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"3 Foods to Avoid!" & "3 Commandments of Eating!"

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Special Report #2

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Any perceived slight of specific people or organization is unintentional.

Ever lose a sale because of no energy and didn't feel "in the mood"?
Stressed out? Low energy? More weight than your spouse married?
Feeling burnt out?

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"3 Foods to Avoid & 3 Commandments of Eating!"

In this 59-page Special Report you'll …

1. Discover how to spell relief real fast! No more indigestion.
2. Learn about the very BEST Drinking Water
3. Have LESS **Body FAT**
4. Be **Fit** and **Fabulous** over Forty; **Feisty** at Fifty and **Sexy** at Sixty!
5. **Notice Skin Problems** DISAPPEARING
6. Embrace **Constipation** becoming a THING OF THE PAST.
7. Improve your **Sex Life**. "A trick to last longer!"
8. Love that your **Clothes** fit BETTER
9. Have SWEETER **smelling Breath**
10. Notice IMPROVED **Circulation.**
11. Enjoy **Sleeping** MORE SOUNDLY
12. Be relieved with LESS **Nervous Tension**

This is the actual transcripts from the Tele-seminar where Wayne "The Mango Man" Pickering interviewed his 2 very special guests:

Wayne "The Mango Man" Pickering with his special guests:

Douglas Graham, D.C. is a Chiropractor, a gymnast, trainer of professional tennis players, basketball players and has advised Olympic Athletes from 4 continents and actress Demi Moore have sought his services as her health coach. Author, Speaker and nutrition advisor to the magazine Exercise for Men Only.

Nick Nicholas, C.S.P., author and Professional Speaker who was boarding a plane as we interviewed him on his cell phone about some of the benefits he's received since he applied some of these Food Combining Principles to his eating program and eliminating the 3 Foods to Avoid at all Cost from his diet.

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"Your Self-Worth is so much more important than your Net-Worth!"

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"lost 82 lbs. in 10 months with just using the Food Combining Pocket-Guide."
…….. Robert Hamilton in North Miami Beach, FL

"I have to thank you for your publications and your passion for health. It has certainly impacted my life and is now a preference rather than a sacrifice. I want to order some for my boyfriend in San Francisco. I am going to get my Grandmother on your program. She has had open-heart surgery and I know this will help her. You certainly are an inspiration!"
……. Adele Uddo; Beverly Hills, CA

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WP: I want to welcome everybody. This is the very first of a series of health tele-seminars that's going to help keep your energy up, and to help keep us free of all those diet-related diseases. If you will take a look at the United States goals for the United States, the United States Senate Committee on Nutrition, that I remember, and Human Needs states that the order of killers in our country are all diet related. And from one to five, the leading one, of course, is heart disease; then, we've got cancer, stroke, diabetes, obesity. Every one of those are diet-related diseases.

So what my goal here tonight and Dr. Graham's is, and Nick Nicholas. He's on an airport right now and he's walking down the runway, and he told me he'd call me here in about five minutes. So, what I want to do is to get our mindset to a point to where we can eat good stuff so we'll always be tough. You all know me so I'm not going to bother introducing myself, but let me just throw this little thought in, guys—2% of all of the people in this world think logically for themselves; 8% think when they're in pain and suffering; and 90% would rather die than think. Now, here's my compliment to you. The fact that you showed up here tonight suggests to me that each one of you is in that 2%, and I'll qualify that.

If you'll take a look at what Dr. Lester Breslow, who is the dean of the School of Public Health in Los Angeles, California. He said, if you will just change your lifestyle from a bad one to a better one, you can add as much as 14 years to your life. So, for you to come in, tune in for one hour to learn how to add years to your life, I think that's a pretty good tradeoff. So, my hat's off to you for being here and I want to welcome everybody.

Now, let me go over a few things with you so that we can make this thing really go smooth. Did everybody dial Star 70 before you dialed the phone number? What that's going to do …. I'll slow down here in a minute .... is disable the call waiting. So if you have a question that you want to ask me, just hit the keypad or something like that, and we'll get to it right away. If you've got music on hold, anybody .... and I don't think anybody's got music on hold.

We've got a full house tonight. Is Pam Cosmos on the line? Okay. Is Andrew Scott or anybody on the line? Mark LaBlanc? Ted Rogers?

TR: Yeah.

WP: Ted Rogers, you're on the line? Good, welcome to the show. Did you just dial in?

TR: No, I got here a couple minutes ago.

WP: Okay, good. All right. So, if you've got a question on all that, just hit that and we'll get to it; okay? Now, what are we going to cover tonight? Let's get into that. We're going to cover the three foods to avoid at all costs, and then we're going to talk a little bit about the three commandments of eating.

Now, what are these three foods to avoid? One of the things that I do want to share with you tonight is .... take some notes, guys, because we're going to throw a lot of information, and I'm taping this so if you need to get a tape ....

Is everybody still with me? I keep hearing things block out. Okay. Here's one of the three foods that you stay away from—anything that's white. If you can, stay away from anything that's white. Here's the line: If it's white, it's not right. Now, what are some foods that are white?

LH: White bread.

WP: Exactly. But let's look at them first. Let's go for the salt first. And do you know that everything is laced with sugar? Even table salt is at least 8% sugar. That gives it that sweeter flavor because salt, in itself, isn't really that good. If you can take one of the miracles in nature .... if you take every one of those grains of salt and push them off to the side, they're perfect cubes. And then you take all the irregularly shaped ones and move them off to the side and you touch your tongue to the perfect cubes, those are all table salt, the perfect cubes. But all of the irregularly shaped ones are all sugar, so even table salt is 8% sugar. And in my food combining guide, we put a package together this month called "Celebrity

Nutrition." We've got one of our food combining guides here, and it talks all about salt.

I had about two and a half acres when I used to live out in the countryside here, and we had a cow; we had a bull. We named the cow Mama and the bull Sir Loin, and we had chickens. We had all that stuff, and we knew never to feed the chickens salt. It's a perfect poison for fowl. Well, they just wouldn't eat it. And the cows .... somebody told me this one time but I didn't believe it …. I'd hand them a handful of salt, and they'd come up and blow it out of my hands. They hated it, but then we're looking at .... what about the salt lick? Actually, salt lick is not salt lick. The real name of them is sodium blocks. There's no sodium chloride, and that's exactly what table salt is.

Okay, who just tuned in there? Was that Nick?

NN: Wayne, this is Nick.

WP: This is Nick Nicholas, okay. Let me hold onto the salt for a minute, because Nick is in an airport. Where are you anyway, Nick? In an airport where?

NN: I'm at an airport in Buffalo, New York, getting read to get on a flight to Atlanta to change to a flight to Orlando. Somewhere about 10 minutes to one, Wayne, I'll be winging over your house, looking for a place to land.

WP: Good for you. Let me tell you. Nick and I have been great friends for years. He's an author of numerous articles and a book that I have here in my hand called *Finding the Magnetic Leader Within*. He's also authored the new *Triangle Principle* and also wrote a terrific bio for my new press kit. He's also a professional speaker. He's an exceptional speaker. Ever since I heard Nick, he's one of those that you just don't forget when you hear him on the platform. He's earned the highest designation in NSA. Most of you know what that is. It's CSP—certified speaker professional. He speaks all over the country, and, as I said, as a matter of fact, he's boarding an airplane as we speak. Welcome, Nick, really.

NN: Well, thank you, Wayne.

WP: Tell us some of the benefits that you've received, brother, since you've been applying some of these food combining principles that I've shared with you ever since we've known each other.

NN: Sure will. First of all, you have to realize that I have had asthma since I was a small child. Something I fought for many years, and I had medicated for it, and the medication worked fairly well, but I still had to suffer with it. The thing of it was though, after I began the diet the way you showed me how to eat and the combining and the protein and the starch and all of that, all of that started to change. As a matter of fact, my asthma now is literally no problem for me at all. I do still take some medication, but I don't have any of the problems. Even before when I took the medication, I still had a problem. And now, I don't have any problem at all. I seldom use my inhaler, and so it really has made a big, big difference.

In addition, a lot of energy. Of course, as you said, I tend to travel a lot and it just saps your energy. Before, I felt kind of tired and fatigued all the time, but now I seem to have a kind of continuous energy supply, so I don't feel heavy anymore.

WP: Oh, terrific. Great. Tell us a couple of these foods that we're going to talk about tonight. We're talking right now about the things that are white. Give us some of these foods to avoid and how it's benefited you to continue staying away from, like the things that are white, the fizzies, and the slick things. Talk to us a little bit about that.

