FOOD FOR DAILY USE –dr wilson

Diet For Rapid Development

by Dr. Lawrence Wilson

© April 2021, LD Wilson Consultants, Inc.

All information in this article is for educational purposes only. It is not for the diagnosis, treatment, prescription or cure of any disease or health condition.

To understand the effects of this diet much better, read the Testimonials.

Update 1/22/21. Soft goat cheese and goat yogurt need a little unrefined sea salt added to them. Otherwise, they are too yin.

Warning (12/2/20). Some pressure cookers are ruining vegetables and must not be used! The main suspect ones are some Instant Pots and a brand called Vinod. So far, safe brands are the stove-top models made by Presto, TFAL, and Fissler. We are still researching this.

Warning: Do not follow the cooking instructions that come with pressure cookers. They often recommend cooking times that are too long. This will overcook the food and ruin its nutritional value. Pressure cook for no longer than about 2.5 minutes and use the low pressure setting if your cooker has a choice of pressures.

Also, do not cook vegetables with any type of vegetable oil, especially in the oven because it creates AGES and perhaps other powerful toxins. Cook with water (pressure cooking or steaming) and not in the oven.

Update, 12/3/20. Crock pots are okay to use for vegetables and meats as long as you do not overcook the food. Be sure to turn off the crock pot and don’t just leave it on. On low setting, vegetables require about 6 hours to cook.

Update, 7/3/20. Avoid frozen food except for frozen meats if that is all you can find. We believe that eating a lot of frozen food causes fatigue, mental symptoms, a four lows pattern, a low sodium/potassium ratio and possibly a double four lows pattern.

Update 8/28/20. We now suggest eating four (4) types of onions with each meal, carrots with each meal, and at least 1 cruciferous vegetable with each meal. Also, cook with water most or all of the time. These measures seem particularly important for development at this time.

Contents

I. INTRODUCTION

Why Does Development Require A Special Diet?

Six Rules For Rapid Development

What Is Development?

Three Articles About The Development Diet

Diets For Fast and Slow Oxidizers

Varying The Diet Depending On Your Size And Lifestyle

II. DAILY FOODS

Cooked Vegetables

Protein Foods

Grain Foods

Fats And Oils

Fruit And Sweets

Natural Sea Salt

Beverages

Food For Babies And Children

III. OTHER TOPICS

Cooking

Eating Habits

The Order Of Eating Foods

Proportions

Food Combining

Fermented Foods

Adding Salt To Food

Seasonings, Dressings And Toppings

The Number Of Meals

Food Rotation

Leftovers And Freezing Food

Soups And Purees

Snacks

Eating Out

References

\*\*\*\*\*\*\*\*\*\*\*

I. INTRODUCTION

WHY DOES DEVELOPMENT REQUIRE A SPECIAL DIET?

If our food were more nutritious, healing and development would not require such a special diet. However, even the best food on planet earth is of mediocre nutritional quality or worse.

This fact is well-documented in books such as Empty Harvest by Dr. Bernard Jensen, Food For Naught – The Decline In Nutrition by Ross Hume Hall, and others. These books compare the nutritional content of our food from about 100 years ago to that of today, using statistics from the US Department Of Agriculture.

The reason for the decline in nutritional value of the food was the so-called green revolution that took place early in the 20th century in America and around the world.

Essentially, the use of superphosphate fertilizers enabled farmers to grow up to ten times as much food per acre. However, the nutritional quality of the food is far less. For details about what has happened to our food, read the Organic Agriculture article.

SIX RULES FOR RAPID DEVELOPMENT

1. Eat lots of well-cooked vegetables with breakfast, lunch and supper. Eat three meals a day. Do not eat just grains and meats, or mainly chemicalized food such as fast food, or raw vegetables (salads).

Adults need 2-3 cups of well-cooked vegetables with each meal. It is best if they are fresh and not canned or frozen. Interestingly, canned vegetables are testing better than frozen ones. Avoid frozen food as much as possible, except for meats, which seem to be okay if you cannot get fresh meat. Organically grown and locally grown are usually superior, as well.

Vegetables need to be pressure-cooked for no more than 3 minutes or steamed, boiled or slow-cooked for no more than about 45 minutes. Do not fry, broil, roast or bake vegetables. Also, preferably do not stir-fry or sauté vegetables. These produce toxic chemicals.

2. Eat only whole, natural foods, preferably organically grown and Non-GMO (no genetically-modified foods). This means: NO protein powders, NO green drinks, smoothies or shakes, NO juices except 10-12 ounces of carrot or wheat grass juice away from meals, NO eggs whites only, NO Egg Beaters and NO food bars. See the references at the end of this article for the reasons for these restrictions.

3. Eat animal quality protein twice every day, and eat protein three times daily. For rapid development, do not eat a vegetarian diet. Animal protein includes red meat such as lamb, goat, organic or grass-fed beef, dark meat chicken, sardines, eggs and a little goat yogurt.

However, limit the portion size for adults to 4-5 ounces or 110-140 grams of protein per serving, and no more.

4. Eat warming foods only. All food tends to either warm the body or cool it down. These are physics qualities. Warming means faster motion of the atoms and molecules. It is also more compact, with more inward and downward movement of subtle energy. Some teachings use other equivalent words such as yang and yin in Chinese medicine and Macrobiotics.

