

Whole Food Guide

Whole Grains

Soak rice 24 hrs. with shot of vinegar; cook 45 min. in fresh water.

Soak millet and quinoa 12 hrs. with shot of vinegar; cook 20 min.

Brown rice (short, medium, long grain)

Millet

Quinoa

Buckwheat (no soak, just roast, then rinse shortly and cook 15-20 min)

Barley (roasted)

Oats (whole, roasted)

Corn

Rye (sourdough bread)

Spelt (sourdough bread and pasta)

Vegetables

Broccoli

Bok choy

Peas, snow peas

Green beans

Radish greens

Kale

Spring green onion

Green beans

Cabbage

Chinese cabbage

Cauliflower

Cucumber

Celery

Parsley

Carrots

Onion

Swede/Rutabaga

Pumpkin

Squash

Parsnip

Kohlrabi

Lettuce (all kinds)

Radish (red, white)

Mushrooms

Shitake mushrooms

Preparation of vegetables

Steam

Stir-fry

Bake

Raw and salad

Pressed raw with salt (carrot, beet, cabbage, cucumber)

Pickles (sauerkraut - no vinegar)

Vegetable soup with miso

Fry vegetables in coconut /olive /sesame oil, add seaweed (wakame or dulse). When done, season lightly to taste with unpasteurized miso (brown rice, barley, chickpea). Add leftover pulses and grains to make a hearty soup. Sometimes add a raw, beaten egg at the end for a power soup. Garnish with parsley and/or green spring onion.

Oils (organic)

Coconut oil (frying, baking) [never hydrogenated]

Coconut milk and cream

Extra virgin olive oil (raw, salad, frying) [organic best]

Sesame oil (unroasted, for frying)

Cultured organic butter, now and then if desired

Protein (Plant Quality)

Legumes, soaked and cooked with seaweed added after boiling up and skimming off scum:

Adzuki

Chickpeas

Lentils

Black

Black Eyes

Lima

Small, white beans

Split peas

Other beans

Protein (animal quality)

Ocean fish

Prawns, shrimp (wild, not farmed)

Organic turkey/chicken/duck

Organic eggs

If desired:

Organic lamb or beef (now and then)

Goat /sheep feta cheese (now and then)

Seaweed

Kelp/Kombu (with grains, beans)

Wakame (in soup)

Nori (soup, sushi)

Dulse (soup)

Agar (dessert)

Arame or hiziki side dish

Seeds and Nuts

-soak in salt water 8 hours, then oven-dry 2-3 hrs at low heat, or in food dryer

Pumpkin

Sesame

Sunflower

Sesame spread (tahini with water)

Almonds (also as nut spread)

Hazelnuts (also as nut spread)

Walnuts

Brazil

Cashew

Macadamia

Chestnuts

Fruit (temperate climate)

Apples

Berries

Cherries

Plums

Pears

Apricots

Peaches

Grapes

Melons (eat it alone or leave it alone)

Dried fruit

Fruit spreads

Sweeteners

Rice syrup

Barley malt

Condiments and Seasonings

Natural sea salt

Crystal Himalayan salt

Tamari or shoyu soy sauce

Sesame salt (gomasio)

Pickled salt plum (umeboshi)

Salt plum paste (umeboshi)

Umeboshi plum vinegar

Garlic

Grated ginger

Horseradish

Wasabi

Natural mustard

Mirin (sweet rice seasoning)

Lemon and lime

Kuzu (starch thickener)

To Drink (not with meals)

Water (filtered, spring)

Water with lemon or lime juice

Tea (twig tea, bancha, kukicha)

Mu tea

Dandelion root tea

Chicory tea

Roasted barley tea

Rooibos tea

Neutral herbal tea

Suggestions

- Choose organic food
- Chew well (30 to 50 times)
- Eat a good breakfast with protein
- Eat regular meals
- Don't eat big evening meals
- Cook on a gas stove, if possible
- No microwave
- No aluminium pots or pans
- Scrub skin vigorously with a hot, wet towel, esp. hands and feet
- Moderate physical exercise, brisk walking, barefoot on grass
- Do-in energetic self massage
- Self reflection, meditation, laughing

Also beneficial

- Short shower (instead of long, hot bath) with shower water filter
- Natural clothing material
- Minimal TV and electro smog
- Ecological products for personal care and household purposes
- Chiropractic care/ Energy massage

