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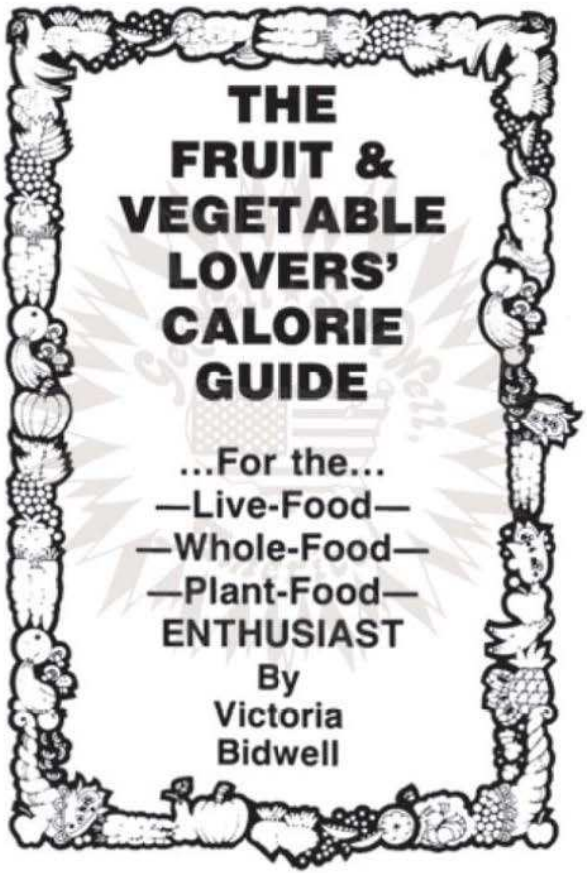


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# *The Ideal Diet*

*The Ideal Diet for superlative health complements the human anatomy, physiology, and biochemistry...as well as human politics, economics, ethics, aesthetics, and spirituality.*

*The Ideal Diet is formally defined as:*

- ✔ *fresh, nontoxic fruits and vegetables, nuts and seeds*
- ✔ *in their uncooked, natural state.*

*These foods are eaten:*

- ✔ *in proper combination*
- ✔ *and modest amounts,*
- ✔ *under conditions of nonstress and nonfatigue.*

*Finally, these fresh, wholesome foods are eaten in a spirit of reverence.*

The Ideal Diet is in direct contrast to The Standard American Diet (SAD). The SAD Diet is the typical 4 Food Groups: Milk & Dairy, Meat, Bread & Cereal, Fruit & Vegetables (mostly cooked). The S A D Diet today is invariably served throughout with plenty of zero-nutrition Junk Food.

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# Chapter 1
# Calories Don't Count...BUT...

A calorie is defined as a unit of heat energy required to raise the temperature of 1 gram of liquid water 1° Centigrade. Science tells us that 3500 calories assimilated from foodstuffs beyond the daily requirements for bodily needs results in a 1-pound weight gain. Likewise, a deficit of 3500 calories in the diet results in a 1-pound weight loss.

Most Americans struggling to either gain or lose weight have been trained in this "calorie conscious" mode of thinking. **This book, then, is written for those who have discovered that whole, raw, plant food is the only diet for reaching their highest health potential...BUT...who still operate in The Calorie Mentality.**



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As you continue healthful eating on The Ideal Diet of fresh, raw fruits and vegetables, nuts, and seeds, you will—in time—drop this Calorie Mentality altogether. For the truth is: When we eat the foods fit for human physiology and biochemistry in their natural, untampered state, then...calories don't count!

Indeed, CALORIES DON'T COUNT... BUT...we have been brainwashed and conditioned into eating the Standard American Diet (SAD) in all its tasty, toxic, addicting, sickening glory. As we are striving to give up the highly caloric foods of our affection in trade for simple, nonstimulating, nonaddicting, whole, raw, plant food...then some of us still trapped in The Calorie Mentality need help.