Warming foods includes meats, eggs, cooked vegetables, and whole grains. Other foods such as fruit, raw vegetables, most juices, all food powders, and sweets of all kinds tend to cool the body and this slows development.

For this reason, do not eat sugar, honey, maple syrup, agave nectar, coconut products such as coconut water, coconut cream or coconut milk, soda pop, fruit juice or much fruit or milk. Also, do not eat sweetened foods such as cookies, cakes, ice cream, pastries, all desserts, and many breads.

5. Do not drink any liquids with meals. Have drinking water before your meal, then wait five minutes or longer before you eat your meal. It also means take your supplements before your meal if you need to have some water to swallow them. Then wait five minutes and then eat your meal. However, it is okay to take supplements during or right after a meal.

Do not have smoothies, shakes, protein drinks, superfood drinks, frappes or any other drinks that combine water or other liquids with food. This is much harder on digestion and too yin. If you have carrot juice, have it alone. Then wait at least half an hour before eating a meal.

6. Use sea salt with all meals. Preferable brands are Hain and Hawaiian Bamboo Jade. Use sea salt to taste, including on meats. It is an important product for development. Sea salt in moderation does not raise blood pressure or cause other problems.

AVOID standard table salt, which is a processed and toxic product. Also avoid salt substitutes such as potassium chloride.

WHAT IS DEVELOPMENT?

Development is the expansion of the energy field of a human being. It is also the unfolding of the full genetic potential of a human being and the primary goal of development programs. This is different from other healing programs and requires a different diet.

Certain foods contain the right chemicals needed for development. These foods are needed on a daily basis. This article discusses these foods.

To understand development, read Introduction To Development, Development, Why And Why Now, and One Hundred Reasons For Development.

We continue to research diet, so this article will be updated periodically. Please check it every six months.

THREE ARTICLES ABOUT THE DEVELOPMENT DIET

In addition to this article, two other articles discuss the development diet. They are:

Foods For Occasional Use

Forbidden Foods

FAST AND SLOW OXIDIZER DIETS

The dietary principles for fast and slow oxidizers are similar. However, they differ in the following ways:

Slow oxidizer diet. When the oxidation rate is slow, one needs less fat and more starches in the diet. There should be enough fat and oil in the development diet without adding extra fat. High-fat foods in the development diet are:

- Almond butter- very important! Do not skip this for any reason. If you don’t like it, disguise the flavor. Organic almond butter is more costly, but better.

- Sesame tahini

- Oil found in blue corn chips

- Sardines

- Meats (mainly lamb, dark meat chicken, and organic ground beef. Wild game and turkey have a little fat, but not much)

- Eggs (specifically runny egg yolk)

- Goat yogurt

- Possibly a small amount of butter or vegetable oil used in cooking.

Fast oxidizer diet. Fast oxidizers require one to two tablespoons of additional fat or oil with each meal. They also require less starch in the diet.

Excellent extra fats are runny egg yolk, cream, butter, animal fats, and a little vegetable oil such as olive, sunflower, safflower or other vegetable oils. Do not heat vegetable oils.

Vary the type of extra fat or oil you eat. For example, do not just have olive oil or butter three times a day. This will unbalance the body and will slow development.

Chicken skin is not that good as an extra source of fat. Do not eat it at all if the chicken is roasted because it is then toxic.

Carbohydrates or starches. Fast oxidizers require less carbohydrate than slow oxidizers. However, both slow and fast oxidizers need at least a few blue corn chips every meal.

We wish that other grains supplied the same nutrients as blue corn chips, but they do not. We also wish that blue corn cereal or blue corn tortillas were as good as the chips, but they are not. Skipping the blue corn chips slows development a lot.

However, do not overdo on corn chips, which is easy to do. Limit the number to about 8-10 per meal. If you are still hungry, add more vegetables to your diet rather than fill up on corn chips or other grains.

VARYING THE DIET DEPENDING ON ONE’S SIZE AND LIFESTYLE

The portion sizes recommended below are average sizes. If you are very small or very large, you can adjust the portion size accordingly. However, we find that most adults need several cups of cooked vegetables three times per day, regardless of their size or weight.

II. DAILY FOODS

COOKED VEGETABLES

Eat 2-3 cups or 500-700 ml (volume) of cooked vegetables with each meal, three times daily. Measure the amount of vegetables you eat in the cooked state, not the raw state. This amount is needed to remineralize the body. This is the most important part of the diet, and the one with which most people have the most difficulty.

For the reasons why everyone needs to eat lots of cooked vegetables, but not a vegetarian diet, read Vegetables and Everyone Is Depleted And Toxic.

COOKING. All vegetables must be cooked until they are soft – not raw, not crunchy and not al dente. Otherwise, the body cannot absorb enough minerals and other nutrients from them.

However, many people overcook vegetables. When properly cooked, the vegetables should be soft and not crunchy. However, they should retain most of their color.

This requires about 2 to 2.5 minutes in a pressure-cooker or 30-40 minutes in a steamer or crock pot. Do not follow the instructions that come with pressure cookers – they are wrong and will overcook and ruin your food!

Warning See the warning at the beginning of this article about plug-in electric pressure cookers. Some are destroying the food and must not be used. At this time, we only recommend buying a stove-top pressure cooker, not an electric plug-in model.

