing and toss just before serving.

Radish and arugula salad serves 4 ►

CANCER *P.264* CIRCULATORY *P.278* DIGESTIVE *P.284* SKIN *P.318*

1 bunch fresh young radishes
2 small bulbs or 1 medium-sized bulb of fennel
1 bunch arugula
2 tbsp extra-virgin olive oil
2 tsp lemon juice
salt and pepper
ricotta or cottage cheese, for serving

Arugula is found in every greengrocer in Italy all year round. Its peppery taste adds piquancy to salads or can be used as a foil for thin slices of prosciutto or rare roast beef.

Clean the radishes and cut them lengthwise—including the tops if these are still fresh. Clean the fennel and slice it lengthwise into thin slices. Clean the arugula and separate it into smaller stems or leaves. Arrange the radish and fennel slices on a white dish, top with the arugula, drizzle with the olive oil, sprinkle with the lemon juice, and season with salt and pepper to taste. Add a serving of ricotta or cottage cheese, and you have the perfect light lunch.



Frisée salad serves 4

CANCER *P.264* CIRCULATORY *P.278* STRESS *P.292* SKIN *P.318* URINARY *P.324*

1 head frisée (frizzy endive)
1 bunch watercress
3 tbsp olive oil
2 tbsp sunflower seeds
2 tsp lemon juice
1 clove garlic, finely chopped
salt and pepper

Wash and dry the endive, and tear into small pieces. Wash and dry the watercress. Remove the thickest stalks and separate into sprigs. Put the endive and cress in a salad bowl. Heat 1 tablespoon of the olive oil in a nonstick pan over medium-low heat, and toss the sunflower seeds until they begin to brown. Remove, drain on paper towels, and add to the salad. Mix the rest of the oil, lemon juice, chopped garlic, salt and pepper, add to the salad, and toss. This salad can be kept chilled for up to an hour before you serve it: cover the bowl with plastic wrap or a damp dish towel.

Sprouted seed salad serves 4

DIGESTIVE *P.284* STRESS *P.292* FATIGUE *P.298* JOINTS *P.504* SKIN *P.318*

a choice of sprouts—alfalfa,
mung beans, or adzuki beans
1 bunch watercress
½ cup walnuts, coarsely chopped
2 tbsp olive oil
1 tsp lemon juice
salt and pepper

Wash and dry the sprouts and put them in a salad bowl. Wash the watercress, strip off the toughest stalks, and divide into sprigs. Add to the salad bowl with the walnuts. Mix together the oil, lemon juice, salt and pepper, and add to the salad. Toss and serve.

Carrot salad serves 4

CANCER *P.264* CIRCULATORY *P.278* FATIGUE *P.298* SKIN *P.318*

½ lb (250 g) carrots
1 medium-sized crisp apple
5 oz (150 g) natural yogurt
zest and juice of 1 orange

Scrub the carrots, wash the apple, and grate them both into a plain white china bowl. Mix the yogurt with the orange juice, stir into the salad, and toss; sprinkle a little orange zest on top.

Tsatsiki serves 4

CANCER *P.264* CIRCULATORY *P.278* DIGESTIVE *P.284* SKIN *P.318* JOINTS *P.504*

1 medium-sized cucumber
1 tsp sea salt
3 cloves garlic, minced
10 oz (300 g) natural yogurt
1 tbsp extra-virgin olive oil
2 tbsp fresh mint leaves
freshly ground black pepper

Wash, dry, and cut the cucumber into cubes, sprinkle with salt, and place in a colander. Leave to drain for at least an hour. Stir the garlic into the yogurt, and add the oil and most of the mint leaves—save a few for the garnish. Dry the cucumber, put in a bowl, add the yogurt mixture, and toss. Add the black pepper and garnish with the reserved mint leaves.

Sauerkraut salad serves 4

CANCER *P.264* DIGESTIVE *P.284* JOINTS *P.504* RESPIRATORY *P.312* URINARY *P.524*

1 lb (500 g) natural sauerkraut
2 tbsp olive oil
1 medium-sized carrot, grated
1 tsp caraway seeds
1 tbsp finely chopped parsley

Put the sauerkraut in a dish, add the oil, mix in the carrot, and sprinkle the caraway seeds over it. Toss thoroughly, sprinkle with the parsley, cover, and chill for an hour or so.

Tricolor coleslaw serves 4

CANCER *P.264* CIRCULATORY *P.278* DIGESTIVE *P.284* FATIGUE *P.298* JOINTS *P.504*

½ lb (125 g) each of red,
white, and green cabbage
½ lb (125 g) carrots, grated
2 tbsp raisins
1 medium-sized onion, thinly
sliced
1 small crisp eating apple
5 oz (150 g) natural yogurt
2 tbsp extra-virgin olive oil
1 tbsp cider vinegar
1 clove garlic, crushed

Wash, dry, and finely shred the cabbage. Combine with the carrots, raisins, and onion; grate in the apple. Mix the dressing ingredients, and pour over the salad. Toss, cover with plastic wrap, and chill for half an hour, so that the flavors have time to develop. Sprinkle the coleslaw with 1 teaspoon of caraway seeds and toss well before serving.

★ ★ ★ Everyone likes
to indulge and you
deserve a treat, but even
desserts can be low in
fat, high in fiber, and full
of antioxidants.

Desserts

- ★ Winter compote
- ★ Peach and apricot compote
- ★ Tangerine and apricot dessert
- ★ Almond fruit whip
- ★ Toffee bananas
- ★ Pears cassis
- ★ Apple amaretto
- ★ Banana and mango crumble
- ★ Orange mango fool
- ★ Baked apples
- ★ Buckwheat pancakes
- ★ Fruit dipped in chocolate sauce
- ★ Mont blanc
- ★ Red plums with brandy
- ★ Crowdie
- ★ Spicy winter bread pudding
- ★ Black currant fruit mold
- ★ Summer bread pudding
- ★ Ginger and fruit bread pudding
- ★ Stewed apple with mascarpone
- ★ Apricot whip
- ★ Spiced peaches

Winter compote serves 4

DIGESTIVE *P.284* STRESS *P.292* FATIGUE *P.298*

8 oz (250 g) pitted prunes
8 oz (250 g) pitted dried
apricots
8 oz (250 g) dried pears
8 oz (250 g) dried apples
4 oz (125 g) seedless raisins
4 oz (125 g) seedless golden
raisins
4 oz (125 g) sliced or slivered
almonds
half a lemon, sliced thinly
1 tsp cinnamon
¼ tsp ground nutmeg
¼ cup brandy
juice of half a lemon
2 tbsp soft brown sugar

This is a traditional Jewish winter dessert that is equally good cold for breakfast.

Preheat the oven to 350°F (175°C). In a large casserole dish, arrange the dried fruit and lemon slices in layers, with the raisins and almonds sprinkled in between. Sprinkle the cinnamon and nutmeg on top. Mix the brandy, lemon juice, and sugar, and pour over the fruit. Add enough boiling water to cover. Bake in the oven for 20 minutes.

Peach and apricot compote serves 4

CANCER *P.264* FATIGUE *P.298* RESPIRATORY *P.312* SKIN *P.318*

1 lb (500 g) small peaches,
pitted
1 lb (500 g) ripe apricots,
pitted
⅔ cup white wine or
apple juice
1 cinnamon stick
1 tbsp honey
yogurt, crème fraîche, or
ice cream for serving

This is a dessert for the summer, when fresh ripe apricots and tiny peaches are cheap and plentiful.

Wash the fruit carefully, coarsely chop, and put it in a pan with the wine or apple juice, the cinnamon stick, and the honey. Bring to a boil, turn the heat down, and simmer, covered, for about 10–15 minutes, or until the fruit is soft. Chill. Serve with yogurt, crème fraîche, or ice cream.

Tangerine and apricot dessert serves 4

CANCER *P.264* CIRCULATORY *P.278* DIGESTIVE *P.284* STRESS *P.292* FATIGUE *P.298*

10–12 firm ripe apricots
6 tangerines
1 cup fresh orange juice
1 tsp honey
a few drops vanilla extract

Wash, halve, and pit the apricots; peel the tangerines and divide into segments. Put the apricots in a pan with the orange juice, honey, and vanilla and bring to a simmer over low heat. Cook until soft but still whole—about 10 minutes—then remove from heat. Transfer to a dish, add the tangerine segments, and chill.

Almond fruit whip serves 4

CANCER *P.264* CIRCULATORY *P.278* STRESS *P.292* FATIGUE *P.298* SKIN *P.318*

$\frac{2}{3}$ cup fresh orange juice
2 oz (60 g) dried apricots
4 oz (125 g) raisins
1 lb (500 g) fresh ripe apricots,
nectarines, or peaches
juice of 1 lemon
6 oz (150 g) natural yogurt
2 oz (60 g) sliced almonds
 $\frac{1}{4}$ tsp cinnamon

Put the orange juice in a pan with the washed, dried apricots and raisins. Simmer gently over low heat until the fruit is soft and plump. Wash the apricots, nectarines, or peaches, cut into chunks, and purée in a blender or food-processor with the lemon juice. Mix the fresh fruit purée with the dried fruit purée and stir in the yogurt. Transfer to a dish and sprinkle with almonds and cinnamon. Chill before serving.

Toffee bananas serves 4

STRESS *P.292* FATIGUE *P.298*

4 bananas
2 tbsp brown sugar
 $\frac{1}{4}$ cup dark rum

A quick, gooey dessert that goes well with thick yogurt or crème fraîche.

Heat the broiler to red-hot. Peel the bananas and lay them in a shallow ovenproof dish. Sprinkle them generously with the brown sugar and pour the rum around them. Place under the broiler until the sugar and rum bubble. Serve immediately.

Pears cassis

serves 4

CANCER *P.264* CIRCULATORY *P.278* DIGESTIVE *P.284* FATIGUE *P.298* URINARY *P.324*

4 pears, peeled
4 cloves
1 ¼ cups unsweetened
black currant juice
zest of 1 lemon
2 tsp honey
a generous pinch of nutmeg
Greek yogurt for serving

Wash the pears thoroughly, leaving their stems on. Stick a clove in each one, and pack them into a small saucepan in which they just fit, stems up. Add the black currant juice, lemon zest, honey, and a little nutmeg. Simmer, covered, over the lowest possible heat until the pears are tender. Take out very carefully and arrange in a dish. If necessary, reduce the liquid until it is thick and syrupy; then pour it over the pears and chill. Serve with Greek yogurt.

Apple amaretto

serves 4

CANCER *P.264* DIGESTIVE *P.284* FATIGUE *P.298*

4 medium-sized cooking
apples
4 oz (125 g) ground almonds
2 tbsp orange juice
¼ tsp cinnamon
¼ tsp nutmeg

Preheat the oven to 300°F (150°C.) Core the apples. Cut off the bottoms of the cores and put them back into the apples as a plug. Mix the ground almonds and orange juice to a paste and stuff the apples with it. Put them in a heatproof dish with a little water, sprinkle with cinnamon and nutmeg, and bake for about 20 minutes. These are delicious hot or cold.

Banana and mango crumble serves 4

CIRCULATORY *P.278* DIGESTIVE *P.284* JOINTS *P.304* URINARY *P.324*

1 large mango, peeled and cubed
4 bananas, peeled and sliced
grated zest and juice of 1 lemon
2 tbsp soft brown sugar
6 oz (175 g) whole-wheat breadcrumbs (*p.254*)
5 tbsp butter, softened
2 tbsp sugar-free muesli

Preheat the oven to 375°F (190°C). Mix the mango and banana with the lemon zest and juice, and half the sugar, and pour into a lightly greased pie dish. Knead together the breadcrumbs and the butter, add the remaining sugar and the muesli, and distribute evenly on top of the fruit. Dot with a little more butter. Bake for 20 minutes. Serve with a little light cream.

Orange mango fool serves 4

DIGESTIVE *P.284* FATIGUE *P.298*

2 ripe mangoes
 $\frac{2}{3}$ cup plain yogurt
grated zest and juice of half an orange

Peel the mangoes, remove the flesh, and put it in a blender or food processor. Add the yogurt and orange juice and process until smooth. Chill. Decorate with the grated orange zest, and serve.

Baked apples serves 4

CANCER *P.264* DIGESTIVE *P.284* FATIGUE *P.298* JOINTS *P.304* RESPIRATORY *P.312*

4 large cooking apples
1 tbsp butter, plus extra for greasing dish
2 tbsp ground almonds
1 tbsp raisins, washed
1 tbsp orange juice
8 cloves
1 tbsp brown sugar
 $\frac{1}{4}$ tsp nutmeg

Preheat the oven to 350°F (175°C). Wash and core the apples. Butter a baking dish and stand the apples in it; you may have to slice off their bottoms to keep them upright. Stuff the almonds and raisins into the cavities, moisten with orange juice, and stick a few cloves in each apple. Then smear a little butter around the top of each apple and sprinkle with sugar. Grind fresh nutmeg over the tops and bake for 40–60 minutes or until the skins are shiny and just ready to burst.

Buckwheat pancakes serves 4

CANCER *P.264* DIGESTIVE *P.284* STRESS *P.292* FATIGUE *P.298* URINARY *P.324*

1 cup buckwheat flour
1 cup whole-wheat flour
½ tsp salt
1 tbsp brown sugar
2 tsp baking powder
2 eggs
1 cup milk
1 tbsp sunflower or grapeseed oil, plus extra for brushing the pan
Lemon juice, honey, and sesame seeds, for garnish

Sift the flours together into a bowl, and add the salt, sugar, and baking powder. Beat the eggs, and add them with the milk. Stir in the oil, and mix well. Allow to stand for 30 minutes. Heat a nonstick pan over medium heat, brush with a very little oil, and drop in spoonfuls of the mixture. When bubbles have formed all over the surface, turn the pancakes. Serve with lemon juice, honey, and sesame seeds.

Fruit dipped in chocolate sauce serves 4 ►

STRESS *P.292* FATIGUE *P.298*

fresh fruit, washed, dried, and chilled for 2–3 hours
8–10 oz (250–300 g) dark chocolate (minimum 70 percent cocoa solids)

Choose your children's favorite fruit for this fondue—apples, pears, grapes, strawberries, peaches, tangerine segments, chunks of pineapple, bananas, melon—and use organic chocolate, if possible. Have plenty of wooden skewers handy for dipping the fruit into the chocolate.

Cut large fruits into chunks, if necessary, then put all the fruit in a bowl or on a large platter. Break the chocolate into pieces, and put it in a bowl set over a pan of hot, but not boiling, water. Leave it to melt. Keep the chocolate hot in a fondue pot or over a tealight while the children are dipping fruit into it. Don't leave the children unattended while the flame is lit.



Mont blanc serves 4

CIRCULATORY *P.278* FATIGUE *P.298*

1-lb (500-g) can unsweetened chestnut purée
1 tbsp brown sugar
zest and juice of 1 orange
6 tbsp heavy cream or crème fraîche
1 tbsp grated bitter chocolate to garnish

Put the chestnut purée, sugar, and orange juice and zest in a food processor and blend until smooth. Add 4 tablespoons of the cream or crème fraîche and blend again. Serve heaped in a mound on a pretty dish, topped with the rest of the cream or crème fraîche, and sprinkle the grated chocolate on top.

Red plums with brandy serves 4

CIRCULATORY *P.278* DIGESTIVE *P.284*

1 lb (500 g) dark red plums, washed and pitted
2 tsp honey
2 tbsp red wine
4–6 cardamom pods
1 tbsp cassis or brandy
Heavy cream, yogurt, fromage frais, or crème fraîche for serving

Put the plums in a pan with the honey, the wine, and the cardamom pods. Simmer over low heat until the plums are just starting to disintegrate, then add the brandy (alcohol, incidentally, evaporates when heated, leaving only the flavor behind). Heat through again and transfer to a serving dish. Serve with cream, yogurt, fromage frais, or crème fraîche. This pudding is also delicious served cold.

Crowdie serves 4

STRESS *P.292* FATIGUE *P.298*

4 oz (125 g) coarse oats
2 oz (60 g) slivered almonds
1 tbsp brown sugar
1 cup whipping cream
8 oz (250 g) Greek yogurt

Spread the oats and flaked almonds on a flat baking sheet and sprinkle with the sugar. Place in a hot oven until crispy but not browned. Reserve one tablespoon of this mixture. Whip the cream, fold in the yogurt, stir in the oat-and-almond mixture, and spoon into glass dishes. Decorate with the reserved oats and almond mix.

Spicy winter bread pudding serves 4

CANCER *P.264* DIGESTIVE *P.284* FATIGUE *P.298* RESPIRATORY *P.312*

1 ¼ cups apple juice
4 cloves
a little freshly grated ginger,
or ½ tsp powdered ginger
½ tsp cinnamon
good pinch grated nutmeg
1 tbsp honey
8 oz (250 g) assorted pitted or
seedless dried fruit (prunes,
apricots, raisins, apples,
pears, etc.), washed
twist of lemon peel
8–10 pieces whole-wheat
bread, thinly sliced and
lightly buttered, crusts
removed

Preheat the oven to 325°F (160°C). In a saucepan over medium-low heat, stir together the apple juice with the cloves, ginger, cinnamon, nutmeg, and honey. When it is boiling, add the fruit and the lemon peel and simmer very gently for about 25 minutes or until the fruit is soft. Drain, saving the juices. Meanwhile, grease a heatproof dish, then line with thin slices of bread. Fill with the fruit mixture, top with more bread, and pour on enough of the cooking liquid to saturate the bread. Sprinkle the top with a little brown sugar and cinnamon. Bake for 20–25 minutes. Pour the remaining cooking liquid over the pudding.

Black currant fruit mold serves 4

DIGESTIVE *P.284* FATIGUE *P.298* RESPIRATORY *P.312*

2 lb (1 kg) black currants
2½ cups apple juice
2 tsp agar-agar
small red eating apple
honey to taste

Wash and trim the black currants. In a small saucepan, heat the apple juice, add the agar-agar, and bring gently to a boil, stirring until all the agar-agar is dissolved. Mix with the black currants. Taste and add honey to desired sweetness. Wet a gelatin mold, pour all the mixture in, and place in the refrigerator. When just beginning to set, core the apple and cut it into fine slices. Arrange on the half-set mold and return to the refrigerator until set.

Summer bread pudding serves 4

CANCER *P.264* DIGESTIVE *P.284* FATIGUE *P.298*

12 oz (375 g) raspberries
6 oz (175 g) red currants
2 oz (60 g) blackberries
4 tbsp soft brown sugar
6 thin slices whole-wheat
bread, crusts removed
crème fraîche or Greek
yogurt to serve

Classic bread pudding is made with white bread and much more white sugar than this. But the pudding works just as well with whole-wheat bread, and the fruity taste comes through much more sharply when it is not overwhelmed by sugar. You may find you want to use even less. Make the pudding at least 6 hours before it is going to be eaten.

