

GRAINS/VEGETABLES/BEANS/FISH/VITAMINS

BAKED PERFECT LONG GRAIN BROWN RICE (organic recommended, soak overnight = ½ cooking time)

Preheat oven (350°) for 15 minutes.

Boil 2 cups of water in a pan.

Wash one cup of brown rice.

Combine washed brown rice and boiling water with a pinch of salt.

Cover and cook with the lid on (in the oven) at 350° for 1 hour.

Same for **BARLEY**-60/30 minutes and **MILLET**-45/22 minutes).

QUINOA, AMARANTH, Teff: boil on top of stove 14 or just 7 minutes if soaked over night.

PERFECTLY BOILED VEGETABLES (BOILED SALAD)

In a large pot bring 1 quart of water to a rolling boil--then cook vegetables 1-20 minutes . ONIONS, COLLARD greens (20 min), CARROTS, SCALLIONS (2 minutes), cucumbers, bok choy, kale, winter squash, daikon, broccoli, cabbage, leeks, and BURDOCK. Second choice: summer squash, tomatoes (fresh or cooked), turnip greens, cauliflower, parsley (1 min or less), string beans, snow peas, mustard greens, green beans, whole mushrooms, regular radishes, celery, carrot tops, and pumpkins. Cook **SOFT**, but to a good color. Any frozen organic **Vegetable Blend**.

BEANS

Soak navy, great northern, lima, red (aduki), black, kidney beans, chick peas. Smaller beans soak 2 hours, larger beans overnight. Discard water. Boil or steam lentils 45 minutes, 1 hour for red beans, and up to 2 hours for larger beans like chick peas and other hard large beans. Take digestive enzymes to reduce **gas**; change cooking water twice and chew slowly. 4-8 ounces of beans 5 times a week. **Other proteins** are seitan sliced and pan fried like a sausage, and tempeh (read directions).

OPTIONAL: FISH/BISON/FREE-RANGE CHICKEN (maximally 2-3 times a WEEK FOR ALL ANIMAL PROTEINS COMBINED)

4-8 ounces of **wild** (4oz =the size of a deck of cards), not farm raised (you must ask), fish two times a week: TROUT, haddock, porgie, whiting, wild Alaskan salmon, sardines, butter fish, halibut, mackerel, grouper, snapper, perch, pike, flounder, cod. Baked, boiled, broiled or steamed 5-10 minutes. Bison/free-range chicken can be fish alternatives, as discussed.

FLAVORINGS

An excellent **SAUCE** (have someone in the **natural food store** find the items in this sauce for you: say "**Please find for me...**") 1 teaspoon each of (organic) toasted sesame oil+ mirin (sweet rice cooking wine) + tamari plus (high quality soy sauce) 3 tablespoon of water and heated in a pan, poured over your vegetables/fish/beans. Nasoya (brand) **Garden Herb &/or 1000 Island Vegi-Dressing**, Salt free Herbal Bouquet Italian Blend, Bell's All Purpose seasoning, Mrs. Dash, and Mt. Fuji Mustard, Low-calorie organic salad dressing, Organically grown tomato/spaghetti sauces such as Muir Glen, Gomasio also known as Sesame Shake. Avoid no-fiber foods like chicken, milk, turkey, margarine, yogurt, cottage cheese, cheese, grease, oil, hamburger, steak, sausage, bacon, fast foods, ham and eggs. Skinless chicken breast is lower in fat than meat, but has the same cholesterol content as a T-bone steak. Polyunsaturated fats like corn oil and margarine may cause cancer while saturated fats cause heart disease.

Use a food-state natural multi-vitamin with minerals (such as MegaFood brand *Lifestyle-no iron*) on Monday, Tuesday, Thursday, and Friday a.m. or Antioxidants by MegaFood on the same days in the p.m. **For a MegaFoods discount, call 1-800-634-6342. Give the code "SIL077."** Buy The Self Healing Cookbook by K. Turner and make one recipe a week. Toasted brown rice bread (not wheat or rye breads). Pastariso, Tinyada, and Lundberg brown rice and quinoa **pastas**. Liquid Trace Minerals when directed in tea or soup.