NN: Well, for one thing, I used to eat a lot of white bread and that sort of thing, and I took that out of my diet completely. When I do eat bread now, I'll eat some wheat, some different kinds of wheat bread. I can't remember the name of it off the top of my head, but there's one that we get at a little bakery there not far from where we live. So, I've gotten completely off of that. Also, I now eat, like, a wild rice or a brown rice, versus eating a white rice. I don't eat that anymore. The greasy stuff, I gotta tell you, one of my weaknesses has always been Waffle House and the grease floating up. But I've backed out of that completely. I don't do any of that anymore.

But in a way, Wayne, the thing that I've found emotional, if you're at home and you're in your own environment all the time, it's relatively easy to be able to do this, but I'm sure a lot of the folks listening in tonight that are on your call are people who travel a lot. And one of the things I was concerned about was how do you do this when you travel, and I found that, well, today for example, at lunch time. The company I was training for brought in lunch, so you had no choice but what was there. All these turkey

sandwiches with white breads and all that stuff, so basically what I did, I just took the bread off of it, took the turkey, and they had some small salads. And I just ate the turkey and the salad and that held me until I was ready to leave for the airport tonight. Then, I stopped by and had me some salmon and broccoli and things like that that made up the difference.

WP: So, one thing that I'm hearing what you're saying, even though we've taken a great positive approach to being healthy, you don't have to be a vegetarian to be healthy. Although I encourage that, but you don't have to be, and you're finding that out.

NN: Absolutely.

WP: One thing that I've noticed .... well, I've seen a lot of sick vegetarians and a lot of healthy meat-eaters, so where in the world do we draw the line here anyway? I think you're headed in the right direction if you're .... rather than make a slam dunk and say, okay, I'm not going to eat meat anymore, I'm not going to do that. How can I eat it, but still be the least harmful to the body, and I think that you've got it under control.

NN: Well, I appreciate that, Wayne. One last thing I would like to say is that the diets that you give and the combining guides that you give .... it really does work, but beyond that, I know that all of us are going to slip from that once in a while, but what I like the most about this versus any other type of program that I've ever been on is that it's self-correcting. And when I say self-correcting, I mean this—I fall off every once in a while. I'll get this crazy urge and I'll go eat myself a big old New York pizza and some of that stuff, but normally, by the next morning, I remember very clearly why it

was I changed my habits. And so, what it does is, it's not something that you do because you have to. It's something that you do because you feel good, and when you get off of it, you feel enough the other way that you're happy to come back. So, that's kind of how I'd like to sum that up. And the last thing I would like to say, I think, that maybe some of them might be interested in is one of the side benefits of this was I lost 14 pounds.

WP: Fantastic. Good for you. Really. You know, a lot of people I find, Nick, go on diets. Diets are nothing more than something you start and you finish. I don't teach diet. I teach good eating, and one of the benefits of the eating is that you don't have to be bothered with all these diseases that are related to diet, number one, but your body just sheds the weight off, which is tremendous. So, it would be like working for money. People go out and work for money. They push it further and further away. When you work for money, you take a mortgage out on your life. When you eat to diet, you're actually just defeating the whole purpose of it. If you'll eat correctly, the weight just sheds off of you, and then your body finds its own natural body weight. Even though we're focusing on eating here, brother, there is a little bit of fitness that you have to do. You don't have to be a marathoner, but you do need to do some fitness.

NN: Well, that is true. And I do work out. I work out about three days a week, but one thing I found is that my workouts are much easier. For example, because my asthma is better, when I get on the treadmill to do my two-mile run, I don't have nearly the problems I used to have. I can run faster, I can do the two miles in a shorter period of time, so it just works hand in hand. The better I feel, the better the workouts. The better the workouts, the better I feel, so it just keeps going around and around.

WP: Oh, good. Nick, thanks very much for being on the show tonight.

NN: Thanks very much. I appreciate you letting me, Wayne, and let me make my deal here with Delta. When they're ready to leave, they leave, and if I'm there, they take me. And if I'm not ..... So, you guys have a great evening. Talk to you later.

WP: Thank you so much, Nick. Bye, now.

Okay, listen. I have a very special guest, everybody. Is everybody still with us? I keep hearing a click-off here. Okay. Let me introduce somebody that I've known for well over 20 years. When you meet somebody and you become great friends, and you speak the same language, it's tremendous. Dr. Graham and I have known each other for, I'd say, 20 years. He's a chiropractor. He has a place down in Marathon, Florida, about 50 miles this side of Key West, so he's way down there. But anytime I want to get a great grip on my health and I just want to get away from it all, everything I eat through the day, I pick. He's got berries growing, papayas growing, bananas growing, mangos growing. You name it, he's got it growing. Pineapples all the way around his driveway. It's great. It's tremendous.

He's a gymnast. He's trained a trampoline team and, as a result, they all went on to win national championships. He's trained professional tennis players, basketball players, has advised Olympic athletes for four continents. And Actress Demi Moore, I know you all know her, she uses him as a health coach. He's created the high-energy diet video recipe guides and nutrition charts. He's authored some books, and he just told me here a little while ago that the second printing of his new *Nutrition and*

Athletic Performance and the *Grain Damage* that I had here. What a neat title, *Grain Damage*. And when you read his little book here, if you saw my book right now, not one page isn't marked on. It's that great and it's easy to read.

He speaks for a living. He just came back from a lengthy tour in England. He writes articles. He's just a heckuva guy. As I said, if you guys want to get your health and just get away from it all and you want to take a week or maybe five or six days, go on down to Marathon. It'll be great. Doug, Dr. Graham, welcome to the show.

DG: Thank you very much, Wayne.

WP: Doug Graham and I parallel a lot of our thoughts on the whites, the three foods to avoid, of course. The salt ....

I've got a question?

TA: Yeah, Wayne, this is Tom in Washington. I just want to make sure that I hear Dr. Graham on the tape when I get it from you later. Sometimes the sound levels on these are a little bit off, so, if you could speak up really loud, it would help us all out.

WP: Okay, good. Yeah, we are taping the show tonight, and I'm going to make everybody a special offer here later on. I'll put it on an email 'cause I don't want to take any time up here promoting anything over the show.

But the salt is something, if we can keep ... sugar. I don't think there's ... what else can I say, Dr. Graham, about sugar that hasn't already been said? There's three things that I always remind my audiences about sugar and it's this: Number one, the only difference between cocaine and sugar is cocaine just works a little bit quicker.

DG: Well, I just think of sugar as the primary fuel for the body, and we know that every cell of the body runs on sugar, but in order to burn that sugar, you've got to have the nutrients that are in fruits and vegetables. So any other source of sugar has to be considered empty calories. This is an old concept that we were raised with to avoid empty calories, and I think it's one that we should continue to remember. Calories do not serve us.

WP: Very well said.

DG: We're looking for the highest nutrient-to-calorie ratio instead of the highest calorie-to-nutrient ratio.

WP: Good one. The second thing about sugar is, I call it, pure, white, and deadly. And the third one is, it lacks what we need. It lacks calcium and everything. So what is the deal on it? I mean, I can go out in the wild, which I have done many a time because, up where I do all my hiking and my biking and everything, there's always old sugar cane fields. Why is it that I can go out and chop down a thing of sugar cane and take my pocketknife out and eat it right there and be nourished?

DG: Absolutely. It's got all of the vitamins, minerals, enzymes, co-enzymes, antioxidants, vital nutrients .... they're all right in there in the liquid with the soluble fibers that are in the cane. Everything you need is there. You take all that out, and all it gives you is the calories.

WP: Exactly. I'm glad you said that. Let's say we feed our kids things with sugar in them. Now, what happens here, do you suppose? They get all wired out. The calcium that sugar is so deficient in is like Nature's natural tranquilizer. If we eat something, we have a system in our body .... Let me just give a little credibility to the body. If we cut our hand, whether we like it or not, it's going to do what it can to heal itself. Our body's total tendency is toward normalcy so that, when we eat something that doesn't have some of the minerals or what we need in there, it goes to our body's reserve and gets it.

Now, there's two things that happen. The very first source that the body will go to to get that calcium, since sugar doesn't have any calcium in it, is our nervous system. So, after so many years, you see, of it robbing the nervous system, it gets it from someplace else. Now, instead of stopping the sugar habit, we go ahead and juice them up with Ritalin or whatever other thing from the ancient sacred crypts of Egypt that they have just invented, or something, to appease the condition we find that kid in instead of just figuring, okay, what am I going to do to get him back on track again. And sugar, of course, it's a big thing. I mean, isn't it the fourth industry here in Florida, or is it the third one? Dr. Graham.