Never pressure cook vegetables for more than 2.5 minutes. This just overcooks them and destroys the chemicals in the food that development requires. If the vegetables do not pressure cook in 2.5 minutes, they need to be sliced thinner.

Pressure level choice. If your pressure cooker gives you a choice of pressure levels, use the lower pressure level. The high pressure seems to damage the food a little more.

Seasonal dietary changes. Some people teach that eating more cooked food in the winter is good, but not in the summer or in hot climates. We find one must eat vegetables well-cooked all year round and in all climates.

If you pressure-cook or use a crock pot, use good water and drink the water in which you cook vegetables. Drink it 5 minutes before you eat your meal, or at least an hour after the meal, however, so as not to dilute your digestive juices.

If you steam vegetables, you can use tap water and throw away the water.

Blending in Vita-mix. This method is not as recommended, but it is easy. We are still researching it. One uses a high-powered blender that generates enough heat to also cook the vegetables. We are still researching this method of cooking. However, here are two cautions:

- Food prepared this way will cook extremely fast. At first the blender goes slower while it is chopping the vegetables. Then it speeds up when they are chopped up. From the time the blender speeds up, keep it on only 10 seconds or less. Otherwise you will overcook the vegetables and ruin them.

- Also, use as little water as possible. The blended meal should be thick! The thicker the better. We do not recommend having liquids with meals because they dilute the stomach acid.

When to cook. Ideally, cook vegetables for each of three meals every day. You will develop the fastest this way. However, it is okay in order to save time to cook vegetables just twice or once a day. Ideally, do not keep them overnight, although leftovers for one day are okay.

Also, we no longer recommend stir-frying or sautéing vegetables, except occasionally. The reason is that stir-frying produces Advanced Glycation End Products (AGES), which are quite toxic chemicals. We now suggest cooking only by pressure-cooking and by steaming. Cooking with water reduces the problem of AGES.

Preferred Vegetables. Eat almost exclusively the preferred vegetables listed below. There are over 30 of them, so don’t say there is nothing to eat. If you cannot obtain all the preferred vegetables, just do your best and eat plenty of the ones you can get. Try growing some of them – some are easy to grow.

A medley or mixture. At each meal, eat a mixture of 10 or more of the preferred vegetables. Ideally, have a little of up to 16 different vegetables with a meal. This seems to cause development to occur fastest.

This replaces an older recommendation to eat between about 5 and 9 different vegetables per meal.

We suggest eating some carrots with each meal. Also, try to have at least 4 kinds of onions per meal. Also, have at least one cruciferous vegetable per meal. These include red cabbage, Brussels sprouts, cauliflower and brocollini. The other vegetables can be rotated.

Fresh, local, organically grown, non-GMO vegetables from a local farmer’s market are usually best, provided they are organically grown. The next best vegetables are usually organic ones from supermarkets and health food stores.

If you cannot get organically grown or they are too costly, commercially grown vegetables are okay.

If there is no other choice, it is better to eat canned vegetables, rather than none at all. Frozen vegetables are the least helpful for development, so do not eat them.

No Salads. We know this goes against the beliefs of many other health authorities. Raw vegetables are not recommended because the body cannot extract much nutrition from raw vegetables. For details, read Raw Foods.

No sprouts. Sprouts contain a toxin to keep animals from eating the young plants. As a result, they are best avoided.

Other vegetables. Eat mainly the preferred vegetables listed above. Do not eat a lot of any other vegetables, including greens. They do not provide enough of the chemicals needed for development. It is fine to just eat the preferred vegetables listed below.

Pureeing. You may puree vegetables after cooking them to make it easier to eat 2-3 cups of them. To do this, after cooking vegetables, pour off the water you cooked them in so you can drink it. Then, to puree the vegetables, use an electric hand blender. It looks like a stick with a cord at one end and a blade at the other end.

Do not use a regular blender because most require adding water. This is not good because the water dilutes the stomach acid. The hand blender does not require adding water to the vegetables.

Peeling. Do not peel vegetables such as carrots, even if they are not organically grown. Clean them with a vegetable brush. However, remove the outer dried skin of onions and garlic.

THE LIST OF PREFERRED VEGETABLES

Root Vegetables:

Daikon or white radish

Carrots (standard orange carrots only – not the multi-colored ones or the baby carrots)

Shallots

Red onions

White onions

Yellow onions

Sweet onions

Gold pearl onions

Red pearl onions

White pearl onions

Boiler onions

Cipolline onions

Bulb onions

Green onions or scallions

Leeks

Rutabaga

Cruciferous vegetables:

Red cabbage (but not green cabbage)

Savoy cabbage

Brussels sprouts

Broccolette, brocolini or baby broccoli (but not regular broccoli).

White cauliflower

Orange cauliflower

Purple cauliflower

Cauliflower stems and leaves (sliced finely so they cook).

Other. Green beans (or string beans) are a very good daily food. In small quantity only, chives, garlic, ginger, horseradish root, and winter squashes (but not summer squashes such as zuccini and sunburst squash) are good. Once or twice a week have a very small amount of golden beets and celery.

