

FOOD: NATURE'S MEDICINE

Congratulations and welcome to your new life style. I am honored and excited to support you while you regain your health and become balanced with the Universe. Disease in the body is an indication of discord and imbalance in the mental and spiritual "bodies". The origin of all disease begins in the mind and spirit of the person. There exist many methods of rebalancing the mind and spirit, thereby resolving physical disease. Food is one of the simplest readily available healing agents on earth. Because you have selected diet as one of your means of regaining harmony, it is important that you know how to use it properly. Food is a source of energy which, if used appropriately, perpetuates life. Food nourishes the spirit, mind, and body. The nutrients in food must be consciously extracted, however, in order for the mind and spirit to be nourished. The solid and liquid components of food nourish the physical body. The aroma of food nourishes the mind, and the color nourishes the spirit. Thus, we can see that food which is overcooked and loses its natural color, or over seasoned, distorting its aromas and juices, will not nourish the components of human life. *We suggest the following procedures to ensure that you are nourished the complete self:*

1. Be grateful for your food; your ability to eat; the people who support the plants and animals in their growth; the forces of nature that provide the elements for the seeds to grow; and the force behind the forces which support all life.
2. Eat major meals seated and in silence. This allows concentration on chewing well and savoring the colors and odors of your food.
3. Do not drink while you eat, or for 30-45 minutes before or after meals. A small bowl of soup (6oz) is the only liquid appropriate with meals.
4. Observe the following food combining principles. Judicious food combining aids digestion by significantly decreasing the amount of energy the body requires for digestion and absorption of nutrients.
 - a. Fruit should always be eaten alone, or as a meal in itself. No other food should be eaten within 45 minutes of eating fruit. This is a good breakfast meal.
 - b. Sea vegetables can be eaten with any foods except fruit.
 - c. Grains and vegetables are a good combination. At each meal, attempt to eat a root vegetable, a surface vegetable, and at least one leafy vegetable along with grains.
 - d. Beans and vegetable are a good combination.
 - e. Grains, vegetables, and beans together is a very heavy combination for the digestive tract. Persons with digestive problems have difficulty attempting to digest this combination. Only one tablespoon of beans should be eaten when using this combination. This combination should not be eaten within four hours of going to bed.
 - f. Fish should be eaten with vegetable only. Eat a wide variety of vegetable with fish.
 - g. Eat vegetables and fruits that are local and seasonal, or that are imported from the east or west of where you live. Your local environment is the area within an approximate 300mile radius of where you live.

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