DG: I believe dairy is one, but I couldn't tell you ....

WP: No, tourism is Florida's number one industry; the second one is citrus; and the third one is sugar cane; and the fourth one is horses, of all things. But just the same, the sugar does not feed the upper portion of the brain. It only feeds the lower portion of the brain. That's the reacting portion of the brain, so kids are reacting and not responding, whereas wholesome food nourishes the whole brain, and the top portion of the brain is the thinking portion of it. So, when we feed kids foods that have no calcium, or sugar or junk, what-have-you, it robs the calcium and, hence, the kids are not thinking their problems out.

Here are kids, eight years old, raping little kids and 10 years old .... I've got this report here in front of me .... that they're killing. They're killing kids at 10 years old, for goodness sake. So, sugar is really a bummer. Now, after so many years, here's another one. Osteoporosis is not a lack of calcium. It's a loss of calcium from the body. And when we eat things that have no calcium in it, after so long, the body will get it somewhere to maintain this balance. Homeostasis, as it's called. So, salt, sugar, and here's a biggie for you, Dr. Graham, flour. White flour.

He wrote a book on *Grain Damage*. It's a hassle. Give us about a one- to two-minute dissertation on flour, why we need to get rid of that.

DG: Well, I would love to, but if I could first, let me just comment the last little comment on sugar. And it'll be a quickie. But realize that we have to maintain a blood calcium level. That blood calcium level cannot change. If it changes more than a tenth of a percent or so, you die. It has to change about 1% before you die. In order to neutralize the low calcium levels, calcium is robbed from the blood. Anything else is .... it just accumulates on from

there, but by creating this low blood calcium, everything, every tissue that the blood supplies is being robbed of calcium. Now the lack is being made up for, as you say, through loss of calcium from the bones but it creates immediate problems as well as long-term ones.

WP: I understand, Doug, that, for them to detect that we're calcium deficient, we're already 40% low.

DG: Well, the technology did improve tremendously now that they have radio-opaque metals that can actually grade opaque metals that they can send X-ray through, and they can now have a hundred different levels of metals. So they can tell how much bone loss we have much better than the old technology which, you're right, from an X-ray film. By the time osteoporosis shows up on an X-ray film, you've lost half the calcium from your bones before anybody knows about it. But the technology is better now; however, they're using it to create tremendous scare techniques and just telling everybody that they're low in calcium automatically. So it's not always working to our benefit that they have better techniques.

WP: Yeah, talk to us a little bit about the flour.

DG: Yeah, this grain thing. Well, as I started doing my grain research, I couldn't find an angle where somebody could tell me grains were good. Certainly, when we're looking at refined flours, we realize that any food .... when people first get into a health food movement, they go towards whole foods. I challenge anybody that, if they're in a field of wheat the size of Kansas, they're going to starve before they get out of it. It's not a natural food for us. We lived for 10 million years on this planet without eating grains.

It's a new experiment that hasn't really done that well, but from an environmental standpoint, we cut down forests to grow grain. Ninety percent of the grains that we grow in this country and 75% of the grain grown in the world is raised to feed cattle anyway, which can't be doing an environmental good thing. And we know what the cattle are doing to our health when we eat them.

WP: Now, you have a good analogy one time that you said, if you put yourself in an acre of wheat, you'll starve to death, but if you put yourself in a half acre of fruit, you'll ....

DG: You might never leave.

WP: Yeah, I love that analogy. Okay, now, the other one was the rice. A lot of them, as Nick even mentioned, the white rice. There's five things on here I want you to remember about the white: the salt, the sugar, the flour, the white rice, and just give us a minute on that and then we've got to go to the milk, because that's a biggie.

DG: Well, again, what we see in nature. We see a variety in any given area. It's called biodiversity by the people who study these things. What we find is that plants and animals do their best where they grow huge varieties of things in a small amount of space. This creates a really minimum amount of pestilence, creates a lot of strength in the soil.

The biodiversity allows for the best growth and health of things on our planet. When we grow things like rice or any of the grains, what the farmer is trying to create is a monoculture where he has

only one crop, and to foster this monoculture, he wants to stop the growth of anything else, so he uses herbicides, pesticides, fungicide, insecticide. Anything that ends in C-I-D-E reminds me of suicide. Nobody is proposing that these things are healthy for us. I thing the onus of responsibility isn't on us to prove that organic is better. I think that's the responsibility of the people using all of these various "cides" to provide that the chemicals are better. I think they've got it all backwards.

We understanding intuitively, however, that for 600 million years that we know there's been animal life on the planet, every single creature has thrived on a raw food diet, and we know that every animal is born with everything it needs to survive. If we needed to have a stove, we would have been born with us. I'm looking forward to meeting the people who eat rice raw.

WP: Very true.

DG: They cook out every nutrient; we destroy the proteins; we destroy the starches by caramelizing them, causing a higher insulin response. It raises the rice up on the glycemic index very high. It's hard on the adrenal glands and pancreas, and at the same time we're affecting all the fights every study ever done on every fat ever heated has been shown to be carcinogenic. It doesn't matter if they grill it, fry it ....

WP Boil it, broil it.

DG: Fat at about 200 degrees, it changes in such a way that it becomes carcinogenic.

WP: Okay, now we'll get into the fat here in just a moment, okay. So, what I want to do now is just touch base on the last of the whites to stay away from. Remember the saying, guys. If it's white, it's not right. It's milk. We have been so misinformed about the milk. We can't digest the stuff. I was doing a seminar in Miami here a little while back, and I guess it was four or five hundred nurses. It was a big nursing thing, and I brought this up. I said, "We can't even digest the stuff after we're three years old." Two of them got up and said, "That's not right." I said, "But it is." I said, "Actually, the process starts at three and really finishes when we're five." She said, "Now, you're right. You can't digest it after you're five." And so we went on to that.

But here's a colleague of mine. Everybody listen to this. There's a little report that I have to share with you. If you drink milk, first of all, you're drinking pus. That's what we're drinking. This blew me away when I was reading this. Here's a colleague of mine. He's a keynote speaker at this dairy conference at Penn State University, and he said he had a real perceptive audience and one include a dairy student. When it came to the question, he jumped up and protested him calling milk pus with hormones and glue.

Well, the student started to defend milk, and he said that there was no such thing as pus in milk. He said, instead, the somatic cells were actually dead white blood cells, and, of course, he's right. He said, "That's what pus is." The pus that one squeezes from the pimples on teenagers' faces and stuff is an oily accumulation of fat and dead white blood cells. Drink milk; you got pus.

Now, let's really get more clinical here on this. The latest issue of the Hoard's Dairymen Magazine March 25, 2000, this year, reveals the average levels of pus cells in a liter of milk. On page 226, an editorial reveals that the United States average is 307,100,000 pus cells in a liter of milk in 1996. In 1998, it rose to 318 million pus cells in a liter of milk. American dairy cows, they say, are being stressed, and the amount of pus in their milk has increased by over 3%. I sometimes challenge milk drinkers by asking, "Would you drink a glass of milk containing a thousand pus cells?" Of course, they all say, "Ah, you kidding?" Well, the Hoard's Dairymen Journal reveals that the average 12-ounce glass of milk in America contains 112,899,408 pus cells .... in just one 12-ounce glass of milk.

Last thing, the Hoard's editorial also reveals that the proportion of cows leaving herds each year runs in excess of 35%. What does that mean? That means that 3.2 million dairy cows will be sent to McDonald's and Burger King this year because they don't either produce enough milk or because they're too sick. Why is their flesh healthy to eat if their milk is not fit for human consumption? He said, finally, the Hoard's editorial reveals that the average cow in America produced in excess of 20,500 pounds of milk in 1999. That's 25.5 quarts of milk per animal per day. Less than a hundred years ago, the average dairy cow produced one quart a day. Amazing!

And, of course, the hormones and all that stuff. Milk is nothing more than a paste. In my food combining guide in the celebrity nutrition package, I give a whole thing here about milk, and we can't even digest it after we're three years old; we pick up other enzymes. We go through physiological changes in our body throughout our lives, and one of them is just that. We pick up

enzymes to go ahead and digest other things when we go through a certain age. So anyway, any comments on that, Dr. Graham?

DG: As they say, spot on.

WP: Over in England.

DG: They're affecting me, the more time I spend over there. I can't seem to go over without getting invited back. I have to say that, in more primitive cultures than ours, or what we call more primitive, it's not at all uncommon for children to breast feed well past five years, sometimes as much as seven and even nine years. Not using it so much as a food source. At that point, obviously, they're eating predominantly food, but they're still using it as a connection to mom and a love source.