For chives, have about a three-inch piece per meal. For horseradish root have a dime-sized thin sliver per meal. For celery, have about ¼ inch twice weekly. For golden beets, have a thin slice twice a week – about the size of a quarter coin. For garlic, have 2 little cloves per week or have an inch of wild garlic, but not both at the same meal. For ginger, have 2-3 small, thin slices per week.

Winter squashes include acorn, butternut, buttercup, hubbard, spaghetti and about 8 other varieties. They are not necessary foods and are really fruits and all are somewhat yin. Therefore, we don’t recommend eating a lot of them.

Here are more notes about certain vegetables:

Broccolini. This is delicate and cannot be cooked more than about 2.5 minutes in a pressure cooker without becoming overcooked and losing its nutritional value. Ideally, just eat the broccolini flowers and leaves, and discard the stems because they contain less of the chemicals needed for development.

Brussels sprouts. We are not sure why these are so named, as they are not sprouts. They are fully grown vegetables with many healing properties.

If they are available, eat at least one or two medium-sized Brussels sprouts every day.

Cabbage, red and Savoy. These are excellent for development. Adults can have about 1/2 of a leaf of each one (red and Savoy cabbage) every day, at least. It should be soft, when cooked, and not crunchy.

Carrots. Smaller is better (This is generally true of all vegetables. Smaller ones are more yang). Do not buy the peeled, so-called “baby carrots”. In general, carrots and other vegetables that are sold loose are better than those sold in plastic bags.

For cooking, slice carrots into pieces that are about ¼ to ½ inch or 1 cm long. If the carrot is thicker than about 1 inch or 2 cm, slice the carrot longitudinally or the long way, as well. This way it will cook in a steamer or pressure cooker at the same rate as the other vegetables. Have carrots at least once a day and preferably some with each meal.

Cauliflower. Think of cauliflower as two vegetables: 1) the cauliflower, and 2) the stems and leaves that are around the cauliflower. Both contain the chemicals needed for development. The stems must be sliced thin or they won’t cook through.

The best types of cauliflower are the orange and the purple cauliflower, even if they are not organically grown. Next best is white cauliflower and this is fine if it is all you can find.

Green cauliflower is not recommended. Have some cauliflower every day and ideally a little with every meal.

Daikon or white radish or purple radish. Have a little daikon preferably with each meal, or at least once a day. Don’t substitute the common red radish for the white or purple daikon radish.

Garlic and ginger. Garlic cooks quickly and should not be cut up. Ginger cooks slowly and needs to be sliced very thin and cut up some more in order to cook correctly. Eat these only about twice a week, and only a very small amount.

Golden beets. These are helpful for development, but only a little is needed – about 1 thin slice of a medium-sized golden beet twice a week. Avoid red beets, which do not contain the chemicals for development.

Green beans, also called string beans. This is an excellent vegetable to speed up development. Have a few green beans every day.

If possible, buy them loose and not in a plastic bag. The bagged ones seem to be affected by the plastic in the bag.

Cut them into about 1-inch pieces or 2 centimeter pieces. This is about right so they will cook at the same rate as the other vegetables. When cooked properly, they should be soft, not crunchy.

Green onions or scallions. This is an excellent vegetable for development. Have some daily.

Leeks. This is an excellent vegetable for development. Have some every day. Eat the whole leek – both leaves and stem.

Leeks often contain some dirt where the stem becomes the leaf. This is unavoidable and you may have to wash this part when you cut a section of it to eat.

Onions. Onions are very important for development. They contain a number of chemical compounds that speed development. Without them, development proceeds slowly. Please eat them all, if you can find them. We suggest eating a little of three or more types of onions with each meal.

To extract all the minerals and other chemicals from onions, they must be cooked until soft. Small chunks cook well in 3 minutes or a little less in a pressure cooker or about half an hour or less in a steamer.

Rutabaga. Slice rutabaga thin so it will cook through. When cooked correctly, it is sweet and delicious. When not thoroughly cooked, it is has a somewhat unpleasant taste so you will know to cook it more or slice it thinner. It is very helpful for development, so eat some every day if you can find it in your area.

Winter squashes. As explained above, these are not needed for development and all are somewhat yin, so we recommend them less often and in small quantity mainly to add variety to the diet.

Other vegetables do not contain as much of the chemicals needed for development, or they are too cooling. Eat them only occasionally or not at all.

Shopping. Shop for vegetables at least once a week. When there is a choice, buy smaller sized vegetables. These are more warming.

Vegetables are usually better if they are bought loose, rather than in sealed plastic bags.

Storage. When you get vegetables home, rinse them off in plain water and then put them into clean bags of the type one uses when buying loose vegetables at the supermarket. Do not close the bags completely, because the vegetables need a little air.

Store vegetables in the bottom of the refrigerator except onions. These can be left on the kitchen counter, preferably in a covered bowl.

The author stores vegetables in four bins in the refrigerator door because he finds it a little easier to remove the bins and put them on the counter top when it is time to cook.

For those vegetables that we recommend eating very little, if you are just feeding one or two people, a nice idea is to keep enough of these vegetables for a week or two and donate the rest to a food bank or homeless shelter. They often deeply appreciate having donations of fresh food.

Note for vegetarians (which we do not recommend): If you don’t eat meat, then you need to eat a few more green vegetables to obtain iron.

