

THE MESSIAHS DIET!

Based on what is given to me by my Naturopath.....

A Gradual weight loss, and Healthy easy diet

**Use Aminoplex Clear, from BioCeuticals, Bought on line or may be, Chemist Ware house?
Two Table Spoon with Juice, could lose 5 kilos per tub...**

Lose a kilo or more a week, no nonsense Diet.....

Have 1 or 2 cans of Diet Coke (optional)

2 Coffees or Teas, with one sugar or have added, if take two, Xylitol sugar from Health Store (20 calories, a teaspoon)

Coconut Water, all day and my fruit Juice

Fruit Juice

(Have throughout the day) the grains keep you full, and help fight fats and sugars....Also good for digestive and your intestines

100 grams Rice bran

100 grams Oats Bread Bran

100 grams Psyllium Husks

200 grams Slippery Elm bark

Combine the above, and add 1 tablespoon to your juice Also for weight loss add two tablespoon, Aminoplex Clear, from BioCeuticals....A Detox and Cleanse

1/4 Apple,

1 kiwi fruit with skin on, for your shiny hair

4 to 6 Brazil Nuts for your skin and hair..

1 banana

1 litre of Water

Or use whatever fruit and vegetable you want to make a smoothie Just a little of each, and drink throughout the day

Or have your meals for the day and have a detox with the grains, with your favorite fruit and vegetables, blended

Put in blender

Have this juice throughout the day, with one meal in the morning Runny eggs on Toast or Rice with dinner base or even make a vegetable, and bean stew and have, with lots of rice...All can be cooked in the Pressure cooker

Break fast

I have my main meal for Breakfast, Half a small bowl of Rice, with mixed frozen Asian Veggies, or normal chopped up vegetables, and lots of garlic together, and cooked together.....or a bean and vegetable stew, with lots of rice

Add Coconut Oil in the boiling water and if you want Turmeric

Coconut oil in water and placed in fridge over night, cuts the calories in half.....

also use good for the gut , when cooked Cayenne Pepper

(Use half a bowl of Rice, with a small topping of Dinner Bases found in Woolworths...

I use the Flavour Master from Danoz. Easy cooking , only takes 20 minutes. Throw it all in and press button....simple....

Add extra veggies to your Dinner Base if you want too? (Zucchini, sweat potato, peas, carrots)

I make enough for myself for 4 days....

If you want a balanced diet, have below-

Dinner

1 small can of Salmon or Sardines with Olive Oil

Alternate days have 1 large tablespoon of Yogurt (Greek, optional) with 2 tablespoons of Muesli

A lot of people have a Leaky gut, (holes in the intestines) due to stress, they are not getting the

value from their foods and this is why a lot of people lose their teeth and go bald.....Live

bacteria, yogurt is best for your gut, and teeth.. You. Could buy small bottled , live bacteria

yogurt from your local store, e.g. Woolworths. Tablets for Gum Disease can also be bought

from your Naturopath

Try taking Yogurt every day or Alternate days with this diet....

Or have a light Salad...Most people need Iron tablets, that's why they are tired have no energy

and moody. So with this diet please also take some iron tablets or beans with your salad, if you

are having salad And Women with Menstrual, really need iron. That's why they are so uptight

and Bitchy....

Vitamin D and C tablets are good to take also for your teeth and bones, if you have any problems....

Helpful Tip

If you need a soluble drink with your medication etc , and you stomach is not full, have a glass of Soya Milk or Milk, and sometimes a piece of fruit....

White Teeth

Use Bicarb Soda with toothpaste, for white teeth

1/2 a teaspoon with little water, to cleanse your insides and of acids (At bed time)

intestine Problems take IBS support Triple Action from Bioglan or you need a probiotic, and a prebiotic,,,,,,

yogurt is a great probiotic, and Onions and Garlic for prebiotic.....

Weight loss with good results

Tablets from your Naturopath will keep you full, and not hungry!

Two eggs cooked, runny eggs in the morning, on unbuttered Toast

Dinner

1/4 Apple

¼ Pear

Carrot

Celery

Tomato

¼ Green Banana (Green, Less sugars)

½ Lemon, with skin

Cayenne Pepper to taste (Good for Stomach)

Use any veggies or fruits, just a little of everything, in a cup blender. A tablespoon of the grains above to keep you full

Third Diet,

I lose about a kilo a week, with no exercise Its the same as the second Diet, but I have a fry up instead, and a banana at dinner, and soya milk or milk at bed time, when I take my medication. Also stomach fillers which I get from my Naturopath

Breakfast

Onion,

Celery with the Leaves, (Good for Heart)

Garlic (Good for colds)

Capsicum (Iron)

Tomato (Vitamin C)

Lemon with skin, couple of slices chopped up Cayenne Pepper, (Good for Stomach) Olive oil, and you can put vinegar in with it, too

Two eggs , runny on unbuttered toast, with honey or vegemite

Dinner Banana **Bedtime** Glass, Soya Milk, or milk :(live bacteria only) a Probiotic, and also Onions and Garlic Which are Prebiotics will help your Gum Disease...Take daily...