



If it is the pure herb, and it is crushed and put into the capsule to take, it is good; it is much better than tea because you get a concentrated amount.



The Council

People drink far too much junk fluid and not enough water. Consequently, they will find that as time goes by they will begin to have more and more problems with their kidneys and bladder.



The Council

Quick foods that are so popular today are not conducive to controlling one's body weight or reducing it.



The Council

Whenever you begin to tamper with your food to make it last longer, then you begin to open the door for problems.

The Council



Eliminate all
caffeine, while
attempting to lose
weight.

The Council



Three meals a day
are very important.



The Council

Each fruit and each vegetable offers your physical container certain elements that it needs.

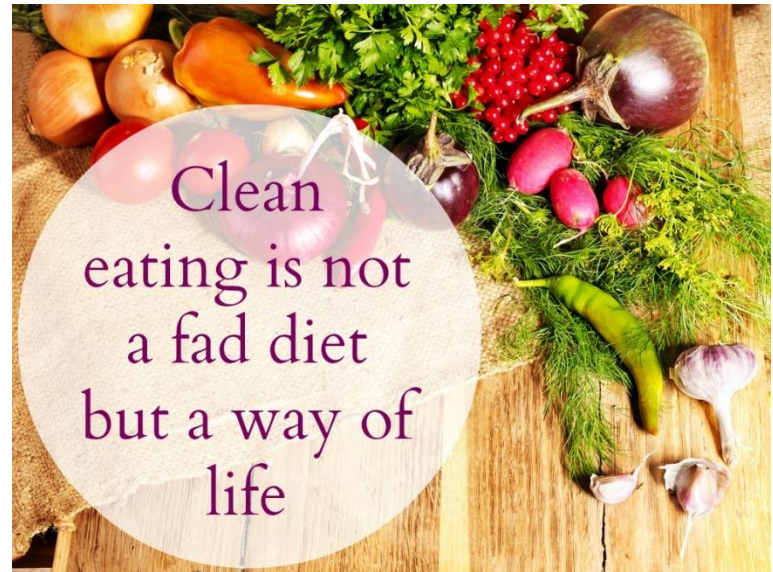
Eliminate the avenue of obtaining certain elements and see what will happen to that physical container of yours. It will deteriorate before its time.



The Council

Eat the cleanest
food possible,
drink the cleanest
water possible,
and that is all you
have to worry
about.

The Council



You are part of nature; your physical body is part of nature; and if you allow nature to prevail, you will find a much healthier body, a much stronger body.

The Council



... quite some time ago we had strongly suggested that the family pantry should not be stored with boxed food. If you want an instant meal, can it. Take it out of your garden, or purchase it from someplace where you know you can get it in its raw state.



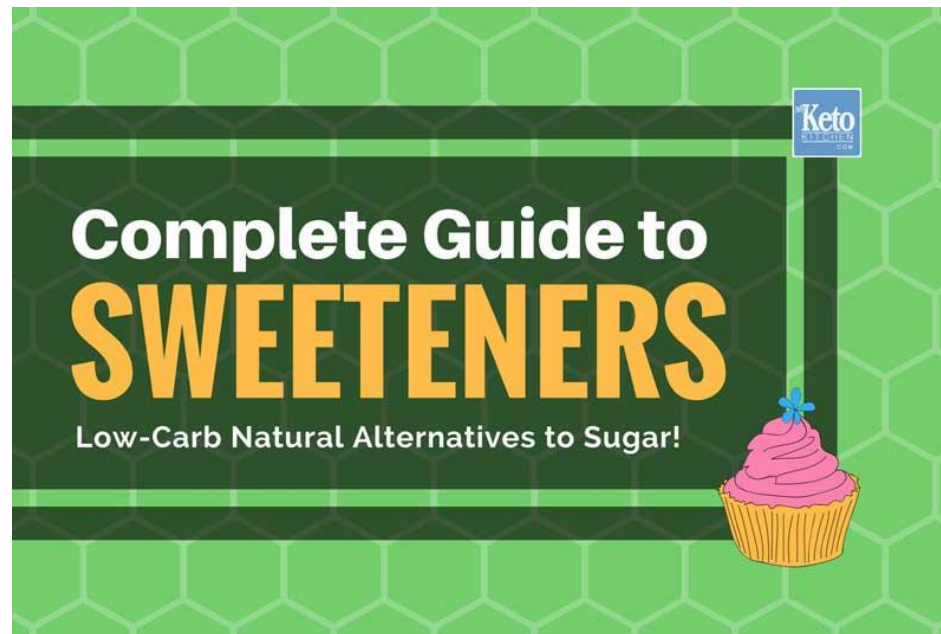
Question: We have this substitute sweetener ... called brand-name "NutraSweet." I was wondering if it is any good or if it is harmful?

The Council: Just keep wondering and do not take it.

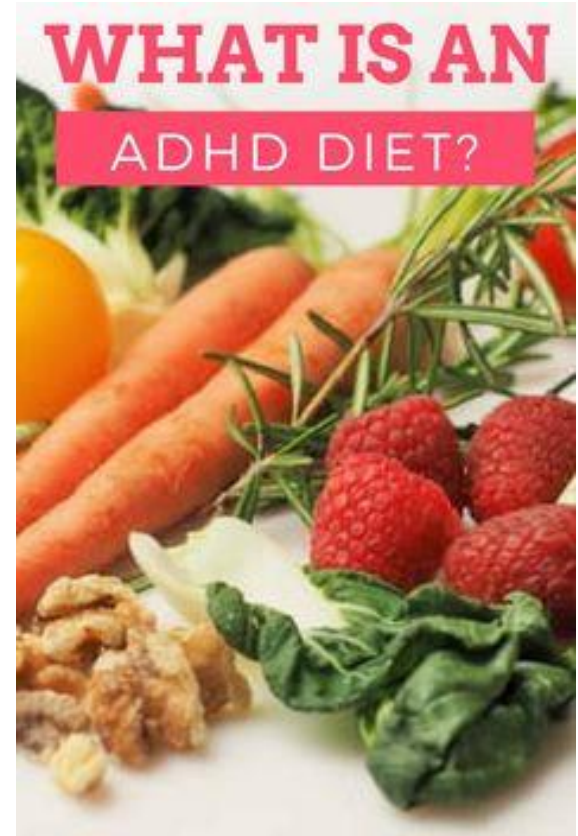


Questioner: Is honey acceptable?

The Council: Yes, honey would be acceptable. Raw sugar, if you could get real raw sugar, would be acceptable. Even refined sugar would be better than these poisons that you use for sweeteners.



Hyperkinetic children - This comes from an extreme sensitivity to those things that are not natural in the line of food ... All those foods that are not natural and pure and clean will cause problems. It is a complicated system of allergies to unnatural things.



**... Try eating an apple
a day, try eating two
servings of oatmeal a day.
And this will help to
eliminate the cholesterol in
your system.**

The Council



An additional factor to eliminate cholesterol in your system is dried beans cooked as a portion a day.



If you choose to protect yourself from cancer. Eat all the foods that you can that come from the cabbage family.



The average person eating three almonds a day will also assist in preventing cancer or at least giving you a higher guard against it.



Almond prevent cancer

- The fiber in almonds has a detoxifying effect. This allows the fiber to move food through the digestive system more efficiently, cleaning the system and the prevention of colon cancer. The National Cancer Institute recently published a study linking diets high in fiber with a lower risk of colon cancer.



Eat clean food. Do not buy food that has the ability to sit around in your house for six months and still find it edible. That is not food; that is what is left of food after it has been embalmed with your chemicals.