PROTEIN FOODS

NEW. Whenever you eat meat, poultry, sardines and goat cheese or goat yogurt, put some sea salt on them. It will assist digestion and balance these foods.

Protein foods that are absolutely required for rapid development are:

Dark Meat Chicken (thighs, wings or legs). Exception – if you buy Poulet Rouge from Joyce Farms, North Carolina, USA – a very high quality chicken, you can eat the breast meat as well. This heirloom chicken is highly recommended. Some stores sell it or it can be bought online.

Eat three or four 4-5 ounce or 110-140 gram portions weekly. Free-range chicken is best. Foster Farms in the USA is a decent brand.

Cooking chicken. Ideally, cook chicken only enough so that the pink color changes to white. Ways to cook chicken are:

1. Put thigh, wing or leg meat into a meat grinder, or cut the meat into thin strips. The meat grinder, such as the Maverick machine, is easy to use and not hard to clean.

Put the ground or strips of chicken into boiling water just long enough for the pink color to change to white throughout the strips. This takes about 8 seconds or a little less. DO NOT OVERCOOK MEAT. Use a slotted spoon to remove the chicken from the boiling water. Do not drink the water the chicken is cooked in.

2. You can pressure-cook chicken thighs, wings or legs. Before cooking, put a few cuts in the meat so it will cook through. Then it should cook through in a pressure-cooker in only 1.3 minutes or so.

3. You can cook chicken by steaming or boiling it, but for no more than about 40 minutes. DO NOT OVERCOOK MEAT.

4. Occasional stir-frying is okay, but it generates AGES which are poisons, so don’t do it often.

You can drink the water in which you cook chicken. It is not too toxic.

Lamb. Lamb loin chops are best, but any cut of lamb will do. All lamb is pasture-raised and okay. Eat two 4-5 ounce or 110-140 gram portions per week.

Cooking lamb. 1. Braising red meat is best. This is light cooking with the middle quite rare. In our experience, if it is good quality meat, you won’t get sick doing this. For example, you form ground lamb into a thin hamburger patty. Then put about ¼ inch of water in the bottom of a pot and add the lamb patty. Cook for only about 8-10 seconds. Then turn it over and cook on the other side for perhaps 5-6 seconds. Then eat. It should be rare and bloody on the inside.

2. Steam the lamb. Put a little water in the bottom of a pot or put the lamb chops in a food steamer and cook for about 8 to 10 minutes.

Broiling, frying or stir-frying are okay occasionally, but are less recommended because they generate some AGES, which are toxic chemicals.

For more instructions, read Lamb.

Do not drink the water in which you cook lamb or beef. It contains toxins. For the same reason, we do not recommend eating meat broths of any kind.

Heirloom, grass-fed or organic beef. Eat two 4-5 ounce or 110-140 gram portions of grass-fed or organic beef every week. An heirloom variety would be best if you can find it, such as criollo beef. Regular factory farm beef is less nutritious and an irritating food. Avoid it or eat it only occasionally.

Cooking grass-fed or organic ground beef. Beef is a delicate food, and certain zinc compounds are destroyed if it is overcooked. We suggest cooking meat by braising:

1. Put ¼ to 1/2 an inch of water in the bottom of a pot or frying pan and bring to a boil.

2. When the water is boiling, add the ground beef in the form of a patty that is no more than ¾ inch thick.

3. Cook on one side for about 4-5 seconds. Then turn it over and cook it on the other side for about 4-5 seconds. Then remove from the water, add a little sea salt, and eat. The meat will be raw in middle and, providing it is grassfed or organic meat, it should be safe to eat because this meat has a much lower bacteria content.

Factory farm regular beef must be cooked longer for safety, but we don’t recommend eating it. The meat should not be cold in the middle. Always take one or more GB-3 tablets when eating meat.

Eggs. Eggs in moderation are helpful for development. Cage-free, free-range or organic eggs are best. Store eggs in the refrigerator.

Adult women may eat up to 6 eggs per week. Adult men may eat up to 8 eggs per week.

Cooking eggs. Eggs must be cooked so that the yolks are runny. Possible methods are:

1. Soft boiled for only 3 minutes.

2. Poached.

3. Scrambled, but only if they are eaten when mushy, not hard.

Never eat hard-boiled eggs or eggs that are hard such as in quiche, cake, pastries or other dishes. These are very difficult to digest.

Roasted almond butter. Eat two tablespoons daily. Please do not skip this. Organically grown is better, but not required. Children should have proportionately less.

Roasted sesame tahini (sometimes called sesame butter). Eat 2 tablespoons of preferably organic roasted sesame tahini daily or four tablespoons of hummus daily (which contains sesame tahini). Only have sesame butter or hummus made with white sesame seeds or brown sesame seeds, not black ones. Children over the age of about 6 need some, as well.

Homemade sesame paste. Another option is to make homemade sesame paste. You can just grind up white sesame seeds in a coffee grinder. Even better is to roast some white sesame seeds by placing them in a saucepan or frying pan (glass is best or metal).

Turn on the stove and stir them continuously for just about one minute. They will darken a little. Then put them in the coffee grinder and make sesame paste. The advantage of homemade sesame paste is it is fresh. Often tahini is old and a little rancid.

