

CHAPTER 12: DUMB BLONDE MENUS, CHARTS, AND SURVEYS

I was a martyr while dieting. I loved to look at things I could not eat. Then along came the Food Network. That was my “porn” station. The food would seduce and tease me like a 900 number. My only complaint: the time factor. I ate most of my ingredients raw. I thought that made me a raw-food dieter.

☞ *Check with doctor or healthcare provider:*

☞ **Sample Menu Meal for Eco Anti-Diet 1: Curb-Carb Corrector**

Breakfast: Energy smoothie: whey protein powder, low-fat yogurt, berries, almonds, vanilla, and flax seed oil blended together.

Lunch: Mexican egg (or substitute) omelet with mushrooms, bell peppers, scallions, tomatoes, and olives topped with salsa.

Snack: Apple slices with cream cheese (soy) or nut butter, or bean soup.

Dinner: Italian pouch: protein choice (tofu, fish, or poultry substitute) with broccoli, cauliflower, eggplant, and tomato sauce. Fill bell pepper with mixture; sprinkle on top grated cheese and sliced olives. Cook in oven till bell shells are soft.

Dessert: Handful of frozen grapes or blended frozen strawberries with sprinkled nuts on top.

☞ **Sample Menu Meal for Eco Anti-Diet 2: Veg Metabolizer**

Breakfast: Slow-cooked oatmeal with black strap molasses, skim or substitute milk, berries and flaxseed. Green tea.

Or two slices of French toast (sprouted bread grilled in egg batter), topped with strawberries. Hot green tea with lemon.

Snack: Small fruit and avocado salad (papaya, apple, strawberries, and avocado).

Snack: Oven-roasted yam topped with whipped non-fat sour cream or soy cream cheese, scallions, and herbs.

Lunch: Veggie slices, rice patty, or nut burger on sprouted bread with avocado, mixed with pickles, sun-dried tomatoes, cucumber, and sprouts.

Snack: Germinated seed crackers with nut butter, bean dip, salsa, or muffin with soy cream cheese.

Snack: Vegetable soup with rye crackers.

Dinner: Tostada Pocket: lentils (or bean mix) and cooked whole rye (or multigrain) blend together. Lightly sauté cabbage, onions, and garlic; then blend into protein bean/grain mixture. Add a mixture of raw shredded greens and tomato. Stuff mixture into warm pita bread pocket. Top with an avocado dip (yogurt, avocado, olives, garlic, onions, and herbs).

Dessert: Mix low-fat yogurt with vanilla and cinnamon. Layer between mixture of nuts, berries, and raisins. Put in small cups and freeze.

☞ **Sample Menu Meal for Eco Anti-Diet 3: The Garden Tonic**

Breakfast: 6-8oz. of coconut juice

Snack: ½ melon or 1 cup of berries

Snack: 1-2 small fruit (preferably sub-acid such as a pear/peach)

Lunch: apple with ½-1 small avocado

Snack: 1-2 small citrus fruit (orange or grapefruit)

Snack: 4-6 oz. of sprouted seeds with carrots or 2 oz. almonds with 2 tomatoes

Snack: green juice mixed with green apple, carrot, and beet juice (with spirulina)

Dinner: In chopper mix cabbage, spinach, red bell pepper, scallions, tomato, avocado, and garlic, or make cold soup by blending tomatoes, cucumber, celery, and corn with garlic until fairly smooth.

☞ **Sample Garden Tonic Fast**: (Not for hypoglycemics, diabetics or anyone with severe medical problems, unless supervised. Any fast that is four days or more should be supervised.) Always check with your doctor.

Breakfast: coconut juice (straight from the coconut)

Snack: lemon, grapefruit, and lime with warm water

Snack: repeat above

Lunch: green juice with green apple juice

Snack: repeat

Dinner: Carrot and Beet juice

Follow with this natural laxative and liver cleanser: chopped ginger, garlic with cayenne pepper, and aloe vera. Lemon helps your liver and water balance. The natural sodium helps the electrolyte balance or helps combat edema (bloating).

☞ **Mother-to-be diet:** Under doctor's supervision, eat at least 6-8 balanced and nutritious meals per day with supplements, particularly EFA oils and natural calcium sources (like black strap molasses, greens, and tofu).

