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The Ultimate Diet:

Superior Foods, Diet Principles and Practices for Perfect Health

...by **T. C. Fry**



- Revealing the health-generating diet of alkaline foods.
- Revealing how to determine the correct and most beneficent foods.
- Revealing diet principles and practices that contribute to the highest possible level of health.
- Revealing ways to increase the biological value of your diet manifold.
- Revealing how to overcome digestive problems.
- Revealing how proper foods and diet practices help you to become well and stay well.

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NOTICE TO THE READER

We do not intend nor wish that you should be confused in our usage of terms.

Many terms are used interchangeably in the LIFE SCIENCE series of books. Therefore this note of explanation.

The following terms are synonymous: LIFE SCIENCE, NATURAL HYGIENE, HYGIENE, HEALTH, HEALTH SCIENCE. All these terms signify the science that embraces all that bears upon human welfare. The following terms may also be used and are, therefore, defined:

BIOLOGY: The science of life

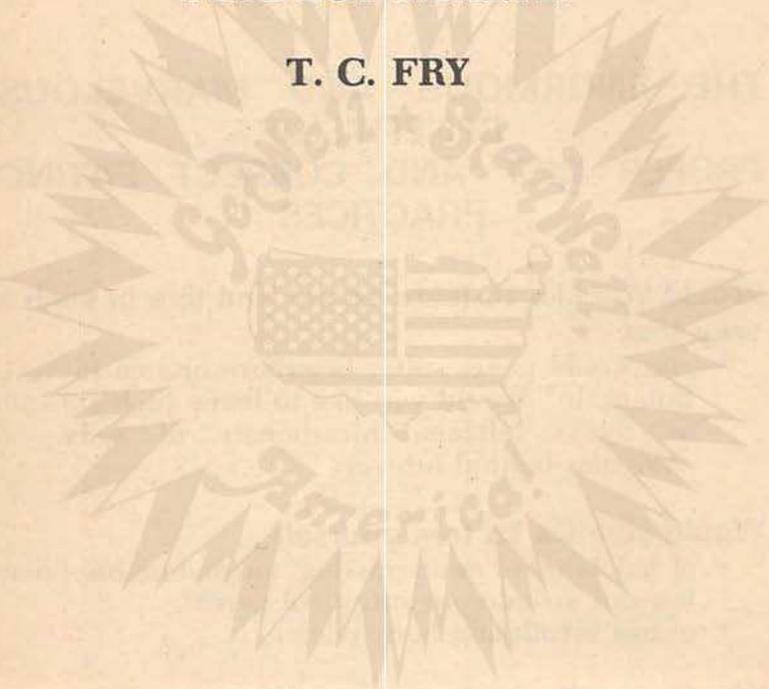
NATURAL LIVING: Living in accord with the laws of
of life

NATURAL: That to which we have as creatures of nature been adapted.

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**SUPERIOR FOODS, DIET PRINCIPLES
AND PRACTICES FOR
PERFECT HEALTH**

T. C. FRY



FOREWORD

It is obvious that, in order to get the best performance results from an engine, be it jet, automobile, diesel, or any other kind, you must use the fuel the engine was designed for.

Likewise, it should be equally obvious that, in the case of humans and animals, the highest states of health and function can be achieved *only* if foods are used to which the organism was adapted during its development.

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THE ENORMOUS AND MARVELOUS BENEFITS OF PROPER DIET AND CORRECT EATING PRACTICES

Would you like to learn to eat and live in such a way that . . .

- you would never suffer heartburn or acid indigestion again? Would you like to leave such antacids as tums, seltzers, bicarbonate of soda, *ad nauseum*, behind forever?

Would you like to free yourself . . .

- of belching, of embarrassing, uncomfortable bloating and malodorous intestinal gases?
- of bad breath and body odors?

Would you like to free yourself . . .

- from constipation and restore normal function to your body? In short

Would you like to live . . .

- in perfect harmony and peace with your digestive system with hardly more awareness of its operations than those of other body organs?

Would you like to learn how ...

- you need never have heart or cardiovascular problems, even though 54% of all Americans presently die from these problems? Would you like to learn *how* to correct such conditions to the extent possible in case you are already beset with them?

Would you like to learn why ...

- you need not have to face the dread scourge of cancer which 25% to 35% of all Americans seem destined to suffer from?

Would you like to learn why you need never ...

- suffer any maladies at all, not even another cold or headache? In short....

Would you like to learn how, by observing correct diet and living practices, to enjoy the highest level health your present potential will permit of?

Did you know that a lifelong condition of perfect health, completely disease free, is the *normal* state of human existence through a joyous, rewarding life in excess of 100 years?

The purpose of this book is to establish some of the bases for realizing the high health potential with which humans are endowed.

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**“Tis better to be ignorant than
to know so much that isn’t so.”**

GUIDELINES FOR DETERMINING THE CORRECT HUMAN DIET

What should you eat? When should you eat? How should you eat?

