

ideas for natural eating

What resonates with you?

- I create health and peace by eating more naturally
- A plant-based diet with occasional animal food is ideal
- By eating mindfully I reduce suffering all around me
- I am improving my eating habits and supporting others



We are healthier and happier when we plan, prepare and eat meals together often.

Enjoy free recipes, contests, links and read our blog at www.DavidsOrganic.com

breakfast

Try oatmeal with carrots and onions instead of cold cereal for steadier energy. Use almond or rice milk on cereal, and skip sugar and milk in coffee; Steamed sour-dough bread w/ earth balance or apple/almond butter beats toast for skin, mood and sight; Enjoy green or kukicha tea vs. coffee to reduce stress and headaches; Try a tofu scramble instead of eggs to ease tension, lose weight, and reduce craving for sweets; Make pancakes or muffins with whole grain flour, egg replacer & rice syrup. See our website for recipes and sources.



lunch

Veggie burgers, tacos and burritos rule! Try soy/rice cheese w/ sauteed onions and mushrooms on pita or sourdough. Also, tofu salad, hummus, tabouleh, polenta and lentil salad; Spice up salads with mesclun greens, herbs, pumpkin seeds & nori strips. Kids love organic nut butters and all-fruit jam on sourdough, with lettuce or cucumber; Enjoy udon or soba in tamari broth w/ sea vegetables and mushrooms.



dinner

Start with low sodium vegetable soup to reach your weight loss goals. Tofu, tempeh, seitan and portabella mushrooms offer top nutrition with less fat and toxins. Choose wild or organic meat and dairy. Sauté broccoli, cauliflower, kale, collards, onion, radish, squash, cabbage and turnips in sesame oil; Boil brown rice, millet, barley, quinoa, spelt with a pinch of sea salt. Whole grain pasta/pizza supports mood and blood sugar; Try almond cheese instead of dairy for sinus or acne issues.



dessert

Apple sauce: peel and chop two green apples. Boil three min. with a dash sea salt. Mash with an organic strawberry or raspberry, yum! Bake apples with oats, cinnamon and rice milk; Make whole grain cake with rice syrup and egg replacer; Fruit jello: Boil a cup of water and apple juice. Dissolve 1/4 cup agar flakes. Add organic fruit and chill. Top with soy or rice whip. Consider skipping dessert, having dessert after lunch, or waiting :30.



eat out

Limit to 2-3 times/wk. Avoid chains and fast food. Eat more salads with oil & vinegar, stirfries, wraps, soups and organic vegetables, instead of meat and dairy. Forego appetizers and desserts, and add sides like rice, veggies and cole slaw. Fried veggies are okay when not too salty, and in small portions. Ask for: water with no ice to aid digestion; wild vs. farm-raised fish; a takeout container with your entrée, whole grain pasta; wine vs. butter sauce; a real pickle. Walk or bike there!



snacks

Celery, carrot and radish with soy sour cream, or vegenaise dip with mustard, salsa, or spices are great choices. Tangerines, cherries and apricots and green apples and dried fruits rock; Drink hot apple or carrot juice between meals; Avoid salty snacks, baked products and soft drinks. Eat an umeboshi plum or pickle afterwards. Remember, most snacking is to boost blood sugar, or relieve stress. Have a quick veggie or fruit, then do something fun.



Healthy Habits

Drink filtered water upon rising, after exercise, and between meals; Eat meals sitting; Chew 25 times per bite; Avoid TV, work, or stress. Eat boiled grain one-two times daily; Eat sea salt pickles after meals; Make mealtimes consistent; Plan tomorrow's meal today; Stop eating three hours before bed; Limit sodium to 150mg/serving, sugar to 15g/serving, and fat to 25% of calories. Read labels carefully.



Superfoods

Miso soup twice weekly can prevent colds and flu; Umeboshi Plums, paste and vinegar spice up sauces and soups; Fresh or dried shiitake mushrooms are yummy and healthful; Daikon radish helps digest oily foods; Lotus & burdock root are strengthening; Try tempeh vs. tuna salad; Sea vegetables are great in soups, salads, snacks, sushi and desserts.



Careful Now!

Food additives and milk promote allergies; High fructose corn syrup cause weight gain; Diet products contain harmful chemicals. Eggs, cheese, chicken, beef and dry foods can cause stress, weight gain and muscle pain; Iced drinks, soda, milk, and fruit juice promote colds & flu; Eggplant, pepper, tomato, spinach and potato can cause arthritis and osteoporosis.

Faster Cooking

Soak rice 2-3 hours or overnight before cooking; Pressure cook beans and grains; Wooden utensils and cast iron pots and pans are better; A ginger grater is great for teas, compresses, and sauces. Suribachis make sesame salt and pumpkin seed dressing easy; Canning funnels save time; Juice fruits and vegetables for improved health. Immersion blenders make creamy soups fast! Keep your knives sharp.

Shopping List!

- \$ - Wooden Utensils
- Canning Funnel
- Knife Sharpener
- \$\$ - Immersion Blender
- Ginger Grater
- Suribachi
- \$\$\$ - Pressure Cooker
- Cast Iron Cookware

Keep In Mind...