DIET AND WEIGHT SURVEY

Since our last book, we've surveyed about 500 people about their diets, goals, and perceptions. This survey is from a list of 100 people between the ages of twelve to sixty years old. Eighty percent of the individuals surveyed were women, because men don't care or don't really pay attention to food and diets like women do. Nevertheless, men finally are finally challenging women in the weight and diet battles. The first answer was the most popular.. The answers given are independent, sometimes opposite, of my own opinions. We don't endorse or support this survey and did we advise anyone who takes this survey

1. What is the most popular diet?
 - a) The Atkins Diet.
 - b) South Beach Diet.
2. Which diet works best?
 - a) The protein diet.
 - b) None. We are all getting fatter.
3. Which diets last the longest?
 - a) Diets without starvation.
 - b) Ones that change with your lifestyle.
4. How many people diet?
 - a) Almost every woman and some men.
 - b) According to advertisements, it appears everyone has tried at least once.
5. What is the most ridiculous diet you've heard of?
 - a) The all-you-can-eat diet.
 - b) The spiritual diets, that claim weight loss is a "blessing."
6. What diet would you never try and why?
 - a) Starvation diets because eventually you sabotage it.
 - b) The most popular ones because obviously they don't work.

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7. What do you expect to gain from your diet?
 - a) Lose couple of pounds to wear new clothes rather than sweatpants.
 - b) Lose enough so I can be fit and healthy.
8. How long does the average diet last?
 - a) Until the weekend, Monday through Friday afternoon.
 - b) When you don't see good results (disappointment).
9. If diets are the number-one obsession for many people, why are there so many contradicting theories (all protein, no-fat, all-you-can-eat, etc.)?
 - a) Money.
 - b) Different strokes for different folks.
10. Which professional body type would you like to look like?
 - a) A celebrity.
 - b) Professional athletes or dancers.
11. What is your dream body?
 - a) Lean and mean; thin and super fit.
 - b) Tall with a good metabolism.
12. What is the blame for the obesity epidemic?
 - a) Sedentary lifestyle. Everyone is not as active as they used to be.
 - b) Easy access to "super-sized" fast foods.
13. What causes weight gain or someone to appear "fat"? (Weak willpower, genes, medical problems, or environment?)
 - a) No discipline and cliché excuses.
 - b) Poor choices of foods, activities, and environment.
14. If you could take a pill that would guarantee safe weight loss without any side effects, would you?
 - a) 95% of women answered: Yes.
 - b) 65% of men answered: No, don't trust it!
15. Does economic status have anything to do with weight issues or eating disorders?
 - a) Rich people have better access to personal trainers, fat farms, diet chefs, and outrageous rehabs.
 - b) High profile people have pressure to be perfect, which is motivating.

16. What is the most popular enhancer used to cheat for body improvement and weight loss?
 - a) Steroids (HGH) or over-the-counter diet aids.
 - b) Liposuction.
17. What is your reason for dieting?
 - a) To look good for a special occasion (party, graduation, shopping, beach, boyfriend).
 - b) To be able to fit in with society's image and to be healthy.
18. Would you rather be rich and fat or thin and poor?
 - a) Rich, so I could "buy" my way to get thin.
 - b) Thin, so I could attract a rich soul-mate.
19. If your lover was to gain a considerable amount of weight, would you consider leaving him or her?
 - a) Women: 75% No or depends on other circumstances.
 - b) Men: 80% Probably.
20. How do you judge morbidly obese individuals?
 - a) Lack in desire and discipline and very insecure.
 - b) A slow suicide with deep issues.
21. What food or treat is the hardest to give up?
 - a) Women: Chocolate.
 - b) Men: Beer.
22. When should people start thinking about dieting?
 - a) When they are young, so they don't deal with weight problems their whole lives.
 - b) When they can't fit into their old clothes.
23. When is it dangerous to diet?
 - a) As a child, because it can give them an eating disorder.
 - b) When people are doing it for something other than themselves (boyfriend, parent, job).
24. What is an eating disorder?
 - a) When someone starves and purges or eats beyond boundaries.
 - b) When all a person thinks about is losing weight at any cost.