Wash the fruit, pull the currants off their stalks with a fork, and put all the fruit in a large saucepan together with the sugar. Set the pan over very low heat for 2–3 minutes, until the sugar melts and the juices begin to run. Set the pan aside.

Use 5 slices of the bread to line a 2-quart (2-liter) glass bowl, making sure there are no gaps that could spoil the pudding's appearance. Add the fruit, reserving a half-cup of the juice. Top the pudding with the remaining slice of bread, then put a plate on top with a weight on it to press it down into the bowl. Chill the pudding for at least 6 hours.

To serve, invert the bowl over a pretty china dish so that the pudding slides onto the middle of it. Pour the reserved juice over the mold and serve, on its own or, alternatively, with a little crème fraîche or Greek yogurt.

Ginger and fruit bread pudding serves 4

DIGESTIVE *P.284* STRESS *P.292*

1 cup whole-wheat flour
1½ tsp baking powder
½ tsp salt
1 tsp baking soda
2 tsp cinnamon
½ tsp grated nutmeg
1 tsp ground ginger
⅔ cup soft dark
brown sugar
1 egg
4 tbsp butter
¼ cup molasses
1¼ cups milk
2 oz (60 g) raisins
4 pieces (more if you like)
candied ginger, chopped
whipped cream to serve

Preheat the oven to 350°F (180°C). Lightly butter a 1-quart (1-liter), deep ovenproof dish. Sift the flour, baking powder, salt, baking soda, cinnamon, nutmeg, ginger, and sugar into a bowl, adding the bran left in the sieve into the mix. Mix in the egg. Melt the butter in a small saucepan and add the molasses to warm through. Add this to the flour-and-egg mixture, then pour in the milk. Using a balloon whisk, mix thoroughly so there are no lumps. Stir in the raisins and preserved ginger.

Pour the mixture into the prepared dish. Bake in the oven for 30-35 minutes. Don't overcook, and don't worry if it subsides a bit in the middle; this gives a nice sticky center to the pudding. Serve hot with chilled whipped cream.

Stewed apple with mascarpone serves 4

CIRCULATORY *P.278* DIGESTIVE *P.284* JOINTS *P.304*

¼ cup water
3 tbsp superfine sugar
1 lb (500 g) cooking apples,
such as Braeburn, peeled,
cored, and sliced
8 oz (250 g) mascarpone
cheese

Put the water into a saucepan. Add the sugar and heat gently over low heat until the sugar has dissolved. Add the apple slices to the sugar mixture, cooking very gently. When the apples have cooked to a smooth purée, fold in the mascarpone. Put into individual dishes and chill in the refrigerator.

Apricot whip serves 4

CANCER *P.264* CIRCULATORY *P.278* DIGESTIVE *P.284* FATIGUE *P.298* JOINTS *P.304*

8 oz (250 g) dried apricots
1 cup water
1 tbsp apple juice concentrate
1 tbsp lemon juice
1–2 tbsp honey
4 tbsp plain yogurt
¼ tsp nutmeg
1 tbsp sliced almonds

Wash the apricots. Mix the water with the apple juice concentrate, lemon juice, and honey. Pour the mixture over the apricots and leave to soak, covered, overnight. The next day, put the apricots in a pan with the liquid, bring to a boil, and simmer until soft—about 5–10 minutes. Leave to cool, then purée. Spoon into individual glass dishes; top with a spoonful of yogurt, a dusting of nutmeg, and a few sliced almonds.

Spiced peaches serves 4 ▶

DIGESTIVE *P.284* STRESS *P.292* FATIGUE *P.298* RESPIRATORY *P.312* SKIN *P.318*

8 small peaches
8 cloves
enough red or white wine
to cover
peel of 1 lemon
1 tbsp honey
¼ tsp nutmeg or cinnamon

A clever cook we know invented this all-purpose dessert on vacation in Spain, utilizing a glut of tiny peaches at giveaway prices and cheap local wine. It is highly adaptable; we have cooked hard little apricots or nectarines the same way, or used up leftover brandy, whiskey, or apple or grape juice instead. Chilled and piled up in a dish with the syrupy remains of the juice poured over it, and with plain yogurt or cream served separately, it can be a grand party dessert. Any leftovers never survive breakfast time.

Wash the peaches, stick a clove in each one, and put in a pan with the wine. Add the peel of a well-scrubbed lemon, honey, and nutmeg or cinnamon to taste. Bring to a boil, lower the heat, and simmer, covered, until the peaches are tender and almost at bursting point.



★ ★ ★ Juices, smoothies,
herbal teas—there are
no rules about what goes
with what. Spread out
your palate and build your
own food rainbow.

Drinks

- ★ Linden-apple tea
- ★ Banana milkshake
- ★ Summer special
- ★ Ginger punch
- ★ Highland fling
- ★ Black-jack
- ★ Green apple
- ★ Pineapple julep
- ★ Cold borscht
- ★ Dandelion and mint julep

Linden-apple tea serves 1

STRESS P.292 RESPIRATORY P.312

1 teabag of linden-flower tea
2 tsp apple juice concentrate
a dash of freshly squeezed
lemon juice

Make a cup of linden-flower tea with boiling water and the teabag. Allow to infuse for 6 minutes. Add the apple juice concentrate and the lemon juice and stir. Serves 1, but can be multiplied to make more.

Banana milkshake serves 1

CIRCULATORY P.278 STRESS P.292

1 banana, peeled
 $\frac{3}{4}$ cup milk
1 tbsp natural yogurt
1 tsp honey
2 tsp brewer's yeast

This is a protein-rich drink that makes a good substitute for breakfast when you're too busy to cook.

Put all the ingredients in the blender and purée. Serves 1, but can be multiplied to make more.

Summer special serves 1

CANCER P.264 URINARY P.324

1 tbsp raspberries
1 tbsp blackberries
 $\frac{2}{3}$ cup natural yogurt
1 tbsp crème fraîche or
sour cream

You could also make this drink in winter, using frozen summer fruit. If you use frozen fruit, put it in a pan and warm through over a low heat for 2-3 minutes.

Wash the fruit and put all the ingredients in a blender or food processor and purée. Serves 1, but can be multiplied to make more.

Ginger punch

serves 1

CANCER *P.264* RESPIRATORY *P.312*

1-in (2.5-cm) piece fresh root
ginger, peeled and grated
1¼ cups water
1 tbsp honey

Drink this at the first sign of a cold or flu. Add the ginger to the water, bring to a boil, simmer until it has reduced by half, stir in the honey, simmer until it is dissolved, and then drink it as hot as possible just before you go to bed. You should sweat the bugs out overnight. Serves 1, but can be multiplied to make more.

Highland fling

serves 4

CIRCULATORY *P.278* STRESS *P.292* FATIGUE *P.298*

¾ cup oatmeal
1 tsp honey
juice of 1 lemon
1-in (2.5-cm) piece fresh root
ginger, peeled and grated
5 cups water

Put the oatmeal and a large spoonful of honey into your largest pan. Add a little warm water, the juice of a lemon, and the ginger. Bring the rest of the water to a boil and add it slowly to the oatmeal mixture, stirring all the time. Bring back to a boil and continue stirring for 3 minutes. Strain into a large pitcher, chill, and keep in the refrigerator for up to 3 days.

Black-jack

serves 2

RESPIRATORY *P.312*

2 cups black currants
2 cloves
2 cups apple juice
1 tbsp honey

In a saucepan, mix the currants, cloves, and apple juice in a pan. Simmer for 10 minutes over medium-low heat, then strain. Add 1 tablespoon honey and drink hot. If black currants are not available, use a tablespoon of black currant jam. Comforting for coughs, colds, and sore throats. Serves 2, but can be multiplied to make more.

Green apple serves 1

JOINTS *P.304* RESPIRATORY *P.312* SKIN *P.318*

a sprig of mint
1 small bunch parsley
2–3 dandelion leaves
1 small green eating apple
½ cup apple juice
1 tsp apple juice concentrate
1 tsp honey
1 tsp lemon juice

Chill all the ingredients before making. Wash the greens and the apple, and remove tough stems from the parsley. Put the apple juice, apple juice concentrate, honey, and lemon juice in a blender. Slice in the apple, add the green leaves, and blend. Drink at once. You can use spinach instead of dandelion if you prefer. Serves 1, but can be multiplied to serve more.

Pineapple julep serves 1

DIGESTIVE *P.284* FATIGUE *P.298*

1 peppermint teabag
¼ cup boiling water
½ cup pineapple juice
a sprig of fresh mint, crushed

Put the teabag in a cup and fill with boiling water. Let infuse for 6 minutes, then strain and cool. When cold, add the pineapple juice, mint leaves, and serve over ice. Serves 1, but can be multiplied to serve more.

Dandelion and mint julep serves 1

DIGESTIVE *P.284* RESPIRATORY *P.312* SKIN *P.318* URINARY *P.324*

1 cup white grape juice
1 slice of lemon
a sprig of mint
2 young dandelion leaves

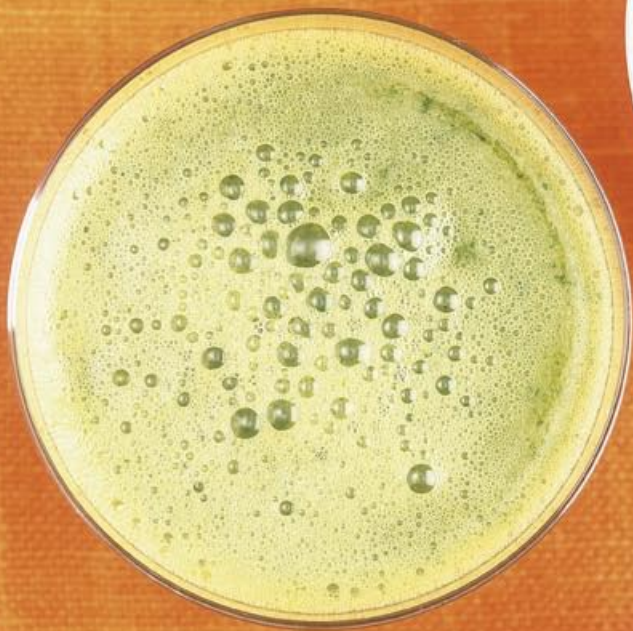
Pour white grape juice over crushed ice, add a slice of lemon, a sprig of mint, and 2 young dandelion leaves. For extra flavor, slice in a couple of ripe strawberries or some fresh peach. Serves 1, but can be multiplied to serve more.

Cold borscht serves 1

DIGESTIVE *P.284* JOINTS *P.304* RESPIRATORY *P.312* SKIN *P.318* URINARY *P.324*

1 medium-sized beet
4–5 sprigs of parsley
¾ cup natural yogurt
1 tsp lemon juice

Cook, peel, and slice the beet. Put all the ingredients in the blender and purée. Serves 1, but can be multiplied to serve more.



★ ★ ★ Basic doesn't
have to mean boring.
It's just the starting
point for the very best
soups, stews, casseroles,
sauces, and salads.

Basic recipes

- ★ Mean dressing
- ★ Yogurt and garlic dressing
- ★ Whole-wheat garlic croutons
- ★ Mean cheese sauce
- ★ Tomato sauce
- ★ Garlic mayonnaise
- ★ Anton Mosimann's sauce
- ★ Basic brown rice
- ★ Basic barley
- ★ Mozzarella and tomato sauce
- ★ Tomato and anchovy sauce
- ★ Quick tomato and olive sauce
- ★ Tomato and lemon salsa
- ★ Spicy tomato and onion sauce
- ★ Sauce Mornay
- ★ Michael's millet and buckwheat
- ★ Vegetable stock

Mean dressing serves 4

DIGESTIVE P.284 URINARY P.324

1 6-oz (150-g) carton low-fat natural yogurt
1 tsp lemon juice
1 pinch dried mixed herbs or dried basil
freshly ground black pepper

Mix all ingredients together well and serve over salad leaves.

Yogurt and garlic dressing serves 4

DIGESTIVE P.284 URINARY P.324

1 6-oz (150-g) carton low-fat natural yogurt
1 clove garlic, crushed
1 tsp olive oil
1 tsp cider vinegar
a pinch of black pepper

Mix all ingredients well together and use instead of mayonnaise or salad dressing. Flavor according to taste with fresh mint, chives, finely chopped cucumber, a little chili pepper, or a teaspoon of curry powder.

Whole-wheat garlic croutons serves 4

STRESS P.292 FATIGUE P.298 RESPIRATORY P.312

2 thick slices whole-wheat bread—not too fresh
2 tbs olive oil
2 cloves garlic, crushed

Preheat the oven to 375°F (190°C). Add the crushed garlic to the oil and leave for at least an hour. Then cut off and discard the bread crusts. Cut the crustless bread into cubes, strain the olive oil into a baking dish, put the cubes into it, and stir them around in the garlicky oil. Bake until they are crispy brown—about 20 minutes. For plain croutons, simply omit the garlic.

Mean cheese sauce serves 2

FATIGUE *P.298*

- 1 small onion
- $\frac{2}{3}$ cup skim milk
- 1 bay leaf
- 2 tsp butter
- 2 tsp all-purpose flour
- $\frac{1}{4}$ tsp mustard powder
- 2 oz (60 g) low-fat Cheddar cheese, grated

Peel and quarter the onion, put in a pan with the milk and bay leaf, heat the milk to near boiling point, and leave to infuse for half an hour. Melt the butter in a small pan; add the flour and the mustard powder, stirring briskly. Remove from heat. Strain and reheat the milk, stir into the flour-butter mixture, and beat over low heat until smooth. Stir in the cheese. Pour over any vegetables—steamed until tender—and put under a hot broiler for 2–3 minutes.

Tomato sauce serves 4

CANCER *P.264* CIRCULATORY *P.278*

- 2 tbsp olive oil
- 2 cloves garlic, finely chopped
- 1 medium-sized onion, chopped
- 2 14-oz (425-g) cans of Italian plum tomatoes
- salt and pepper
- 2 tbsp chopped fresh parsley

Heat the oil in a saucepan over medium heat. Put in the chopped garlic and onion, and fry gently without browning. Add the tomatoes and their juice and cook briskly, uncovered, stirring occasionally, for about 20 minutes. When the sauce thickens, purée it in a blender or food processor, reheat, season with salt and pepper to taste, and stir in the parsley.

Serve with plain grilled fish, meat, or pasta. Add a small finely chopped chili pepper or a half a teaspoon cayenne pepper and this becomes the traditionally fiery *arrabbiata*—literally, “raging”—tomato sauce beloved of the Italians, and served with pasta. usually the big tubes of penne. It goes superbly with any dried pasta.

Garlic mayonnaise serves 4

CIRCULATORY *P.278* STRESS *P.292* FATIGUE *P.298*

2 egg yolks
2 cloves garlic, minced
a pinch of salt
 $\frac{3}{4}$ cup plus 1 tbsp
extra-virgin olive oil
1 tbsp lemon juice

Put the yolks into a small bowl, add the garlic and salt, and beat together. Start beating in the oil a drop or two at a time. Once the mayonnaise has begun to thicken, the oil can be added in a steady trickle, then a thin stream. From time to time, add a squirt of lemon juice. When all the oil and lemon juice have been added, the mayonnaise should be a thick, shiny mix. Cover the bowl with plastic wrap and refrigerate until you are ready to use it. If you would like it a little thinner, stir in a teaspoon or two of boiling water.

If the mix suddenly thins as you work, this means it has begun to curdle. You may be able to rescue it by adding a few drops of boiling water and stirring hard. If not, take a clean bowl, another egg yolk, and start again with more oil. When the mayonnaise is safely under way, start adding the curdled mixture.

NOTE: Both eggs and oil should be at room temperature. If your eggs have been stored in the refrigerator, warm them up in a bowl of hot water for a minute or two before you start. To stop the bowl from rocking as you make the mayonnaise, rest it on a damp cloth as you stir. Stir with a small wooden spoon.

Anton Mosimann's sauce serves 4

DIGESTIVE P.284 FATIGUE P.298 URINARY P.324

10 oz (300 g) low-fat natural yogurt
1 tsp superfine sugar
1 tsp powdered cinnamon
grated zest of half a lemon

A low-calorie sauce for stewed fruits, fresh berries, and other fresh or dried fruit. You can also use it instead of cream or custard.

Combine all ingredients and whisk to a smooth, creamy consistency.

Basic brown rice serves 4

CIRCULATORY P.278 DIGESTIVE P.284 STRESS P.292 FATIGUE P.298

8 oz (250 g) brown rice
water
½ tsp sea salt

Preheat the oven to 325°F (170°C). Wash the rice in a sieve, letting cold water run through for a couple of minutes and shaking it. Drain, put in a heavy Dutch oven, and add enough boiling water to come to the depth of a thumbnail above the surface of the rice. Add half a teaspoon of sea salt, cover tightly, and put in the oven. Cook for about 40 minutes. If the rice is still wet, turn the oven off, remove the lid, and return to the oven for another 5–10 minutes.

Basic barley serves 4

CIRCULATORY P.278 DIGESTIVE P.284 FATIGUE P.298 URINARY P.324

8 oz (250 g) barley
3 cups water

Wash the barley thoroughly. Put it in a pan with the water and bring to a boil. Lower the heat and simmer, covered, for 45 minutes, or until the barley is tender. Drain the barley, but don't throw away the water: it is nutritionally rich. Add to soups or stews, or drink it on its own.

Mozzarella and tomato sauce serves 4

CANCER *P.264* FATIGUE *P.298*

12 oz (375 g) ripe fresh tomatoes
6 tbsp olive oil
a handful of fresh basil leaves, roughly torn
a sprig of fresh oregano
3 tbsp freshly grated Parmesan cheese
5 oz (150 g) mozzarella cheese, cubed

A couple of hours before you plan to eat, peel and finely chop the tomatoes. Put them in a bowl with the olive oil, basil leaves, oregano, and grated Parmesan. Leave to macerate for 2 hours. Put the cubes of mozzarella into the dish in which you plan to serve the pasta. Cook your chosen pasta until it is *al dente* (just tender). Drain it well and add it to the mozzarella cubes, stirring very quickly so that the melting cheese disperses throughout the pasta. Add the tomato mixture, stir again, and serve.

Tomato and anchovy sauce serves 4

CANCER *P.264* CIRCULATORY *P.278*

½ cup olive oil
3 cloves garlic, finely chopped
7 oz (200 g) canned chopped tomatoes
2 oz (60 g) soft pitted black olives, chopped
a pinch of dried oregano
3–4 anchovy fillets, well rinsed, dried and finely chopped
2 tbsp finely chopped fresh parsley
freshly ground black pepper

Older children will enjoy this Italian classic. But the first time you make it, add just a touch of anchovy—perhaps a blob of anchovy paste from a tube. The sauce can be made in advance and reheated to serve with your chosen pasta.

