

NATURAL EATING

Introduction Important concepts

What is the basic premise of “natural eating”? It is none other than to eat in a way which is *in harmony* with the way our bodies have been designed. It is like finding the right quality of gasoline to put into your car - only much more complex!

The conclusions we arrive at have some daunting implications. Most of us need to re-structure how and what we eat. The good news is that some small adjustments can make a big difference! How many of you suffer from *acid stomach?* - or *flatulence* and *constipation?* These are conditions which find a ready and rapid solution.



With more adjustments rapid *weight loss* is achieved. At the same time you are already improving your health and life chances. You will be increasing your resistance to *cancer, obesity, diabetes, arthritis, osteoporosis, illness, cardiovascular* problems and other *degenerative diseases*.

Taken to its peak of achievement, you will find radiant health and will have improved your longevity by many years.

**Natural Eating is about realizing your full potential
for good health – and prolonging youth into old
age**

So the message is: work your way through this book and decide how much restructuring you can - and want - to live with. It will tell what changes to make as a priority - and what eating pleasures you can safely keep. Because it will still be possible to eat well but *differently*. It will be possible to pick on one habit, modify it, get the new habit established - and move onto the next. You take it at your own pace and stop when you like.

- It is never too late to start
- Starting young is even better
- Think of youngsters who can benefit

**Most of this document presents the *ideal* to aim at.
How much you do or how far you go is up to you**

Who is Natural Eating For?

Everybody:

The short answer is: everybody! Whoever you are, if you are a human being, then you qualify to enjoy the benefits of Natural Eating. Whether you are healthy or sick; slim or overweight; old or young; male or female; then you will find within these pages the eating strategies to maximise your health and longevity.

The broad principles enunciated in this book apply to everybody, but naturally enough, there will be certain groups who have particular questions.

The Sick And Overweight:

For those who have some malady, then Chapter 8 – The Food/Disease Connection covers a broad range of diseases aggravated by dietary errors - and prioritises the changes to be made.

Special Age-groups:

There are phases in life when special attention is paid to health matters. Chapter 6 explains how the Natural Eating pattern applies to the following groups:

Babies And Toddlers; Children & Adolescents; Pregnant And Nursing Women; Thirty-Somethings; Menopausal women; The Elderly:

Special Dietary Practices:

This book focuses purely on the eating patterns for which humans are naturally adapted. Nevertheless, there are other dimensions to our eating decisions:

For example, there can be *religious* prescriptions – and there can be *ethical* reasons.

Ethical reasons are those such as wanting to be eco-friendly, to avoid cruelty to animals or to avoid food contaminants (such as hormones and pesticides) and 'genetically modified organisms'.

Most such people can overlay these requirements onto the Natural Eating pattern so as to find the pattern that is right for them. For example, *Jews, Muslims, Hindus*, and *vegetarians* and *vegans* will also find within these pages the route-map for optimum health.

This is not a book that promotes the cause of vegetarianism (although a strong case can be made for a meatless eating pattern in today's world).

However, meatless eating is more than just leaving meat out of the diet. It is an error to do this whilst *retaining* all the other errors of the Western dietary! For this reason, a segment on vegetarian diet is found in Chapter 6.