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25. Are eating disorders considered a real disease?
 - a) Although it is dangerous, it's a choice, unlike cancer.
 - b) It's a good excuse, particularly for medical insurance or being "politically correct".
26. Do you know of someone who has an eating disorder?
 - a) Yes, everyone in Hollywood.
 - b) Everyone I know diets and sabotages their diets.
27. Is Marilyn Monroe considered a perfect body type for today's woman?
 - a) Women: For her day, but now she might be a little overweight.
 - b) Men: Sexy but too "soft."
28. If our pin-ups are getting thinner, why is our nation getting fatter?
 - a) We can't compete with the super models.
 - b) Pressure to be thin can make you go either way: starve or give up.
29. Is diet or exercise more important for weight goals?
 - a) Women: 95% Diet.
 - b) Men: 95% Exercise.
30. Which could you give up first: food or love?
 - a) Women: 75% Love.
 - b) Men: Under forty years old (if love meant sex): 80% Food.
Those above forty years: 80% Love.

GLYCEMIC INDEX CHART: Glycemic index is the relative potency of carbohydrates and their propensity to raise and stabilize blood sugar. There can be advantages to consuming lower glycemic foods for use in exercise, athletic function, and weight maintenance.

Note: These are sample of acceptable glycemic foods (low-glycemic index) and unacceptable glycemic foods. Though some charts list ice cream as more acceptable than carrots, I do not endorse poor food choices over what is an acceptable glycemic food. This chart will have foods that are included in my Eco Anti-Diets. Therefore the chart excludes ice cream, fast food, and soda drinks, although these are listed in other charts as acceptable. It is better to compliment high-glycemic index foods with a proper protein/fat rather than eat poorly.

Acceptable Glycemic Index Foods (lower glycemic index)

Fruits

Honeydew melon
Berries
Cherries
Apples (especially green)
Grapefruits
Plums

Starches

Beans like lentils
Slow-cooking oats
Slow-cooking rye
Sprouted bread
Yams or sweet potatoes

Dairy

Eggs
Low-fat cheese
Low-fat yogurt
Whole, raw milk

Oils and Dressings

Apple cider vinegar
Olive oil
Canola oil
EFA or flax seed oil
Avocado dressing
Lemon

Juices

Green juice
Diluted apple juice
Grapefruit juice

Vegetables

All leafy greens
Broccoli
Cauliflower
Mushrooms
Eggplant
Cucumber
Celery
Bell peppers
Zucchini

Snacks

Avocados
Nuts
Seeds
Olives

Drinks

Green tea or any natural tea
Sparkling water with lemon or lime squeeze (Lemon's sodium helps electrolyte balance, which prevents dehydration.)

Unacceptable Glycemic Index Foods (higher glycemic index)

Fruits

Raisins or dried fruit
Watermelon
Bananas
Mangos
Persimmon

Starches

Rice cakes
Fast-cooking grains
Potatoes
Bread, including whole wheat
that isn't sprouted
Corn bread
Cereal (except for homemade
without sugar and with whole
oats and whole grains)
Pasta
Popcorn