Heat the oil in a small saucepan over medium-low heat, add the garlic, and cook gently for 2–3 minutes. Add the tomatoes, olives, and oregano. Simmer very gently for a few minutes, then add the chopped anchovies. Cook a few minutes longer, until the anchovies have softened and blended with the sauce. Add the parsley and a twist or two of fresh black pepper. The anchovies will give the sauce all the salt it needs.

Quick tomato and olive sauce serves 2

CANCER *P.264* STRESS *P.292*

2 tbsp olive oil
1 onion, chopped
1 4-oz (400-g) can tomatoes,
chopped
3 tbsp black olive tapenade
(*p.212*) or ready-made
2 tbsp sun-dried tomatoes, cut
into strips
freshly ground black pepper

This unusual tomato sauce goes beautifully with pasta, or you can serve it with grilled fish or chicken. Black olive tapenade and sun-dried tomatoes can be bought from many large supermarkets. They impart a rich texture and flavor to an otherwise simple sauce.

Heat the oil in a skillet over medium heat, fry the onion until golden, then add the tomatoes. Stir and heat through for a few minutes. Stir in the tapenade and the sun-dried tomatoes, heat for a minute or two, and season to taste with pepper.

Tomato and lemon salsa serves 4

CANCER *P.264* DIGESTIVE *P.284*

1 lb (500 g) ripe red tomatoes,
skinned and chopped
2–3 cloves garlic, finely
chopped
2 tbsp chopped fresh cilantro,
basil, or parsley
½ cup extra-virgin olive oil
2 tbsp fresh lemon juice
4–5 green onions, finely
chopped
fresh red or green chili
peppers, to taste, deseeded
and chopped

This wonderful fresh sauce with a sharp chili-pepper tang is good with grilled fish or chicken, rice, or pasta.

Mix all the ingredients together in a bowl, cover with plastic wrap, and chill for at least 1 hour. You can store the salsa in the refrigerator for 2–3 days.

Spicy tomato and onion sauce serves 6–8

CANCER *P.264* RESPIRATORY *P.312*

4 tbsp butter
1 onion, finely chopped
2 cloves garlic, crushed
2 tbsp vinegar
 $\frac{2}{3}$ cup water
1 tbsp English mustard
2 tbsp light brown sugar
a thick slice of lemon
a pinch of cayenne pepper
2 tbsp Worcestershire sauce
6 tbsp tomato ketchup
2 tbsp tomato paste
salt and freshly ground
black pepper

Serve this sauce with pasta, grilled chicken, or fish. You can make a large amount, divide it into smaller quantities, and keep it in the freezer.

Melt the butter in a saucepan over medium-low heat and sauté the onion and garlic gently for 2–3 minutes. Stir in the vinegar, water, mustard, sugar, lemon, and cayenne. Bring to a boil, cover, and simmer for 15 minutes. Stir in the remaining ingredients, season to taste with salt and pepper, and cook for a further 5 minutes. Remove the lemon from the sauce before serving.

Sauce Mornay serves 2

FATIGUE *P.298*

2 tbsp butter
2 tbsp flour
1 $\frac{1}{4}$ cups milk, heated
salt and white pepper
2 oz (60 g) hard, strongly
flavored cheese, such as
Cheddar, grated
a pinch of crushed dried chili
pepper
a good pinch of nutmeg

This simple sauce is the basis for delicious gratin dishes. Vegetables lend themselves well to the Sauce Mornay treatment—zucchini, cauliflower, broccoli, and young turnips can be cooked until just tender, then transferred to an ovenproof dish, covered in Sauce Mornay, and topped with grated cheese. Five minutes in a hot oven produces a delicious dish with a golden-brown topping.

Melt the butter in a saucepan over medium-low heat. Stir in the flour and add the hot milk a little at a time, stirring to keep the sauce smooth. Season with salt and pepper, add the cheese, chili pepper, and nutmeg, and cook over the lowest possible heat for 5 minutes.

Michael's millet and buckwheat serves 4

CANCER *P.264* DIGESTIVE *P.284* FATIGUE *P.298* JOINTS *P.304*
RESPIRATORY *P.312* SKIN *P.318*

2 large carrots
1 large onion, finely chopped
2 sticks celery, finely chopped
2 cloves garlic, minced
2 tbsp oil
8 oz (250 g) millet
8 oz (250 g) buckwheat
4 cups vegetable stock
(*see below*)
1 green pepper, deseeded and sliced
1 red pepper, deseeded and sliced
1 tsp yeast extract
a pinch of paprika
a few fronds of fennel tops
2 bay leaves
8 oz (250 g) white mushrooms, sliced

Grate 1 carrot and slice the other. Heat the oil in a heavy-bottomed pan over medium-high heat, add the grated carrot, onion, and celery and minced garlic, and cook together, stirring constantly, until softened.

Add the millet and buckwheat, stir for 2-3 minutes, then add the stock and all the other vegetables, sliced, except the mushrooms.

Add the yeast extract, paprika, fennel, and bay leaves, then bring to a boil. Simmer, stirring occasionally, until the vegetables and grains are soft, about 45-60 minutes. Add more stock if necessary. Ten minutes before serving, add the mushrooms. Stir the mixture until warmed through.

This will serve four very hungry people and there will be enough left over for the next day, when it's good served cold with a green salad.

Vegetable stock serves 4

DIGESTIVE *P.284* FATIGUE *P.298* JOINTS *P.304* RESPIRATORY *P.312*

2 large carrots
1 large onion
2-3 cloves garlic
2 sticks celery, including tops
2 tbsp olive oil
1 bay leaf
1 tbsp each fresh thyme and marjoram, chopped
5 cups water

Peel and slice the carrots, peel and chop the onion and garlic, and clean and chop the celery. Heat the oil in a big saucepan over medium heat, add the onion, garlic, carrot, and celery, stir, and cook gently for about 5 minutes. Add the herbs and water, bring to a boil, and simmer for about an hour, covered. Strain out the vegetables and discard; refrigerate stock until ready to use.



Protect your health

- ★ Cancer
- ★ Circulatory problems
- ★ Digestive problems
- ★ Stress
- ★ Fatigue
- ★ Joint problems
- ★ Respiratory problems
- ★ Skin problems
- ★ Urinary problems
- ★ Weight control
- ★ Harmonious eating



Cancer

It is no longer possible to doubt that there is a direct link between diet and cancer. For years, orthodox medicine denied the possibility, let alone the existence, of such a simple cause and effect. The handful of doctors working with nutrition to fight cancer, among them Max Gerson, Kristine Nolfi, Josef Issels, C. Moerman, Henry Bieler, and Hans Nieper, were not simply derided but were actively persecuted. Now, however, the scientific evidence is piling up.

In 1982, the US National Cancer Institute (NCI) published a watershed report summarizing the evidence for the diet-cancer link. The report also made recommendations that included eating more fruits, vegetables, and whole grains, and cutting down on fats and smoked, salt-cured, and pickled food, as well as alcohol. This report made it respectable for scientists and doctors all over the world to study the diet-cancer link. A couple of years later, a study was begun that involved nearly 30,000 women. They were given nine recommendations, including those made by the US NCI, and were then followed by scientists from the Mayo Clinic for 13 years. This study concluded in July 2004 that lifestyle and dietary changes could reduce the risk of cancer by up to an astonishing 42 percent.

There is less and less doubt that eating plenty of fresh fruit, vegetables, and whole grains and reducing the refined carbohydrates and processed

“Lifestyle and dietary changes could reduce cancer risk by 42 percent.”



foods in your diet will have a serious impact on your vulnerability to cancer. Researchers now believe that for some cancers, such as colorectal cancer, differences in dietary habits may account for up 90 percent of the differences in incidence around the world. In other words, the healthy eating being advocated more than 50 years ago by great nutritional pioneers such as Bircher-Benner, Max Gerson, Henry Bieler, Gayelord Hauser, and Robert McCarrison was not so cranky after all.

Follow the general advice given here, and you will enormously enhance your body's natural defenses against cancer, or indeed, against any disease. Apart from a poor diet, there are other well-known risk factors for cancer: heavy smoking; exposure at work to toxic chemicals in the agriculture and pharmaceutical industries, or in the manufacture of rubber, plastics, dyes, paints, furniture treatments, and so forth; heavy alcohol consumption; obesity; a family history of cancer; radiation exposure in industry or medicine; chronic gastritis; long periods of bad eating habits; and high levels of stress, unhappiness, or frustration. If any of these factors apply to you, or to other members of your family, then you will need to follow the anti-cancer diet far more faithfully.

If you have cancer, or are recovering from it, this should be your basic diet for life, and you should read and put into practice all the recommendations of the eating plan.



THE FOUR-STAR SUPERFOODS

★ Apricots ★ Carrots ★ Beets ★ Cabbage ★ Garlic

The Superfoods

Fruits Apples, apricots, bananas, all citrus fruits (oranges, lemons, limes, and especially grapefruit), all berries (particularly cranberries), all currants (especially black currants), cantaloupe and watermelons, yellow peaches, strawberries, persimmons

Vegetables Asparagus, avocados, endives, all crucifers—cabbage, broccoli, Brussels sprouts, cauliflower, collard greens, horseradish, kale, leeks, kohlrabi, mustard, radishes, turnips and turnip greens, tomatoes, watercress, lettuce, mushrooms, red, yellow, and green peppers, potatoes, pumpkins, sweet potatoes or yams

Dried fruits Apricots and prunes, in particular

Grains Barley, brown rice, buckwheat, millet, whole wheat, wheat germ

Legumes Lentils, chickpeas, all beans

Seeds, nuts Almonds, hazelnuts, pumpkin, sesame seeds and sunflower seeds, walnuts

Herbs Parsley, garlic, chamomile, thyme, cloves, sage, tarragon, rosemary

Others Extra-virgin olive oil, fermented foods and liquids—yogurt, sauerkraut



Drinks Fermented fruit and vegetable juices, especially beet, cabbage, carrot, and potato juices, papaya juice and pineapple juice

The danger foods

Animal protein In population studies, high meat intake has been associated with a high incidence of cancer, particularly of the bowel, pancreas, and prostate.

The myth that people need lots of protein had encouraged the consumption of vast quantities of animal proteins, which are not only surplus to the body's needs, but impose a heavy tax on its energy resources. Additionally, most meat sold today is contaminated with hormones, tenderizers, antibiotics, pesticide residues, and other undesirable substances.

Trans-fats Trans-fats are a particular type of fat created during the hydrogenation of oils. They're usually found in fast and processed foods and are now being singled out as the most dangerous type of fat in our diets today.

Rancid fats, oils, and nuts When oily foods oxidize or turn rancid, harmful chemicals called free radicals are produced. These are irritating to the stomach, affect our bodies' absorption of vitamins A, C, and E, and can be carcinogenic. This is one of the many reasons why we need to eat foods rich in antioxidants, which combat



free radical activity. Whole-grain flour, cereals, and wheat germ should be stored in covered containers in the refrigerator and thrown away when they lose their freshness. Nuts are best eaten fresh from their shells.

High glycemic index (GI) foods The GI diet is not just a fad diet. In fact, the glycemic index of our foods and our diets plays a key role in our health. When we eat refined carbohydrates, or high-GI foods, such as white flour or white sugar, the explosive impact on our blood sugar levels means that the adrenal system needs to work extra-hard to maintain its balance. And that, scientists increasingly believe, can have major implications on our long-term health. A study published in the *Journal of the National Cancer Institute* in 2004 that followed nearly 40,000 women for seven years found that the group eating the highest-GI diet were nearly twice as likely to develop colorectal cancer as the group eating the lowest-GI diet. Refined carbohydrates have also been stripped of fiber, vitamins, minerals, trace elements, and enzymes.

Smoked, barbecued, and salt-cured foods Bacon, kippers, pickled herring, vegetables in brine, and “char-grilled” steaks all contain carcinogenic (cancer-causing) substances. Studies in countries where the diet is high in pickled and smoked foods, where salt



intake is excessive, and where vitamin C intake is very low, show a high incidence of stomach cancer.

Processed meat Products preserved with nitrates and high in salt and saturated fat, such as salami, sausages, ham, and lunch meat, should definitely be avoided, because nitrates are converted in the stomach into nitrosamines, which are carcinogenic.

Food additives All additives, particularly coal-tar dyes and artificial sweeteners, should be avoided.

Moldy foods The molds that form on some foods are carcinogenic. A famous example is aflatoxin, which comes from mold found in some peanuts. Since microtoxins migrate from the mold itself into the food beneath, it is not safe simply to scrape mold off cheese or a jar of jam and eat the rest—alas, the food should all be thrown away.

Overheated oils If you allow cooking oil to get too hot, or use the same oil over and over, you will be dishing up a plateful of toxic chemicals likely to cause damage to the stomach, kidneys, liver, or heart. Any oil heated to smoking or foaming point is without doubt toxic.

Alcohol As well as having high sugar levels, most wines are laced with a cocktail of chemicals and may also be contaminated with traces of the pesticides used in grape production. The cheaper the wine, the higher its



chemical load is likely to be. Alcohol itself depletes body levels of important nutrients, such as the B vitamins.

Caffeine This also depletes nutrient levels, particularly by increasing their elimination in urine, since caffeine is irritating to the kidneys. If you drink tea or coffee at, or soon after, meals that supply your daily source of iron (meat, green vegetables, and so on), your body's ability to absorb that iron will be greatly reduced.

The eating plan

The recommendations in this eating plan are based on a mixture of respectable scientific research, unorthodox concepts with a proven success rate, and population studies. The foods advocated here are included because they are particularly rich in nutrients known to be of key importance in fighting cancer: vitamin A (and particularly its precursor beta-carotene), the B vitamins riboflavin and folic acid, vitamin C, vitamin E, selenium, and foods especially high in fiber.

Fresh fruit and vegetables Your best allies in the war against cancer are fruit and vegetables. Five portions a day is the quantity recommended by most governments, but many experts consider nine portions to be closer to the ideal. Fruit and vegetables contain powerful weapons, such as antioxidants, which scientists are only now coming to understand. A wonderful piece of research in Illinois found that rats who were fed on tomatoes and broccoli together were far less likely to show prostate tumor growth than rats fed a supplement of lycopene (the antioxidant in tomatoes that is believed to fight prostate cancer).



The rats on Finasteride, a drug used to treat benign prostate growths, did worst of all.

For this reason, since plants clearly contain more natural goodness than we currently understand, those threatened by or afflicted with cancer should eat from the widest possible range of plant-food sources, including fruits, vegetables, herbs, and cereals. Every effort should be made to ensure that these foods are fresh, whole, and organically grown. Any vitamin supplements should be from natural sources rather than synthetic wherever possible.

Vitamin A and beta-carotene Beta-carotene is a precursor of vitamin A. It is the pigment found in yellow, orange, and dark green fruits and vegetables, so the brighter the natural color of a food, the better. Vitamin A, and beta-carotene in particular, are effective against cancer because they are potent antioxidants.

The best food sources of vitamin A and beta-carotene are the dark green, yellow, and orange fruits and vegetables: carrots, apricots, pumpkins, spinach, and watercress. In addition, vitamin A is present in full-fat milk, cheese, and butter.

Vitamin C Apart from its importance to the immune system and its tremendous antioxidant powers, vitamin C is also a potent anti-toxin. The richest food sources of vitamin C are black currants, strawberries, kiwifruits, watercress, mustard and cress, green peppers, raw cabbage, cauliflower, spinach, and parsley, together with all of the citrus fruits.

Vitamin E A 6- and 10-year follow-up study of 20,000 men in Finland, published in the American Journal of Epidemiology in 1988, found that



“men with higher serum alpha-tocopherol levels had a lower risk of cancer than did other men.” This was particularly noticeable in cancers other than those related to smoking.

The richest sources of vitamin E are extra-virgin olive oil, cold-pressed sunflower and safflower oils, nuts (especially almonds), whole-grain cereals, whole-wheat bread, wheat germ, dark green vegetables, and eggs.

Selenium Like vitamin E, this essential trace element is an efficient antioxidant, which is vital for the defense mechanisms of each cell. Selenium enhances the activity of vitamin E and protects against chromosome damage.

Like most trace elements, selenium is toxic in excess, and supplementation without professional guidance can be risky. It is much better to rely on food sources for your supply. The richest sources are garlic, brewer’s yeast, eggs, shellfish, mushrooms, sesame seeds, herring and mackerel, brazil and cashew nuts, and asparagus.

Folate Lung and colon cancers were the first cancers to be linked to folate deficiency. Evidence is growing of the vital role this B-vitamin plays in cancer prevention. Good sources include green vegetables, beans, broccoli, cauliflower, citrus fruits, and sweet potatoes.

Raw food Try to eat as much of your diet as possible raw, because raw food is food at its nutritional best. This does not mean that all foods can safely be eaten raw, nor does it mean that cooked foods are worthless—but all forms of cooking reduce some of the nutritional qualities of any food, and in some, cooking produces potentially harmful substances.



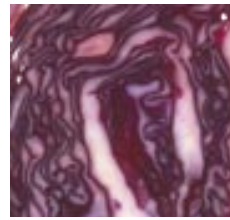
For over 150 years, practitioners of Natural Cure have successfully used raw food diets to treat cancer and other diseases.

You should aim to consume about one-third of each day's food in raw form. A weekly raw food day is of great value for people in cancer high-risk groups, but total raw food therapy should be undertaken only with professional guidance.

High-fiber foods An adequate intake of cereal fiber is vital for the correct functioning of the bowels. Vegetable and fruit fiber also plays an important role in digestion and elimination, combining with certain toxins and carcinogens to carry them safely out of the body. Studies worldwide show that the higher the intake of fiber, the lower the rate of cancer in the bowels. Although it emerged a few years ago that sufferers from colorectal cancer who took fiber supplements could be worsening their condition, the same study found no such problems with fiber consumed in a natural form. In other words, you can't just turn fruit and vegetables into tablets without losing some of their natural goodness.

The richest sources of fiber are oats, whole-wheat bread, whole-grain breakfast cereals, barley, brown rice and other whole-grain cereals, cabbage, peas, beans, lentils, berries, and dried fruits. There is some fiber in nearly all vegetables, and in most fruits.

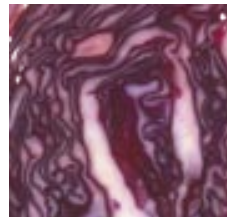
Oily fish The role of omega-3 fatty acids in cancer prevention is now being proven—so far, studies have shown that they can help protect against breast and colorectal cancers. The best sources are herring, pilchards, sardines, sprats, and whitebait.



