

RBTI Living

General Dietary Guidelines

**Use your Range Dietary Guidelines
to modify these guidelines for your Range.**

NOTE: The enclosed guidelines are general in nature and are for a person whose body chemistry is in RANGE A. This is a person who can eat almost anything.

If you are following Range B, C, D or E Guidelines, you will need to avoid various foods listed here depending upon what your Dietary Range Guideline Sheet says.

CARBOHYDATES & STARCHES

Breads & Pancakes

The more bread and bread products you eat, the less variety of foods you can take in and digest. Too much of any one kind of food keeps you from eating a great variety of foods. There are many other foods that have the different minerals that you should eat to maintain optimum health. Remember to eat a great variety of foods.

Buckwheat Pancakes are an excellent source of mineral.

Corn Bread: Corn bread is very rich in mineral and does not need to be toasted. It can be used to put soups over for the evening meal.

Rye Bread: Rye Bread is much like wheat bread and forms a glue. Limit the amount of Rye Bread that you eat, and toast it so that it does not form a glue. If you are advised not to eat wheat for a while, eliminate the rye, too.

Wheat Bread: Too much wheat bread is eaten and not enough cornbread or rye bread. Limit wheat bread to two slices a day or less, and toast it before you eat it. If you toast it, it won't form glue that sticks to the walls of the colon.

Additional breads are Pumpernickel, Biscuits, Muffins, Whole Wheat Pita Bread, and Rice Cakes.

CEREALS

Hot cereals are preferable to dry cereals because they are easy to digest. Eating different hot cereals will provide additional minerals and add to variety in your diet.

Wheat Cereals: Cream of Wheat, Farina, Wheatina

Other Hot Cereals: Corn Meal Mush, Cream of Rice, Cream of Rye, Grits, Millet, Oatmeal

Grits are wonderful source of calcium and should be cooked for two hours until it is nice and smooth so the mineral is readily available during the digestion process. Soak it overnight in distilled water before cooking. Cook it for two hours until it is creamy and smooth. Stir frequently to prevent sticking.

Dry Cereals: It is always good to add ½ cup of 100% Bran to any dry cereal that is eaten. 100% Bran, Rice or Oat cereals, and Shredded Wheat are excellent choices. Flaxseed is a great addition to dry cereal. Soak dry cereals in milk to let it soften before eating.

GRAINS

Rice is a wonderful source of calcium.

Wild Rice is often grown in soil that is very poor and depleted in mineral. It is better to use white rice and add mineral to it such as All Spice – which is made of many different spices, Teriyaki, honey, or blackstrap molasses. Use any of those and you'll have added more mineral to the white rice than you'll ever get in the wild rice, and at a lot lesser cost. Remember, you should never add enough condiments to be able to taste them.

Brown Rice is about the same as white rice, just a different variety of it. There is a little difference, but it depends on the soil it is grown in. If the soil is depleted, the rice is depleted.

OTHER STARCHES

The following items are all right to use in moderation:

- Jerusalem Artichoke Pastas
- Vegetable Pastas

COFFEE & TEA

Coffee

It is all right to drink coffee. Dr. Reams recommended limiting coffee to one cup a day. If you drink coffee, do not stop drinking it all at once. Coffee is a stimulant that the body becomes dependent upon. Suddenly removing coffee from your diet can cause the body to go into shock and shut down. If you would like to decrease the amount of coffee you drink, decrease it gradually rather than all at once.

Coffee Substitutes

Pero and **Postum** are good substitutes for coffee.

Black Tea is a No-No. It contains Tannin which restricts the kidney walls. Read your tea labels to make sure they do not contain black tea.

Herbal Teas

Most herbal teas are good to drink. Some serve specific purposes. The following were recommended by Dr. Reams in his lectures.

Alfalfa tea should only be used where the carbohydrate reading is 5.5 or above, regardless of the range it is in. Drink it unsweetened.

Catnip tea is good for Ranges D & E.

Chamomile tea helps one to relax.

Chaparral tea is a mild laxative and makes vitamin C available to you.

Comfrey tea should only be used where the carbohydrate reading is 5.5 or above, regardless of the one is in – unsweetened.

Mint tea helps with digestion.

Nettle tea is excellent and makes Vitamin C available to you in vast amounts. It does not have much vitamin C in it, but it act as a very strong catalyst that makes vitamin C available to you.