Oils and Dressings

Dressings with sugar
Low-fat cheese dressings

Vegetables

Corn
Carrots
Peas
Sweet onions

Dairy

Whipped cream
Nonfat milk
Nonfat cheese
Coffee creamers

Snacks

Chips
Rice cakes
No-fat crackers

Drinks

Fruit drinks
Artificial drinks
Sodas

HEALTHY ALTERNATIVE CHART FROM A-Z

- ✓ Aloe vera: for digestion and soft laxative
- ✓ Acidophilus: enhances “friendly bacteria” for candidiasis and digestive problems
- ✓ Barley grass: the best of all the greens for green drinks; easily digestible unlike wheatgrass
- ✓ Bee pollen: good source of energy; complete food; good for allergies
- ✓ Charcoal: antidote for all poisons
- ✓ Chlorella: an algae plant that is a complete food; good for energy
- ✓ Date sugar: healthy sugar alternative
- ✓ Dulse: healthy seasoning that is alkaline or used as a dieting tea
- ✓ EFA oils: healthy alternative to other oils; contains essential Omega 3, 6, and 9
- ✓ Eucalyptus: good for congestion or asthma; used to help quit smoking
- ✓ Flaxseed: healthy alternative to fish oil; contains Omega 3, the essential fatty acid
- ✓ Fennel: used as appetite suppressant or eyewash
- ✓ Garlic: detoxifies body and protects against infection; enhances immune system and circulation
- ✓ Guar gum: an herbal fiber
- ✓ Hyperbaric oxygen therapy: delivers high-pressured pure oxygen, which enhances all healing
- ✓ Horsetail: herb that promotes healthy skin, bones, nails, and hair
- ✓ Juicing: good cleansing, healing, and resting regimen
- ✓ Juniper: acts as diuretic and relieves congestion (asthma and obesity)
- ✓ Kelp: seaweed rich in vitamins and B’s; good for therapy
- ✓ Kava kava: herb that helps anxiety, depression, stress, and insomnia
- ✓ Lecithin: lipid having B’s; helps immune, fat, and triglycerides control
- ✓ Licorice root: herb cleanses the colon; promotes adrenal function; helps energy
- ✓ Meditation or massage: use to relax instead of turning to food or addictions
- ✓ Melatonin: antioxidant that is used for sleeping problems
- ✓ “No”: saying this to unhealthy foods, stimulants, or environments
- ✓ Niacin: vitamin B3 needed for proper circulation and healthy skin
- ✓ Oat bran: good fiber source

- ✓ Oregon grape: root that purifies blood; liver cleanser; good for skin (acne)
- ✓ Psyllium husk: good fiber source; also used as a laxative
- ✓ Primrose: GLA, EFA that aids in weight loss and helps PMS
- ✓ Quercetin: a bioflavonoid that is therapeutic for allergies and asthma
- ✓ Quinoa: gluten-free grain filled with nutrients
- ✓ Rice syrup: healthy sweetener
- ✓ Royal jelly: from bees; contains B vitamins; excellent for immune system
- ✓ Shiitake: Japanese mushroom that helps T cells fight diseases
- ✓ Spirulina: most promising of all micro algae; helps fasters or blood sugar levels
- ✓ Tea tree oil: good for external itching and cuts
- ✓ Thyme: herb high in B-complex that lowers cholesterol; good for fever and candidiasis
- ✓ Utensils: Don't use aluminum or nonstick cooking pans. Use glass, stainless steel or iron.
- ✓ Uva ursi: herb that acts as a diuretic, helping kidney and bladder problems
- ✓ Valine: essential amino acid with stimulant effect
- ✓ Valerian: herb that improves circulation and acts as sedative (stress)
- ✓ Wheat germ: excellent source of vitamin E
- ✓ Witch hazel: used as an astringent; has healing properties; good for itching and skin care
- ✓ Yeast (like brewer's or torula): rich in B's, amino acids, and many minerals
- ✓ Zinc: antioxidant usually taken to prevent flu and colds

ENZYMES

Amylase	Digests starches in the mouth.
Bromelain	Aids digestion of fat. An anti-inflammatory food enzyme. You can find it in pineapple.
Catalase	Helps fight free radicals. Antioxidant.
Cellulase	Enables cellulose digestion. Found in most vegetable fiber.
Chymotrypsin	Helps neutralize the stomach acid when semi-digested food passes from the stomach into the small intestine.
Diatase	Enables digestion of vegetable starch.
Glutathion	An antioxidant enzyme (peroxidase) that turns free radicals into oxygen and water.
Lactase	Enables digestion of lactose (milk sugar). Very common.
Lipase	Breaks down fat in the stomach.
Mycozyme	Plant enzymes that help digest starches.
Pancreatin	Important for prevention of degenerative diseases. Animal pancreas derivative. Helps digestion.
Papain and chymopapain	Derived from papaya. Helps digest protein (vegetable pepsin).
Pepsin	Breaks down protein. Can help digest 3,500 times its weight in protein.
Protease	Digests protein.
Rennin	Helps digest cow's milk.
Trypsin	Breaks down fat, protein, and starches. Secreted by the pancreas.