Sprouted seeds, grains, nuts, and legumes Sprouts are a cheap, easily accessible, and unpolluted source of vitamin C, a little protein, trace-elements, and B-group vitamins. They are also a true organic food, since they can be grown on your own windowsill, without chemicals. You can grow them any day of the year, whatever the weather, and harvest them fresh just days later. They don't need cooking, cleaning, or preparing—just put them in a sandwich, toss them in a salad, or eat them as a vegetable. However, make sure you buy your seed and grains for sprouting from a reliable source that can guarantee they are free from fungicides.

Fermented foods Lacto-fermented foods, such as sauerkraut and yogurt, have been staples in the diets of some of the healthiest and longest-lived people in the world. Fruit and vegetable juices can also be fermented, eliminating the need for destructive heat treatment.

“Try to eat as much of your diet as possible raw...at its nutritional best.”



MENUS FOR A WEEK

Fluid intake is important. You should drink a minimum of 1½ quarts (liters) of liquid each day. Juices should be freshly pressed or lacto-fermented; if you must, use bottled juices free from sugar, salt, and additives. Never use canned juices. Drink herbal teas and plain but not artificially carbonated mineral waters. Do not drink tea or coffee, even if it's decaffeinated. Ideally, juice should be drunk half an hour before a meal.

Monday

Breakfast Beet juice; muesli with dried apricots, almonds, and natural yogurt.

Light meal or snack Beet juice; Classic crudités (*p.150*); whole-wheat toast.

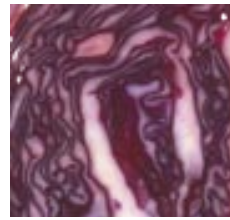
Main meal Beet juice; Onion and whole-wheat burgers (*p.216*); Orange and chicory salad.

Tuesday

Breakfast Beet juice; grilled mushrooms and tomatoes on toasted whole-wheat bread.

Light meal or snack Beet juice; baked potato with yogurt; Sprouted seed salad (*p.230*).

Main meal Beet juice; Michael's millet and buckwheat (*p.261*). Baked apples (*p.237*).



Wednesday

Breakfast Carrot juice; oatmeal.

Light meal or snack Carrot juice; Brown rice and celery soup (*p.142*). A bowl of raisins and nuts.

Main meal Carrot juice; Bean casserole (*p.193*); green salad; potato salad. Pears cassis (*p.236*).

Thursday

Breakfast Carrot juice; muesli with fresh fruit and natural yogurt.

Light meal or snack Carrot juice; Ratatouille (*p.202*). A big bunch of grapes.

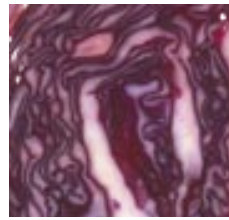
Main meal Carrot juice; Marinated mushrooms (*p.153*); Celery, radish, and walnut salad (*p.227*). A ripe, sweet pear.

Friday

Breakfast Orange and grapefruit juice; mixed berries with kiwifruit and some sunflower and sesame seeds.

Light meal or snack Orange juice; Sardines with mustard sauce (*p.168*); Radish and arugula salad (*p.228*).

Main meal Grapefruit juice; Rainbow peppers (*p.196*); salad of raw mushrooms, parsley, green onions, and garlic with extra-virgin olive oil. Apricot whip (*p.244*).



Saturday

Breakfast Carrot juice; muesli with fresh fruit and natural yogurt.

Light meal or snack Grapefruit juice; Tricolor coleslaw (*p.231*).

Main meal Orange juice; Herb-coated sea bass (*p.168*) with steamed broccoli; Radish and arugula salad (*p.228*).

Sunday

Breakfast Tomato juice with a squeeze of lemon; oatmeal; papaya, grapes, fresh or dried figs.

Light meal or snack Tomato juice, Vegetable and barley soup (*p.147*); goat's or feta cheese with rice or rye crackers; celery and radishes.

Main meal Tomato juice with lemon; steamed, baked, or poached salmon or other oily fish; broccoli. Spicy winter bread pudding (*p.241*).



Circulatory problems

Heart disease, in spite of worldwide health education programs, is still the number one cause of premature death. Despite millions of dollars being thrown at the problem, a new factor is now coming into play that may see heart disease rates rising yet further.

An obesity epidemic is sweeping the developed world, along with steadily rising numbers of people developing type 2 (adult-onset) diabetes. Both obesity and type 2 diabetes carry a high risk of coronary artery disease. The percentage of deaths attributable to circulatory illness worldwide is, on average, 29 percent. In developed countries, that number rises to an awful 45.6 percent.

Medical research into a “cure” for heart disease, in the form of newer and better drugs, is focusing increasingly on common fruits and vegetables, in which several compounds with exciting potential are being found. However, those who hope for “miracle drugs” in the form of active plant principles will surely be disappointed. When food is your medicine, the prescription is for whole foods, not extracts. We should consume less fat, sugar, salt, and alcohol, and more fruits, vegetables, and whole-grain cereals. Eat plenty of these foods; no other medicine for the heart will be so effective.

“Heart disease is still the number one cause of premature death.”



THE FOUR-STAR SUPERFOODS

★ Carrots ★ Onions ★ Cabbage ★ Barley ★ Buckwheat ★
Oats ★ Garlic ★ Oily fish (herring, mackerel, sardines)
★ Extra-virgin olive oil

The Superfoods

Fruit Apples, cherries, grapes, lemons, plums, melon, pineapple, strawberries, figs, grapefruit

Vegetables Artichokes, broccoli, dandelion, chicory, lamb's lettuce, leeks, sweet peppers (red, yellow, or green), potatoes, pumpkins, seaweed, squash, tomatoes, turnips, watercress

Grains Whole wheat, brown rice

Seeds, nuts, legumes Nuts, sesame and sunflower seeds, walnuts, dried beans

Herbs Cilantro, juniper, thyme, ginger, marjoram, chervil, chili peppers

In moderation Alcohol, butter, eggs, and cheese can be eaten, but in moderation only. Remember that the harder the cheese, the higher the fat content. Low-fat hard cheeses, or soft cheeses, such as Brie, are the ones to choose. Similarly, game, free-range chicken and eggs, lean unprocessed meats, and shellfish are fine in moderation. Trim off skin and visible fat.



The danger foods

Trans-fats Trans-fats are emerging as the real bad guys of the fat world. Partial hydrogenation is an industrial process used on vegetable oils to prolong their shelf life and make them more solid, and trans-fats are created as by-products. Trans-fats have numerous serious effects, including clogging of the arteries, increases in LDL cholesterol, and insulin resistance. Margarine, in particular, is a source of trans-fats.

Saturated fats A diet high in saturated fat would not be a good idea, but trans-fats (*see above*) are far worse for us. Saturated fats, in moderation and from healthy sources such as grass-fed cattle, can be fine—just don't go overboard. Trim meat of all visible fat and keep your intake of dairy products low. Avoid animal-based oils.

Polyunsaturated fats In excess, these can actually endanger the heart. Without sufficient vitamin E—and many fats are low in this precious antioxidant—they may generate dangerous free-radical activity.

Caffeine Tea, coffee, chocolate, and cola drinks all contain caffeine. An occasional cup of tea or coffee is fine, but six or more a day will push up both blood pressure and cholesterol.

Excess alcohol There is some reason to believe that a daily glass or two of a good red wine, or a small Scotch,



can be beneficial to the heart, but any more than this is definitely not.

Refined carbohydrates Refined sugar (sucrose) has been shown to raise cholesterol levels and blood pressure in some people; sucrose consumption is also linked with atherosclerosis. Unrefined sugar and honey, both of which contain small amounts of trace elements, may be used very sparingly instead. High-GI foods, such as white bread or sugary pastries, do you no good either.

Excess salt A diet high in salt leads to high blood pressure. Salt crops up in surprising places, such as in many whole-grain breakfast cereals. But in moderation, an occasional pinch of salt in cooking should do no harm.

The eating plan

If you suffer from heart disease, or if you are in a high-risk group, whether from smoking or drinking, excess weight, stress, little or no exercise, or a hereditary disposition, you need to be particularly aware of the dangers in our Western diet. You should be eating generous amounts of cereal fiber, which helps your body break down and eliminate cholesterol. Oats, beans, barley, and the pectin in apples are known to be the most effective. Plenty of other whole-grain cereals should figure on the menu. Like nuts and seeds, they supply vitamin E, which is vital for the heart and circulation.



Eat plenty of all types of fresh fruit and vegetables. They provide potassium, which is vital to the health of the heart. Eat more fish, especially oily fish; the oil they contain has been shown to be beneficial to the heart. If you suffer from varicose veins or hemorrhoids, eat plenty of buckwheat: the bioflavonoids in brightly colored fruits, such as oranges and lemons, are also beneficial. Eat plenty of them. Instead of red meat, eat more poultry and game. Instead of sugar, use dried fruits and pure fruit juices. Instead of salt, use herbs, spices, and lemon juice. Use natural yogurt in place of cream.

MENUS FOR A WEEK

Monday

Breakfast Oatmeal; a slice of whole-wheat toast.

Light meal or snack Onion whole-wheat burger (*p.216*).

Main meal Onion soup (*p.138*); Orange and watercress salad (*p.228*). Fresh fruit.

Tuesday

Breakfast Sardines on whole-wheat toast with grilled tomatoes and mushrooms.

Light meal or snack Onion soup (*p.138*), with a chunk of bread. Dried fruit, seeds, and nuts.

Main meal Frisée salad (*p.230*); Bean casserole (*p.193*).

Wednesday

Breakfast Muesli with grated apple.

Light meal or snack Falafel (*p.212*); Carrot salad (*p.230*).



Main meal Artichoke vinaigrette (*p.148*); Deviled chicken (*p.182*); brown rice; salad. Pears cassis (*p.236*).

Thursday

Breakfast Oatmeal; a slice of whole-wheat toast.

Light meal or snack Sardines with mustard sauce (*p.168*).

Main meal Tofu and vegetable stir-fry (*p.200*). Apricot whip (*p.244*).

Friday

Breakfast Oatmeal or whole-grain cereal.

Light meal or snack Big Macks (*p.166*) with Tricolor coleslaw (*p.231*); rye crispbread or crackers.

Main meal Salmon; Sun-dried tomato risotto (*p.192*).

Saturday

Breakfast Fresh fruit salad.

Light meal or snack Herring in oatmeal (*p.169*); salad.

Main meal Citrus chicken (*p.185*) with chicory. Tangerine and apricot pudding (*p.235*).

Sunday

Breakfast Omelet with 1 egg and an extra white; whole-wheat toast.

Light meal or snack Slice of melon.

Main meal Cornish game hen (*p.188*) with potatoes; Red bean salad in plum sauce (*p.224*); rye crackers.



Digestive problems

Most digestive problems start in the kitchen, and the kitchen is also the place where they can be dealt with most effectively. If you have a clear understanding of the relationship between specific foods and digestion, a well-stocked spice rack, and a collection of fresh herbs, you'll be able to dish up an effective prescription for digestive restoration and health.

It is only in the last few years that we have begun to really appreciate the delicate balance that should exist inside our gut. The credo that all bacteria are bad is finally being shifted toward an understanding that the bacteria of our gut are both necessary and hard-working. A good diet should help maintain the balance of bacteria in our intestines, but instead our digestive systems are often expected to cope with fats, caffeine, alcohol, and chemicals, while being deprived of the fiber and nutrients they need. This mismanagement results in a spectacular array of maladies, ranging from mild dyspepsia and irritating symptoms of recurrent malaise to chronic constipation, ulcers, gallstones, irritable bowel syndrome, ulcerative colitis, diverticulitis, and fatal cancers. Diseases as diverse as arthritis and cancer, as well as problems of the gut itself, are now seen as having their roots in the poor absorption of nutrients and the inefficient elimination of toxic wastes, which accompany almost all digestive problems.

Despite the diversity of these conditions, and the battery of treatments used to overcome each one, there is one treatment that could prevent and cure them all. This treatment is simple, safe, cheap, and above all, effective, but is often depressingly overlooked by the vast majority of doctors. That treatment is correct diet.



THE FOUR-STAR SUPERFOODS

Apples ★ All citrus fruit ★ Raspberries ★ Melons ★ Pineapples ★ Raw vegetable juices (in small quantities, sipped slowly) ★ Radishes ★ Potatoes ★ Artichokes ★ Asparagus ★ Cabbage ★ Sauerkraut ★ Brown rice ★ Yogurt ★ Dandelion ★ Extra-virgin olive oil

The Superfoods

Fruits Bananas, blueberries, blackberries, black currants, grapes, figs, mangos, papayas, pears

Vegetables Carrots, celery, celeriac, cress, lamb's lettuce, nettles, onions, spinach, turnips

Grains Barley, buckwheat, corn, millet, oats, rye, wheat

Seeds and nuts Sweet almonds, coconut, flaxseeds, pine nuts, sesame seeds, sunflower seeds, walnuts

Herbs and spices To name only a few beneficial herbs: mint and peppermint, dill, caraway, horseradish, bay, cilantro, chervil, tarragon, chives, garlic, marjoram, cinnamon, ginger, sweet paprika, cumin, fenugreek, fennel, cardamom, slippery elm, and chamomile. The idea that highly spiced foods should be avoided is generally unfounded; in moderation, many spices are in fact a help to the digestive process.

Fermented foods Eating live yogurt is one particularly fine way of helping out the benevolent bacteria in your gut. It contains the good bacteria that our gut needs, so



it provides useful top-offs. Other sources include organic cottage cheese, miso soup, and sourdough bread.

Others Fish, shellfish, poultry, game, and eggs can be good for the digestion. So can pasta with cooked or raw vegetable sauces; whole-wheat and mixed-grain bread; rye breads; crispbreads; and pumpernickel. Cold-pressed vegetable oils, particularly sunflower and grapeseed, can help; keep them in the refrigerator and out of direct light. Use them quickly; if they taste “bad,” discard them.

The danger foods

Refined Carbohydrates White sugar and white flour are used in cakes, cookies and convenience foods that are often high in fat as well. Too much wheat—bread or pasta with every meal, for instance—can make your digestive system feel clogged up.

Fat and all deep-fried foods

Red meat Particularly risky meats are pork in any form, including ham, bacon, salami, luncheon meat, and other processed meat products such as pies and burgers.

Artificial colorings, flavorings, and preservatives

Many of these can be gastric irritants. Artificial sweeteners also seem to irritate the gut.

Coffee If you drink lots of coffee, try cutting it out



before making other dietary changes, but be prepared for withdrawal symptoms, including headaches, nausea, irritability, and tremors. Caffeine is highly addictive, and it could take time to recover when you go “cold turkey.” Make sure there is no caffeine in any over-the-counter medicines you take. Avoid carbonated drinks.

Acidic foods You should particularly avoid malt vinegars and pickles.

Alcohol and digestive problems do not mix, not even in the form of digestive bitters. Excessive alcohol intake is definitely a serious factor in many digestive problems.

The seven-day alimentary plan

This plan helps clear out toxic wastes. It starts with two “fasting days,” when you will be drinking plenty of cleansing fruit and vegetable juices and eating little more than salads and fresh fruit. After that come five days of healthy eating with the emphasis on fruit and vegetables.

But this is no starvation diet. After the first two strict days of cleansing, you won’t feel hungry because the calories seldom total less than 1,500 daily. For these seven days, forget about coffee or alcohol, but weak China tea is allowed after day two, with lemon or a little milk. The diet follows the rules of Harmonious Eating (*p.344*). Among its many advantages, Harmonious Eating cures many people of a craving for snacks between meals and sweet treats, which cause so many digestive problems.

In the first couple of days of this regimen, you may have flatulence and diarrhea. But by the end of the week, most people will experience an



improvement in a wide range of digestive disturbances, and as a bonus, there will be an overall improvement in well-being and particularly in the complexion. Those who need to lose weight may find that they have shed up to 7 lb (3 kg).

MENUS FOR A WEEK

Day one

Breakfast Juice of half a grapefruit in half a glass of hot water, topped off with apple juice, and a tablespoon of honey. A bunch of grapes; an apple.

Mid-morning A glass of hot water and honey; grapes.

Light meal A large glass of vegetable juice spiked with a squeeze of lemon juice. A large bowl of dried fruit soaked overnight.

Mid-afternoon Hot black currant and apple juice with a little honey added.

Main meal A mixed salad of raw fresh vegetables: celery, finely grated cabbage, chicory, any of the wide range of green and red salad leaves now available, chunks of fennel, watercress, and any other fresh salad vegetables; Mean dressing (*p.254*). An apple.

Day two

Same as day one until evening.

Main meal Celery, radish, and walnut salad (*p.227*), plus a baked potato and sugar-free baked beans.



Day three

Breakfast Start preparing this the night before. Put a couple of spoonfuls of oatflakes in a cereal bowl, add a tablespoon of water, and leave to soak overnight. In the morning, stir in a teaspoon of fresh lemon juice, a spoonful of light cream or a little soy milk, and either slice a small banana into it or grate a pear on top.

Mid-morning A big glass of vegetable juice.

Light meal A big mixed salad. Finely shredded cabbage and a selection of the following: dandelion leaves, grated beets or carrots, watercress, red, yellow, or green peppers, avocado, and green onions. Make the dressing as above. A moderate serving of tuna, salmon, or mackerel in brine, or sardines in olive oil. Finish with a piece of your favorite fruit.

Mid-afternoon A glass of grapefruit and apple or vegetable juice or a cup of weak tea.

Main meal Make a large pan of Vegetable and barley soup (*p.147*), enough for lunchtime the next day as well. Eat a big bowl of this with a chunk of crusty whole-wheat bread. Follow with some fresh dates, or a small bowl of dried fruit, or a ripe pear.

Day four

Breakfast Half a grapefruit, an apple, or grapes. An egg, boiled, poached, or scrambled in a very little butter.



Mid-morning If you have a juicer, a glass of freshly pressed carrot, celery, and apple juice; if not, tomato juice spiked with lemon and fresh herbs.

Light meal A big bowl of yesterday's soup; a whole-wheat roll or bread; Tricolor coleslaw (*p.231*).

Mid-afternoon Fruit or vegetable juice or weak tea.

Main meal Your favorite fish, grilled or steamed, or a piece of chicken, grilled or casserole; a green vegetable steamed or cooked in a very small amount of water and tossed with nut butter and a little lemon juice. A piece of your favorite fresh fruit or sugar-free yogurt.

Day five

Breakfast As for day three.

Mid-morning A glass of freshly-pressed vegetable juice.

Light meal Michael's millet and buckwheat (*p.261*); a small mixed salad of raw vegetables.

Mid-afternoon Fruit or vegetable juice or weak tea.

Main meal A big salad of raw vegetables, sprinkled with roasted sesame and sunflower seed; Deviled chicken (*p.182*). A plain low-fat yogurt with a little honey.