Peppermint tea is best in B and C range – it speeds up digestion.

Sleepytime tea is good for D & E range.

Watermelon seed tea helps with water retention.

Other excellent herb teas are: **Calli Tea, Cornsilk Tea, Ginseng Tea, Jason Winters Tea, Licorice Tea, Parsley Tea, and Sassafras Tea**

You may have any other herb tea you desire unless it is limited in the instructions above. Keep in mind that Temperance is Godliness. Do not drink only one or two kinds of herb tea all the time. Drink a different kind every time. Alternate teas each day. Add Ginger or Allspice for digestion. Remember that Variety is the Spice of Life. The following teas are strongly suggested if marked.

CONDIMENTS

Dr. Reams recommended the following condiments to improve the taste and value of your food.

Allspice

Arrowroot

Artichoke powder is an excellent seasoning for soups.

BacoBits (soy) – Not allowed.

Basil

Blackstrap Molasses is rich in iron and builds the liver. It should be used freely in cooking, but never enough to taste.

Celery Salt

Chili powder is an excellent mineralized condiment and can be used in any range.

Chives

Cinnamon

Cloves

Coconut

Cornstarch

Curry Powder

Dehydrated onion

Dill

Garlic is fine if you are not allergic to it.

Ginger is good for digestion as well as your bath water. It helps remove toxicity through your pores.

Grated orange peels – just grate it right off of an orange

Honey

Horseradish

Hot peppers

Lemon Flavoring

Lemon peel

Maple flavoring – make sure it's pure

Minced onion

Mint

Mustard: Most people do not eat enough mustard, which makes vitamin C available to you. It can be used in any range in small amounts. It can be made into a plaster and put on your chest in order to make vitamin C available to you.

Orange flavoring

Papaya and papaya powder is a great meat tenderizer

Paprika

Red wine (a little with meats)

Saffron

Sage (a little)

Seasoned vegetable salt

Spinach Leaf Extract is very rich in chlorophyll. You can also buy liquid chlorophyll, which is excellent for adding to most any soup. But don't come up with green soup. Just add a little.

Teriyaki Sauce

Thyme

Tabasco Sauce

Vanilla flavoring

DAIRY

Dr. Reams recommended the following dairy products unless prohibited in the Ranges.

Acidophilus Milk

Eggs, boiled, poached, scrambled, or fried, should be eaten no more than two times per week.

Brown Eggs vs. White Eggs: If the chickens have been fed on the same food, there's not that much difference.

Cheese as permitted in Range guidelines.

Cottage Cheese

Kefir

Margarine: Not allowed.

Milk: Buttermilk, Skimmed Cow's Milk, Powdered Milk or Goat's Milk. No Soy.

FRUITS

Adding a wider variety of fruit to your diet will increase your variety of vitamin and mineral intake. The following unsweetened fruits recommended either fresh, frozen, canned, juiced, or dried. Dried fruits should be soaked in lemon water for at least 24 hours in the refrigerator.

Apples	Grapes	Pears
Apricots	Kumquats	Persimmons
Bananas	Lychees	Pineapple
Breadfruit	Mangos	Pomegranate
Cantaloupe	Melons (all kinds)	Plums
Cranberries	Nectarines	Prunes
Cherries	Oranges	Quince
Dates	Papaya	Tangerines
Figs	Mulberries	
Grapefruit	Peaches	

Fruits that have small seeds are not recommended with those who have constipation or colon problems of any kind. They are:

Blackberries	Boysenberries	Raspberries
Blueberries	Huckleberries	Strawberries

Any of the seed berries above may be juiced and strained and then it is OK to drink the juice.

Bananas: When a banana begins to turn black, that is when it is best to eat, unless it is soft, mushy and spoiled. If you wait just another day or two, it will turn completely black and spoil. You can freeze a banana just before it spoils, run it under a little warm water so the skin comes right off, dip it in carob and roll it in powdered coconut. This makes a tasty, wholesome treat. Frozen bananas are also great to make banana milkshakes.

Grapefruit: Grapefruit that has a tight core in the middle means it has enough boron. If you can stick your thumb in the middle of it, it means there's a boron deficiency. If all the slices, or plugs of the grapefruit are about the same size, it means it is a highly mineralized fruit.

Lemons: Some lemons have a pale yellow color and some have a darker yellow color. The darker yellow lemons are picked nearer maturity.