It's not uncommon though for a mom to still give a little bit of suckling from the breast to the child that's seven, eight, or nine years old. It's well documented. But what is not well documented is .... again, if we look in and use the animal kingdom as a rule, we never see an adult of any creature of any mammal consuming milk, nor do we see a baby or an adult of any creature drinking the milk of another creature.

WP: Yeah, we're the only species who drink from other species.

DG: For sure, milk is fine .... mother's milk is fine for babies, but cow's milk is only fine for baby cows.

WP: Here's a great thing to consider, everybody, so we can move on. We've got so much to cover. The milk. First of all, milk is high in calcium. Now, a baby develops its brain first. A cow develops its weight first. A cow will develop twice its weight in seven weeks. A baby develops twice its weight in seven months. A baby develops its brain first. That's phosphorous. Mother's breast milk is 1½ to 2% protein and high in phosphorous. Cow's milk is very high in calcium to support the massive weight for the bones to support all this massive weight that's coming on them so quick. So, cow's milk is high in calcium for cows. Mother's milk is high in what we need to get growing.

Let's move on to the second category of food we need to stay away from because we've still got the three commandments to eating, yet. Anything that fizzes, guys, that's soda pop. If it fizzes, you'll fizzle. Soda pop, champagne, beer, sparkling Perriers, all those sparkling drinking waters. Now why? Once again, remember what I mentioned a little while ago about the calcium, and if our body is deficient in something, it will go somewhere to get it.

Well, anything that's bubbly, that's phosphates. Anything that has phosphates in it is what makes those drinks bubble. Phosphates are very acidic in the body. Okay, now, if they're very acid, we're throwing our body out of balance so it needs to pick up some alkaline balance somewhere to flush it out of us, so to speak. And the most readily available source of alkaline mineral would be our calcium, of course. So now we're going to create a big deficiency there. Let's forget all the sugar, because every can of soda pop .... I forgot what it is. A 12-ounce can has eight tablespoons of sugar in it, or something like that. It's an astronomical amount. But if it

fizzes, you'll fizzle. It just saps the calcium from the bones, big time.

Now, the third category to stay away from is anything that is greasy. I say, if it's greasy, it's sleazy. Fat ain't where it's at. We could talk for hours about fats. If everybody .... and I'm sure that everybody who's on the line here tonight is reading my e-zines, and the last four recipes I've sent out were all about the best oils to eat. The biggest thing that you need to remember when you eat oils, never cook them. Never cook an oil. You just totally wipe out any chance you have of digesting it favorably.

What I do is I'll steam a vegetable lightly or so and then I'll pour never any more than a half ounce per vegetable and never any more than one ounce at max per person on the vegetable. Let's say I cooked up some string beans or so, and I steam them lightly. I'll pour a little bit of maybe some flax seed oil on them, and a little bit of herbal seasoning, toss them a little bit, push over to the side, add some other vegetables and whatever source of protein I'm going to eat for that evening. But I would never cook an oil. It just bogs me down.

And since I had so much trouble all my life with my heart, that's the first thing that goes on me is my heart plays havoc. I mean, it hurts. I don't know if anybody has ever had a problem with their heart, but it's a muscle, and any time you work a muscle and it hurts, that's the same type of hurt that I get in my heart.

So, if we can stay away from those three categories of food, everybody, our health is going to soar to the max. Anything white, anything that fizzes, and anything that's greasy. Any questions so far? Cool. Let's move on.

If we can get a chance tonight to talk a little bit about distilled water, Dr. Graham, I know that you're going to want to say something about that, as well. I have written four articles on water and I'll just touch base real quick.

I interviewed several Olympic athletes for the National Speakers Association cassette tape, *Voices of Experience*, five or six years ago. There were four things that every one of those athletes had in common and one of them was they never drank the crap from the tap. Great line. They always started their day with a couple glasses of water, and it was always good clean water. And I'm convinced that distilled water is really the best and it does not leach minerals from the body. Dr. Graham, you can comment a little bit about that, if you like. It doesn't have the ability to do that. Your kidneys do.

DG: It actually works this way, Wayne. And it's such a common question, though, because people think, if the water's pure, it's going to leach something out of you, and it doesn't work this way at all. Our source of minerals is only one. Minerals are picked up at the root hairs of plants when they touch water and they pull the inorganic minerals and convert them into the plant matter itself, and only through eating plants or animals that ate the plants can we absorb minerals. They have to already be in the organic plant form. You could put all the pennies you want into a glass of water.

You're not going to get copper out of that water. It simply doesn't work that way, so when people drink spring water, mineral water, all that stuff, it's just water with sand in it. If you distill that out and see what's left behind .... I have a big jar in my office that is full of the residue that I pull out from my distilled water from here in Marathon, and people see that big jar. It's just hard, white, calcium matter. It's what kidney stones are made of and when they look at that and they go, "Where did this come from?" I tell them it came right out of our tap water. I just boiled out 10 gallons of tap water, and I got left with several chunks the size of marbles of hard calcium material. And they go, "Oh, what do I drink instead?" You know, it's got to be pure water.

WP: Exactly. Good, pure water. Okay. Now, if we get a chance, and I want to come back to that a little bit later, are these commandments of eating. I want to eat to where everything I eat moves through me with the least aggravation on the body. I have been sick so much of my life. I can remember I was in bed one time for almost eight months, and people used to bring me cakes and candies and stuff because they felt so bad for me. Little did I know, that was actually putting me further and further in the grave.

Bless their hearts, they were all great. Now, my mother used to tell me, you eat like this, or whatever. I ate because that's the way my folks told me to eat, and they ate because that's the way they learned from their folks. So, just because they're staples of a population, that doesn't give it any virtues. What I'm here tonight to show you is just how it is. I'm not one of these dooms-dayers, so to speak. I guess you could call me a truth-sayer, really. But there are some little things that, if we'll do in our dietary habits .... we don't have to do anything radical. Let's do it ... What is the old saying? By the inch, it's a cinch; by the yard, it's hard. Just take it easy.

There's 3 commandments to eating. If you will abide by these three .... there's actually seven combining rules in my food combining guide, but the three commandments you cannot deviate from are these:

If you will eat your sweets, desserts, whatever, way before the meal, you will get away with it. Now, all of the fruit should be eaten towards the beginning of the day. Why is that? We have four places where the food breaks down. One, two, three, and four. You've got the mouth, then you've got the stomach, then you've got the duodenum, then you've got the jejunum. There's a valve that goes into the stomach that acts very much like a check valve. Then you've got one that leaves the stomach and that acts like a check valve

Now, that's called a cardia valve. That's like a sphincter. It's actually a sphincter. It'll open up and allow food to go in. Now while the body's doing all the churning and everything, it's not going to shoot it back out the mouth. This is what also happens when the food leaves the stomach. It goes through a valve going into that stage three. Well, there's only one food that digests in the stomach chemically. Everything digests mechanically; that's the chewing, that's the churning, that's the moving through. But there's only one food that digests in the stomach chemically and that's protein. And it's very high in acid when it digests a concentrated protein.

So, if we will eat the dessert before the meal, or fruit, it will get through us and wait for about 20 to 30 minutes at least, the very least, to where it gets through that second valve after the stomach,

then it can't back up into the stomach, so to speak, and create fermentation or rot while it's digesting the reset of the food.

The commandment is really this: You eat melons alone, or leave them alone, or your stomach will moan. They digest after the stomach. So if you eat a dessert after the meal, it's going to stay in the stomach while you're digesting that other food. Now, we got a foul mess to deal with, and we go through this indigestion hassle.

You know, I've been in my business for 23 years, and indigestion is so common that actually people think it's normal. And, voila, they take everything from Rolaids to Tums to Di-Gel to Tagamet to this, right on down, to appease a condition instead of figuring out, "What am I doing wrong?" Now, that was my biggest quest, everybody. How do I do this? I mean, here I'm supposed to be healthy, but my stomach is bothering me all the time. Or my energy is killing me. What's going on? All of my energy, Dr. Graham, and you can share with this, as well, over 75% of all of the energy that we use in the day goes to digesting food.

DG: On an average person, well over 50% goes to the digestion of food, and what we found is this. We improved the diet and simplified the diet back toward the foods to which we are biologically adapted. We can cut that down under a third and sometimes down to almost 25%. This means that it frees up a fantastic amount of energy because all the rest of your energy is spoken for. What your brain gets, it can't affect. What your organs get, you can't affect. The more you make digestion easy, the more energy you free up for digestion; the more energy that can go to your musculature and your energy systems to make you have the feeling that "Oh, I've just got endless energy."