Day six

Breakfast A fresh fruit salad; a helping of plain yogurt. A glass of hot water with a little honey.

Mid-morning A glass of freshly pressed vegetable juice.



Light meal Tomato and herb omelet (*p.156*) made in a nonstick pan with the faintest trace of oil or butter; a big mixed raw vegetable salad. Some fresh fruit.

Mid-afternoon Fruit juice or a cup of weak tea.

Main meal Cook enough brown rice for two meals and add one helping to a casserole of root vegetables. Follow with a small raw vegetable salad, and a banana or pear.

Day seven

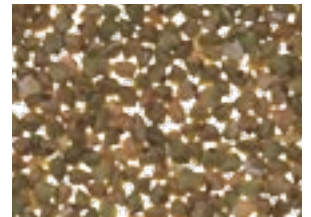
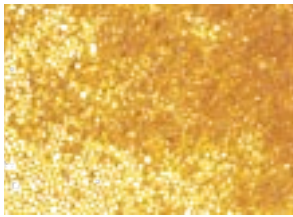
Breakfast As for day four.

Mid-morning A glass of fresh vegetable juice.

Light meal A salad using the rice from yesterday, with a few raisins, nuts, pine nuts, sweet corn, peas, peppers, green onions; sprinkle with herbs and a little salad dressing with fresh garlic. Follow with a banana.

Mid-afternoon Fruit juice or a cup of weak tea.

Main meal A whole avocado, sliced, with cress, grated carrot, celeriac, or celery, grated beets, and a small dollop of cottage cheese or ricotta. Fruit.



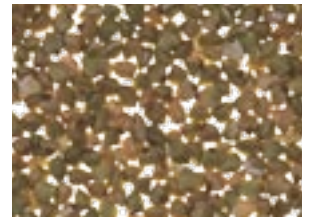
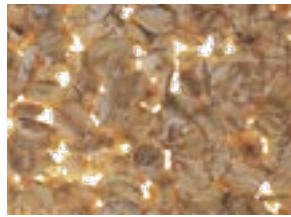
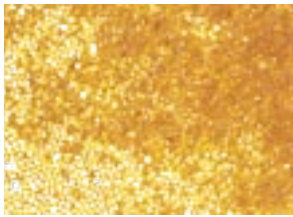
Stress

Since the dawn of time, humans have understood that food and drink can have profound effects on mental and emotional states. When primitive tribes sought euphoria or oblivion, they had no synthetic drugs; instead, they fermented foodstuffs to make alcohol, chewed the coca leaf or the betel nut, and harvested opium poppies and magic mushrooms.

In today's society, we seem to have forgotten what we once knew. Doctors prescribe ever-increasing numbers of drugs, such as Ritalin or Prozac, for conditions that could possibly be caused by simple nutritional deficiencies or food or environmental sensitivities. In the US, more than one child in every 35 is on Ritalin, while Ritalin abuse soars—in one survey in Massachusetts, it was second only to marijuana as drug of choice for most young people. Tranquilizers and antidepressants are also prescribed more and more freely, to the despair of anyone who has seen the improvements that a few simple dietary adjustments can bring.

Some children given doses of cod liver oil (which is rich in omega-3 essential fatty acids) have shown rapid improvements in concentration and temperament. And some children suffering from ADHD (attention deficit hyperactivity disorder, the modern syndrome for which Ritalin is now routinely prescribed) also improved when certain food additives were excluded from their diets. In another study at King's College Hospital in

“The Western diet is catastrophically bad at providing the nutrients we need.”



London, patients suffering from depression and schizophrenia who were shown to have low folate levels were given folic acid supplements every day, and improved significantly faster than a control group given nothing. And zinc supplements have helped sufferers of anorexia nervosa, who frequently display zinc deficiency to start with.

In almost every study of essential nutrients—particularly of iron, magnesium, and the B-complex vitamins—mental disorders or malfunctions have been prominent among the symptoms of deficiency. Studies have shown that the Western diet is catastrophically bad at providing all the nutrients our bodies need. In fact, in some cases, we may be getting only one-half to one-tenth of the nutrients we need.

It seems extraordinary. The Western world is finally coming to understand that good nutrition is necessary for healthy bodies, but the realization that we also need good nutrition for good mental health lags far behind. Even stress and a general state of feeling blue can be food-related. If you think that your problems are all in the mind, don't feel that you have to limp through the rest of your life on the crutch of tranquilizers, antidepressants, or sleeping pills. Many of the answers lie in your own hands, the hands that purchase, prepare, and put food on your plate.



THE FOUR-STAR SUPERFOODS

★ Grapes ★ Buckwheat ★ Millet ★ Oats ★ Wheat ★
Brewer's yeast ★ Molasses

The superfoods

Fruit Apricots, bananas, dates, oranges, apples, pears, plums, grapes, peaches, black currants, lemons, figs, strawberries, raspberries, raisins, mangos

Vegetables Asparagus, avocados, eggplant, beets, cabbage, carrots, celery, chicory, watercress, French beans, lettuce, turnips, onion, leeks, mushrooms

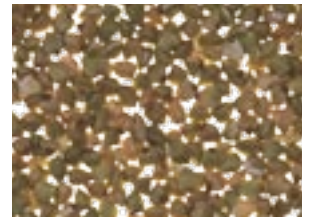
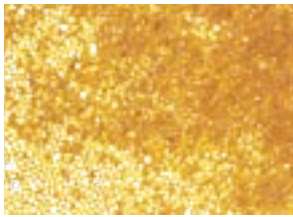
Grains Oats, barley, rye, wheat, brown rice, buckwheat

Seeds and nuts Almonds, pecans, walnuts, hazelnuts, peanuts, sunflower seeds, pumpkin seeds, sprouted seeds

Legumes All dried beans, especially soybeans, dried peas, sprouted beans

Herbs and spices Garlic, parsley, lemon balm, lemon verbena, basil, rosemary, chamomile, fresh ginger, marjoram, thyme, nutmeg, juniper berries, licorice

Others Cockles, winkles, shrimp, oysters, sardines, liver, kidney, lean beef, egg yolks, brewer's yeast, dark chocolate



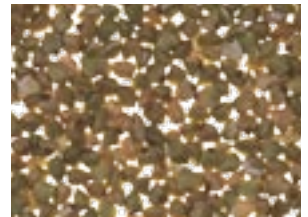
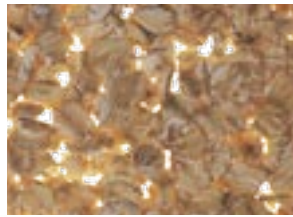
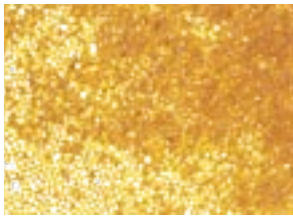
The danger foods

Refined and processed foods Avoid white flour, white sugar, white rice, confectionery, and bakery products. If you often feel down or stressed at a certain time of day, consider what you are eating: peaks and troughs in blood sugar can lead to mood swings. Dr. Joseph Mercola and Patrick Holford both believe that depression sufferers should eliminate it from their diets. Even natural fruit juices, if taken undiluted and in excess, can destabilize blood sugar levels.

Food additives, colorings, preservatives, and artificial flavorings. Many people find they are sensitive to different additives, and it's worth keeping a food diary to find out what may be causing your problems. Things such as convenience foods can contain surprising amounts of sugar, food additives, and salt, so once you are aware of your sensitivities, always read the label.

Alcohol, a depressant, is more destructive of vital brain nutrients than any other commonly consumed substance: it breaks down the vitamin B complex and depletes the body's stores of magnesium, zinc, and calcium, which are all vital to normal brain function.

Tea and coffee In excess, they can actually provoke anxiety, nervousness, depression, and insomnia. They can also inhibit zinc and iron absorption.



The eating plan

Food and chemical sensitivities are at the root of many mental and emotional problems. Depression, anxiety, and a range of other mental problems can be triggered by food sensitivities, as well as by the thousands of chemicals that go into our foods. This eating plan will provide an abundance of the nutrients known to be crucial for mental health, since they influence both intellectual and emotional function.

MENUS FOR A WEEK

Monday

Breakfast Oatmeal.

Light meal or snack Sprouted seed salad (*p.230*); whole-wheat roll with tahini.

Main meal Grilled eggplant; Rosemary chicken (*p.188*); carrots; runner beans. Stewed plums.

Tuesday

Breakfast Grapefruit; poached eggs on whole-wheat toast.

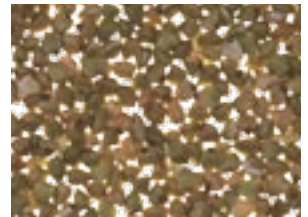
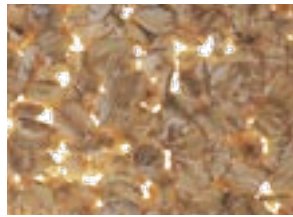
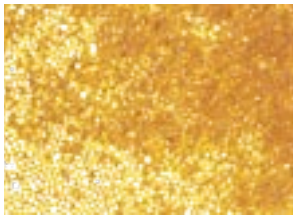
Light meal or snack Cold chicken with garlic mayonnaise (*p.256*) and slices of tomato and cucumber.

Main meal Winter white salad (*p.227*); Herring in oatmeal (*p.169*). Yogurt with apple and peaches.

Wednesday

Breakfast Orange juice. Crowdie (*p.240*).

Light meal or snack Falafel (*p.212*); Watercress salad (*p.225*).



Main meal Carrot, leek, and ginger soup (*p.147*); Grilled garlicky gambas (*p.167*) on Chinese leaves.

Thursday

Breakfast Chopped dried fruit in yogurt with seeds.

Light meal or snack Cress, watercress, and carrot sandwich (*p.217*).

Main meal Avocado and watercress salad (*p.224*); Warm bulgur with eggplant (*p.194*). Fresh fruit salad.

Friday

Breakfast Orange juice; boiled egg; whole-wheat toast.

Light meal or snack Cold bulgur with a green salad.

Main meal Vegetable and barley soup (*p.147*); Sardines with mustard sauce (*p.168*); tomato and onion salad. Yogurt and plum purée.

Saturday

Breakfast Citrus fruit; Buckwheat pancakes (*p.238*).

Light meal or snack Salade niçoise (*p.214*).

Main meal Braised fennel (*p.207*); Hearty beef stew (*p.178*); baked potato; watercress salad. Goat's cheese.

Sunday

Breakfast Orange juice; kipper; tomatoes; mushrooms.

Light meal or snack Vegetable risotto (*p.194*).

Main meal A green salad. Ginger lamb stir-fry (*p.180*), broccoli. Almond fruit whip (*p.235*).



Fatigue

Millions of people around the world wake up every morning wondering how on earth they'll get through the day ahead. "TATT"—"Tired All The Time"—syndrome is reported to doctors all the time: it's estimated that between 20 and 30 percent of the population feels this way year-round. When exhaustion strikes, it's easy to feel that there's nothing to do but make another cup of coffee and struggle on through. But in fact, once a thorough check with your doctor has established that there is no serious underlying illness to cause it, the cure for fatigue is often in your own hands, and self-help can be remarkably successful.

Fatigue may have a psychological or a physical cause, and is often a combination of the two. Among common psychological causes are stress, anxiety, depression, dissatisfaction, relationship problems, anger, frustration, or just plain boredom. Physically, there are specific illnesses that can cause chronic fatigue, such as thyroid and hormone problems, or heart disease. Viral infections and their lingering aftereffects, surgery, and all major illnesses inevitably result in fatigue. Post-Viral Fatigue Syndrome, sometimes known as ME, is now recognized as a genuine physical problem. So is chronic pain, which may result from back problems, arthritis, rheumatism, tension headaches, and migraines. Your diet and your lifestyle can also play a huge part in this syndrome.

“Diet and lifestyle can play a huge part in causing or curing fatigue.”



For example, a diet full of high-GI foods such as white bread, candy, sugary snacks, and white rice will have your blood sugar and energy levels constantly fluctuating. This fluctuation is the first step to what used to be called hypoglycemia but is now known as dysglycemia, another step on the way to diabetes. Eating complex carbohydrates such as oats, whole-wheat bread, and brown rice will smooth out your blood sugar levels and keep energy levels much steadier throughout the day.

Allergy or sensitivity to foods and environmental pollutants is another major, and increasingly common, cause of fatigue. According to Dr. Stephen Davies, Chairman of the British Society of Nutritional Medicine, “waking tired” is one of the classic symptoms of a food or chemical sensitivity. Finally, fatigue can be a symptom of something else, not a syndrome in itself. Deficiency in B vitamins (particularly folic acid) and iron both show up as fatigue. To make matters worse, your body can’t absorb iron properly if you also suffer from vitamin C deficiency or are not getting enough exercise. It’s easy to see how this can become a vicious circle and can even lead to anemia (low levels of iron in the blood), which is especially common among vegetarians who stop eating meat and don’t substitute other good sources of iron.

Our eating plan will teach you how to reverse this downward spiral. Follow it in order to rebuild your energies and physical resources with vitality-rich Superfoods.



THE FOUR-STAR SUPERFOODS

Apricots ★ Spinach ★ Broccoli ★ Brown rice ★ Wheat ★
Oats ★ Almonds ★ Sesame seeds ★ Sprouted seeds

The Superfoods

Fruit Apples, bananas, dates, figs, grapes, lemons, oranges, pears, plums, raspberries, rhubarb, strawberries

Vegetables Asparagus, Jerusalem artichokes, beets, broccoli, cabbage, carrots, celery, chicory, endive, dandelion, nettles, onions, salsify, seaweed, tomatoes

Grains Barley, buckwheat, corn, millet, oats, wheat, and wheat germ

Seeds and nuts Most nuts and seeds, particularly walnuts, sunflower seeds, sprouted seeds

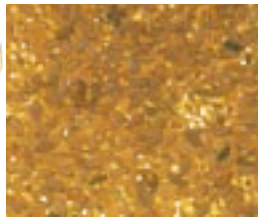
Legumes Lentils, soybeans

Herbs and spices Parsley, juniper, thyme, rosemary, fenugreek, mint, sage, marjoram, horseradish, cinnamon

Others Brewer's yeast

The danger foods

High-GI foods White sugar, white flour, and processed foods made with them cause energy spikes and then energy lows, destabilizing your blood sugar levels and leading to cravings and mood swings.



Fats in excess are a drain on the body's resources. Hidden fats are found in processed foods and fast foods.

Alcohol Its most pernicious effect is the destruction of nutrients, in particular the B vitamins needed for stamina and for the health of your nervous system in general.

Caffeine in tea, coffee, colas, and chocolate inhibits the uptake of iron. Don't drink caffeinated beverages at meals featuring good sources of iron.

Red meat itself, although supplying valuable iron, is a drain on your digestive energies: you're better off getting your iron from other sources for the time being.

High-energy drinks, marketed as giving energy to the listless, are rich in glucose. They may give you a deceptive lift, but they contain nothing of real value.

The eating plan

Rule one Eat regularly and eat properly. Little and often is better than starving and bingeing.

Rule two Eat high-quality foods rich in nutrients. The Superfoods for this section provide optimum nutrition and ease of digestion.

Rule three No matter how desperate you get for instant energy, don't fall into the sugar trap: stick to the Superfoods for a permanent lift.

Rule four Eat plenty of raw foods. They should be a major feature of your regimen.



MENUS FOR A WEEK

Monday

Breakfast Oatmeal with honey and cream or milk; whole-wheat toast. A banana.

Light meal or snack Red and yellow eggs (*p.158*); salad.

Main meal Classic crudités (*p.150*); Michael's millet and buckwheat (*p.261*). Fresh figs and cream.

Tuesday

Breakfast Compote of soft fresh fruit with natural yogurt; boiled egg; a slice of whole-wheat toast.

Light meal or snack Hummus plus (*p.153*) with whole-wheat pita bread; Sprouted seed salad (*p.230*)

Main meal Jerusalem artichoke soup (*p.140*); Potato galette (*p.201*) with a salad. Pears cassis (*p.236*).

Wednesday

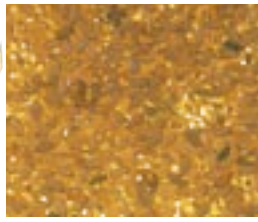
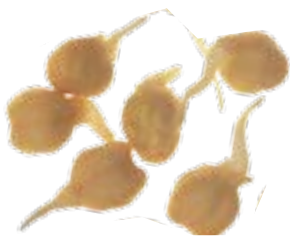
Breakfast Soaked and dried apricots with yogurt; sardines and sliced tomatoes on toast.

Light meal or snack Chicken liver and alfalfa sandwich (*p.217*). Yogurt with fresh fruit.

Main meal Fresh asparagus; Warm bulgur with eggplant (*p.194*); peas and broccoli. An orange.

Thursday

Breakfast Muesli with yogurt and seeds, wheat germ, and dried fruits, especially apricots and raisins.



Light meal or snack Sugar-free baked beans with whole-wheat toast; Sprouted seed salad (*p.230*).

Main meal Tomato salad (*p.226*); Cornish game hen casserole (*p.188*); Almond fruit whip (*p.235*).

Friday

Breakfast Scrambled eggs with smoked salmon, served on whole-wheat toast.

Light meal or snack Complete coleslaw (*p.226*); cottage cheese and chives on rye bread or rye crackers.

Main meal Haddock and broccoli au gratin (*p.166*); Avocado and watercress salad (*p.224*); rye crackers and goat's cheese.

Saturday

Breakfast Buckwheat pancakes (*p.238*)

Light meal or snack White bean soup (*p.145*) served with whole-wheat bread. A banana.

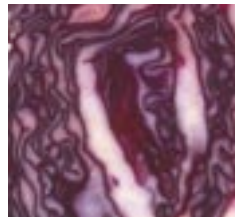
Main meal Classic crudité (*p.150*); Italian pan-fried liver (*p.179*); potatoes boiled in their skins, baby sweet corn. Peach and apricot compote (*p.234*).

Sunday

Breakfast Muesli with yogurt, seeds, and dried fruit.

Light meal or snack Chicken liver and alfalfa sandwich (*p.217*). A ripe pear.

Main meal Citrus chicken (*p.185*) with brown rice and carrots. Summer bread pudding (*p.242*).



Joint problems

People who never know what it is to have aching joints, muscles, or bones are the lucky few—these problems are nearly universal. There's nothing new about joint disease, either; even ancient skeletons uncovered by archaeologists often show signs of arthritis. Though humans evolved over time to stand on two feet, our structure is still not ideal for the upright posture. Consequently, our skeleton bears the brunt of excessive wear and tear on its weight-bearing joints, and our modern sedentary lifestyles and diets have only added to those problems.