Papaya: Papayas should have black spots on them when they are ripe. If you buy them greener than that, wait until the black spots appear. That means they are ripe and ready to eat.

Pineapple: You can tell a good pineapple by its color. Even though it is green, it begins to show yellow spots in the side of it. Also, they're just a little bit soft. If it is not a beautiful pineapple color, smell it to see if it has soured.

Pears: **A pear a day will keep colonics away.** You get much better benefit if the pears are fresh rather than canned or frozen.

Pomegranate is one of the finest fruits for supplying manganese.

Watermelon is rich in nutrient that is needed for the kidneys and bladder.

Top quality fruit won't rot; it forms a shell-like wood around it. The skins become hardened somewhat but the fruit is still good within. Good grapefruit, oranges, cucumbers and squash will do that, but the poor ones rot. Low quality produce will rot but the rest will form a very hard shell.

Dried Fruits: Use distilled water or lemon water to soak dried fruits.

Dried Prunes: Soak in lemon water – 4 oz. of fresh lemon juice to 36 ounces of water – cover it. Soak it in the refrigerator for 48 hours. Prunes with seeds in them have more vitamin in them. It hasn't been cut or bruised – only dried.

FRUIT JUICES

Fresh fruit juice always has the best vitamins in it.

Fresh fruit juices will lose half their vitamin content within four hours, even though they are in the refrigerator or on ice. Within eight to ten hours they will lose all of the vitamin content. But minerally speaking, frozen concentrate is better than canned or bottled. Vitamins are always best in the fresh fruit, but the minerals are a different story altogether. The frozen concentrate is much better juice than the dilute juices inserted on the shelf. So always try to get the frozen orange juice, grape juice, tangerine juice – anything that you can get frozen in the concentrate form. Many times they say add three cans of water to one can of concentrate; however, it's much better if you add the fourth can. The only problem is, sometimes the pitcher won't hold it.

FRUIT PRODUCTS

The following prepared foods are allowed in moderation as long as the fruit and/or sugar content is not prohibited in the range that corresponds with your test numbers.

- Apple Butter
- Apple Sauce
- Cranberry Sauce
- Jam
- Jelly
- Marmalade
- Preserves

DRYING FRUITS

Don't freeze fruits. Dry them. There are fruit dryers out on the market that instruct you on how to dry fruit. You can dry them in an oven, or if you live where there's lots of sunshine, you can dry them in the sun. If you have a problem with flies, place netting over them to keep the flies off.

Pears: I don't advocate drying pears anytime because pears can always be purchased twelve months out of the year.

Apples, Berries, Grapes, and Raspberries: You can dry blueberries, raspberries, peaches, apples, and grapes into raisins. They dry well.

MEATS & ANIMAL PROTEIN

Choosing Quality Meat

Beef & Lamb

When choosing beef and lamb, you'll know the meat is from healthy animals when the tallow, or fat, is white. The whiter the tallow the healthier the beef or lamb. Fat that is off-color is from a sick animal. Never buy it unless the tallow is white. Meat that has fat marbled throughout the muscle is low in calcium.

Chicken and Turkey:

The fat on healthy chicken is just the opposite of beef. It should be a yellow or orange color – a deep orange color.

Eggs: When the yolk of an egg has a deep yellow or orange color, you will know it has come from a healthy hen. If it is a beige color, the hen wasn't too healthy.

Fish

The fat of a healthy fish is black. If they've got a lot of black fat in them, then it is a healthy fish.

The Bible tells us we may eat any fish that has fins and scales. This includes fish such as Salmon, Pike, Mullet, Fish Roe, Freshwater Carp, Cod, Anchovies, Sardines (with oil removed), Trout, Perch, Bream, Bass, Flounder, Haddock, Red Snapper, etc.

No special preparation is required before cooking.

PREPARATION OF MEATS

Fresh Meats – Lamb, Chicken, Turkey, and Beef

Fresh meats should be soaked to remove the blood and the fat. It is not necessary to use distilled water to soak the meats. **Soak meats in ¼ cup of salt per two quarts of water for 12 hours.** Do not use iodized salt because it takes much longer to remove the blood. Make sure there is enough salt water to cover the meat. Be sure to refrigerate while soaking. **After 12 hours, pour off the salt water, rinse the meat, and soak in plain water for 12 more hours.** Be sure to refrigerate while soaking.