BAD BREATH AND BODY ODOR

FOODS THAT HELP	SUPPLEMENTS THAT HELP
<p>Juice fast occasionally. Eat lots of greens and cultured foods, such as yogurt and tofu, to boost intestinal bacteria. Vinegar and lemon juice help digestion and breath. Drink 8-10 glasses of water daily to keep kidneys clear. Avoid red meats, fried foods, sugar, too much dairy, and junk food.</p>	<p>Oat bran, Psyllium husks, Rice bran, Vitamin C, Acidophilus, Garlic caps, Zinc, Vitamin A and beta-carotene, Vitamin B complex, plus extra B3 and B6.</p>

HERBS THAT HELP	ALSO HELPS
<p>Alfalfa, Goldenseal, Myrrh, Peppermint, Rosemary, Parsley.</p>	<p>Exercise to detox: Long, slow sweats will help. Take a mineral salt bath. Baking soda is good for breath and body odor. Use natural toothpaste and rinse! Use tea tree oil mouthwash. Wear loose cotton clothes. Use crystal rocks from a health store instead of commercial deodorants. Eat slowly for digestion. Brush teeth and clear coating off the tongue.</p>

CELLULITE

FOODS THAT HELP	SUPPLEMENTS THAT HELP
<p>Reduce dietary and body fat. Eat small, easily digestible meals. Use unsaturated oils. Avoid junk food. Avoid caffeine, carbonated drinks, and too much dairy. Eliminate saturated fats from your diet. Consume oat or wheat bran to lower cholesterol.</p>	<p>Enzyme supplements, EFA oils (flax seed or fish oils), Kelp, B-complex, Lecithin, Oat or wheat bran.</p>

HERBS THAT HELP	ALSO HELPS
<p>Bilberry, Gotu kola, Kola nut, Butcher broom, Seaweed tea.</p>	<p>Start exercising at a young age. Massages may help circulation. Stimulate lymph glands with loofah. Regular aerobic exercise. Do not smoke.</p>

DUMB BLONDE MENUS, CHARTS, AND SURVEYS

COLDS

FOODS THAT HELP	SUPPLEMENTS THAT HELP
Liquid fast on juices. Eat fruit and greens. Avoid heavy meals that strain the body during fever. Drink 8-10 glasses of liquids a day. Take 2 Tbsp. of cider vinegar and 2 tsp. of honey twice a day, or 2 Tbsp. of both lemon juice and honey. Limit dairy to decrease phlegm.	Echinacea, Goldenseal, Vitamin A and beta-carotene, Vitamin C, Garlic caps, Acidophilus, Kelp, Multivitamins and minerals, B vitamin complex.

HERBS THAT HELP	ALSO HELPS
Ginger, Slippery elm, Yarrow tea, Eucalyptus oil (in bath or steam), Tea tree oil (to gargle).	Do not smoke or drink alcohol. Apply ginger compresses on the chest. Use eucalyptus steams in steamer or vaporizer. Commercial drugs often mask or make a cold worse later. Get plenty of sleep. Only exercise if you are fever-free; moderate walks are fine.

DEPRESSION

FOODS THAT HELP	SUPPLEMENTS THAT HELP
Need protein, fresh vegetables, and whole grains. Include legumes. Drink carrot or green juices. Drink wheatgrass juice. Eat plenty of brewer's yeast, wheat germ, seeds, and nuts. Include EFA oils in your diet. Avoid alcohol, drugs, caffeine, stimulants, and junk food. Drink lots of water.	L-Tyrosine, Zinc, B-complex (B6 and B12, pantothenic acid, niacin, folic acid), Calcium, Magnesium, Chromium, Black currant oils, Evening primrose, Vitamin C.

HERBS THAT HELP	ALSO HELPS
Balm, Ginger, Ginkgo biloba, Licorice root, Oat straw, Peppermint, Ginseng, St. John's Wort.	Anti-stress therapies including yoga, meditation, self-massage, biofeedback, etc. Get adequate sunshine, which impacts mood and gland function. Stop smoking and drinking alcohol. Exercise is crucial. Stretch in the morning to start the day and in the evening to help sleep. Practice coping and deep breathing skills, and go to group therapy. Get plenty of sleep.