*The Fruit and Vegetable Lovers' Calorie Guide* provides just such needed help. It is designed to carry in your purse or pocket and to fortify you when faced with SAD or Ideal choices: a slice of apple pie for 345 calories or an apple for 75? a piece of pineapple cheesecake for 350 calories or a slice of pineapple for 74? For in all cases, the processed version of The Ideal Food will be 3 to 4 times higher in calories and loaded with



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salt and/or chemicals and made with animal products.

It is the purpose of this handy *Calorie Guide*, therefore, to provide a ready reference for all foods on The Ideal Diet so that when...in a moment of temptation/crisis...the Whole, Raw, Plant-Food Enthusiast can consult this book and find inspiration to make the right choice.

It is for this reason, also, that several pages of instructional materials have been included. Hopefully, the reader will find encouragement. When the old favorites from the SAD, cooked, toxic food start looking good, pull out *The Guide* and renew your commitment that contributes to Health and High Energy.

## The Basic Tenets of Natural Hygiene

This little book is written in support of Natural Hygiene as the superlative health care system. Natural Hygiene teaches the importance of a nontoxic lifestyle in all areas of one's life, **especially diet**. In order to fully appreciate the value of The Ideal Diet in achieving health, first an understanding of



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The Basic Tenets of Natural Hygiene is needed:

1. NATURAL HYGIENE holds that health is the natural state of all living organisms and that health is maintained through natural, self-healing processes.
2. NATURAL HYGIENE holds that the one cause of all disease is the toxic saturation of the body at the cellular level, brought on by depletion of nerve energy reserves through wrong living practices.
3. NATURAL HYGIENE views disease as an orderly progression of stages by which the body attempts to isolate and/or eliminates abnormal accumulatioms of metabolic waste and ingested poisons.
4. Because toxemia is the accepted cause of all disease, NATURAL HYGIENE refutes the concept that microorganisms or "germs" cause disease.
5. Because **only** the body is capable of instituting cleansing and healing processes, NATURAL HYGIENE rejects ingestion of unnatural substances as both toxic and enervating practices. Likewise, externally applied treatments can only



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further weaken the body and interfere with cleansing, healing processes.

6. NATURAL HYGIENE recommends the following as proper food for man: whole, raw, plant foods; eaten with reverence, in proper combination and modest amounts; and eaten under conditions of nonstress and nonfatigue.
7. NATURAL HYGIENE employs fasting, which provides the deep physiological, sensory, emotional, and mental rest the body needs in order to generate sufficient nerve energy to best conduct the eliminative, reparative processes.
8. NATURAL HYGIENE maintains that health is one's own personal responsibility, achieved only through following healthful living practices in all areas of one's life.

**BRIGHTEN YOUR DAY**



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## The One Cause of All Disease... According to Natural Hygienists

## "TOXEMIA"... "AUTOINTOXICATION" ..."TOXICOSIS"

**These 3 words are all synonymous for...the one cause of all disease and low energy. "TOXEMIA" is the saturation of the bloodstream and tissues with toxic waste, caused by insufficient nerve energy to perform basic eliminative tasks at the cellular level.**

A lifestyle dominated by energy-robbing activities inevitably leads to complete exhaustion—mental, emotional, physical, and spiritual. The body continues to function—but in a state of "enervation": it is "out of nerve energy."

**When nerve energy is low, elimination of toxic waste is impeded: the body must operate under a toxic handicap. Poisons saturate first the bloodstream and then the cells/tissues/organs/systems.**

Continued overload results in waste being stored in "out of the way" depots: joints, arteries, fatty tissues, tumors, cysts, and so



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on. Where the toxins are deposited is the name of the disease. All the while the precious "adaptation energy" supply is being squandered. Natural Hygiene offers a systematic means to escape this fate. By living a nontoxic lifestyle, nerve energy is restored to its highest potential and then is used conservatively...so that there is always enough for health and for pleasure and for life's responsibilities.

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## The 2 Sources of Toxemia

We poison ourselves in two ways: from within the body (Endogenous Toxemia) and from what we taken into the body from the outside (Exogenous Toxemia). With Natural Hygiene, we can learn to minimize the former and almost totally eliminate the latter.

