

Food that is chewed, cooked, pickled, fermented
 White rice, potato, vegetables, cabbage, egg plant, spinach, coriander

Eggs, Fish, Seafood, Peanuts

Nuts and Seeds

Cinnamon, Curcumin, Garlic, Black Pepper, Chilies,
 curry, gravy, slow cooked foods

Coffee, Cocoa, hot beverages

Animal Fat and Oil;
 Butter, Ghee, Suet, Lard

Bitter and Sour foods;
 Bitter melon, Bitter Beer, Buttermilk

Red Meat; Beef, Mutton,
 Mature fully grown animals fed grass

Non-grain Alcohol, Wine, Cognac,
 made from; grapes, berries,
 potatoes, rice, corn, beans

Salt, Butter, Popcorn

Boiled Water
 Stored in Glass

Dance - Sing
 Laugh - Cry
 Go Outdoors
 Sun Tan
 Yoga
 Get excited
 Tour - Travel
 Visit - Sight See

Water Cooked

Cooking Pot

- Boiled
- Steamed
- Roasted
- Baked



Cooked

Good - Increase

Bad - Avoid



Raw

Frying Pan

- Stir Fry
- Deep Fry
- Smoked

Bottled Water
 Stored in Plastic

MSG, Soy,
 Mono-Sodium Glutamate

Yogurt, Dairy, Whey Protein,
 Low Fat Dairy, Skim Milk

Vegetable Oil;
 Canola, Corn, Soy

White meat, pork, chicken breast, baby beef, lamb,
 Animals fed milk or grain

Juice, Soda Pop, Punch, Cold Beverages,
 Sold and stored in plastic, health and environment disaster

Grains, Whole Wheat
 Oats, Oatmeal

Soy, Soy protein, Soy oil
 This is MSG by another name, bad salt - bad sodium

Fruit, Honey, Fructose Sugar,
 Apples, Bananas, Pears, Water Melon, Oranges, Pineapple,

Raw food, juiced, blendered, processed, liquid food, not clean, full of bacteria

Oil Cooked

Sitting
 Computer
 Television
 Movies
 Long Flights
 Bed Rest
 Not Moving