DIABETES

FOODS THAT HELP	SUPPLEMENTS THAT HELP
<p>Cooked fruit and vegetables. Reduce the intake of dietary fat and calories. Increase the intake of fiber and complex carbohydrates. (Fiber binds with cholesterol and eliminates it from the body.) Eat whole grains, brewer's yeast, string beans, eggs, soy foods, cucumbers, onions, dried fruit, wheat germ, mushrooms, and garlic. Eat a salad daily</p>	<p>Chromium picolinate, Brewer's yeast, L-Carnitine plus L-Glutamine and L-Taurine, B-complex plus extra biotin and inositol, B12, Zinc, CoQ10, Magnesium, Manganese, Psyllium husk, Vitamins A, C, E, Calcium, Copper, Garlic capsules.</p>

HERBS THAT HELP	ALSO HELPS
<p>Cedar berries, Ginseng tea, Huckleberry, Goldenseal, Dandelion root, Bilberry.</p>	<p>Exercise reduces the need for insulin. Massage helps reduce sugar cravings. Do not smoke; it may increase the need for sugar. Avoid desserts, sugars, fake sugar or phenylalanine. Lose weight on high-fiber, high-carb diets. Get plenty of rest. No caffeine.</p>

EATING DISORDERS

(Anorexia Nervosa and Bulimia)

FOODS THAT HELP	SUPPLEMENTS THAT HELP
<p>Eat at regular times: small portions, light meals. Eat high-quality, high-fiber foods. Eat balanced, frequent meals (blood sugar). Brewer's yeast, Wheat germ, Black strap molasses, Wheatgrass juice or Chlorophyll.</p>	<p>Multivitamins and minerals, Beta-carotene, Vitamin A, Calcium, Magnesium, Potassium, Selenium, Zinc, Copper, Acidophilus, Amino acids (freeform), B-complex, B-12 shots, Liver extract, Vitamin C.</p>

HERBS THAT HELP	ALSO HELPS
<p>Dandelion, Milk thistle, Red clover, Wild yam, Ginger root, Ginseng, Gotu kola, Peppermint.</p>	<p>Improve self-esteem and be positive. Exercise moderately almost every day. Do not strictly diet. Develop lifestyle changes instead. Do not smoke or use drugs. Read self-help therapy books and get therapy if necessary. Join twelve-step programs and enter group therapy or an institution specializing in eating disorders. Eat slowly and calmly; chew well.</p>

FATIGUE

FOODS THAT HELP	SUPPLEMENTS THAT HELP
<p>Adhere to high-energy diet of mostly complex carbohydrates, fresh fruit (sea and regular vegetables, whole grains, and legumes, including such protein sources (to allow for about 20 - 25% of protein content) as whole grains, legumes, soy, and sea foods. Aim for little dietary fat. Drink high-protein drinks with spirulina or bee pollen granules and brewer's yeast. Consume foods high in vitamins B and C and rich in iron</p>	<p>Bee pollen, Amino acids (free form), Brewer's yeast, Iron, Multivitamins and minerals, Vitamin A, Chromium, Potassium, Selenium, Zinc, Vitamin B complex (plus extra B12, B1, pantothenic acid, and choline), DHEA, Calcium, Magnesium, L-Phenylalanine, Royal jelly.</p>

HERBS THAT HELP	ALSO HELPS
<p>Cayenne Pepper, Gingko biloba, Gotu kola, Ginseng, Guarana, China gold.</p>	<p>Reduce alcohol and caffeine intake. Do not smoke. Regular cardio and strength exercises help circulation, ease stress, and improve energy. Try regular massage. Get regular sunshine. Try acupuncture and deep breathing exercises.</p>

HEALTHY HAIR

FOODS THAT HELP	SUPPLEMENTS THAT HELP
<p>Help your hair by incorporating into your diet a lot of vegetables and protein. Wheat germ (oil or flakes), Black strap molasses, Brewer's yeast, Seeds and nuts, Avocados. Foods good for hair are all greens, carrots, green peppers, bananas, strawberries, apples, peas, onions, eggs, cucumbers, sprouts, and unsaturated fats, especially olive oil. Avoid saturated fat and junk food.</p>	<p>EFA oils, B-complex with B6, Biotin and inositol, Vitamin C, Vitamin E, Zinc, CoQ10, Kelp, Copper, Silica, L-Cysteine, L-Methionine.</p>