After the blood has been removed and the fat taken off as best you can, the meat should be cooked well-done.

Hamburger Meat

Rinse the hamburger until the water runs clear, and then soak it for two hours in cold salt water – ¼ cup salt to two quarts of water. Rinse and soak in cold water for 2 hours.

Barbecued or Grilled Meats

The blood and fat must be taken out as described. It's okay to use charcoal or gas grills. You can use wood – hickory or oak, or charcoal. If you're going to use charcoal, start at least an hour before you barbecue and have nothing but red charcoals – no flame at all when you place the meat on the grill, and you will not get any bad effect from the charcoal. Some people don't digest grilled meats well. Go by the numbers. If you are able to eat them, be sure they are well done but don't overcook them. They will be too dry and difficult to digest if they are overcooked.

It largely depends on the sauce that you put on the meat that determines how well you digest it when it has been barbecued. If you put a good sauce that blends in with the meat, it will be tastier and much more digestible.

Canned and Packaged Meats

Potassium of nitrate or salt peter, which are preservatives, are added to canned and packaged meats. The nitrates and salt-peter accumulate in the body and can bring about maladies that shorten lives. Boiling will remove the potassium nitrate or salt peter from the meat.

Corned Beef Brisket already has the blood taken out of it. It is soaked in salty brine for six weeks before packaging. Rinse it well, and cover it with water in a pan. Bring it first to a boil and then simmer an hour per pound before serving.

Canned Corned Beef also has the blood taken out of it. It is soaked in salty brine for six weeks and washed before it is canned. To remove the fat and potassium nitrate, put the corned beef in a large pot and cover it with a gallon of water. Bring it first to a boil and then simmer for a half hour. Pour the water off and it's ready to use. You can also freeze it until you are ready for it. Corned beef goes very good with steamed cabbage.

Hot Dogs – Beef, Turkey, or Chicken Hot Dogs: Boil hot dogs for 30 minutes to remove the nitrates.

NO-NO FOODS

Black Tea contains Tannin which restricts the kidney walls. Read your tea labels to make sure they do not contain black tea.

Chocolate contains Tannin which restricts the kidney walls.

Sea salt: Stay away from sea salt. It is a no-no for all people in all ranges. Sea salt contains seven different kinds of salt, and if one of them doesn't get you, the other six will.

Pork or Pork Products: This includes ham, bacon, sausage, pork ribs, pork chops, jowls, crackling, crisp pork skins, chitterlings, any other part of swine, or anything that contains pork fat or lard. Do not eat hot dogs or bologna which contain pork.

No Shell or Skin Fish: This includes catfish, oysters, lobsters, scallops, clams, shrimp, crab, eel, tuna, dolphin, etc.

No "Unclean Meats": See the Bible, Book of Leviticus, Chapter 11. These include frog legs, snake, armadillo, possum, raccoon, squirrel, hamster, guinea pig, rabbit, horse, mule, swamp rat, bear, duck, goose, etc.

Try as much as possible to avoid:

- **Animal fats**
- **Black pepper**
- **Carbonated Soft Drinks:** Do not make a habit of drinking these instead of water. It is best to leave them alone as much as possible. When traveling, it is best to carry distilled water.
- **Nutmeg**
- **Refined flours**
- **Refined sugars**
- **White bread**

SEEDS & NUTS

The following seeds and nuts are rich in vitamins and minerals.

Almonds: Almond Milk is rich in mineral. To make almond milk, soak almonds for 12 hours in a mason jar filled with distilled water. Drain and put into the blender. Add 2-1/2 cups of distilled water. Add vanilla or honey if desired.

Coconut is easy to digest and rich in minerals.

Pinole Nuts are fine, but only eat a few at a time.

Boiled Peanuts – boil until the peanuts are soft.

Sunflower seeds and **Pumpkin seeds** are rich in minerals.

TIPS

Natural Alkaline Vitamin C – Fill an 8-, 10-, or 12-ounce glass half full with grapefruit, orange, pineapple, or apple juice. Add a quarter to one-half level teaspoon of baking soda and stir it in. It will boil and fizz. Let it set about 10 to 15 seconds while the baking soda that is not used up in the acid settles to the bottom, and then drink it while it is still fizzing. This makes an alkaline vitamin C. It's very good but only if your UpH is less than 6.5.

Vinegar can make the body alkaline because it penetrates the undigested calcium and breaks it down to energy where you can use it.

