



ONCE-A-DAY

One way of trying to
EAT RIGHT



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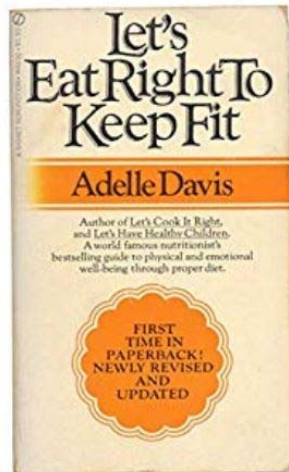
ON EATING RIGHT

Bottom Line 1 : Try to make at least 1 meal a day - "A Perfect Meal" - meaning, having it contain abundant "LIVE" foods of multi-colored fruits, multi-colored vegetables, dark green leaves/salad types, and COMPLETE protein.

Bottom Line 2 : No matter how responsibly we try to eat, we should ultimately ask and trust God to bless whatever we have to eat. Without His blessing, our polluted earth and soils and genetically modified seeds, pesticide-laden foods, etc. won't be what we need them to be. God's blessing can make any meal "A Perfect Meal." (The Bible teaches to pray over our food.)

- Most people understand the vital importance of "eat righting" to keep our human *machine* "running right" for years and years - to be able to enjoy as few painful and expensive and inconvenient break-downs and problems as possible. Just like a car. *Many people do not understand this.*

- In college I read a book (and several others) by a popular nutritionist (at the time), Adelle Davis. ("Let's Eat Right To Keep Fit"). One of her main points is that the human body is continuously building new cells and repairing damaged ones. If the body is trying to rebuild or repair a muscle cell, organ cell, blood defense cell, etc - and can't complete the job because it is missing an essential vitamin, mineral, or protein - why bother eating?



- **ONE MEAL THAT WOULD HAVE IT ALL.** Ever since then, I tried to daily prepare one meal **that would have it all.** This ended up being, for the most part, a salad containing spinach and/or kale, and loads of vegetables: carrots, cucumbers, broccoli, beans, celery, onion, etc. I would then add a hard-boiled egg, chopped meat of some type, and/or cheese. **DAIRY FOODS AND MEAT ARE COMPLETE PROTEINS.** I would also bring a washed piece of fruit of some type. I would try to vary this, but "an apple a day, keeps the doctors away." Raw

apples are a proven great "go-to" fruit. (Apple sauce is processed.) **Remember: LIVE FOODS.** Adelle Davis taught that every kind of heat, freezing, cooking, boiling, processing, canning, degrades food on various levels. Many times, eating our boiled and canned vegetables is essentially worthless - the vitamins and minerals have been boiled-away and/or destroyed molecularly.

- **EATING RIGHT IS JUST A CHOICE.** So, for decades I would prepare one of these "complete salad meals" to take to work. This required it to be climate-controlled. This meant a cooler with freeze-packs. Also required was salad dressing to help me "choke-down" the "bale of dry hay." I don't like salads. I don't like vegetables. I don't like eating fruit. **EATING RIGHT IS JUST A CHOICE.** Just like doing anything. **For the ONE meal, I advise - don't care how it tastes - it is not about taste . . .** It is about feeding what your body needs for at least one time every day. (On non-fast days. Fasting for spiritual reasons is an excellent life-discipline)

- **The human body needs 20 Amino Acids to function.** These combine to be "proteins." The human body can manufacture all but 9 ESSENTIAL AMINO ACIDS. (Muscles, ligaments, organs, hair, nails, etc. are made up of proteins.) Without eating these 9 essentials amino acids - the body cannot make what it needs to. That is why vegetarian diets can be dangerous if meals are not mixed to include these 9 essential amino acids, because plants generally only contain *some* of the 9 essential amino acids. You can be slowly dying on a careless diet. The chemical building processes in the human body many times needs a certain vitamin or mineral to complete the process. Imagine your body going to build a defense cell that specifically targets and kills cancers or disables "free radicals" that cause mutations. Your body says, "I need one of these, and two of that and one of. . . . I don't see any of these?. . .What?" Guess what. Those cells probably doesn't get built! How terrible!

You can be eating a meal containing "complete proteins" but missing a certain vitamin or mineral that is needed in the manufacturing process. Proper vitamins and minerals are important, too! You can't have just one or the other and think you are doing a good job, though! You need vitamins & minerals *AND* complete proteins. I have seen many people loading up on all sorts of vitamins and supplements, but neglecting complete proteins in the mix. Again, perhaps another waste of time.

- **Not eating right can effect your whole life.** It is no fun to not be able to think clearly on the job or while "doing life" - feeling sick, tired, slow, sluggish, head-aches, etc. - because your diet is bad. It is not fun being sick all the time because your body couldn't keep your defense system working correctly. It is not fun to live with all kinds of needless ailments or conditions - or even diseases - because of not purposely eating right.

- **Eating right is not easy.** Live foods are more expensive than other stuff. If you are like me, vegetables and fruits they are not fun to eat. Live foods tend to spoil quickly. Preparing and eating live foods take longer. Fruits and vegetables should be properly cleaned and trimmed and then chopped. Hassle. Fresh live fruits and vegetables cost more time and money. **Eating right is a hassle.** But we need to do it. How can we ask God to heal and

help with different diet-related consequences, when we won't do our part? I don't think He is that interested in helping in this situation very much.