An improved diet is not, on its own, a panacea for these problems. Stone Age humans, after all, lived on game, roots, nuts, and berries rather than refined foods, and they still had joint problems. But it is certainly true that these problems can be exacerbated by the wrong diet, and alleviated, or even resolved altogether, by the right foods.

In traditional medicines, poor digestion and constipation are seen as the root cause of many health problems. They interfere with the body's ability to eliminate waste products. Toxins build up in the system, leading to, and aggravating, a host of illnesses, of which arthritis and rheumatism are a prime example. (*See Digestive problems, p.284.*) This is one of the reasons that scientists are now looking into the benefits of fruits and vegetables that are rich in antioxidants. It has already been observed that arthritis sufferers who eat plenty of vitamin C and E can slow the progress of the disease, perhaps because the antioxidants battle the free radicals that may be causing the joint problems in the first place. Omega-3 fatty acids have also (as usual) been shown to play a useful role as anti-inflammatory agents. In addition, ginger has been found to help ease arthritis. A small study in India, in which arthritis sufferers were

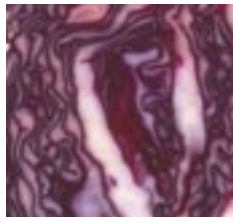


given ginger every day, showed remarkable results, in that ginger seemed to have a pronounced anti-inflammatory effect on the joints.

Rheumatoid arthritis, which is an acute inflammatory disease, sometimes results from an intolerance to certain foods or chemicals. If you have a family history of asthma, hay fever, rhinitis, or eczema, this could be significant to your case. Like other allergy-related ailments, many joint problems are improved following a switch from normal eating habits to the pattern explained in the Harmonious Eating section (*p.344*). We recommend that you give this a trial. Like rheumatoid arthritis, fibrositis and other conditions of muscular inflammation also respond well to dietary change. Even gout, which is a form of arthritis, can be successfully controlled by very careful eating.

Many cases of rheumatoid and osteoarthritis and gout respond dramatically to a two-day fast followed by a raw food diet for some weeks. Details of how to carry out a two-day fast follow in this section. If you find the idea daunting but think it might help you, try the less dramatic regimen on *p.287*. Any improvement will give you the encouragement to follow the full eating plan.

The list of foods to avoid may seem rather restrictive at first, but anyone who has severe rheumatoid arthritis or osteoarthritis will find it worth following for a few weeks at least. Even modest improvement will encourage you to adopt new eating habits that will bring you increasing relief from pain and discomfort.



THE FOUR-STAR SUPERFOODS

Lemons ★ Pineapple ★ Celery ★ Turnips ★ Cabbage ★
Dandelion ★ Ginger ★ Oily fish

The Superfoods

Fruit Cherries, strawberries, raspberries, apples, plums, black currants, pomegranates, gooseberries, melon, pears, grapes, bananas, lemon

Vegetables Artichokes, carrots, cabbage, onions, leeks, celery, chicory, olives, dandelion, Jerusalem artichokes, fennel, radishes, potatoes, turnips, nettles

Grains Rye, soy, brown rice, millet, buckwheat

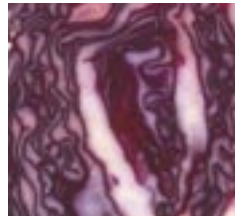
Nuts, seeds, legumes Walnuts, hazelnuts, sprouted alfalfa, sprouted mung beans, bean sprouts, pumpkin seeds

Herbs Chervil, parsley, garlic, juniper, thyme, sage, chamomile, rosemary, marjoram, cilantro

The danger foods

Alcohol Alcohol is a terrible inflammatory agent. In the joints, eyes, and skin, it's easy to see the effect that alcohol has on your system if you avoid it for just a couple of days. For gout sufferers in particular, alcohol is lethal because it inhibits excretion of uric acid.

High-fat foods and refined carbohydrates These sorts of foods offer no nutrients and won't help you lose



weight either. In addition, some sufferers are sensitive to dairy products and wheat. Gout sufferers in particular should also try to avoid the following foods: yeast and meat extracts, chicken, beef, pork, tea, coffee, chocolate, cocoa, cola drinks, sardines, anchovies, herring, mackerel, mussels, scallops, all fish roe, partridge, and guinea fowl.

The Nightshade Family Avoiding potatoes, eggplant, peppers, and paprika has brought relief to some sufferers from joint problems.

The eating plan

No two sets of joints are identical. Reactions can be idiosyncratic. If you find by experience that any food, however warmly recommended here, has an adverse effect on your complaint, omit it from your diet.

The first priority in the successful management of joint problems is to reduce excessive weight. Carrying extra weight causes wear and tear on the joint surfaces, which in turn causes pain, which in turn restricts activity, and adds to the initial weight problem. It is interesting to note that many gout sufferers are overweight.

Traditional medicine for these problems has always included foods that assist cleansing and improve digestion. An eating plan that achieves this is vital. The best possible introduction to your new way of eating is a cleaning two-day fast, details of which follow this section. This is not recommended for anyone who is suffering from or has had gout, since it may trigger a fresh attack. Gout sufferers should try the diet on p.287.



Any diet based on Dr. Max Bircher-Benner's principles of mainly raw food will improve digestion and elimination, reduce inflammation, and raise resistance and vitality. The menus below are filled with raw foods.

Joint problems often have an allergic component. Just about every clinical ecologist can recount case histories where symptoms were either triggered or severely aggravated when patients ate such common culprit foods as wheat, oranges, pork, or bananas. It's well worth making the effort to try an elimination diet if you think this could apply to you.

Traditionally, strawberries and raspberries have been forbidden for the arthritic. However, French research shows that both help to eliminate uric acid and have a beneficial effect on gout, osteoarthritis, and rheumatoid arthritis. For this reason we have included them here.

The two-day fast It is not wise to smoke or take drugs while fasting, but do not stop any prescription drugs without first consulting your doctor. Have two days of preparation, during which you should not eat any meat. You should also restrict your tea and coffee intake to no more than two cups of either per day. Avoid chocolate, cocoa, and cola drinks. Eat only eat fresh fruit, raw or lightly cooked vegetables, and small quantities of grilled, poached, or steamed fish on the first day, and nuts, seeds, beans, or grains on the second. Drink plenty of filtered or bottled spring water. Avoid dairy and alcohol.

For the fast itself, pick two days when you don't have to be active physically or mentally. You may feel well, but you will have no energy to spare. Headaches, a furred tongue, bad breath, lower back pain, and general aches and pains have all been reported during a fast. The improvement in well-being that you will experience afterward will make



it worthwhile. During the two fast days, eat absolutely nothing, and drink only bottled spring water, at room temperature. Stop any vitamin and mineral pills and nonprescription remedies you usually take.

Break your fast with freshly pressed fruit juice and a few grapes; mid-morning, have a little fresh fruit. At midday, eat a couple of rye crispbreads without butter, with a raw vegetable salad. Mid-afternoon, drink herb tea with some dried fruit. In the evening, have a baked potato with cooked vegetables, followed by fresh fruit. On the second day, breakfast should be herb tea, fresh fruit, and plain yogurt with honey and nuts or seeds. At midday, eat muesli or a baked potato with a fresh salad and some dried fruit. For a snack, have herb tea and a slice of whole-wheat bread and honey or peanut butter. In the evening, eat vegetable soup with an omelet or some grilled fish with salad and vegetables. For the rest of the week, avoid meat, keep tea and coffee intake low, and eat as much of your food raw as you can.

MENUS FOR A WEEK

Monday

Breakfast Banana; rye crispbread and peanut butter.

Light meal or snack Pear and celery almondaise (*p.152*).

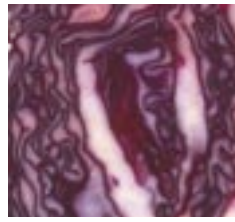
Main meal Verdant broth (*p.142*). Beef and onion burger (*p.216*); Complete coleslaw (*p.226*). Fresh fruit.

Tuesday

Breakfast Stewed apples with goat's-milk yogurt.

Light meal or snack Waldorf salad (*p.226*).

Main meal Cucumber salad. Tuna and fennel pasta



(*p.158*). Apricot whip (*p.244*).

Wednesday

Breakfast Poached haddock; rye crispbread or bread.

Light meal or snack Crudités with Tsatsiki (*p.231*), made with goat's-milk yogurt. Rye crispbread.

Main meal Spanish white garlic soup (*p.139*). Vegetable risotto (*p.194*). Lettuce and watercress salad. Fresh fruit salad.

Thursday

Breakfast Millet muesli with nuts and honey.

Light meal or snack Leftover risotto salad with cucumber, radishes, celery, and green onions. A pear.

Main meal

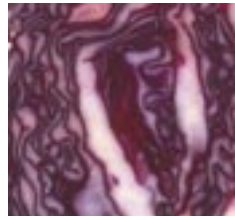
Vegetable platter: leeks, zucchini, carrots, cabbage, onions, lightly cooked and tossed with sunflower oil, sesame seeds, and parsley. Grapes.

Friday

Breakfast Millet muesli with nuts and honey.

Light meal or snack Winter white salad (*p.227*).

Main meal Grilled red radicchio (*p.202*); Big Macks (*p.166*) and spinach. Baked apple (*p.237*).



Saturday

Breakfast Scrambled eggs and rye toast.

Light meal or snack Sardines with mustard sauce (*p.168*) and a mixed bean sprout salad.

Main meal Avocado vinaigrette made with lemon juice; Rainbow peppers (*p.196*).

Sunday

Breakfast Fresh grapes or berries—whichever fruit is in season.

Light meal or snack Sardines on toast. Winter white salad (*p.227*). Fresh fruit.

Main meal Verdant broth (*p.142*). Tofu and vegetable stir-fry (*p.200*); salad. A slice of fresh pineapple.



Respiratory problems

There are two kinds of respiratory problems: acute and chronic. Among the acute problems are chest, throat, nose, and ear infections, such as tonsillitis, whooping cough, bronchitis, sinusitis, sore throats, earaches, the flu, and the common cold. Chronic noninfective conditions range from asthma, hay fever, and other localized allergies to catarrh, voice problems—common among those who depend professionally upon a speaking or singing voice—bronchitis, and emphysema. Their origins are many and varied and may include an unhealthy lifestyle, not enough fresh air and exercise, poor breathing and posture, smoking, polluted air, working in an atmosphere polluted by dust or fluff, and chemicals in the shape of sprays, paints, or insecticides that irritate the lungs. All of these can create the perfect breeding ground for acute, and eventually chronic, respiratory problems.

Allergies are one important cause of respiratory problems, and adverse food reactions are also implicated. Another hazard to respiratory health is abuse of all the commercially available inhalants for nasal congestion. Constant use of these products damages the mucous membranes and eventually produces a “rebound effect,” so that as soon as you stop using them, the condition returns in an aggravated form because the mucous membranes now become so highly irritated. Although some of the causes of these illnesses are out of your control, you can improve your chances of avoiding them by beefing up your immune system, helping out the bacteria and intestinal flora in your gut, and making sure you get lots and lots of fresh air.

Your immune system will be forever grateful to you for eating as much garlic as you possibly can. Garlic vanquishes not just vampires, but



bacteria as well. There are other foods that contain antioxidants such as vitamins A, C, and E that are equally useful—kiwifruit and avocados are both good immune system boosters. Salads in the summer, and wonderful home-made vegetable soups in winter, are what you should be eating. Put lots of herbs and spices into your foods, too: rosemary, thyme, and oregano are particularly helpful, as is ginger, which gives your circulation a boost. Remember that catarrh, which afflicts literally millions of people, is often caused by years of eating too much sugar, too many refined carbohydrates, and too much dairy produce. It may seem worse at first when you change your diet, but that is the eliminative effect.

In the cases of some respiratory illnesses, such as asthma (which is now beginning to reach epidemic proportions), the gut may be just as important. Our appreciation of the complexity of the system of bacteria that live in our gut is increasing enormously. A recent study into probiotic drinks, which top off the beneficial bacteria in our intestines, found that workers who took one of these drinks daily were two and half times less likely to call in sick for work. There is now great interest in the effect of probiotics on asthma in children. Will it be shown, as has happened in the case of eczema (another atopic condition), that taking probiotics early in life can drastically reduce the probability of developing this condition?

Finally, get outside in the fresh air as much as you possibly can. Research in the 1920s showed that in a stuffy, stagnant atmosphere, the mucous membranes of the nose and sinuses become swollen, congested, and eventually covered with a thick secretion, the perfect breeding ground for bacteria. But remember to wrap up warm, because it turns out Mom was right (isn't she always?)—getting chilled really can make your cold worse.



THE FOUR STAR SUPERFOODS

★ Lemons ★ Carrots ★ Onions ★ Garlic

The Superfoods

Fruits Almonds, apples, blackberries, cherries, dates, figs, lemons, rosehips, limes, papaya

Dried fruit Especially figs

Vegetables Turnips, carrots, onions, garlic, cabbage, asparagus, radishes, fennel, leeks, celery, lettuce, watercress, sweet potatoes

Herbs and spices Rosemary, thyme, parsley, chervil, horseradish, licorice, cloves, mint, sage, savory, oregano, anise, cinnamon, marjoram

Grains Barley

Others Honey

The danger foods

Dairy products These encourage the production of mucus, which adds to any existing congestion.

Sweet, fat, and starchy food Buns, chocolate bars, Danish pastries, and so forth also encourage the body's production of mucus and aggravate congestion.

Artificial colorings, flavorings, and preservatives These can be particularly harmful to people with asthma and hayfever.



The eating plan

The week's eating plan we suggest will be beneficial for people with respiratory problems because it avoids mucus-forming foods, is very low in sugars, and is relatively low in carbohydrates.

We prefer natural products wherever possible, and for this reason we do not like margarine. However, there are situations where a drastic reduction in intake of dairy products is advisable, and this is one of them. Throughout this section, use a good sunflower oil or margarine free from additives and hydrogenated oils. Milk intake should be minimal and skim, but low-fat yogurts can be used sparingly instead of cream. There is no cheese in this week's eating.

Throughout the week, at breakfast time, you could have a little milk in an occasional cup of tea, but avoid milk in coffee. Instead, have hot lemon and honey, herb teas, lemon teas, weak China tea, one of the good coffee substitutes, or homemade ginger punch (*p.249*).

Fenugreek is an herb you should get to know well. Its little golden seeds produce a delicious tea with a long reputation in traditional medicine for countering all catarrhal conditions, both in the respiratory tract and in the gut. Fennel tea, which is equally delicious, also helps clear excess catarrh. It is important to maintain a fluid intake of around one and a half quarts (liters) a day, which encourages the body's elimination of mucus. The myth that a cold winter calls for rich, fatty foods and pounds of starch is probably responsible for more runny noses than the weather. If your annual bronchitis has struck again, many of the Superfoods for respiratory problems are available even in the winter.



MENUS FOR A WEEK

Monday

Breakfast Apple purée; toast and honey.

Light meal or snack Tomato and herb omelet (*p.156*); orange and raw onion salad. Fresh fruit.

Main meal Spanish white garlic soup (*p.139*).
Black currant fruit mold (*p.241*).

Tuesday

Breakfast Muesli with low-fat yogurt and fruit.

Light meal or snack Beef and onion burger (*p.216*)
with salad.

Main meal Verdant broth (*p.142*); Waldorf salad (*p.226*).

Wednesday

Breakfast Half a grapefruit; two eggs; toast and honey.

Light meal or snack Tuna and bean salad.

Main meal Sauerkraut salad (*p.231*); Vegetable risotto
(*p.194*). Spicy winter bread pudding (*p.241*).

Thursday

Breakfast Dried fruit compote; toast and honey.

Light meal or snack Cold vegetable risotto (*p.194*);
salad.

Main meal Roasted vegetables (*p.204*); Ginger lamb
stir-fry (*p.180*); steamed carrots. Spiced peaches (*p.244*).



Friday

Breakfast Grilled herring with whole-wheat toast.

Light meal or snack Beef and onion burger (*p.216*); watercress, fennel, and radish salad—including the radish leaves, too.

Main meal Sauerkraut salad (*p.231*); Peppered fish with vinaigrette (*p.171*) and steamed cabbage with caraway seeds. Baked apple (*p.237*).

Saturday

Breakfast Muesli with low-fat yogurt and fruit.

Light meal or snack Beef and onion burgers (*p.216*) with tomato sauce and a baked potato.

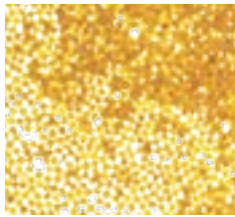
Main meal Bedouin chicken (*p.186*); green salad. Spicy winter bread pudding (*p.241*).

Sunday

Breakfast Grilled bacon and mushrooms; poached or scrambled eggs; whole-wheat toast.

Light meal or snack Carrot soup (*p.140*) with whole-wheat bread. Selection of fresh fruit.

Main meal Classic crudités (*p.150*); Lamb burgers (*p.180*) with mashed potatoes and snow peas. Fresh pineapple.



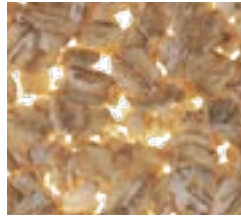
Skin problems

The psychological importance of skin is incalculable. It's what we present to the outside world. It's how others see us. A skin disfigured by pimples, pustules, cratered scars, and scaly, flaky patches undermines confidence and self-esteem. It affects relationships with others, both social and sexual. If you are unhappy with your skin, you won't enjoy having it looked at, let alone caressed, and your partner is likely to feel the same way.

Skin is not just a protective covering. Like the lungs, the kidneys, and the bowel, it is also a major organ of elimination, helping the body rid itself of waste products. It is estimated that 10 billion dead cells are sloughed off our bodies every 24 hours, totalling a whopping 40 lb (18 kg) in an average lifetime. These outer cells are made of a dead, horny material that easily absorbs waster excreted through the skin and is shed along with it.

The concept of this book is that we are what we eat. This is nowhere more relevant than when considering skin problems. No matter what the skin condition, no treatment can ever be complete without careful attention to diet. Creams, lotions, potions, masks, cleansers, and exfoliants may have their place, but a poor diet deprives the skin of the vitamins, minerals, and trace elements essential to its health. A junk-food diet produces irritating toxic wastes that, as they are eliminated through the skin, will exacerbate existing conditions and frequently trigger further problems.

Anyone who suffers from eczema or psoriasis and has experimented with diet will know that certain foods instantly make the condition worse. These are commonly animal fats, citrus fruits, highly spiced dishes, and

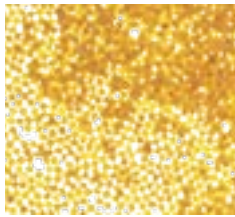


dairy products. Happily, the converse is equally true—eating the right foods can bring about a real, often startling, improvement in your skin, no matter what the problem. However, nutritional therapy seldom works with great speed and sometimes it may take weeks or months before you see a definite improvement.