WP: And I'm always asked that, as well. "Where do you get your energy from?" I say, "Well, I don't know. I just eat good and that's the bonus of it all." I don't get fat. I used to be fat a great deal of my life. I was 40 pounds overweight. I was supposed to die before I was 30. I was a sick kid. I was into drugs. I thought the healthier I was, the more I could abuse myself. I didn't know that we're all healthy automatically by design and sick only by default. There is a reason behind all of this. So, if we get the eating down, it's a biggie.

Our next tele-seminar series, everybody .... I haven't got this down just yet. Judy Saba and I have not zeroed in on the date, but that one is going to be "What's for Breakfast, Lunch, and Dinner?" What should I eat for breakfast? What can I have for lunch? What can I have for supper and get on with life? I don't want to have to be sitting on a mountaintop with a turban on my head and eat mung bean sprouts all day with chopsticks, Wayne. I don't think that's gonna get it. We don't have to do that.

So, the number one commandment to eating, if we can keep the fruits and the melons .... well, eat melons alone or leave them alone, or your stomach will moan, but eat the fruits way before we eat anything else. After you quit eating fruit for the day, don't eat any more fruit because a lot of the food, like, say your proteins, your nuts, if you're into eating some grains, if you're into eating a little meat or what have you, that's going to stay in the stomach a long time, and if we put a dessert .... people say, "Well, you know, son, I'll just go ahead and eat me an apple after dinner." I say, "That's no better than just eating pecan pie. You'd be better off eating a pecan pie. Don't deprive yourself."

DG: The only way to know is, if you finish your dinner meal and you're still looking for something sweet, it tells you that you didn't eat enough fruit during the day. You don't have to learn that lesson very many times before you get it down pat.

WP: Good one. Okay, now, I have my food combining guide in front of me, and everything below that red line that you're going to see is all the fruit. All the sweets. Everything above the line is the second and the third commandment.

The second commandment is: Don't mix your fruits and vegetables at the same meal. There's very few that are compatible, very, very few. The rule of thumb is just don't mix them. That way you don't have to worry which one went with that one. To me, they don't taste good together. They digest in different areas. Fruit leaves the stomach very quickly, and it breaks down very simply. It gets into the Stage 3 and 4 to go ahead and digest, and you're going to get the nourishment from it so much quicker.

When you eat vegetables, they'll stay in the stomach a longer time, a lot longer. No chemical digestion, very little. If there's a little protein in them, there's very little. But they'll stay in there because there's a lot of fiber and that stomach is constantly churning at it, just doing what it needs to do. They require two completely different mediums. I used to say they repel each other, for an easy thing to remember about eating fruits and vegetables. Don't mix the fruits and vegetables at the same meal.

The third commandment .... do you have any comment on that, Dr. Graham?

DG: Well, there are two vegetables that I find go very, very well with almost every food, and those are lettuce and celery. I tend to call those neutral vegetables and very, very often put those with a sweet fruit and very, very often put those with acid fruits, and they pretty much seem to go with just about everything.

WP: Well, now, that's very true. That was one of those exceptions and I thought, to make this very simple, just don't bother.

DG: Well, the funny thing is, it made life so easy for me that what I started doing was eating a whole lot more lettuce and celery, which didn't seem to hurt anything in any way, that I can tell.

WP: Do you know what I heard the other night, by the way? Do you know the three largest selling things in a grocery store produce department? Bananas. Biggie, it's the number one. Bananas.

DG: One per person per day throughout the United States is the average.

WP: So, bananas is first. Lettuce, of all things, and not Romaine, the good lettuce. It's all that old iceberg lettuce. That's the second largest. And tomatoes. I couldn't believe that. And Pedro, the produce manager down here, says, "Man, we couldn't open up business today without lettuce and tomatoes and bananas." So, no fruits and vegetables. The lettuce and the celery, they're okay. But, gee, if I sit down to a bunch of fruit, I don't want lettuce and celery, Doug. I want something great. But it is an exception.

DG: For any kind of weight control whatsoever, for people who have sugar metabolism problems, for people who have digestion problems, they're going to find that alkaline minerals in the lettuce and celery is a big help. It's a low calorie bite. It's got about a quarter of the calories of a bite of fruit and it serves them in a lot of ways. Now, understand, until I tried it, it didn't really make a lot of sense to me, but some people actually find that they can't eat fruit by itself because it's just too rich or it's too sweet, and if they cut it back with some celery or lettuce, then they're doing really well.

WP: Good. All right. Third commandment .... proteins and starches. Now, that's a biggie. Let's talk a little bit about that. Proteins and Starches. Now what is an average standard American diet? SAD, Standard American Diet.

DG: There's a protein-starch mix at every meal.

WP: There is. It's a sandwich. A sandwich most all the time has a protein and a starch. Meat and potatoes. Spaghetti and meatballs. Macaroni and cheese. Yum, Tom Antheon, yum. Are you still there, Tom?

Thank you very much, Tom. Give me another one.

DG: You can't name a dinner, lunch, or breakfast that isn't a protein-starch mix.

WP: It's amazing.

DG: Ham and cheese, it just doesn't matter. Almost every sandwich that anybody makes includes the starch with protein. You know, if you banged your hand ... your thumb with a hammer, you'd say, "Golly, gee, I did something bad to my thumb." But when people hurt their stomach by eating foods that are simply indigestible combinations, they don't say, "Oh, I did something bad to my stomach." They go, "I got a bad stomach." Well, no, you got a great stomach; it's complaining. It's letting you know that you're hurting yourself.

WP: Okay, now, what really happens here anyway? Now, we've got a protein and a starch in the body. Okay. I'm going to give you something really simple to think about here. One requires a lot of alkaline digestive juices. Those are generally your starches. The other one is the protein requires an incredible amount of hydrochloric acid, your pepsins, and all that to digest it, and those predominant in the stomach.

Let's say we eat them together. All right. The action it's going to take first, of course, is the starch action in the mouth because that's the only food that chemically breaks down in the mouth, is a starchy food. I always kind of relate it to this. There are four places where food breaks down before it's absorbed into the blood stream and if the only one that's digested in the stomach is acid, then the other three are alkaline.

The only food that begins to digest in the mouth, of course, is our starch. And it requires an alkaline digestive juice—amylase in the mouth. And when it gets in the stomach, hey, with that protein, the

stomach says, oh, I got some protein here. I got to throw some acid out there, boom, and it's just bearing down, trying to digest that intense protein. So what happens to the alkaline digestive juice? It stops. Now, there's a fermentation process that's going on. Then, you get burp, burp. A lot of people would say, "Well, Doc, it repeats on me a little bit here." It's doing everything it can down there. It's fermenting, it's creating gases, it's doing what have you. Let me give you an analogy.

I have made beer 10 or 15 times in my life, and each time I made beer, Bob Moore, I'm not going to call on you to tell me that you've made a few gallons, but I know that I have made a lot of beer. Just kidding, Bob. And here's how you make it. Very simple, very easy. Just get yourself five gallons of water, put some malt, yeast, and sugar. Now my dad used to make a little beer down in the cellar when we were on the little island in Canada. And he used to say, "Throw a grapefruit in there, boy," he says. "It gives it a little extra kick." So, I used to throw a grapefruit.

But you don't need that. You just take malt, sugar, and yeast. You put it there at room temperature, 70 degrees, and in 24 hours you come back and you lift the lid off it and go like this (breathing deeply). You try to smell it that long, ha! The gases will just throw your head back. It's like when you drink a soda pop too quick and you burp, and how that just felt like it was going to go out your head.

That's exactly what's going to happen when you try to smell that. Now, that's 70 degrees. I wonder what's happening to the food when it's in the stomach of 104 to 106 degrees during digestion. It's not much wonder we're having all this stomach pain. The gas, the .... I got a book ... Dr. Graham gave me a book one time and it

was excellent. It was called *The Human Gut*. Excellent little book and, Doug, I can't find that book any more.

DG: It's out of print.

WP: Yes, and what a shame. What I did, I made 20 copies and gave it to a lot of my clients. I said, read this and you'll never be worried about nutrition again as far as digestion. Three commandments, everybody. Eat your melons alone or leave them alone, or your stomach will moan. Try to keep all of the sweets toward the beginning of the day. Keep your sweets and your sours and all that kind of thing.

We'll get into that the next time. But the second one ... don't mix fruits and vegetables at the same meal. The third one is keep your proteins and your starches away. Now, that doesn't mean you can't eat a little meat sometimes. That doesn't mean you can't eat your potatoes sometimes. Just don't eat them together. So what can I have with them? There's all kinds of vegetables.