Plain (meaning unflavored) goat yogurt or soft goat cheese (sometimes called chevre). This is excellent for development. The cheese can have herbs in it such as garlic or marjoram. Eat 8 ounces per week. Do not eat much more because dairy products are all somewhat yin.

Other dairy products such as milk, kefir, and other yogurts or cheeses do not contain the chemicals needed for development. They are also cooling foods. For this reason, avoid them or have them only occasionally. You may have a maximum of 4 ounces or about 120 grams of all dairy products in one day, including butter.

White beans or European soldier beans (we’re checking others). This is a newer recommendation (April 2021). Eat a 4-5 ounce or 110-140 gram portion twice a week. For the nutrients we need, you can use canned beans or make them fresh by boiling in water until soft. Pressure cooking may also be possible and we’ll report on this soon.

The following protein foods are not required, but are excellent protein foods.

Sardines. These are an excellent food for development. Ideally, eat 3 or 4 standard sized cans or tins of sardines per week. The standard size contains 3.75 to 4-ounces or 100 to 110-grams).

If you do not eat sardines, you must supplement with about 900 mg of EPA and DHA per week and 5000 iu of vitamin D per day.

Sardines in a can are already cooked and should not be cooked more. You can eat the olive oil found in some cans of sardines, although elsewhere we suggest not cooking olive oil. The olive oil in sardine cans was not exposed to the air and is safe.

Wild game. Caribou, elk, and deer are good. Cook them rare so the meat is still juicy. They should be safe to eat because healthy wild game has a low bacteria count.

Avoid eating duck, goose, bison or buffalo. These are a little toxic.

OCCASIONAL PROTEIN FOODS

These are protein foods that do not contain much of the chemicals needed for development. They are optional foods and should be eaten at most only once or twice weekly.

They include goat meat, dark meat turkey, dried beans except avoid lentils, and dairy products except for 8 ounces per week of plain goat yogurt or soft goat cheese (as explained above).

Cooking ground turkey. This meat is extremely easy to overcook, which causes it to lose most of its food value. The best method is to put some in some boiling water and cook only about 5 seconds, stirring it, and only until the pink color changes to white. Then immediately pull it out of the water and serve. DO NOT OVERCOOK MEAT. For more details, read Foods For Occasional Use.

AVOID

Organ meats. These are too high in toxic meals.

Pig products (such as pork, ham, bacon and lard). These often contain parasite eggs, even if well-cooked. This meat also slows development.

Processed meats, such as salami and bologne. These contain chemical additives.

Meat broths such as chicken broth. These contain toxins and are not nutritious.

Lentils. At this time, lentils are not working well and we suggest avoiding them.

Protein powders, protein food bars and protein drinks. These are cooling foods and usually very bad food combinations. Avoid all of them. They are not required or helpful for development.

Portion size. A serving of protein food for adults is 4-5 ounces or about 100-150 grams of protein food (not grams of protein) per serving. This is less than some people eat.

Salt. When you eat protein foods, sprinkle a little sea salt on them. It helps with digestion.

GRAIN FOODS

Blue or purple corn. Blue corn tortilla chips (or blue corn dippers or blue corn taco shells) are the best grain food for development. If you can get them where you live, this is best.

Otherwise, look for organic yellow corn chips. These are not as good, but have some of the chemicals needed for development.

Adults need about eight to ten blue corn chips or dippers with each meal. They are easy to overeat, so count them out. If you are still hungry, add more vegetables or protein to your diet rather than eating more blue corn chips.

Storage. Ideally, empty the bag of blue corn chips into a glass cookie jar and store them in glass, although this is not too important. For more details, read Blue Corn.

Other grains. Other grain foods are occasional foods only and are not required or helpful for development. We know this sounds unusual, but it is our experience.

Warning about rice. All rice, even organically grown rice, is somewhat toxic. We don’t know exactly why this is so. However, at this time avoid eating rice, rice noodles, rice crackers or rice cakes.

Avoiding all grains. Do not avoid all grains unless you don’t tolerate them. When you can eat them, have the blue corn chips. They contain chemicals needed for development. If you cannot eat any corn, preferably have some oats, rye and perhaps a little millet or quinoa. However, these are low in the chemicals needed for development, so do not eat them too often.

AVOID:

- Blue corn chips made with coconut oil. Coconut products are too cooling and slightly toxic. See below if you have difficulty eating blue corn.

- All wheat and spelt products and all refined grains. Wheat is an irritating food today due to hybridization.

- All raw grain products such as granola, muesli and trail mix. Some food bars also contain raw grains.

FATS AND OILS

For slow oxidizers. Do not add extra fat to your daily diet. There should be enough fat and oils in the daily diet. Foods that contain fat that are excellent for slow oxidizers are lamb, sardines, eggs, blue corn chips, dark meat chicken, almond butter, tahini and grass-fed or organic ground beef. Please eat these foods or your diet will be too low in fat and unbalanced for development.

For Fast Oxidizers. Add 1 or 2 tablespoons of extra fat per meal. Acceptable fats and oils are Butter, cream, tallow, lamb fat, olive oil (but do not cook olive oil or any vegetable oils because they become toxic), and a little of other vegetable oils.

AVOID coconut oil and avocado oil. They are too yin. Vary your extra fats and oils.

