

General Principles for Maintaining Good Health

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A Vital Journey, an internet course on health and nutrition, run by Belmont Park Retreat.

Use the best water you can pH 6.5 and above. Drink on average 6-8 glasses a day (can include herb teas). Preferably store water in a round glass container. Portable water should be stored and served in glass, stainless steel or, if you have to, plastic No 7. Please try at all costs to avoid chlorinated or fluoridated water.

1. To start your day: Enjoy one or two glasses of warm water with $\frac{1}{2}$ a squeezed lemon.
2. Take a small glass of warm water with $\frac{1}{2}$ tablespoon of Apple Cider Vinegar $\frac{1}{4}$ - $\frac{1}{2}$ hour before your other meals, or sip with a meal. Raw honey can be added to improve taste.
3. If you feel hungry have a glass of water.
4. Eliminate all refined sugars (includes all white and brown sugar).
5. Use natural sweeteners in moderation: raw honey, rapadura, maple syrup, dehydrated or evaporated cane sugar, molasses. Agave is no longer the original amazing product it was. Be aware fruit juice has up to 8 tsp sugar/glass. Stevia powder is a good option.
6. Eliminate refined grains and eat whole grains in moderation.
7. Go for organic, or at least spray-free vegetables and fruit, grown locally, tree-ripened and in season. Avoid imported (fumigated food-mile) fruit and vegetables. Pesticide content can be reduced by soaking with a little white vinegar or H₂O₂ (hydrogen peroxide) added to the water.
8. Eat vegetables raw (lots of salads), or in soups or lightly steamed.
9. Eat the salad first to stimulate enzymes. Eat carrot and beetroot raw (less sugar effect).
10. Eat plenty of legumes cooked or sprouted.
11. Moderate intake of root vegetables. These can be visualised as resembling like large grains for sugar storage, especially potatoes, kumara, yams.
12. Eat plenty of NZ wakame seaweed for your iodine intake.
13. Use nuts and seeds as snack foods. Walnuts, flax and chia seeds are preferred as they have a higher omega-3.
14. Eat organic eggs or at minimum eggs from chooks which are in the sunshine. Do not refrigerate eggs. Eggs every day are fine food.

15. Consume raw milk or raw milk products e.g. yoghurt or kefir. Try to avoid pasteurized, homogenized low-fat milk.
16. Enjoy the traditionally-used solid fats like organic butter.
17. **Good oils to use for cooking** include olive oil, coconut oil, butter, ghee (clarified butter) sesame, mustard, palm oil, cocoa butter, traditional animal fats, organic only. **Good oils to be used unheated** include sunflower, safflower, hemp, flax, walnut and other gentle vegetable oils.
Oils to be avoided include canola, soya, vegetable oil.
18. Stop eating anything that says “partially hydrogenated” eg. margarine. That will also include fried foods and cheese in fast-food and other restaurants because fast food is always are made with partially hydrogenated oils.
19. Also remove anything with added sugars ending in “-ol”, “-ose”, and “-in” (eg xylitol, mannitol, sorbitol, dextrose, galactose, fructose, maltodextrin). Do not have anything with FOS, corn sugar or HFCS – High Fructose Corn Syrup.
20. Remove all forms of artificial sweeteners: aspartame (Equal and Nutrasweet), sucralose (Splenda), saccharine.
21. Read labels. Avoid food with numbers and fake colours - consult a book like “The Chemical Maze”. Avoid food additives you can't pronounce.
22. Do not drink soya milk or eat GE foods.
23. Use herb teas and coffee substitutes in moderation.
24. Do not skip meals – especially breakfast. Better to eat a little more often. Avoid eating standing up or on the move. Try to eat a very good breakfast with protein.
25. Prepare your food with love.

N.B. If you know you react to some foods, we recommend that you avoid them. You may be able to slowly reintroduce some of the foods later in this program. People who cannot tolerate milk very often do well with raw milk. Available from Manna-Cow Milk 063626826 for drop offs in Wellington area.

OTHER GENERAL PRINCIPLES FOR MAINTAINING GOOD HEALTH.

1. Ensure wireless and Freeview TV is unplugged from the wall at night and during the day if not in use.
2. Best not to have any electrical gadgets or halogen lights near your head whilst asleep.
3. Try to wear leather soled shoes or wool/cotton socks to enhance better earth contact. (Avoid synthetics.) If possible try to walk barefoot on the earth (or even concrete) every day for 20 minutes.