**ENDOGENOUS TOXINS from:**

1. Metabolic waste, on-going toxic by-products on the cellular level
2. Spent debris from dead cells
3. Emotional/mental distress
4. Physical distress/fatigue

**EXOGENOUS TOXINS from:**

1. **Unnatural food and drink**
2. **Food deranged by cooking/refining/preserving**
3. Medical/pharmaceutical/herbal/supplemental drugging
4. Smoking, alcohol, recreational drugging
5. Environmental/commercial/industrial pollutants
6. Impure air and water

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## THE ENERGY ENHANCERS

1. **Cleanliness — both external & on the level of the bodily tissues and fluids**
2. **Pure Air**
3. **Pure Water**
4. **Adequate Rest & Sleep**
5. **The Ideal Diet**
6. **Adequate Sunshine & Natural Light**
7. **Right Temperatures**
8. **Regular Exercise**
9. **Emotional Balance & Freedom from Addictions, with High Self-Esteem & a Purposeful Life with Meaningful Goals**
10. **Nurturing Relationships**

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## Promises of The Ideal Diet

Natural Hygiene teaches a nontoxic manner of living in all areas, **especially the diet.** As the foregoing points out, one of the primary ways we poison ourselves is from taking in: #1 - Unnatural food and drink and #2 - Food deranged by cooking/refining/preserving.

*The Fruit and Vegetable Lovers' Calorie Guide* promotes an all whole, all raw, all plant foodplan as The Ideal Diet **because** it is nontoxic. By following this Fruit and Vegetable Lovers' Diet, we do not systematically poison our bodies/minds/spirits with cooked, refined, chemicalized, salted, fatty, sugary foods from meat, grain, dairy, and junk sources. Nor do we corrupt the fresh fruits and vegetables with cooking, condiments, sauces, and gravies. **Furthermore, on The Ideal Diet, we do not take in enormous quantities of empty, nutrition-deficient calories.**

Hopefully, this *Calorie Guide* will continually inspire us onto The Healthful Eating Path so that we may enjoy The Promises of The Ideal Diet...forever.



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## Promises of The Ideal Diet

**THE IDEAL DIET:**

1. is nutrition sufficient
2. is nontoxic
3. encourages moderate eating
4. takes minimal energy to digest
5. eliminates the "food-hangover"
6. results in clear thinking
7. enhances positivity and serenity
8. *enhances energy*, strength and endurance
9. eliminates toxins and *restores nerve energy*
10. "disease-proofs" the body
11. rejuvenates the body and spirit 10-20 years
12. promotes longevity



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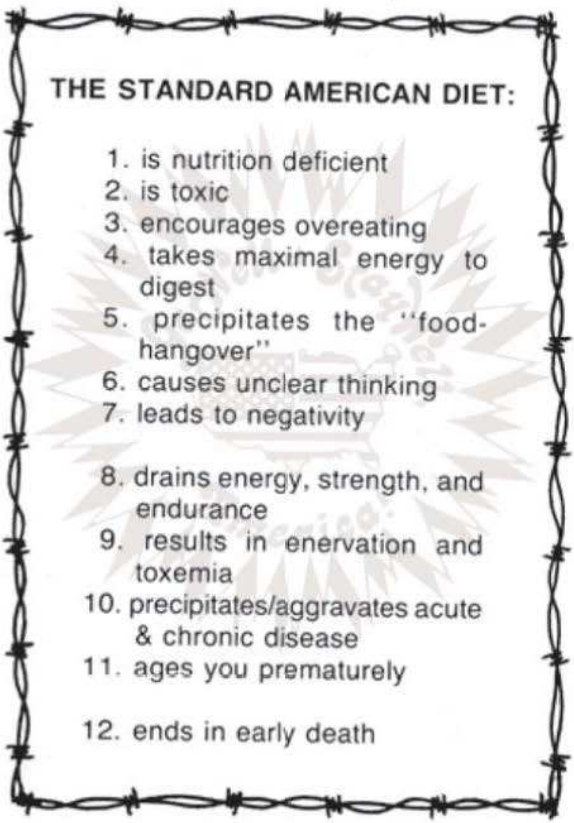
## Curses of the "SAD" Diet



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