HERBS THAT HELP	ALSO HELPS
<p>Sage tea rinse, Horsetail.</p>	<p>Brush hair upside down. Massage the scalp every day. Use alcohol-free products. Wash hair in warm, not hot, water. Rinse in cool water. Rinse with cider vinegar or lemons. For added hair shine, try coconut oils. To brighten hair color use chamomile. Avoid tobacco, alcohol, and caffeine. Occasionally use natural home products like mayonnaise and olive oil to condition hair cuticles.</p>

LEG AND MUSCLE CRAMPS

FOODS THAT HELP	SUPPLEMENTS THAT HELP
Eat plenty of leafy greens, citrus fruit, brown rice, sprouts, broccoli, tomatoes, green peppers, bananas, beans and legumes, whole grains, dried fruit, sea vegetables, molasses, nuts, and seafood. Drink green shakes. Avoid sugars and processed foods.	Kelp, Calcium, Magnesium, Vitamin E, Potassium, Silica, B-complex (plus extra B1 and niacin), Vitamin C, Vitamin D, CoQ10, Lecithin granules, Multivitamins and minerals, Zinc, Brewer's yeast.

HERBS THAT HELP	ALSO HELPS
Alfalfa, Dong quai, Elderberry extract, Gingko biloba, Horsetail grass, Valerian root.	Massage legs; elevate feet to stimulate circulation. Take a couple of days of rest from exercise each week. Apply hot and cold alternating compresses to the area to ease pain and promote circulation. Get bi-monthly massages. Always warm-up, cool down, and stretch thoroughly before and after exercise.

MENSTRUAL PROBLEMS

FOODS THAT HELP	SUPPLEMENTS THAT HELP
Eat more lean proteins. Stay away from saturated fats. Consume foods rich in vitamin E, such as wheat germ. Try molasses for an energy boost during your period. A raw vegetarian diet during your menstruation may help. Avoid sugar, caffeine, and junk foods. Eat more things with essential fatty omega oils.	Make sure you take your multivitamin now: Vitamin K is an important supplement for heavy bleeders. Iodine helps the thyroid control the estrogen levels. Essential oils help balance hormones. Iron and antioxidants are important. Brewer's yeast and calcium supplements may ease bloating and insomnia. Try B6 and zinc to combat water retention.

HERBS THAT HELP	ALSO HELPS
Dong quai and chamomile tea for cramping. Licorice root or other herbal teas to battle edema. Black cohosh is excellent for uterine fibroids; burdock root and evening primrose oil are crucial for hormonal balance.	Exercise helps ease tension and balance hormones. Massage helps bring a natural rhythm and improves circulation. Lower salt intake to help bloating. Fiber helps constipation. Soy products are a natural source of estrogen and help boost the body; they also may help regulate hormonal imbalances.

OBESITY

FOODS THAT HELP	SUPPLEMENTS THAT HELP
<p>Cut back on saturated fat but do not cut it out. Fat is not all bad; it's the chief source of energy for normal bodily function. Do not eat "empty calories," like processed and junk foods. Eat fruit and vegetables (raw). Do not go lower than 1000-1200 calories. Eat carbs, protein, and fat at every meal. Choose foods rich in complex carbs (starch), also containing protein such as beans and whole grains.</p>	<p>Multivitamins and minerals, Psyllium husks, Chromium picolinate, EFA oils (esp. flaxseed, primrose and salmon oil), Kelp, Lecithin granules, Spirulina, Vitamin C, Calcium, CoQ10, DHEA, L-Arginine, L-Ornithine, L-Lysine, L-Carnitine, L-Glutamine, L-Methionine, L-Phenylalanine, L-Tyrosine, Potassium, Vitamin B.</p>

