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Food as Medicine

(Eating Intuitively without having to give up anything)

No matter what or how much you eat, eat with appreciation, pleasure and awareness and keep your judge and jury at bay.

Make breakfast (7-9 am) your most nutritious and important meal.

Eat dinner early (5-7 pm) and light, eg. soups, grains or fruit salad with minimal animal products or soy.

Pay attention to your cravings--sometimes they indicate a true need, sometimes an imbalance in one or more of your organs. Learn to listen to your body rather than your mind.

Don't deny yourself the things you love, practice moderation. If you are chronically or acutely ill, this does not apply.

Learn how to prepare and eat simple, fresh meals at home.

Utilize all six flavors (salty, sour, bitter, sweet, neutral and spicy) so that every organ is satisfied.

Eat as close to the "source" as possible. Grow your own garden, join a community garden, or visit local farmers markets regularly.

Eat organic whenever possible.

Chew your food slowly and thoroughly before reaching for the next bite.

Try not to eat when you're upset, angry, anxious, worried, or unhappy.

Eat fruits or sweets 20 minutes before or 2 hours after meals.

Drink small amounts of liquids at room temperature during meals. Drink only when you're thirsty.

Minimize eating raw, uncooked fruits and vegetables, esp. in cooler months. If raw, eat at room temperature. Lightly steaming vegetables will help your digestion.

Minimize eating frozen, refrigerated, or leftover foods.

Minimize eating overly refined, processed, preserved, rich, fried, burnt, smoked, or oily foods.

Minimize dairy products and meat. There are other sources for calcium (sesame seeds, broccoli, eg) and protein (nuts, legumes, fish, soy).

Eat 80% alkaline forming foods and 20% acid forming foods at every meal.

Suggested Readings: There are other good books but this is a good list to check out.

[The Cancer Prevention Diet](#)
[Acid Alkaline](#)
[The Tao of Healthy Eating](#)
[Healing with Whole Foods](#)
[Alkalize Now](#)
[The pH Miracle](#)

Michio Kushi
Henry Aihara
Bob Flaws
Paul Pitchford
Dr. Theodore A. Baroody
Robert O. Young