If you will .... if anybody wants to buy the tape of this show tonight, I am going to give you 20 little food combining pocket guides and one that is laminated so that you keep it for life, and those will be kind of like a little guideline. And I'll write in there on one of them the breakfast, lunch, dinner and all that stuff for you. And there are going to be a lot of other things anyway. And I'm not going to try to hock tapes and all that stuff. That is available, and I will be letting you know sometime in the e-zine this week.

Okay. How much time do I have left, everybody? I think I've got three minutes. Well, if you guys got any questions, fire them at me, because if nobody cuts us off the line, we've got, I guess .... if we go a little bit over, I don't know if that's going to happen.

DG: Well, I'd like to say something, Wayne. I think one of the important things to note is that when anything ferments, you know, we were talking about fruity foods a while back. You know, when foods ferment, what they're doing is they're going from a ripening stage and turning towards alcohol. Now that alcohol is recognized as protoplasmic poison. Nothing can live, no cell survives when it contacts alcohol. So, we don't really want to become our own distilleries, but the two byproducts of fermentation, one is alcohol and the other is gas. You know, the alcohol is no good for you, and, as I say, the gas isn't really that good for anybody else.

And I think you covered the fatty foods, but it's important to understand that we have to have fats. They're essential. They're essential to every cell of our body. In fact, they're even called essential fats. And there are great sources of that that you would never think of cooking. The great sources are things like avocados or nuts ....

WP: Coconuts.

GD: .... seeds and coconuts and things that we don't have to cook in order to enjoy, so I have to just disagree with you on that because what happens when you heat those fats besides making them carcinogenic, meaning they're going to cause you cancer, is that you also hydrogenate the fats, changing them from unsaturated to

saturated fats. Now, what we recommend is a concentration of about 20% saturated fats and 80% unsaturated fats, hardly enough.

That's exactly the combination you'll find if you open up any avocado, or nuts, or seeds. If you look at the ratio of saturated to unsaturated .... it's called an SP ratio .... what we see is 80% unsaturated. When we look at any of the fats that we find in meats and other animal foods, what we find is exactly the other way around. It's 80% saturated before it's cooked, 100% saturated after it's cooked.

WP: Very true.

DG: It doesn't serve us well.

WP: Yeah, let me go back to that real quick, guys, because that's very true. There are three basic categories of foods: your proteins, your carbohydrates, your fats. And we do need fat in our diet. We need a good quality one. We need it because it's a great insulator. I can remember when I grew up on that little island in Canada with three brothers, and Gary used to be fat so we used to cuddle up to Gary because he was warm. And let me tell you, if you kept that door open too long, you'd be calling all sorts before they ever got it closed again, and we'd hug up to Gary once again. But they do, they're insulating the tissues of the body.

And one of the things that I can remember that almost killed me when I was going through marine training before I went back to Vietnam again was when we used to have to swim in that ice cold

water. Our bodies will do everything it can to regular temperature, so we need a good fat in our diet, but not a lot.

Here's a great ratio. Doug, you hit it on the head, though, that was excellent .... 80 – 20. And that's my rule of thumb—80% of your intake should be your carbohydrates, that's your fruit and your starches and stuff like that, and the rest of your food could be 20%. That's your protein and your fats. But when you look at the right kind of protein to eat, you're looking at, let's say, nuts or seeds or avocados, or if you're into eating a little fish or something like that, all right. But look at it. Those types of foods have enough fat in them anyway, so I don't think we have to boggle our minds wondering, "Ethel, where am I going to get my fats from today?" We don't need to worry about that.

DG: No, the lead nutritionist for the US Olympic Team has recommended that 60% of the diet come from carbohydrates and 15% from protein, and 25% from fat. Now the reason she makes those recommendations is because she says she can't get anybody to lower their fat content down that low or to get anybody to raise their carbohydrate levels up that high. These are Olympic athletes, highly motivated people. Under her guidelines she can't get them to follow it because they simply refuse to be coached, and yet she said that if they would do that, she would recommend more carbohydrate, less fat, less protein, much closer to being in line with the guidelines both Wayne and I are suggesting, which is that 75-80% of your calorie intake come from carbohydrate.

WP: Absolutely. Any questions, anybody? Talk to us a little bit while you got us because we're going to have to wind up. I think Judy needs the call.

Question: Does this mean I have to give up popcorn?

WP: Well, no, actually. Not at all. Some of my .... I was killing a roach there a minute ago, so forgive me. If you live in Florida, you got roaches, I'm sorry. Anyway, you know my clients ask me that. Popcorn is okay. It's not great, but it's okay. What I do with it is I'll air pop it and I'll put a little bit of canola oil or a little flax seed oil in it to give it that buttery flavor, and then I'll put some .... we talked a little bit ago about salt. I don't use salt. I'll use a little sea kelp or something like that to give it that salty flavor. That's plant life that grows in the sea and it's okay.

Or they've even got some salt out there made from celery, and if you want, that's okay. But, no, eat your popcorn if you want. And I wouldn't eat it late at night because, boy, it's a bear trying to sleep with all that hard fiberish kernels in your body.

Go ahead.

TA: Yeah, Wayne, it's Tom in Washington. What do you think about this stuff called Mrs. Dash. It's kind of a flavoring thing but it claims to have no sodium. You know anything about that?

WP: No, I don't know the name of it, but here's the best way to do. A lot of people will ask me a lot of questions like that, and then, "Well, let me see what's in it." Because they do have to list most of the ingredients. They don't have to list them all, but they do have to list most of the ingredients in there and the one that usually

is the first four or five are the ones that's most abundant. And what I'll do is look at the ingredients in there and sometimes you can't even read them, you can't even pronounce them. So, here's my line on that. If you can't pronounce it, denounce it, forget it. Tom, you need to be coming to my house next time you're in Florida so I can feed you, brother.

TA: That's right.

TR: Wayne, Ted Rogers. Just a follow-up on the Molly McButters and the Mrs. Dash. The fresh herbs or even dried herbs. A lot of that stuff contains the hydrolyzed proteins and stuff that's just not good for you. They're marketing it with the premise of reducing salt, but they're adding products that are unimportant to begin with.

WP: That's true. Dr. Graham, why don't you respond to that. I have a couple of answers to that, but I'd like to hear what you've got to say.

DG: Well, most of the .... and I had to pick on an individual product like Mrs. Dash, but most of those things are not made up of the kind of foods that we're really recommending. We're recommending whole, fresh, organic plants, and we don't know what any of those things really are in Mrs. Dash. We certainly don't know how fresh they are. They've been around for a long time. They've got a lot of ingredients you can't pronounce.

They've got a lot of things that you could never make a meal of. And really, most of the time what we're looking for in foods is foods that, if you wanted to, not that you necessarily have to, but if

you wanted to you could make a complete meal out of that one food. Although I know, Wayne, that you don't always eat just mango when you sit down to a mango. You might have a little banana with it, or something else with it, but if you wanted to, you could make a meal out of mango.

WP: Well, you know, actually, I agree with you there.

DG: Mrs. Dash has 27 ingredients in it, none of which could you make a meal of. This already makes it suspect. The other way you might suspect it is the biggest thing that we want to do with our food is to nurture ourselves. We deserve adult-size portions of nurturing, not less than we give to our children. And if before you eat any food, all you really have to think is would I give this to a child. It's why we don't give coffee to a , because it's not nurturing. We don't give cigarettes to a child, because it's not nurturing, and we should think about our foods in the same way. If you wouldn't give it to children, well, then, it's not nurturing for adults either.

WP: Good point. You mentioned something there a minute ago. That's what I would prefer to eat, myself, are your plant-based vegetables and all that, and fruits. But a lot of people, like say Bob Moore, Tom Antheon, Linda, gosh, Ted Rogers, Mark LaBlanc ... Mark are you on the line? Okay, Mark didn't make it tonight, okay, bless his heart. We're on the road a lot, so what can you do? When you tune in to the next tele-seminar, it's going to be the breakfast, lunch, dinner thing, I want to give you ... I pick a recipe out of my pocket.

If I'm in a place and they don't have what I want on the menu .... and first of all, I never order from the menu any way. I just usually ask the waiter, "What do you have in the line of this. What do you have in the line of that?" "Oh, could you do this, could you do that?" And they're very nice about it, and a lot of times they're very obliging. So, if they have nothing on the menu that I want or if he doesn't .... I'll pick out a little recipe from my pocket and I'll say, "My doctor has me on a strict diet. Could you make this for me?" And it's a beautiful recipe, and anybody that wants that, when you email me and you want me to add that to your .... along with all those little pocket guides and the tape, I'll be glad to do that, too. I'll make sure that you have one. And make copies of it.