Shopping list

Brown rice (short grain)

Quinoa

Whole oats

Buckwheat

Sea salt, crystal Himalayan salt

Tamari, shoyu (soy sauce)

Umeboshi plums, also paste

Umeboshi plum vinegar

Mirin sweet rice seasoning

Miso (barley, brown rice, other)

Light miso (shiro)

Adzuki beans

Lentils

Black beans

Seaweeds:

Kelp/Kombu

Wakame
Dulse
Agar

Pumpkin seeds
Sesame seeds
Sunflower seeds
Almonds
Other nuts
Tahini spread

Coconut oil, virgin/extra virgin
Sesame oil (light)

Rice syrup/Barley malt

Websites:

www.stevenacuff.com

www.mercola.com

www.westonaprice.org

www.bodyecology.com

www.naturalnews.com

www.wddty.co.uk

Example for breakfast

Miso soup with coconut oil and seaweed
Rice leftovers as porridge with salt plum
Pumpkin, sunflower seeds, almonds
Protein: Leftover beans or soft-boiled egg
Salad/pressed vegetables with dressing: olive oil, tamari and lemon or lime juice

Example for lunch

Quinoa or brown rice
Steamed green vegetable (bok choy, broccoli) with coconut cream sauce
Stir-fried root vegetable
Pressed cucumber with salt plum
Protein: baked beans/lentils or baked fish/ chicken with ginger, garlic and basil
Salad with lettuce, radish and mustard dressing and pickled vegetables

Example for evening meal

Rye or spelt sourdough bread
Tahini spread with salt plum, herbs
Vegetable leftovers
Protein: hummus, omelette or fish
Pressed/pickled vegetables

Sweet snack

Fruit with nuts or
Agar pudding with fruit and chopped nuts on top

Other snack

Leftovers with seasoning (mustard, salt plum, sesame salt)
Bread with bean spread, coconut oil, olive oil or tahini, with salt plum and herbs,
pressed/pickled vegetables

Recommended reading

Food and Healing (and)
Food and our Bones
by Annemarie Colbin
Eat Fat, Lose Fat (and)
Nourishing Traditions by Sally Fallon
Nutrition and Physical Degeneration
by Dr. Weston Price
The Book of Do-In by Michio Kushi
Reading the Body by Wataru Ohashi

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Ume-kuzu drink: for strength and warmth:

Dilute 2 tsp kuzu in a little cold water, then add kuzu to a cup of boiling water. Stir until it thickens and becomes clear. Turn off and add a crushed umeboshi or 1 tsp paste, ½ tsp tamari-shoyu and press a little juice from grated ginger into it. Drink warm.

Ginger Compress: to stimulate and overcome stagnation

Grate fresh ginger root and put in a cheese cloth or a sock. Squeeze out ginger juice into pot with 4 quarts/liters of very hot (but not boiling) water. Drop the grated ginger bag into the water and let steep and cool, until the skin can take the heat. Dip a hand towel into the water, wring out tightly, fold and put on the area for treatment. Cover with a dry towel to keep compress warm. After 3-4 minutes change with another hot towel in the water. Do this for 20 minutes. Skin turns pink.

Foods to avoid

Animal Foods

Pork
Processed meat products (nitrate)
Commercial dairy products
(yogurt, cheese, ice cream)
Tuna, swordfish, shark, farmed fish (mercury)

Vegetables

Nightshades (tomatoes, potatoes, capsicum / bell pepper, eggplant, chilli)

Spinach (high in oxalic acid)
Chard/Silver beet (oxalic acid)

To Drink

Coffee, also decaf (caffeine)
Black and green tea (caffeine)
Medicinal herbal tea (OK as medicine)
Fizzy, carbonated, sugary drinks
Diet drinks (sweetener: aspartame etc)
Fruit juice (fast sugar)
Alcohol

Tropical fruit (in temperate climate)

Banana
Mango
Papaya
Orange
Fig
Date

Other

Artificial sweeteners (sucralose etc)
Food additives
Sugar, also fructose, dextrose
Wheat and white flour products
Chocolate (oxalic acid, caffeine)
Snack foods: chips, crisps etc
Margarine
Oil from corn, soy, safflower and sunflower, canola
Hydrogenated, refined cooking oil
Low-fat products
Soymilk, tofu, other soy products
Honey

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