

# NEW WEST DIET

## I. UNRESTRICTED

- \* Raw fruits
- \* Raw vegetables (or lightly steamed)
- \* Brown rice
- \* Grilled fish
- \* Selected herbs
- \* Whole grains
- \* Ezekiel bread
- \* 1-2 litres good water

## II. WITH SOME MODERATION

- \* Clean meats, cooked rare (clean means no hormones or antibiotics)
- \* Unprocessed fruit and vegetable juices
- \* Eggs
- \* Raw dairy
- \* Raw nuts and seeds

## III. ON RARE OCCASIONS - (not during initial detox period) -- (and only with enzyme supplements)

- \* Processed cheese
- \* Commercial pizza
- \* Commercial butter
- \* Real ice cream (no gum)
- \* Canned foods
- \* Alcohol
- \* Coffee
- \* Pasteurized dairy (as long as you don't mind liquid Formica)

## IV. NOT IN THIS LIFETIME

- \* Soft drinks
- \* French fries
- \* Doughnuts
- \* Potato chips
- \* Refined protein powders
- \* Margarine
- \* Hydrogenated oils
- \* Mayonnaise
- \* Hydrogenated oil snacks (salty snacks)
- \* Diet soft drinks
- \* Nutrisweet/Aspartame
- \* Soy in any form
- \* White bread

[For angelic results, of course, forget about sections III and IV. Magnetize this Diet to refrigerator door in a position of maximum guilt potential. Nothing to excess, including abstinence!]

Too simple to be effective? Simplicity is the hallmark of the classic cure.

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