It’s incredible that such simple questions should meet with such a sea of confusing answers. Dietitians, nutritionists, medics, scientists—all seem to have different answers and offer conflicting viewpoints. Obviously all cannot be correct.

The answers are very simple and anyone not so miseducated as to have lost his or her common sense can readily provide the answers.

In establishing the qualities foods must have to be ideally suited to the human diet there are some rather self-evident considerations.

Certainly, you want those foods in your diet that will best serve your nutritional needs and lay the basis for wonderful health. Therefore, you should be guided in your selection of foods by these requirements:

1. The food must be palatable in its **NATURAL** or **LIVING STATE**. This means, to most, its “raw” condition. Humans have deranged the nutrients in their foods by cooking only for a few thousand years. They have suffered much as a result. Experiment after experiment shows that **ONLY** a living food diet will sustain health at the highest level. To be palatable we must relish a food in its “raw” state without destroying most of its values through death-dealing heat.
2. The food must contain no harmful or toxic substances. It must furnish the body with no extraordinary eliminative problems or in any way interfere with normal body processes.

3. The food must be delicious in its raw state! It must be tantalizing to the undepraved tastes of healthy humans.
4. The food must be easy of digestion and assimilation. It must place no extraordinary digestive burdens upon the body.
5. The food should be, ideally, alkaline in its metabolic end products. If it is not, then it must be ingested with other foods which serve to make the meal a predominantly alkaline one. Humans are among a class that require mostly alkaline foods.
6. The food must contain a rather broad range of nutrients and food factors in utilizable form. Most foods in nature are well-rounded in their nutrients, having a rather complete complement of vitamins, minerals, proteins, carbohydrates, fats, enzymes, auxones and other food factors, known and unknown. If we disregard the water content of foods, most of them do not differ significantly in their nutrient content though all differ and vary.

All this is to say that the objectives in the selection of foods is to arrive at those that have the highest possible biological value for us.

Without going into any of the overwhelming substantiating evidence I, at this point, say that **ONLY** certain fruits, vegetables, nuts and seeds eaten in compatible combinations meet all the above criteria admirably. Some of these are mentioned further along.

DIET PRINCIPLES AND PRACTICES TO FOLLOW FOR PERFECT HEALTH

First, I am gratified that you are reading this volume. It pleases me that you are concerned enough with your health and well-being to seek in Natural Hygiene the answers to many common physiological problems.

My main subject is DIET PRINCIPLES FOR PERFECT HEALTH and I use the term "perfect health" to denote health of the highest order of which humans are capable.

Furthermore, I do not wish anyone to think that I am saying that perfect health will automatically flow from the diet principles I enunciate. Diet is a most important factor in any program for realizing and maintaining health but an ideal diet alone cannot confer the highest state of health. Humans are more than merely what they eat. **KEEP THAT IN MIND!** Proper foods properly eaten is but one facet of many in a well-ordered health program! There are many other factors and influences essential to a high state of health which you may find in other Hygienic literature.

However, the problems I'll touch upon here spring principally from what we put into ourselves via the mouth! The problems of embarrassing intestinal gas, poor digestion, indigestion and upset stomach, heartburn, constipation and stomach distress are but the most noticeable results of poor diet practices. I emphasize that these symptoms are not altogether due to poor diet practices, for *other* practices can vitiate an otherwise good diet! We bear these pathological discomforts not realizing that they are some of the immediate and visible consequences of a bad diet and poor eating practices. If an improper diet and atrocious eating habits are continued, not only will these discomforts continue but will evolve into serious diseases. Nearly every disease of mankind springs in whole or in part from wrong eating. Most diseases have their origins in the substances we put into our bodies.

THE STARK ENDING FACING MOST AMERICANS

Presently 54% of Americans die of so-called heart attacks. Cardiovascular problems should at least be called "heart poisoning," though, in fact, all problems are systemic problems. Americans, through such poisonous habits as tobacco, coffee, alcohol, salt, vinegar, chocolate, teas, condiments, etc.; through bad and inadequate foods which contain poisons or become poisonous after ingestion; through lack of exercise; through the effects of polluted air and water and through patterns of living that enervate, vitiate and intoxicate their bodies; through all these sources of poisoning their circulatory systems clog up and their vital organs, tissues, nerves and cells are slowly destroyed. Because of this, the second most vital organ, the heart, can no longer struggle against such insurmountable impairments to meet the body's circulation needs. Death is the result.

What goes into the body is primarily responsible for cardiovascular problems as Americans unknowingly, innocently or deliberately, permit into their systems toxic and unfit substances such that they gradually poison themselves out of existence.

CARCINOGENS: EVERY ANTI-VITAL SUBSTANCE IS CARCINOGENIC

One of five Americans presently die of cancer, another end pathology of chronic systemic poisoning. Every poison is a carcinogen. Everything taken into the body that is anti-vital in character is a carcinogen. Even the body's own metabolic wastes become carcinogens if chronically retained. As approximately one of every three Americans are destined to suffer excruciatingly from the dread scourge of cancer, one of the most difficult of all diseases to *cause*, this is some indication of the universal extent of self-poisoning practices in America!