FRUIT AND SWEETS

These slow or stop development. They are very cooling foods and too high in sugar. We suggest avoiding all fruit, fruit juices, and all sugars, including honey, maple syrup, agave syrup, rice syrup and other sweets.

OTHER

NEW. All adults need 1 teaspoon daily of nutritional yeast. This is not the same as brewer’s yeast.

Children need less depending upon their size. The easiest way to eat it is to sprinkle it on your vegetables or other food.

Recommended brands of nutritional yeast are KAL, Frontier Natural Foods, NOW, Thompson, Blue Bonnet, Anthony’s, Lewis Labs, Whole Foods and Bob’s Red Mill.

NATURAL SEA SALT

This is an excellent product for development and required on the diet. You may have sea salt to taste.

Preferred brands are Hawaiian Bamboo Jade and Hain sea salts. The former is sold via the internet. Celtic Salt is not quite as good because it is from a contaminated area of the ocean. For details, read Salt.

BEVERAGES

Drinking water. The best types of water to drink are natural spring water or carbon-only or sand-filtered only tap water if it is safe to drink in your area. Sparkling water (with bubbles) is okay.

Avoid distilled water, de-ionized water, and reverse osmosis water, as these contain very few minerals. Do not add minerals to water because it tends to unbalance the water.

Avoid alkaline waters. These are any waters with a pH above about 8.8. These waters will make you feel better for a while. However, they unbalance the body. For details, read Water For Drinking.

Carrot Juice. This is a good source of minerals and other nutrients. Adults may have 10-12 ounces of carrot juice daily. As an alternative, you may have 1 or 2 ounces of fresh wheat grass juice up to twice per week.

Very important: drinking carrot or wheat grass juice is like eating a meal. Do not mix it with water. Drink water only up until about 10 minutes before drinking the carrot or wheat grass juice or longer. After drinking the carrot or wheat grass juice, wait an hour before drinking a lot of water.

Bone Broth. This is a good source of minerals. However, the only type that is acceptable at this time is beef bone broth. The others may be contaminated with lead. For details, read Bone Broth.

Other juices. Do not have more juice than the above, because juices are raw food and very cooling foods. Avoid ALL fruit juice, which is even more cooling. For details, read Smoothies And Juices.

Tea and coffee. One cup of regular coffee and one cup of herbal tea daily is okay, but not required. Good teas are chamomile, hibiscus or lemon grass.

AVOID green tea. It is too stimulating and interferes with a development program.

AVOID soda pop, alcohol, kombucha tea, other juices, alcohol and other beverages.

DAILY FOOD FOR BABIES AND CHILDREN

It is very important to feed children and toddlers the same diet as for adults. Do not give children fruit, cereal, grains, juices, soft drinks or junk foods!!!!

Cream. Fresh heavy cream is an excellent fat, especially for children, who usually love it and will eat vegetables if you put some cream on them.

Cream is best unpasteurized. However, it is okay if you can only buy pasteurized cream. Organic cream is usually better than standard cream.

Food for babies. If a nursing mother is following a development program, with supplements, their babies should do very well on mainly breast milk until age 3 or even a little longer if they desire it.

All babies also benefit from ¼ to ½ of a runny egg yolk from an egg that is soft-boiled for 3 minutes starting around the age of 6 to 8 months.

Occasionally, a baby will need a few well-cooked vegetables and perhaps a little shredded meat after the age of 1 year.

If a nursing mother is not following a complete development program, her baby will need supplemental food, usually starting at 6 to 9 months of age.

If a baby cannot get breast milk or perhaps goat milk, use home-made formula. For the recipe, read Baby Formula You Make At Home.

Avoid all commercial baby formula. For details, read The Baby Manual.

II. OTHER TOPICS

COOKING

April 2019 - New recommendation: Do not drink the water in which you cook beef or chicken. It contains a toxin. Using tap water to cook these meats is fine.

Reasons for cooking food:

- Proper cooking does not damage food very much. However, it greatly increases the availability of the minerals in food by breaking down tough vegetable and other fibers. The latter is far more important.

- Cooking kills harmful bacteria and other germs.

- Cooking adds warming energy to food that is very important for development.

- Cooking concentrates vegetables, allowing one to eat more of the them.

- Cooking makes some foods much easier to digest.

The best methods of cooking for this healing method are pressure-cooking and steaming.

Less desirable methods of cooking if one is interested in development are are stir-frying or sautéing, frying, broiling, crock pots, grilling, baking, and roasting. Crock pots or slow cookers tend to overcook the food. The other less desirable methods produce AGES, which are toxic chemicals that build up in the body. Roasting, broiling, barbequing, stir-frying and sautéing are okay once in a while, but that is all!

Do not cook often with oil, as this tends to produce toxic chemicals. Do not bake vegetables in olive oil or other vegetable oils. This generates toxic chemicals. Avoid microwave ovens.

Pressure-cooking. This is best for vegetables and lamb, but not for other meats. Advantages of pressure-cooking vegetables are:

- It increases the warming quality of the vegetables.

- Cooking is very fast, which helps retain nutrients and is convenient.

- Food tastes good, cleanup is easy, and it does not require fat or oil.