Trying new foods is fun! Local foods taste better and are better for the environment; Join or visit a local CSA or farmer's market; Worried about getting enough protein and calcium? Plant-based foods have plenty of both, but leave out pesticides, bacteria, toxins, etc.; Government, big business and the healthcare do not put consumers first. We all must be responsible for our own health.



ideas for natural living

What are you committed to?

- Living more naturally I create health and peace
- When I move my body I feel better and can do more
- Caring for my body naturally heals me and the earth
- I am open to new ideas and feel compassion for others

Learn how to reduce suffering and promote peace at www.DavidsOrganic.com

bodycare



Arise and retire early. Try not to eat, exercise or use electronics before bed; Avoid perfume, nail polish,

hair color and diesel fumes; Take a few minutes each morning to be grateful, breathe and stretch and meditate for a great day; Do a body rub as described by *The Great Life Diet* by Denny Waxman; Take frequent breaks from work to maintain eyesight and flexibility, and to develop relationships. Buy organic sheets and pajamas.



exercise

Add a :30 daily nature walk; Work on your breathing, flexibility and core strength, versus building muscle mass; Try a session with a gym trainer; There

are many types of yoga, one is right for you! Also try pilates, tai chi and qi gong, to reduce stress, improve circulation, and quiet the mind; Walk outside after meals to improve digestion; Take up volleyball, ping pong, tennis or swimming. Park further away at stores.

whole health

The US has more doctors and drugs yet we are less healthy. You should know doctors earn more when we opt for test, drugs and surgery. Learn what your body needs, and strengthen your health naturally to feel good, do more, and worry less; Holistic health is growing because it is gentler, allows the body to heal itself, and has fewer risks and side effects. Ask your health provider what's covered; A visit to a network chiropractor can be beneficial for everyone; Also try craniosacral, reiki, shiatsu, reflexology, homeopathy, and acupuncture; When you are in pain, try physical therapy and natural remedies before



drugs or surgery, then get a second opinion.



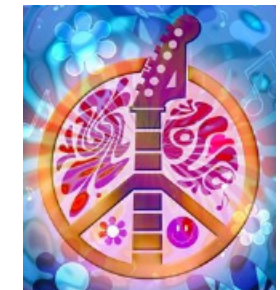
Even the White House is getting into organic gardening. Isn't it time we all do?

mindfulness

The human brain is amazing, but it can also hold us back. Live in the present moment, and accept what is, for more happiness and safety; Avoid violence from media, and limit use of technology, including microwaves, cell phones and flying; Lie down on grass for a few minutes daily, and buy a chip to dissipate EMGs; Improve brain function with boiled grains such as brown rice; Minimize ground beef, sugar, chemicals, drugs and alcohol, to think well and to avoid Alzheimers, and other neurological and emotional disorders. Most of all, be loving and forgiving to yourself and others, and see only the good in everyone.

spirit and work

Spirit makes us sing, dance, and create art. Feed your spirit daily with connections to God, people, animals and nature. For many of us, work is suffering. But work should not be completely joyless, and deplete us. That is slavery. We need to earn a living, or attend school if we have the means, but we should also have an opportunity to study and play and give our unique gift to the world; Do not punish others for your unhappiness. Instead, take responsibility and change your situation. Ask for help from friends, co-workers, relatives, or professionals; Reflect on your childhood, identify your story and heal your wounds; Learn from Buddhist, Tau



and other traditions, and seek out advice from wise people. Finally, be grateful for what you have and you will be given more. Enjoy life!

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JOIE DE VIVRE

Life moves fast. When we slow down, we can avoid accidents, enjoy life more, learn from our mistakes, and be sensitive to others. Meditation and yoga are wonderful and can be done anywhere, anytime, free! Breathwork can help us



become more flexible, lose weight, manage pain, and reduce suffering. Read *A New Earth* by Eckhart Tolle. One of Oprah's favorites!

BUY ORGANIC

Organic products are made without chemicals, and cruelty-free. They are safer to use, and avoid unnecessary risks to workers, animals and the environment. Non-organic products cost less, but we risk our air, water, bio-diversity, and health. Five musts: Lettuce, Berries, Beef, Milk, and Bedding. For



more ideas, visit www.cspinet.org and www.ota.com.

GET ORIENTED

America leads in entertainment, biotech and the Internet, but for human rights, peace and health, look to the east. Chinese medicine, macrobiotics, shiatsu, martial arts, feng shui are great. Besides sushi,



Japan offers great foods like amasake, kuzu, kukicha tea, umeboshi plums, mochi, azuki beans, shiitake mushrooms and sea veggies.

GO NATURAL!

Natural cosmetics and remedies use plants and herbs to reduce pain and swelling, and detox the body. Try tofu, or a cabbage or collard leaf externally for fevers,



bruises or bug bites. Avoid harsh pesticides, cleaners, and paints. Use an electric mower and snow thrower. Cook on a gas stove, and open windows frequently, even in winter.

BE GENTLE...

There is too much suffering in this world. Billions of animals are separated from family, drugged, maimed, tortured and killed on factory farms each year. If you eat meat, chicken, eggs or dairy, go organic, and be mindful. Please visit peaceabbey.org for details.



Also, read *The World Peace Diet*, by Will Tuttle, PhD.