Skin is a mirror of general health, and deficiencies in any nutrient are likely to be reflected in its condition sooner or later. Low levels of three nutrients in particular tend to show up fast: vitamin A, vital to the general health of your skin; vitamin C, without which your skin cannot carry out its unceasing work of self-renewal; and zinc, which promotes repair and healing (the stretch-marks of pregnancy are usually due to a lack of this mineral, which is gradually depleted by pregnancy). It's also vital to have plenty of antioxidants in your diet, from foods such as avocados, strawberries, carrots, and watercress, which are fantastic for helping fight the free radicals that cause much skin damage, and are also very cleansing foods. The diuretic effects of grapes and dandelion are also useful for cleaning up your system. Once again, oily fish and the omega-3 fatty acids they contain play an important role in keeping skin healthy.

One way to discover which foods might be causing problems for your skin is to keep a food diary for a week. On the left-hand page, write down every single morsel that passes your lips, and on the right-hand page, note down all symptoms. This technique can be very useful for other problems, too.

Whatever the problem with your skin, the following chapter will help. It recommends all the foods that provide essential nourishment for the skin and encourage more efficient elimination of waste products through other channels.



THE FOUR STAR SUPERFOODS

★ Strawberries ★ Melon ★ Avocado ★ Watercress ★
Carrots ★ Millet ★ Oats ★ Pumpkin seeds ★ Sprouted
seeds ★ Oily fish ★ Dandelion

The Superfoods

Fruit Apricots, oranges, grapes, kiwifruit, peaches, nectarines, papaya

Vegetables Cabbage, broccoli, kale, celery, nettles, spinach, watercress, tomatoes, Oriental greens, rutabaga

Grains Whole wheat, wheat germ, millet, buckwheat

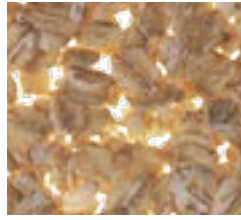
Nuts, seeds, etc. Hazelnuts, walnuts and walnut oil

Herbs Parsley, dandelion, sage, thyme, celery seeds

The danger foods

Dairy products and eggs Dairy products are often implicated in skin disorders. Choose recipes that exclude them, or use nondairy substitutes. Eggs may trigger eczema. If you follow a dairy-free regimen long-term, take care to supplement your diet with calcium and vitamin D. Consult your doctor before cutting dairy products out of a child's diet. Yogurt, especially goat's-milk yogurt, is generally good for skin problems.

Meat and animal fats These, especially pork and all processed meats, tend to exacerbate skin problems.



If you cannot avoid eating meat, trim off every scrap of fat, since it is in fat that the chemicals are stored. Wherever possible, choose organically produced eggs and poultry.

Sugar Sugar is particularly bad for acne sufferers. For sweeteners, use honey or molasses in small quantities, dried fruits, or concentrated fruit juices.

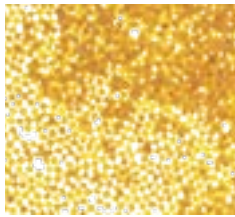
Coffee and tea There are more than 650 different chemicals in coffee, apart from caffeine, and none of them seems to do any good at all to your skin. The coffee substitute roasted dandelion root is beneficial in any skin problem. Tea can be drunk, in small amounts and not too strong.

Alcohol The skin is the first place where the effects of alcohol can be observed in a telltale flush. It is best avoided in all skin complaints.

Shellfish Fish and shellfish may trigger eczema.

The eating plan

Skin problems can result from eating the wrong foods or from allergic reactions or poor digestion and absorption of nutrients. Most frequently, poor elimination is the cause. Constipation is mirrored in a dull, clogged skin. There are many other factors involved in skin complaints, such as stress, anxiety, depression, environmental pollution, menstruation, pregnancy, and menopause. Whatever the cause of your problem, start your skin revolution with the Three-Day



Elimination Diet. This consists of the first three days of the Seven-Day Alimentary Plan (*see p.287*).

As toxins are eliminated through your skin, your skin problems may be aggravated to start with. However, persevere with the eating plan and improvement will come.

MENUS FOR A WEEK

Avoid strong tea and coffee and drastically reduce or eliminate milk.

Monday

Breakfast Oatmeal, a banana. Weak tea or herbal tea.

Light meal or snack Avocado and watercress salad (*p.224*); mixed dried fruits, seeds and nuts.

Main meal Verdant broth (*p.142*); Citrus chicken (*p.185*) and salad. A piece of fresh fruit.

Tuesday

Breakfast Soaked dried fruits with natural yogurt, followed by rice cakes and honey.

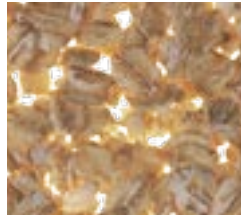
Light meal or snack Verdant broth (*p.142*) with whole-wheat crispbread; radishes and celery. Fruit.

Main meal Green pasta salad (*p.162*); Herring in oatmeal (*p.169*) with carrots and a baked potato.

Wednesday

Breakfast A fresh fruit salad; whole-wheat toast.

Light meal or snack Watercress salad (*p.223*).



Main meal Vegetable and barley soup (*p.147*) with whole-wheat rolls; Sprouted seed salad (*p.230*).

Thursday

Breakfast Muesli with fresh fruit.

Light meal or snack Hummus plus (*p.153*) with salad.

Main meal A slice of melon. Michael's millet and buckwheat (*p.261*); a green salad. Nuts and dried fruits.

Friday

Breakfast A fresh fruit salad; whole-wheat toast.

Light meal or snack Sprouted seed salad (*p.230*).

Main meal Artichoke vinaigrette (*p.148*); Grilled red mullet (*p.173*). Green salad.

Saturday

Breakfast Pineapple; a grilled kipper; whole-wheat toast.

Light meal or snack Pumpkin soup (*p.138*).

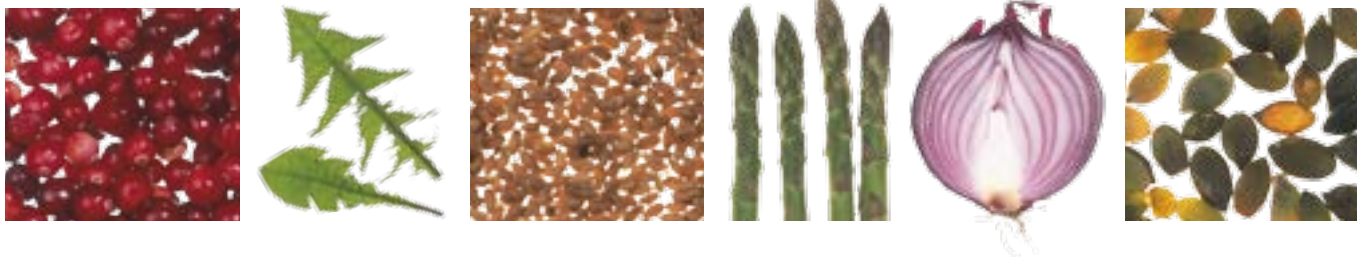
Main meal Half an avocado; Tofu and vegetable stir-fry (*p.200*). Spiced peaches (*p.244*).

Sunday

Breakfast Cold spiced peaches; whole-wheat rolls.

Light meal or snack Carrot soup (*p.140*).

Main meal Classic crudités (*p.150*); Citrus chicken (*p.185*); braised chicory. Sliced fresh kiwifruit.

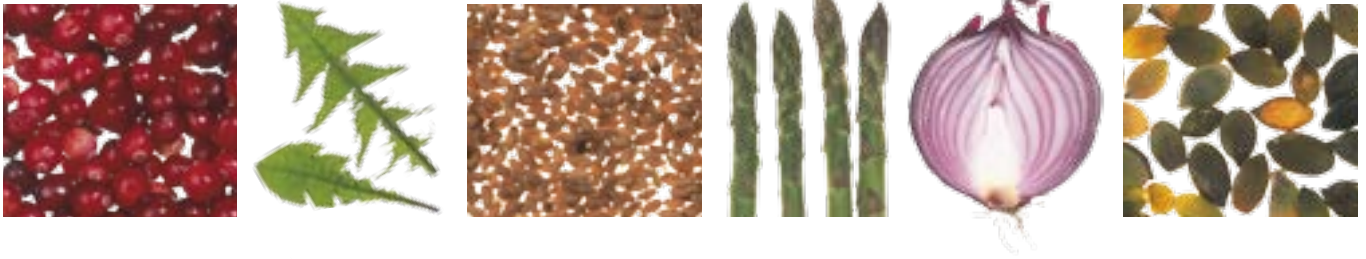


Urinary problems

The kidneys and bladder manufacture and store urine prior to its being passed out of the body. This eliminative action is vital to our health, since it rids the body of surplus water and filters out the waste by-products of metabolism. It is a mistake to consider the urinary system merely as a bit of sophisticated plumbing. The kidneys also help in the metabolism of vitamin D and in the production of some essential hormones, particularly those responsible for the control of blood pressure.

There is a whole range of problems that can affect the urinary system, including kidney and bladder stones, cystitis, prostate problems, thrush, urethritis and nonspecific urethritis, and many more. Even apparently minor urinary problems may be a sign of more serious underlying illness. You must seek professional help if you are aware of any abnormality in kidney and bladder function. This becomes urgent if you pass blood in your urine, if you have severe pain in the kidney region or when passing urine, if you have difficulty passing urine, or if your ankles become swollen.

Even the treatment of the more serious problems will be more effective when combined with healthy eating. Many of the less dramatic problems are much better treated in the kitchen than the surgery. Kidney stones, which tend to be a recurring problem, can be kept in check with the right diet. The misery of cystitis, which is the blight of so many women's lives, can respond dramatically to the omission of the Danger Foods and an abundance of Superfoods. Prostate conditions respond magically to a prescription for pumpkin seeds.



THE FOUR-STAR SUPERFOODS

Cranberries ★ Tomatoes ★ Asparagus ★ Onions ★
Barley ★ Pumpkin seeds ★ Dandelion

The Superfoods

Fruit Raspberries, green and red gooseberries, watermelon, grapes, apples, figs, red currants, black currants

Vegetables Cabbage, pumpkin, potatoes, carrots, eggplant, globe artichokes, horseradish, watercress, cucumber, celery, lettuce, runner beans, leeks, all leafy green vegetables

Grains Barley, soybeans

Herbs Juniper berries, parsley, thyme, garlic, sage, rosemary, celery seeds, chamomile, dandelion

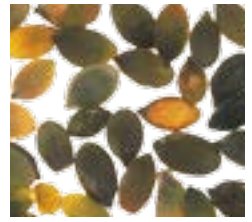
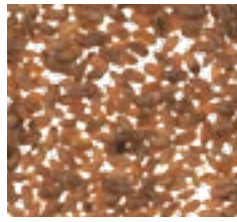
Nuts and seeds All nuts except peanuts; pumpkin seeds

Others Shrimp

Drinks Barley water, dandelion coffee

The danger foods

Animal protein Far fewer vegetarians than meat-eaters have kidney stones. The digestive breakdown of meat produces uric and oxalic acids, both of which may contribute to the formation of stones.



Dairy products These are high in calcium, so people with a tendency to form stones should eat dairy sparingly; yogurt, however, is very important in the treatment of cystitis and thrush.

Sugar All sugar, including honey and molasses, encourages the proliferation of microorganisms. Avoid sugar, particularly if you have recurrent infectious conditions such as thrush or cystitis. Sugars may also increase the absorption of calcium during digestion, which is not good news for stone-formers.

Salt encourages fluid retention and should be avoided by anyone with problems of the urinary system.

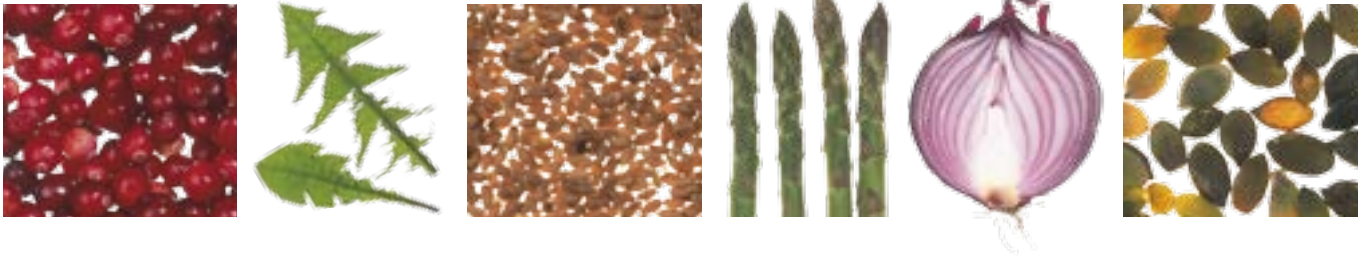
Coffee contains substances highly irritating and damaging to the kidneys.

Oxalic acid is found in tea, coffee, chocolate, rhubarb, peanuts, spinach, beets, and strawberries. In certain susceptible people, the oxalic acid content of these foods will promote the formation of stones.

Citrus juice drunk in excess will increase the acidity of the urine and add to inflammatory discomfort.

Malt vinegar and pickles Eat these sparingly for your own comfort, as they are very acidic.

Alcohol should be avoided by anyone with kidney or bladder disorders, since, in excessive quantities, it can interfere with the normal function of the kidneys.

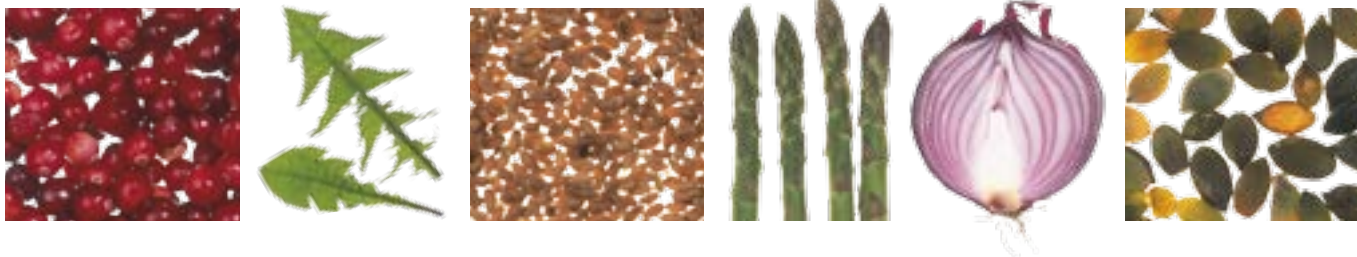


The eating plan

In experiments carried out in London by Professor John Yudkin and Dr. R. G. Price, animals fed sugar-containing diets developed early signs of kidney damage and the swollen kidneys seen in diabetic patients. The exclusion of all refined sugars from the diet is good advice for everybody, but for people with kidney problems, it is rule number one.

Salt is a major danger to the modern diet, and nowhere is this more the case than the urinary system. Salt encourages fluid retention, and this diametrically opposes the flushing action of the kidneys. A daily intake of salt in excess of 5 g (one level teaspoon) can have a serious effect on blood pressure, but the average person consumes 5–10 g of salt a day, even without using the salt shaker. Steam your vegetables without salt, and use lemon and herbs for seasoning. The herbs listed as Superfoods will speed recovery and protect against recurrence, which is one of the worst features of many urinary problems.

An increased fluid intake will improve and maintain urinary health. It is important to dilute the concentration of the urine and to ensure a steady “flushing-through” of the whole urinary tract. Aim for one quart (liter) a day, preferably bottled pure spring water. If stones are a problem, don’t drink tap water in hard-water areas. Eat as little meat as possible, or exclude it altogether. It’s also important to keep dairy consumption low because of its high calcium content, which can encourage the formation of kidney stones in susceptible people. Cottage cheese and sour cream are low in calcium. The value of yogurt cannot be overemphasized, since it provides bacteria that aid elimination.



MENUS FOR A WEEK

When following this Eating Plan, it is essential to drink at least one quart (liter) of liquid daily. Avoid tea, coffee, and large quantities of citrus juice.

Monday

Breakfast All the watermelon you can eat.

Light meal or snack Toast; Frisée salad (*p.230*).

Main meal Asparagus citronette (*p.150*). Pasta with spicy tomato and onion sauce (*p.260*). Baked apple with cranberries.

Tuesday

Breakfast Oatmeal; stewed fruit

Light meal or snack Beef and onion burgers (*p.216*).

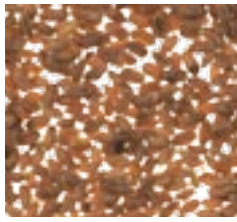
Main meal A selection of steamed vegetables; fruit.

Wednesday

Breakfast Two boiled eggs; whole-wheat toast.

Light meal or snack Brown rice and celery soup (*p.142*).

Main meal Ratatouille (*p.202*); Salmon with green sauce (*p.167*) with rice. A big bunch of grapes.



Thursday

Breakfast All the watermelon you can eat.

Light meal or snack Rice salad with parsley.

Main meal Vegetable and barley soup (*p.147*); Tofu and vegetable stir-fry (*p.200*).

Friday

Breakfast Black currants stewed in apple juice; yogurt.

Light meal or snack Tapenade with whole-wheat toast.

Main meal Orange and watercress salad (*p.228*). Cod with sesame and spinach (*p.174*) with rice. Some figs.

Saturday

Breakfast Selection of fruit purées.

Light meal or snack Red and yellow eggs (*p.158*); cucumber salad.

Main meal Tagliatelle with artichokes (*p.160*); Sauerkraut salad (*p.231*). Peach and apricot compote (*p.234*).

Sunday

Breakfast Croissants.

Light meal or snack Onion soup (*p.138*); chicory salad.

Main meal Asparagus citronette (*p.150*); Eggs Mornay (*p.159*) with steamed runner beans. Stewed apples with cranberries.



Weight control

Dieting doesn't work. We've all been through the diet mill dozens of times. Starting on Monday—after a weekend spent stoking up against the lean days ahead, and having a final fling with our friends—and stopping on Wednesday, when our self-control finally snaps at the sight of a crusty well-buttered roll, or a bar of chocolate. The humiliation, the battered self-esteem—and the resolve to start again in earnest, from next Monday. Who hasn't done it?

There are dozens of diets. They claim miraculous results with very little effort. Most of them are useless, and some of them are dangerous. The Drinking Man's Diet—high-fat, high-alcohol, high-protein, and practically devoid of fruits, vegetables, and carbohydrates—is a certain recipe for liver, heart, and nervous system disease. The very-low calorie diets, meal replacements, Atkins, or steak-and-black-coffee diets can damage the heart muscle, increase blood cholesterol, and permanently affect the kidneys. These diets are doomed to failure, since they make no attempt to change eating patterns, and boredom, fatigue, and cravings lead to the inevitable binge-and-collapse familiar to most habitual dieters.