VEGETABLES – RAW, COOKED, FROZEN, JUICED

Raw Vegetable Salads

Salads should be eaten before any other part of lunch or supper. They should be eaten first. Use a great variety of leafy vegetables.

Salads ingredients should be chopped rather than cut up in bigger chunks to aid the digestive process. Salads may be made from the following and should include **at least seven items** among those listed below.

Any edible green leaf	Corn	Onions
Avocado	Cucumbers	Parsley
Beets (raw or cooked)	Dandelion	Radishes
Beet tops (raw or cooked)	Endive	Romaine Lettuce
Bell peppers	Garbanzos	Scallions
Broccoli	Hominy (canned)*	Scallion Tops
Cabbage (red, white, Chinese)	Jicama	Spinach
Carrots (grated)	Iceberg Lettuce	Sprouts (all kinds)
Cauliflower	Mushrooms	Tomatoes
Celery	Okra	Watercress
Cilantro	Olives	

*Be sure to rinse canned hominy well before eating.

Raw & Cooked Vegetable Tips

Bell peppers are a very rich source of vitamin A. The seeds are rich in manganese.

Bell Peppers – Stuffed: A variety of stuffing can be made for bell peppers and the seeds should not be thrown away. Rice and hamburger, or veggie burger, or stuffing made out of beans are all very good. You can make a vegetable stuffing with a little cornbread in it. When stuffing pepper, always use, if it agrees with you, some onion. It adds more minerals to the dish.

Celery is easy to digest but it's a good idea to take the stringy fibers off. When cooking celery, cook the leaves too. They are just as good cooked as any other part of the celery.

Cucumbers Preparation Tips:

- A cucumber sliced in round rings is not as tasty as when it is sliced the long way. You will find more flavor if you slice them lengthwise.
- Remove the outside layer and you will not taste it afterward.
- Eat the seeds of the cucumber because that is the most valuable part.
- Cucumbers are delicious when pickled. Sliced round is fine for pickles because the pickle taste is what you enjoy.

Tomatoes that are grown in good soil are absolutely delicious. When grown in poor soil they are highly acid.

Pickles: Either sweet or sour pickles makes calcium more available. But don't overdo it. You have to be careful when eating pickles. Don't eat too many at one time.

Yellow vegetables are rich in vitamin A.

Cooked Vegetables

Adding a wider variety of cooked vegetables to your diet will increase your variety of vitamin and mineral intake. The following vegetables may be eaten, either fresh, frozen, canned, or dried. Dried vegetables should be soaked overnight in water before cooking.

Artichoke	Corn	Onions
Bell Pepper	Eggplant	Parsnips
Black Beans	English Peas	Pinto Beans
Black-eyed Peas	Garbanzos	Red Potatoes
Broad Beans	Garlic	Rutabagas
Brussel Sprouts	Green Beans	Spinach
Cabbage	Hominy	Squash, all kinds
Carrots	Leeks	Sweet Potatoes
Celery	Lima Beans	Turnips
Chard	Mushrooms	Turnip Greens
Chayote	Mustard Greens	Yams
Collards	Okra	

Freezing Vegetables

Blanching ruins food because it opens up the pores of whatever you are blanching and the vitamin escapes.

Freezing Foods: When freezing food, prepare it exactly like you are going to serve it on the table. Slowly cook it just like you would serve it, then freeze it. When you are ready to serve, just heat and serve.

Beans: Simply cook and freeze them. Reheat when you're ready to serve.

Corn: There is no need to cook corn before freezing. For sweet corn or top-quality field corn, remove half the shucks and then put three to four ears in Ziploc bags, or more if you have larger bags, then freeze. When it comes out of the freezer, soak the ears in water for two or more hours and they will be as full and bright as they were when they were fresh. The silk that is under the shuck when it's frozen will help to thaw the shuck out very quickly when you soak the ears in cold water. When you remove the shuck, brush the silk off with a brush and it will easily come off.

Lentils: Simply cook and freeze them. Reheat when you're ready to serve.

Okra: Do not cut either end off of the okra that you are going to freeze. Just cook it whole and freeze it in a Ziploc bag until you are ready to serve it.

English Peas: Do not cook - just shell and freeze them. When you are ready, cook them on top of the stove until they're tender. They will need very little seasoning. Add the condiments according to the flavor that you desire in whatever dish you are preparing.