What I do is, every one of my suits, I have a little stack stapled together and I'll pick it ... and I don't make a big to-do out of it. I just, "Ma'am, could you fix this for me please?" And sure enough. And when they bring it back, it's usually $5 or $6 and everybody else has got an $8 or $10 thing for their lunch, and mine is gorgeous. They say, "How come we didn't order that? We're gonna do that." But I'm in control of what I'm eating.

Also, if you would like, if you send away for that tape, also indicate that you would like the list of my food sources that, if you can't get good stuff where you are, when I'm on the road a lot, I always have backups in my overnight bag, and they will ship this stuff right to your front door, and these are tried, proven, fabulous sources of the very best you can get. I am fortunate. I have a gardener about five miles from me that grows everything organic.

This old boy, I've known him for 30 years, and he's excellent. And I go out 20, 30 miles, 40 miles from here and I'll get about four bushels of those oranges that I get, that everybody loves, and

they'll say, "How come this stuff tastes better here in your house than it does mine?" And I just go to that little effort to do it because that's what dominates in my life. I'm the food guy, so I want the best.

Okay, any other questions? I feel like I need to let you go, guys.

TR: Wayne, Ted Rogers, here. Real quick. Going back to the idea about some of the grains. How about amaranths and the quinoas which are .... actually they're known as grains, but they actually are a crop in the seed family. Dr. Graham, any opinions on those?

DG: Well, the grains and the seeds, it's really .... this is a little confusing issue. Really, what we're looking at is hybridized grasses if you want to get right down to it. There aren't that many foods that fall into the grain, grass, seed category that we can consume as adults. In fact, there aren't any creatures on the planet that use these foods for their infants because they just don't have nutrient content. Even birds that eat grasses as adults won't give them to their children. They give them insects only. What we find again are these are relatively new foods in to the human food ....

WP: Chain?

DG: Well, it's not really a chain. I'd hate to call it that. It's a relatively newly introduced food. It's something that's only been around for a few thousands of years. We don't .... what it boils down to really is that by the time you cook the quinoa or you cook the teff or any of these grains, even if they've been around a few thousand years.

By the time you cook them, you've destroyed the vitamins and minerals. You're messing around with the antioxidants, the vital nutrients, the enzymes, and co-enzymes that make these foods nutritious. We're deranging the proteins, we're denaturing them, we're affecting the fats adversely, we're actually, as I said before, caramelizing the starches to make them taste sweeter. None of these things work to our advantage, and so are there grains that are less harmful to us than others? Sure. Are there alcohols that are less harmful to us than others? Sure. But I'm not looking to see which is the least harmful. I'm looking to see which is the most beneficial and trying to get my diet .... I'm not looking to give up things. I'm just looking to include more of the good stuff.

WP: Good one. Very well said. Okay, guys. We're going to have to kind of wind up here. I want to thank everybody for tuning in to the show tonight. We've had a lot of people tune in and I know that my email here .... I keep seeing those little .... it says new, new, new. And there's all kinds of messages coming up. My job really wasn't to get you to agree with everything that I was trying to tell you tonight or share with you, but it was to act and to think on treating yourself to the best of everything, guys.

You're special. Your self-worth is so much more important than your net worth. Treat yourself to good stuff and thanks. I'll be letting you know when the next tele-seminar is coming. Tom, everybody, give me a little (tones). Thank you, everybody, and goodnight.

I wrote a booklet on Food Combining that I feel would be a good fit here for you.

Faze out of the "Plop-Plop, Fizz-Fizz"

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In my travels throughout twenty-three countries, and from my studies of people who have reached ninety years and upwards, as well as others acclaimed to be the healthiest individuals in the world, I have found seven common factors. All of these healthy people enjoyed plenty of fresh air, pure drinking water, ample sunshine, adequate rest, a fitness program for the body's cardiovascular and muscular systems which included some stretching, emotional stability, and diets of natural whole food which were relatively free of toxic sprays. The diets of these individuals varied. They were vegetarians, fruitarians, raw food eaters, fish eaters and meat eaters. This puzzled me a great deal at first, and it was only after extensive research that I saw five common factors in the diets:

1) In all of them, foods were eaten in moderation;
2) The kinds of foods eaten were appropriate for the energy expended in the type of work the individual did;
3) The foods eaten were native to the environment;
4) They were foods to which the individuals were biologically adapted, or infractions of this rule were moderate; and
5) These foods were eaten in compatible combinations with the body's digestive chemistry, or other factors mitigated the effect of the breaches.

Most of the above needs little in the way of explanation. Food choices, especially American food choices, which are generally made (in a very competitive consumer's market) for taste, with a certain complacency of thought regarding nutritional value, do not encourage moderate eating. When we live to eat indiscriminately (addiction) rather than eat to live

(selectively choosing foods that will maintain healthy bodies), we become chronic overeaters who are often overweight.

A chronic overeater is a food addict, who will often develop food allergies. Our food has been made to taste so unnaturally good, being visually (through various chemicals, including pesticides) and flavor enhanced and preserved with so many additives, (many of which should never be placed in our bodies), that we heap more and more onto our plates, going far beyond the point of satiety. It takes about twenty minutes for the signal from the stomach to reach the brain, which lets us know that the stomach is full. Studies have shown under-eating increases longevity, whereas overeating, which often leads to obesity, is certain to cause problems, which will shorten life.

The formula for Obesity is: 0 = U/8 or YOU OVERATE!

A good rule of thumb is foods, which are native to one's environment, are those which should be eaten. This is because all foods are picked green for shipping purposes, and most will not ripen after they're picked - thus rendering no nutritional value. A person who lives a sedentary life would surely not need to eat an abundance of heavy foods. It is generally accepted that a lighter diet might suffice for that individual than one which might be chosen by a heavy laborer. This seems rational on the surface, unless the choice is emotional rather than necessary, especially when we consider that the strongest animals in the world: elephants, oxen, horses, mules, camels and water buffalo all eat leaves, grass and fruit.

Each species of mammal (carnivore, herbivore, omnivore, graminivore and frugivore) has a specific type of digestive system which biologically adapts to a particular type of food. According to Herbert M. Shelton, THE SCIENCE and FINE ART OF FOOD and NUTRITION, every anatomical, physiological and embryological feature of man places him in the class of frugivore, meaning, according to Densmore's Medical Dictionary, that he feeds on fruits, vegetables, nuts, seeds and rains.

Although Shelton could cite no true frugivores, meaning mammals, which subsist on fruits, seeds and nuts alone, he was disparaging of the grains, and most nutritionists agree that grains can be troublesome.

They are easily overeaten. It is certainly indisputable that humans do not have all the different types of digestive systems. Yet, the folly of the human species, observe Harvey and Marilyn Diamond in their book, Fit For Life, is that we have attempted to eat the different diets of all the animals. Even worse, with no discrimination whatsoever, we eat it all in one meal. Our reason for eating so much food is that, ironically, we have become prisoners of our tiny taste buds.

I stated above that among the healthiest people I have met were some fish and meat eaters, and this had particularly puzzled me. I must qualify that the fish and meat consumption of these individuals was sensible, and that their diets consisted of plenty of those foods to which their bodies are biologically adapted.

Compatible food combining with respect to the body's digestive chemistry is a science that is becoming accepted. Ivan Pavlov revealed its basic fundamentals from studies in his book, “The Work of the Digestive Glands”. Pavlov is perhaps better known for his experiments on conditioned reflexes. Herbert Shelton's extensive research is notable among the many studies which have substantiated the validity of proper food combining. = COMPATIBLE COMBINATIONS or FOOD COMBINING!

Years of counseling the nutritional needs to thousands of people provided me with ample evidence that proper food combining is the sensible, logical way to eat for effective digestion. The purpose of food combining is to uncomplicate the process of digestion, thereby eliminating digestive problems. No food value can be obtained from undigested foods. Furthermore, when food doesn't digest, it rots in the intestines, resulting in the production of alcohol and poisons, thus creating a climate in the digestive tract that is conducive to illness.

As long as we remain harmonious on the emotional level (strong negative emotions are physically debilitating), proper food combining will assure us of better digestion and, consequently, better nutrition. Beyond that, precious energy will be freed up from dealing with a mess in our digestive tracts that can, instead, be utilized constructively for other activities. This can make a critical difference in our outlook and in all our endeavors. Unquestionably, plenty of people have complacent attitudes about their "traditional" diets, and these individuals strenuously object to changing old eating habits, even when their bodies are screaming proof that they are out of kilter. It has been suggested that about two percent of all people think logically for themselves; eight percent think when they are in pain; and ninety percent would rather die than think. I am addressing those who think, with the hope that they will have some influence on the others.