HERBS THAT HELP	ALSO HELPS
<p>Alfalfa, Corn-silk, Dandelion, Gravel root, Horsetail, Hydrangea, Hyssop, Juniper berries, Oat straw, Parsley, Thyme, Aloe vera juice, Butcher's broom, Cinnamon, Ginger, Green tea, Mustard seed, Cayenne.</p>	<p>Exercise most of the days of the week (a three-mile walk can burn about 250 calories, depending on your weight). Lift weights to increase lean muscle mass and metabolism. (Muscle tissue uses up calories for energy. The greater the amount of muscle tissue you have, the more calories you can burn.) Try twelve-step programs, group therapy, or individual therapy. Use meditation to reduce stress.</p>

SMOKING AND RELATED PROBLEMS

FOODS THAT HELP	SUPPLEMENTS THAT HELP
<p>Fast on fresh fruit and vegetable juices to neutralize and clear the blood from nicotine. Then eat leafy green salads and lots of citrus fruit to promote body alkalinity. Include lots of vegetable protein. Eat yellow and deep orange vegetables like carrots, pumpkins, squash and yams. Eat smaller meals more frequently to maintain blood sugar levels. Avoid junk foods.</p>	<p>CoQ10, Vitamin C, Vitamin B complex (plus B-12 and folic acid), Vitamin E, Vitamin A and beta carotene, Zinc.</p>

HERBS THAT HELP	ALSO HELPS
<p>Cayenne pepper, Catnip, Hops, Lobelia, Skullcap, Valerian root, Dandelion root, Milk thistle, Ginger, Slippery elm.</p>	<p>Practice yoga and deep breathing exercises that deliver more oxygen to the body and its organs. Try patch treatments, support groups, and therapy. To help curb cravings, chew licorice root sticks, calms root, or cloves. You must exercise to help blood sugar levels (insulin excretion) and to build and regulate your metabolism. Regular workouts also ease food cravings.</p>

VARICOSE VEINS (and spider veins)

FOODS THAT HELP	SUPPLEMENTS THAT HELP
<p>Eat only fresh foods with plenty of green salads and juices. Then follow a predominantly vegetarian, high-fiber diet. Include beans, whole grains, brown rice, and lots of raw fruit.</p> <p>Take lecithin granules, brewer's yeast, and wheat germ daily in nonfat yogurt.</p> <p>Reduce dairy products, fried food, prepared and red meat, and saturated fat.</p> <p>Avoid salty, sugary, and caffeinated foods.</p>	<p>CoQ10, EFA oils, Vitamin C, Vitamin E, Brewer's yeast, Lecithin granules, Multivitamin complex, Vitamin A and beta carotene, Vitamin B complex plus extra B6, Vitamin D plus calcium and magnesium.</p>

HERBS THAT HELP	ALSO HELPS
<p>Butcher broom, Gingko biloba, Gotu kola, Hawthorn berries, Horse chestnut, White oak bark tea (soak legs in it).</p>	<p>Bike, walk, run, stair climb as much as possible to increase circulation and strengthen tissues.</p> <p>Elevate the legs during rest.</p> <p>Massage feet and legs regularly.</p> <p>Go barefoot and wear flat sandals.</p> <p>Take mineral salt baths.</p> <p>Apply Aloe vera gel.</p> <p>Do not use knee-high hosiery.</p> <p>In advanced or painful cases, surgery will help.</p>

WATER RETENTION

FOODS THAT HELP	SUPPLEMENTS THAT HELP
<p>Fasting flushes excess water.</p> <p>Reduce salt intake.</p> <p>Avoid junk foods.</p> <p>Drink at least 6-8 glasses of bottled water daily for free-flowing functions that help appetite suppression and elimination.</p> <p>Eat fresh, raw foods to flush out excess water.</p> <p>Eat green salads every day with cucumbers, parsley, and celery</p>	<p>Free-form amino acids, B-complex, Calcium, Magnesium, Silica, Bromelain, Garlic caps, Kelp, Potassium, Vitamin C, Vitamin E.</p>

HERBS THAT HELP	ALSO HELPS
<p>Alfalfa, Cornsilk, Butcher's broom, Dandelion root, Horsetail, Juniper berries, Parsley, Marshmallow.</p>	<p>Drink at least 8-10 glasses of water each day, and more if you exercise regularly.</p> <p>Try steam baths or saunas but re-hydrate immediately.</p> <p>Exercise regularly.</p>