Peanuts, Fresh Green: Boil fresh peanuts until they're soft. Put a little salt in the water. It will take about four hours to boil them until they are really tender. Freeze in Ziploc bags and heat before serving.

General Information about Vegetables

You can use fresh, frozen, or canned vegetables.

You can steam, simmer, or stir fry vegetables.

Do not overcook vegetables. It's only when you overcook vegetables that you lose the mineral content.

If put the vegetables directly into simmering water, these vegetables will cook in just about three minutes.

Use a cake tester on vegetables like cabbage, broccoli, cauliflower, onions, potatoes, and carrots, etc. A toothpick is too big. Once the cake tester slips in without bending, remove the pot from the burner.

Vegetables That Are Low in Mineral

When cooking foods that are low in mineral, add a little bit of honey and unsulphured blackstrap molasses. To each two pounds of vegetables, add one rounded Tablespoon of honey – use the lightest colored honey you can buy, and one level teaspoon of blackstrap molasses – the blacker, the darker, the better. See the Condiments page for more ideas.

Black-eyed Peas: Don't try to prepare these peas quickly. They need a lot of cooking. Cook them until the soup turns black, whether it's fresh, frozen, canned, or dried.

Cabbage: Cabbage is very rich in vitamin A, chlorophyll, and calcium.

Corn – Fresh: If you overcook corn it will be tough and tasteless. Boil it no longer than three minutes. Really good corn is tender and can be eaten raw, or if you want it hot, just boil it long enough to warm it.

Corn – Frozen or picked longer than a week: Freezing and picking corn causes it to dehydrate. Soaking it in cold water for two hours before cooking will add more flavor to it if it is good corn. Boil for 3 to 5 minutes.

Corn – Canned or Frozen: Canned corn is better than frozen corn because once you cut the corn off the cob, it loses its vitamins completely in about four hours. Either get it home on the cob or in the can. Don't soak it in water because the juice runs out of into the water.

Corn – Home Preparation and Canning: Either freeze it whole on the cob or can it off of the cob.

Freezing Corn: Do not blanch it. Take about half of the shucks off and leave the rest on, and put it right into a Ziploc bag without blanching, just like it comes from the stalk.

Eggplant – Fried: Eggplant is rich in manganese and iron, and has some calcium. It's good in gravies, soups, and casseroles. It is purest when fried. After cutting up the eggplant, soaking the pieces in salt water for 20 minutes will remove the bitter acetic acid out of it. It is not necessary to rinse after soaking it. Dip the pieces in raw egg and flour and fry.

Eggplant Casserole: Slice and soak in salt water for 20 minutes. Rinse and cut the eggplant into little strips about an inch long, add corn, mushroom stems and pieces if you like, some eggs, cornmeal, canned milk, creamed corn, Allspice, a little olive oil, corn oil, or sunflower oil, and make a casserole out of it.

Eggplant Soup: Soak pieces in salt water for 20 minutes, and blend in the blender with just enough distilled water. Add mushroom soup and cook it for about 24 to 30 minutes. Season to taste.

Turnip greens are rich in benzene (beryllium), iodine, chlorophyll, magnesium, and iron, and are a rich source of the vital minerals needed in our diet.

Stir Fry: Certain vegetables are excellent stir fried. Chinese or regular cabbage, celery, mustard, turnip tops, and beet tops are just some of the vegetables that make excellent stir-fried dishes. Season to taste. Use only the recommended vegetable oils.

Canned Soups: Dr. Reams recommended Campbell's Chunky Vegetable and Creamed Soups before Campbell's started adding MSG to most of their varieties. Campbell's Healthy Choice Foods do not contain MSG.

Vegetable Juices

The following fresh vegetable juices contain a variety of vitamins and minerals and are recommended to add additional nutrients to your diet. Use a juicer for the following except for Green Drink, which should be made in a blender:

Beet Juice	Celery Juice	Tomato Juice
Cabbage Juice	Green Bean Juice	
Carrot Juice	Green Drink	

Cabbage Juice is good for an ulcerated stomach and intestines. Make cabbage juice fresh and drink 4 oz. at a time, within 5 minutes of juicing. Be sure to dispose of the pulp in a timely manner. Juiced cabbage and cabbage pulp sours quickly.