- **Emulsifying Blender** About 6 years ago, I was watching an infomercial with a guy on TV making "smoothies" in an emulsifier blender. Emulsifiers are heavy-duty blenders with bigger motors and bigger grinding teeth that can literally grind about any food (including rock-hard frozen foods and ice) into a liquid. I thought viola! (wah-la!) I could pour all my raw spinach, greens, carrots, celery, vegetables, fruits, protein powder or yogurt or powdered eggs into this emulsifying blender - grind it up - AND DRINK IT DOWN! No more need to bring and refrigerate salad dressing to help choke down a salad. No more slow, laborious work of chewing-up the actual salad. Grind it up, drink it right down, and its done!

Please note: I used to call the finished shake "green pond swamp water", because that is what it can look like. Each day it tastes a little different, depending on what vegetables, fruit, and frozen fruit we put in, but, overall - it tastes bad. **Again, we are not doing this for the taste of it.** If I could give you a large glass of something and tell you it has everything perfect and complete what your body needs today (please add God's blessing on it) - should you really care what it tastes like? No! **Just drink it down, and get it over with!** Also, good and/or great emotional feelings of well-being seem to always follow when we are trying to do something - or anything - "right."

- **It is possible to add a larger variety of fruits with this drink-meal.** As nutritionists commonly teach, it is best to eat and include a large as possible variety of fruits and vegetables - of all types AND COLORS. It was hard to bring to work - and keep refrigerated - a bunch of different fruits.

This is now possible through this liquid-meal. Quick-frozen fruit is said to be *almost as good* as fresh fruit.



Some foods are just nasty in this meal shake. I tried adding fish once as the complete protein. Had to dump it. Almost puked. By the way, you can almost not even taste spinach in one of these shakes! My son blew my mind once adding it to his *ice cream shake*. You couldn't taste it! Also, you can add ice cubes and milk to this meal shake - get the protein from the milk - AND it tastes more like a regular milkshake! We always add a little lemon or lemon juice to our

shakes. Lemons contain some serious - almost mystical - health properties. Lemons are anti-bacterial, anti-septic, and a natural bleach cleaning agent, among many other beneficial things. Complete protein can also be added with yogurt or quality (complete) protein powders - available on the market today. Inexpensive and quality cheese "sticks" can be consumed (not in the drink) to include your "complete" protein. All-inclusive vitamin & minerals supplement in powder or liquid form - can be added to the mixture. **It has been said by many that because of today's over-farming and generationally- depleted soils - fruits and vegetables today do not contain the vitamins and minerals they once did.**

- **"Juicing."** Fruit and vegetable "juicers" are small appliance machines that basically squeeze all the liquid out of fruits and vegetables. The pulp is usually then discarded. I think this can be very expensive. You have to buy a lot more material to get a glass of something. Nutritionists also say a lot a good vitamins and minerals are still in the pulp, and it is wasted because it is thrown-out. Also, the pulp is good "roughage" which is good for the intestinal track and digestion and good health. I think emulsifying blenders are a better solution since they save all the pulp and the juice - grinding everything down to a liquid.

- **Sugar is not our friend.** Sugary foods are fun! I like them! Ice cream, chocolate, pies, donuts, candies, etc. My grandfather was a candy-maker from Italy. It's in my genes! But, you usually feel drained and tired, and even irritable after too much sugar. Sugar-dumping your bloodstream with a soft drink and other sugar-foods makes your pancreas pump insulin into the bloodstream to try to lower the sugar level. **High blood sugar levels destroy so many different parts of the human body that it is scary.** It is believed the because of so many episodes of sugar dumping in the human body, the pancreas actually quits or surrenders - and we end up with rampant diabetes on our hands, in our society (People then have to take their own insulin). It is not wise to be in the habit of pounding-down large sugary monster drinks and such. They can literally be killing us. Careful moderation of sugar is wise.

- **Try to daily hydrate with water.** Enough cannot be said about this. Many ailments are actually caused by dehydration or mild dehydration. I used to only drink water if I felt very thirsty. I would work for years in burning heat, sweat like crazy, and not bother to purposefully hydrate. One day in my 50's, after a hard days work in heat, I went home, and my visual world began spinning from left to right, and then start over again left to right. I could not stop it. I though I was having some kind of stroke or heart attack. Fortunately, my family and I prayed hard about it, and felt water would be the cure. I immediately drank several glasses of water. It worked! Saved me a trip to emergency. I started purposefully hydrating from then-on for the rest of my life. It was never an issue again. An old friend of ours had painful, debilitating headaches for years. Sometimes she would have to take day(s) off of work, and just lay in bed all day in misery. I inquired about her water intake. **She said she never drank water.** She took our advice, started purposely hydrating daily, and to my knowledge, never had the problem again! It has been said that when you are actually experiencing the feelings of being thirsty - your body is already in a state of dehydration. Consciously hydrating through the day before the body's communication of low water levels is smart. People who consume a lot of

coffee, teas, sodas, alcohol, and other diuretic drinks (diuretics cause the body to excrete water) should also perhaps over-compensate with conscious daily hydration.

- **Without God's help**, we can make our body - our god. This is commonly seen today in our preoccupation with ourselves, our health, our beauty, our physiques, etc. ***We can also make our diet and nutrition - a god.*** I think it is wise to keep this whole arena as simple as possible - but one we can sustain as a lifestyle, without it being disruptive and stealing an inordinate amount of our time and energy. One simple and common-sense good meal a day, as proposed - can accomplish this.

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