Other recipes for disaster include low-carbohydrate diets, which eliminate the healthy, starchy foods such as whole-wheat bread, potatoes, pasta, rice, and other cereals that are essential sources of fiber and

“Fad diets are doomed to failure and many of them are also dangerous.”



nutrients; all-fruit diets, which can have a catastrophic effect on your teeth, and by their very nature do not offer a balanced food intake; and finally, the high-fiber, bran-with-everything diet. Sprinkling a few spoonfuls of bran onto everything you eat, and consuming vast quantities of baked beans and raisin bran, may keep your bowels regular, but can also seriously reduce your absorption of calcium, magnesium, iron, and zinc.

People who follow the rules of Harmonious Eating (*p.344*) for a variety of health problems almost invariably report weight loss as a delightful side-effect. They find, too, that when they eat this way, the urge to binge or to snack between meals gradually disappears as the digestion improves. If, however, your prime concern is to lose weight, the Superfoods Harmonious Diet is a unique mix of Harmonious Eating and reducing fat intake that will work for everyone. The Harmonious Diet is not a “diet” as such. It’s a way of eating that you can adapt to suit your tastes, your work schedule, and your social life. It is not a burden—you will never have to count a calorie; you will never have to weigh a portion of food; you will never have to refuse an invitation. You can start it at your next meal.

According to state-of-the-art research, the most successful—as well as the healthiest—way to lose weight is to restrict fat intake. However, if you cut it completely out of your diet, you will not only lose weight, you will also suffer a variety of health problems. Moreover, a diet devoid of fats and oils is a kill-joy diet for masochists, and is more likely than not to lead to rebound bingeing and failure. The Harmonious Diet Nutrition Scorecard is not based solely on whether foods are “fattening” or “slimming.” Like every other section in this book, the goal is good health, and good food is the means by which this is achieved.



So in this eating plan, calories don't really count. By following the Harmonious Diet, not only will your general health improve, but surplus weight will shed slowly and steadily. Remember, too, that exercise is vital, and the Harmonious Diet works best when combined with regular exercise.

The eating plan

The ten commandments for the overweight

- 1)** Before you even think of changing your eating habits, buy a notebook, keep it under lock and key, and write down faithfully, for seven days, every single thing that goes into your mouth, liquid or solid. At the end of the week, study your diary carefully, underlining the black spots, which you will identify without difficulty. You will now know your greatest temptations, and you can start planning a strategy that takes these weak spots into account.
- 2)** Your diary will certainly record moments when, despite your good intentions, a box of chocolates disappears, a bag of cookies miraculously empties, a pound of cheese, half a pound of butter, and a fresh crusty loaf vanish without your even noticing. It is interesting how often people binge on foods to which they may be allergic, and to which they have become as addicted as any junkie. There's an obvious solution: stop buying your binge foods, even if it does mean the rest of the family going without for a while. The urge to binge or snack is diminished, and often disappears, when you switch to the Harmonious Eating Plan.
- 3)** When you go out, don't use social pressures as an excuse to be diverted from the straight and narrow. You don't have to drink just



because everybody else is. Don't be intimidated by hosts or servers. If you were a diabetic, you would not accept a slice of chocolate cake, and obesity is just as much an illness as diabetes.

4) If as a child you were brought up to believe it is wicked to leave food on your plate, it's time to put away such childish notions. Always try to leave something on your plate. Always leave the table feeling you could eat a little more. When you're dishing up a meal at home, serve it on smaller plates than usual.

5) If everyone in the family has a weight problem, it is easier to tackle it as a family. It's disastrous to provide separate meals for one individual, while everybody else at the dinner table is wolfing down fast food and chocolate pudding.

6) Learning the mechanics of proper eating is a skill that can be acquired, just like a good backhand at tennis. Lesson one: even when eating alone, set the table; light a candle if you feel like it, use a bunch of flowers, or even a few wild grasses from the garden. Prepare your food, serve it elegantly, sit down, and enjoy it. Lesson two: chew! Digestion starts in the mouth: bolting leads to bingeing. Lesson three: when you've finished your meal, clear up and get out of the kitchen.

7) Western social life revolves around alcohol, which is very high in calories, and often displaces the more nutritious foods. If you find it hard to cut it out totally, give yourself an allowance of one glass in an evening and stick to it.



8) The golden rule is to choose nutritious foods that give you healthy bulk as well as vitamins, minerals, and proteins. Many foods widely regarded as bad for slimming are in fact the best. These include good carbohydrates, such as potatoes baked in their skins, bread made from whole grains, brown rice and other whole grain cereals, root vegetables, and beans and other legumes. Generous amounts of these foods, with lots of fruits, vegetables, and salads, and more fish, less meat and animal fat, make you leaner but not hungry.

9) Nobody's perfect. However determined, at some point you'll slip. Do not quit. The occasional lapse can so easily become an excuse for just giving up the whole plan. Exorcise your binge the following day by being extra careful. You'll be back on course in no time.

10) Lock the bathroom scales in the attic. Who needs the daily purgatory of the weigh-in? Nobody loses weight every day. The ideal average loss is 1-2 lb (0.5-1 kg) weekly. Weigh yourself at the drugstore the day you start, and try to go back at the same time on the same day and in the same clothes each week. Keep a chart and revel in the falling numbers!

The Harmonious Diet

We have listed all food in the three groups of Harmonious Eating. "A" Foods are the proteins, "B" Foods are neutral, and "C" foods are the starches.



The Nutrition Score-Card

There are five simple rules:

- 1) Do not exceed 12 points a day (* = 1 point).
- 2) You can eat A Foods with B Foods, or B Foods with C Foods, at the same meal, but not A Foods with C Foods.
- 3) Five-point foods should be saved for special treats.
- 4) Make sure you eat a wide range of foods, with five portions of fruit and vegetables and a salad each day.
- 5) If you exceed 12 points a day, don't give up. Have only fresh fruit for breakfast the next morning, or the juice of a lemon in a glass of hot water, and keep that day's points below 10.

Quantities

The following table allows for average portions, about the size of a helping you'd get in a restaurant, as opposed to the generous slab of cheese or the lavish carving of roast lamb you might serve yourself.

A Foods (Proteins)

5*****

All meat—beef, lamb, veal, or pork—roasted and served with its fat. Roast duck or roast goose with skin.

Cooked ground meat.

Scrambled or fried eggs.

Taramasalata.



Stilton, Parmesan, Gruyere, Roquefort, mature Cheddar, and real cream cheese.

All sauces made with cheese.

4****

Grilled, roast, braised, or casseroleed beef, lamb, veal, or pork with all visible fat removed.

Lean ground beef.

Roast chicken with its skin.

Fish canned in oil.

A 2-egg omelet.

3***

Grilled, braised or casseroleed liver, kidneys, or heart.

All oily fish grilled, baked, or steamed

Boiled or poached eggs.

Soft cheeses: Brie, Camembert, St. Paulin, Edam, Gouda, Wensleydale, Cheshire, etc.

2**

Roast turkey without skin.

All game birds. Hare and rabbit. Chicken—roast, grilled or casseroleed without its skin.

Cottage cheese.

Whole cow's milk.

Greek yogurt.



1*

All white fish—baked, steamed, grilled, or casseroleed.

All shellfish.

Reduced-fat milk.

Natural yogurt. Low-fat cottage cheese.

Very low-fat yogurt and skim milk have near-zero fat and calorie counts, so—within reason!—you can use these on their own as snacks, or incorporated into recipes, without increasing your point-count.

Mean dressing (*p.254*).

All fruits.

One glass 6 oz (150 ml) dry red or white wine, or dry cider. (Not port, sherry, or Madeira.) Not more than one of these a day.

Half-point drinks

Half a glass (3 oz/75 ml) dry red or white wine topped off with still or sparkling mineral water: not more than two of these a day.

A glass of fruit juice (6 oz/150 ml) mixed half-and-half with plain or sparkling mineral water.



B Foods (Neutral)

5*****

1 tablespoon butter, margarine, heavy cream, clotted cream, or whipping cream.

1 tablespoon mayonnaise.

All sauces made with butter, margarine, or cream.

4****

1 tablespoon light cream, sour cream, or half-and-half.

3***

1 egg yolk.

1 tablespoon desiccated coconut.

2**

All nuts except chestnuts, hazelnuts, and desiccated coconut. Pumpkin, sesame, and sunflower seeds. Nuts and seeds are highly nutritious, but very high in fat, so a 2** allowance is only a heaped tablespoon for nuts, a level tablespoon for seeds.

1 tablespoon extra-virgin olive oil, or other vegetable oil, preferably cold-pressed.

1*

Chestnuts. Hazelnuts.



No points

All vegetables, as long as they are raw, steamed, baked, or boiled. If you fry them, add 3 points. Vegetable juice—as much as you like, provided it's salt- and sugar-free. Tea or coffee without sugar, and with a dash of reduced-fat or skim milk: not more than three a day. Herbal teas without milk, sugar or honey, and water—as much as you like.

C Foods (Starches)

1*

- Potatoes: 1 medium-sized potato in its skin. 1 serving of boiled or steamed potatoes.
- 1 large whole-wheat roll.
- 1 whole-wheat pita bread.
- 1 serving pasta, brown rice, or other whole-grain cereal; or unsweetened breakfast cereal, served with skim milk.
- 1 banana.
- 1 slice of whole-wheat, rye, or other whole-grain bread.
- 2 crispbreads.
- 1 serving of oatmeal.
- 1 serving of potatoes mashed in their own or other vegetable cooking water.



- 1 serving cooked dried beans—butter, soy, chickpeas.
- 1 small bunch of very sweet grapes; 1 very ripe papaya;
4–5 fresh figs.
- 1 tablespoon of raisins or dried currants.
- A serving of prunes or dried apricots, unsweetened.
- 2 dried figs or dates (very high in natural sugar!)
- 8 oz (280 ml) of beer.

Treats

A scrape of jam, honey, marmalade, or nut butters: use very sparingly and charge yourself a point each time. If you use sugar in your tea, charge yourself half a point for each teaspoon.

Putting the Harmonious Diet to work

To begin with, make your own cheat sheet on a postcard and carry it with you for quick reference when you're eating out or shopping. Try to plan your daily menus in advance. This makes shopping easier and cheaper, and you won't have any excuse for running out of low-point foods. When you are the cook, working out the point-count of a given dish is easy. If you are eating out, in a restaurant, or with friends, it can be tricky. Here is our rule-of-thumb guide.

1) Any fried food, all dishes with cream sauces, all dishes with butter, anything with cheese—figure 5 points.



2) All vegetables—2 points for added butter, 3 points if they're fried.

3) All meat or fish dishes where you can see what you're eating—3 points. Add 2 for crispy skin or visible fat—even if you don't eat it.

4) Any dessert, including cream, chocolate, pastry, ice cream, or lots of sugar—5 points.

None of the following foods belong in the Harmonious Diet, either because they don't harmonize or because they are very high in fat, and often both.

1) Any form of processed meat—sausages, salami, lunch meat, etc.

2) Combinations of meat and pastry—steak-and-kidney pie, pork pie, Cornish pasty, quiche lorraine, etc.

3) Any combination of meat and cheese—lasagna, moussaka, pasta served with a meat sauce and cheese.

4) Battered, breadcrumbed, or just plain fried food.

5) Sugar's empty calories have no place in the Harmonious Diet, and the combination of poor-quality fats used in store-bought bakery and confectionery—especially chocolate—is particularly deadly.



MENUS FOR A WEEK

Monday (total: 10 points)

Breakfast A *roll with a little *butter.

Light meal or snack **Tricolor coleslaw (*p.231*), with low-fat cottage cheese. *Any fresh fruit.

Main meal **Citrus chicken (*p.185*), with *mashed parsnips and carrots. **Apple amaretto (*p.236*).

Tuesday (total: 12 points)

Breakfast *Oatmeal with *1 tablespoon of light cream. *1 slice whole-wheat toast with *a little butter.

Light meal or snack **Verdant broth (*p.142*); green salad with Mean dressing (*p.254*).

Main meal ***Sardines with mustard sauce (*p.168*). Camembert or other ***cheese, with celery.

Wednesday (total: 11 points)

Breakfast *Half a grapefruit; ****a 2-egg omelet.

Light meal or snack Grilled mushrooms on **lightly buttered toast; green salad with *French dressing.

Main meal *Michael's millet and buckwheat (*p.261*); Steamed snow peas in *olive oil. *Dried fruits.

Thursday (total: 12 points)

Breakfast *Fruit salad with **Greek yogurt and a drizzle of honey. Tea, coffee, or herbal tea.

Light meal or snack Sandwich made with *a slice of



whole-wheat bread; **a banana mixed with 2 chopped dates, sesame seeds, and lemon juice. Celery. *A pear.

Main meal **Tandoori chicken (*p.185*); *Tsatsiki (*p.231*). **Spicy winter bread pudding (*p.241*).

Friday (total: 10 points)

Breakfast *Banana on **toast—2 slices.

Light meal or snack *Verdant broth (*p.142*); *roll.

Main meal **Baked fish provençal (*p.170*) with spinach; Tomato salad (*p.226*). *Grapes and **Brie.

Saturday (total: 10 points)

Breakfast *As much fresh fruit as you like.

Light meal or snack **Toast; salad with chopped ripe tomato and a few black olives.

Main meal **Cornish game hen casserole (*p.188*); *Braised red cabbage (*p.200*). *Strawberries with **Greek yogurt and honey. *A glass of wine.

Sunday (total: 12 points)

Breakfast A *roll with a little *butter.

Light meal or snack **Green pasta salad (*p.162*). *A papaya or a ripe pear.

Main meal ****Carpaccio (*p.178*). *Tangerine and apricot dessert (*p.235*). *A glass of wine.



Harmonious eating

For people in the industrialized world, particularly in the affluent West, eating habits have changed more dramatically over the last century than in the thousands of years before. For example, we no longer eat foods grown in our neighborhood, or even in our own country; instead, we eat food from all over the world. We no longer eat what is in season; thanks to airplanes, freezing, and canning, we eat strawberries at Christmas, Brussels sprouts in mid-summer, and snow peas and avocados year round.

We may eat meat as often as three times a day, with bacon or sausage for breakfast, roast beef sandwiches for lunch, and meat and potatoes for dinner. We also eat denatured food—white flour, white rice, white sugar, chemically refined oils, dehydrated vegetables—from which fiber and important trace minerals have been removed.

Along with our food, we ingest dozens of different chemicals in the form of artificial additives, as well as traces of the tons of chemicals used in Western-style agriculture to ensure a perfect-looking product and a high yield. With all this, it's hardly surprising that our digestive systems, which have been programmed by thousands of years of far simpler eating, can't take the strain and begin to function badly. These days, digestive problems are almost endemic in Western countries. It's a fact

“Eating habits have changed more in the past century than in the last thousand years.”



that if our digestive systems are not working at 100 percent efficiency, the whole body suffers as a result. Absorption of essential nutrients is impaired. Toxic wastes are not eliminated. The gate is then opened to myriad health problems.

When Dr. William Howard Hay cured himself of chronic ill health in the 1920s simply by changing the way he ate, after all his medical colleagues had failed to help him with conventional medicine, he stumbled on the answer to many people's problems. He called it Fundamental Eating, and it formed the basis of what is now known as the Hay Diet. The fundamental rule of the Hay Diet is that concentrated starches and proteins are not eaten at the same meal. Thus, if you eat cheese, you don't eat bread; you can eat roast beef, but no roast potatoes; you can have chips, but not fish. According to Dr Hay, the human digestive system is not adapted to the simultaneous digestion of starches and proteins. When it is challenged repeatedly with such combinations, digestive problems result. The nutrients in food are poorly absorbed. Other more serious health problems arise.

The Hay Diet has improved the health of millions throughout the world who have learned how to combine foods in the right way, avoiding mixtures of food that fight. Not just digestive problems but diseases respond to Hay's concept, since the well-nourished, self-cleansing body has the increased resistance and raised vitality essential for nature's own healing processes.

It's not our recommendation that everybody should stick rigidly to Hay's Fundamental Eating plan, but the pulse of Hay can be felt throughout this book. The majority of the recipes given in each section use the healthy combinations of foods he recommended. In most cases, the menus reflect these principles of Harmonious Eating, as we have called it. Even if you feel perfectly healthy, try Harmonious Eating for a



few weeks. You may be surprised by how much better you feel. If you are not well—and particularly if you have a digestive or bowel or weight problem—Harmonious Eating will produce significant long-term benefits.

What to eat with what

In Harmonious Eating, all foods belong in one of three groups: Protein, Neutral, and Starch (*see p.335*). Starch foods can be combined with Neutral Foods, and so can Protein foods, but Starch and Protein foods should never be eaten at the same meal. Allow at least four hours between meals, and snack on Neutral foods only.

Following Harmonious guidelines, you will be eating in a new pattern, but you will quickly find that you don't need to discard all of your favorite foods. To show you how the plan works in practice, here is a week's menu.

MENUS FOR A WEEK

Monday

Breakfast Fresh peaches; natural yogurt with honey.

Light meal or snack Baked potato with sour cream and chives; a mixed vegetable salad.

Main meal Cold roast beef with a green vegetable and a large mixed salad. Cheese and celery.

Tuesday

Breakfast Oatmeal; whole-wheat toast and butter.

Light meal or snack Salade niçoise (*p.214*) (omit the potatoes). An apple or an orange.

Main meal Vegetable risotto (*p.194*). Dates and figs.



Wednesday

Breakfast Orange juice. Scrambled eggs; mushrooms.

Light meal or snack Verdant broth (*p.142*); rye crispbread or a crusty whole-wheat roll.

Main meal Rosemary chicken (*p.188*); Ratatouille (*p.202*); a green salad. A baked apple with almonds.

Thursday

Breakfast Orange, grapefruit, and tangerine segments.

Light meal or snack Tuna; Complete coleslaw (*p.226*).

Main meal Spaghetti con aglio e olio (*p.162*). A banana.

Friday

Breakfast Greek yogurt with honey and chopped nuts.

Light meal or snack Cheese omelet; spinach salad.

Main meal Vegetable risotto (*p.194*). Fruit salad.

Saturday

Breakfast Poached eggs with bacon and mushrooms.

Light meal or snack Whole-wheat pita with salad.

Main meal Grilled lamb chops with root vegetables and broccoli. Apples stewed with lemon juice and honey.

Sunday

Breakfast Compote of dried fruit; toast and butter.

Light meal or snack A bowl of muesli; sliced banana.

Main meal Grilled red mullet (*p.173*); spinach. Pears cassis (*p.236*).

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