Green Drink

Use at least 3 different types of leafy green vegetables and blend with one of the juices listed below. Use distilled water if you are in Range C. Drinking 4 ounces daily will add more variety to your diet.

Beet Tops	Escarole	Spinach
Cilantro (a little)	Leafy Green Lettuce (any kind)	Watercress
Collard Greens	Parsley	
Endive	Romaine	

You may add a small apple or pear to the mix. The liquid base may be any one of the following:

Apple Juice	Lemon Water	Pear Juice
Pineapple Juice	Tomato Juice	Distilled Water

Blend any three of the leafy green vegetables in any one of the liquid bases listed above. If you use distilled water you may add an apple or a pear for flavor.

Do not add cabbage of any kind, celery, or any vegetable that is not green and leafy.

Do not make Green Drink in a juicer. Use a blender only.

VITAMIN RICH FOODS

Vitamin A

- Bell Pepper
- Cantaloupe
- Honey Dew Melon
- Musk Melon
- Yellow Vegetables

Vitamin D

Why are you low in Vitamin D? – Because you are lower in calcium.

- Chicken liver
- Chicken livers fried with onions are not too bad
- Cod liver oil
- Fish
- Skim Milk
- Turkey liver
- Sunshine is the best source of Vitamin D you can get.

Manganese

- Eggplant
- Pomegranate

Lemon Water

Lemon water should be made on a 1/9 ratio as follows:

- 10 oz. – made with 1 oz. of fresh lemon juice and 9 oz. of distilled water.
- 20 oz. – made with 2 oz. fresh lemon juice and 18 oz. distilled water
- 30 oz. – made with 3 oz. fresh lemon juice and 27 oz. distilled water
- 40 oz. – Made with 4 oz. fresh lemon juice and 36 oz. distilled water

Whichever selection of lemon water you make from the above list to drink per day, alternate it with the same amount of distilled water - lemon water every hour on the hour, distilled water every hour on the half hour, drunk over a 10-hour period each day.

Add sweetener as long as sugar levels are below 5.5 and use a different sweetener each day. Choose from Honey, Molasses, or Maple Syrup.

Refractive Index of Vegetable Juices¹

Calibrated in % of Sucrose or Brix

Vegetables	Poor	Average	Good	Excellent
Asparagus	2	4	6	8
Beets	6	8	10	12
Bell Peppers	4	6	8	12
Broccoli	6	8	10	12
Cabbage	6	8	10	12
Carrots	4	6	12	18
Cauliflower	4	6	8	10
Celery	4	6	10	12
Corn Stalks	4	8	14	20
Corn (young)	6	10	18	24
Corn, Sweet	6	10	18	24
Cow Peas	4	6	10	12
Endive	4	6	8	10
English Peas	8	10	12	14
Escarole	4	6	8	10
Field Peas	4	6	10	12
Green Beans	4	6	8	10
Hot Peppers	4	6	8	10
Kohlrabi	6	8	10	12
Lettuce	4	6	8	10
Onions	4	6	8	10
Parsley	4	6	8	10
Peanuts	4	6	8	10
Potatoes, Irish	3	5	7	8
Potatoes, Red	3	5	7	8
Potatoes, Sweet	6	8	10	14
Romaine	4	6	8	10
Rutabagas	4	6	10	12
Squash	6	8	12	14
Turnips	4	6	8	10

¹ This chart was originally developed by Dr. Carey A. Reams.

Refractive Index of Fruit Juices²

Calibrated in % of Sucrose or Brix

Fruits	Poor	Average	Good	Excellent
Apples	6	10	14	18
Avocados	4	6	8	10
Bananas	8	10	12	14
Cantaloupe	8	12	14	16
Casaba Melon	8	10	12	14
Cherries	6	8	14	16
Coconut	8	10	12	14
Grapes	8	12	16	20
Grapefruit	6	10	14	18
Honeydew Melon	8	10	12	14
Kumquat	4	6	8	10
Lemons	4	6	8	12
Limes	4	6	10	12
Mangos	4	6	10	14
Oranges	6	10	16	20
Papayas	6	10	18	22
Peaches	6	10	14	18
Pears	6	10	12	14
Pineapple	12	14	20	22
Raisins	60	70	75	80
Raspberries	6	8	12	14
Strawberries	6	10	14	16
Tomatoes	4	6	8	12
Watermelons	8	12	14	16

² This chart was originally developed by Dr. Carey A. Reams.