How to pressure cook vegetables. Rinse off vegetables. Then cut them either into:

- Bite-sized chunks (onions, carrots, broccolini, cauliflower flowers, cabbage, Brussels sprouts, leeks and shallots)

- Thin slices (daikon, rutabaga, cauliflower stems, celery, golden beets, and ginger)

All vegetables can then cook together and will be ready in less than 3 minutes. Never cook them longer than this.

Use a timer the measures seconds to avoid overcooking food in a pressure cooker. When properly cooked, vegetables should retain their color, but be soft. If they turn grayish and look raggedy, they are overcooked. Pressure-cooking grains takes longer.

Some foods are too delicate to be pressure-cooked, including ground beef, chicken, and fish. These will be overcooked if a pressure cooker is used and this reduces their nutritional value. For more details, read Pressure-Cooking.

Eating habits. Eat slowly, chew thoroughly, sit down when eating, and eat in a relaxed, quiet environment. Ideally, rest a few minutes before your meals, and rest at least 10 minutes after each meal. Avoid eating while driving, when upset, or in noisy places.

Order of eating foods.

1. Drink water up to 5 to 10 minutes before eating meals.

2. Protein. Begin most meals with some protein. It is the most difficult type of food to digest. The stomach needs more time to work with it.

3. Cooked vegetables. Wait a minute or so after eating protein. Then eat cooked vegetables.

4. Blue corn chips or other starch. Wait a minute or so after eating cooked vegetables and finish the meal with about 8-10 medium-sized blue corn chips. If you cannot get blue corn tortilla chips, you may have yellow corn chips or a small portion of another grain or starch.

Proportions. 70% of each meal by volume (not calories) should be cooked vegetables. About 15% of so should be protein food. Fast oxidizers need one or two tablespoons of fat in addition to that which is in their food. Slow oxidizers should not need additional fat.

Food combining. The basis for each meal is cooked vegetables. With this, you may have one protein food and one type of grain food.

For example, do not mix meat and eggs at one meal, as these are both proteins. Also, do not mix rice and corn tortillas at the same meal, as these are both starches. At this time (October 2020) we suggest avoiding all rice products.

Fermented foods. Fermented foods do not contain the chemicals needed for development, with the exception of 8 ounces weekly of goat cheese.

In fact, other fermented foods interfere with development because they are all cooling foods or too yin. This is because they are raw and the fermenting bacteria make them more yin or cooling. Many of them also contain Aldehydes, an important class of liver toxins. Those allowed as occasional foods only are a little sauerkraut, miso, yogurt, kefir and raw cheese. Please avoid the others such as kimchi, kombucha tea and others.

When to add sea salt. We suggest cooking food before adding salt. After cooking, add some sea salt to taste.

Seasonings and dressings. Refrain from putting a lot of dressings, sauces, relishes, sweeteners or spices on your food. A little is fine to flavor the food. Too much has a cooling effect, is toxic, and will upset digestion.

Toppings. These are not needed. However, simple, tasty toppings are almond butter, a little pesto sauce, a little hummus, or some grated cheese. For children, cream is delicious mixed with cooked vegetables.

If you want something fancier, you can make Chinese-tasting vegetables such as chow Mein or Thai-tasting vegetables with a little peanut sauce or curry. Another set of toppings are Indian-tasting vegetables with a little mokni, vindaloo, sag or other herbal sauces as toppings. These are sold in health food stores.

Number of meals. Eat at least three meals daily. Do not skip meals. It is difficult to obtain enough nutrients eating three meals daily. It is even less possible if you skip meals.

If you are not very hungry, eat by the clock, if needed. Do not wait until you are hungry, as some health authorities suggest. If you are not hungry, still try to eat at least three meals daily.

Food Rotation. Rotate your vegetables among the preferred vegetables listed earlier in this article. Also, rotate your proteins.

Also, rotate the brands of spring water you drink and rotate the brands of blue corn chips. We also recommend rotating the brands of sea salt. Rotating your food gives you more nutrients.

Leftovers and freezing food. Freshly cooked food is best for development. You may have one day of leftovers. Do not prepare several days worth of food at one time. Freezing cooked food reduces its benefit for development. Also, do not buy a large quantity of meat and freeze most of it. If your meat comes frozen, keep it frozen until you are ready to eat it. Do not refreeze meat.

Soups and purees. Thick soups or purees are excellent ways to incorporate lots of vegetables into your diet. Do not eat watery soups because the water will dilute the stomach acid and interfere with digestion. For more details, read Soups, Purees, Juices and Smoothies.

Snacks. Ideally, do not snack, as it is hard on digestion. It would be better to have another small meal instead of snacking.

If you must have a snack, it can be a few blue corn chips, leftover vegetables and protein, a little almond butter, hummus, a few sardines or a piece of chicken.

Eating out. The rules are:

1. Eat in restaurants that serve fresh cooked vegetables and fresh meats. Chinese, Thai and East Indian restaurants often serve the most cooked vegetables. Mexican restaurants are not as good.

2. Ask the waiter to take away the bread.

3. Ask for triple portions of cooked vegetables and ask for the preferred vegetables (see the VEGETABLE section of this article above).

4. Avoid fast food restaurants and some chain restaurants because the food quality is very poor.

We don’t recommend eating out too often. If your work requires it, practice so that you can do it in a fairly healthful way.