A person will dedicate years of life to the training necessary to become an airplane pilot, electronics technician, architect or some other professional; yet many, probably most, show little regard for the ONLY PERFECT MACHINE--THE HUMAN BODY. We may have considered that there must be laws and rules governing our universe and nature, but how many of us have reasoned that there might also be specific rules for the efficient operation of these perfect machines - our bodies? Take the automobile, for example: It has an exhaust system, carburetor system, electrical system, cooling system, lubricating system and a fuel system. All of these work together for a perfect, smooth operation. We would never put oil in the radiator, gas in the battery, or water in the gas tank.

The human body has ten systems that work together harmoniously for normal function. These are the muscular, skeletal, nervous, lymphatic, excretory, respiratory, digestive, circulatory, glandular and reproductive systems. Each is a separate entity; yet each is also dependent on each of the others. The system that we have the most control over is THE

DIGESTIVE SYSTEM, through the way we feed ourselves; this, in turn, affects all the others.

The digestive system is the site of ongoing chemical activity, and different chemicals are needed for the digestion of the different types of food. For example, starch foods require an ALKALINE digestive medium which is supplied initially in the mouth by the digestive enzyme PTYALIN, and protein foods require an ACID medium for digestion - PEPSIN and HYDROCHLORIC ACID. Anyone with any knowledge of chemistry knows that acids and alkalines neutralize each other. Hence, when they are forced to go to work at the same time in the stomach, digestion is completely arrested.

Food will rot whenever it is allowed to remain for a prolonged period at a temperature of 85 degrees. Everyone has had occasion to see and smell food rotting. When it is improperly combined or overeaten, this rotting or fermentation is what happens to food that remains undigested in the stomach which has a temperature of 104-106 degrees during digestion. The body goes through a state of shock, and tries to get rid of the unwanted matter by discharging more chemicals into the stomach. The symptoms which may occur are: gas, flatulence, heartburn, upset stomach, regurgitation and diarrhea.

An antacid tablet can't get to the root of the problem of indigestion; it is not a remedy. The science of the body is the SCIENCE OF CAUSE AND EFFECT. We must deal with cause. Masking and pacifying symptoms with antacid tablets and other digestive aids really isn't rational treatment; it's downright irresponsible, in fact. Food rotting in the body can lead to a wide assortment of sickness and misery such as dysentery, headaches, colds, constipation, kidney and liver disorders and to huge medical expenses. This misery is not necessary.
Isn't it ironic that inhabitants of the best-fed nation in the world can have so much trouble digesting their food?

The problem is compounded when we not only mix it all up improperly, but many of us eat with almost no discrimination. To be more blunt, we eat junk. It boggles the mind in trying to fathom why intelligent human beings would attempt to subsist by eating JUNK, meaning all the processed, canned, and ultra-sweetened foods and drinks that are only available in our grocery stores because we buy them. We mix these in with everything else. There are consequences for eating junk foods; it affects behavior and thought processes, and we are the losers.

Somewhere I read, "The best way to lengthen your life is to avoid shortening it!" If you will refrain from overeating and combine your foods correctly, you should never again have a problem with weight control or experience that bloated feeling. Constipation will be eliminated, except for that which comes from eating too fast, (not chewing food well enough), drinking with meals, or mismanaged stress (emotions), and the effects of the stress will be less with proper food combining. Your odds for avoiding illness will be greatly improved. Years will be added to your life, and even more importantly, life will be added to your years.

Men don't die, they kill themselves. Conversely, old age doesn't cause illness. By simply respecting our biological limitations and eating foods in compatible combinations with the body's digestive chemistry, we learn that being healthy can be easy. The real challenge _then is spreading the word that it's not necessary to be sick.
Remember that one of life's laws is replenishment. If we do not eat, we die. Just as surely, if we don't combine foods properly and eat the kinds of foods, which will nourish our bodies, we will not only die prematurely, but suffering along the way will inconvenience us.

7 PROPER FOOD COMBINING RULES.

1. Proteins and Starches should not Be Eaten Together!

Mixing proteins and starches is one of the worst of the disease-producing habits. There is no way this combination will digest properly. You're thinking, "What about meat and potatoes, hamburgers, sub sandwiches, meat pizzas, macaroni and cheese, hot dogs and all those other favorites? Take, for example, the hamburger--the meat is a protein and the bread is a starch. It takes a series of acid digestive juices to digest the protein (pepsin, hydrochloric acid), and a series of alkaline digestive juices to digest the starch (ptyalin, maltase), as explained earlier. When proteins and starches are combined, their digestive juices neutralize each other and digestion comes to a halt. Then, as we have learned, when food doesn't digest, it rots.

2. Fruits Should Not Be Eaten With Starches!

The digestion of fruits requires hardly any time at all in the mouth and stomach, while starches require most of their digestion in those areas. The fruit sugars are quickly absorbed into the intestines, while the starch requires chemical and mechanical digestion in the mouth and stomach. Incidentally, starch is the only food that begins to digest in the mouth with the enzyme Ptyalin. When sugar, for which no Ptyalin is required, is combined with starch, the mouth fills with saliva and the signals get jumbled; impaired digestion is the result. If the fruit sugars are held up in the stomach awaiting the digestion of starch, fermentation is inevitable. The rule of thumb when eating fruit is to eat fruit as a fruit meal. This gives a new perspective to some of the old favorite combinations - the raisin bran products, fruit preserves on toast, bananas on cereal, carrot slaw with raisins. Oranges with rice is a bad combination that is easy to identify and doesn't even sound good.

3. Fruits Should Not Be Eaten With Proteins.

Here, too, the fruit sugars are absorbed directly into the intestines and the protein requires much time digesting in the stomach. If the sugars

are held back in the stomach while the protein is digesting, fermentation will result. The only exception to this rule is the avocado, which combines well with acid and sub-acid fruits. There is enough oil in seeds and nuts to prolong the protein digestive gastric juices in the stomach, while the fruit sugars of acid fruits are absorbed into the intestines.

4. Fruits and Vegetables Should Not Be Eaten Together!

When these are combined, the digestion of the fruit is delayed and fermentation again occurs. Lettuce and celery are exceptions and may be combined with any fruit except melon. Tomatoes are a fruit and an exception to the rule, also. You can have tomatoes with the following vegetables - lettuce, celery, okra, cucumbers, eggplant, bell peppers and summer squash. Melons Should Be eaten alone or Left Alone!

5. Melons combine with NO OTHER FOOD.

They are in their simplest form and require no digestion time at all in the stomach. If they are held back in the stomach while something else is being digested, again, fermentation will take place. Put a piece of melon outside in the sun at 80-90 degrees and see how quickly it decomposes. It's no wonder that melons bother so many people. They eat them before, with, or directly after a meal. There is NO EXCEPTION TO THIS RULE. Eat melons alone or leave them alone.

6. Acid and Sweet Fruits should not be Eaten Together!

These two food groups definitely should not be combined. Banana and grapefruit, oranges and raisins, tangerines and prunes don't even sound like good combinations, do they? NO EXCEPTION TO THIS RULE!

7. Do Not Mix more than 4 to 6 Fruits or Vegetables at a Meal!

The simpler the meal, the better you feel. Benjamin Franklin made the following observations regarding the eating habits of his time, showing that things haven't changed much: "I've seen few die of hunger, but 100,000 of overeating." "There's more that die from t the platter than from the sword!" "When feasts are spread, the doctor rolls his pills, and in 50 dishes lie a hundred ills. Think health. When you have it, you have everything. When you don't, nothing else matters.

Below is a favorite recipe excerpted from my recipe guide; a great one to start the day or for a mid-morning snack instead of coffee.

Wayne's Banana-Dana

In 12 ounces of distilled water, soak 4 ounces of raisins and 4 ounces of dates for 24 hours. Then add 6 sliced bananas and mix well. This is a fantastic treat and serves 2 people!

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About **Wayne "The Mango Man" Pickering, N.D., Sc.M**.

Comment: vbnvjhfgjfhjfhj

"THE AMBASSADOR for HEALTH" CEO of The Center for Nutrition in Daytona Beach, Florida which is the Greatest Source of Information on how to EAT MORE and WEIGH LESS in 30 days…GUARANTEED!

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Author of:

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--- Several C/D ROM's including "From Networking to Not Working";
--- 8 Books including "Make Health Your Priority…You Deserve it";
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