



ISLAND SPICE HAWAII (808) 667-4357

The following diet you should adhere to the best you can. However, your thoughts are more important than you diet—as our Lord stated in Mark7: 14-23...It's not what you eat, it's what you think. Remember, true health and healing is more of an attitude and a continual way that you mentally carry yourself through life from your HEART.

Try your best to avoid the following foods, all of which I am sure you're aware of: Red Meats, dairy and dairy products...(Milk, Eggs, Cheeses, Sour Cream, Dairy type ice creams), Processed sugars like candies, sodas, many cereals and other type junk food products. Many breads, chips, and pastas can be "mucous" forming.

This Diet is fairly simple; if the man upstairs didn't make it then it's probably not for you. Do your best to avoid all dead foods. You are a live being –put live foods into your live body.

DIET TO FOLLOW:

- A) Lightly steamed and raw vegetables—"As much as you wish" You may add a little herbs and spices for fun and flavor.
- B) SALADS-get creative and fun. Good dressings can be made with olive oil and/or nut and seed oils, honey, mustard, herbs and spices, mashed avocado, mashed papaya, ETC.
- C) Fruits and fruit juices
- D) WATER!
- E) Mixed nuts and seeds...Nut and seed oils would be better for you. The oils will be easier for your stomach to break down. You can get macadamia nut, walnut, sesame seed oil, Etc. at the grocery store or health food store. You can take 2-3 t-spoons full a day if you wish. If you wish to drink a Milk or Milk substitute use Almond Milk.
- F) Fish is good, Chicken is O.K.
- G) Lentils and beans are great....Be sure to prepare them properly. They need to be soaked over night (usually 1-2 cups lentils or beans to 2-4 cups water) and then rinsed and strained the next day. Then place back in pot and cover with double amount of fresh water and cook on low heat for the specified time frame stated on package directions. Strain and refrigerate. Make soups with, add to salads, or eat a bowl full with sliced veggies, guacamole, spices, etc. Directions are usually with the beans or lentils you purchase. If not, most importantly, remember to always pre-soak them before low heating them to remove the protective acidic outer coating.

H) Grains (Red Winter Wheat or Hard Winter Wheat)-These can be purchased at health food stores and some grocery stores. There are other types of grains, but these are my favorite. The grains are to be soaked (1-2 cups grains in 2-4 cups water) for 15-24 hours. Rinse and strain. Put back in pot and cover over with fresh water. Bring to a boil. Once boiling, turn off and let sit covered until cooled. Strain and refrigerate. You may add the grains to salads and stir-fry's. Eat a bowl of grains like a bowl of cereal- you can add almond milk, honey, brown cane sugar, cinnamon, papaya, bananas, Etc.

Here is an awesome shake I've given to people around the world.

ISLAND SPICE MEGA SHAKE

- *1 Banana
- *1/2 Papaya
- *1 Carrot
- *1 Apple
- *1 Alfalfa sprouts (palm full)
- *1/2-1 clove Garlic
- *Fill Blender with good pulpy Orange Juice and blend all.
- **OTHER THINGS TO ADD: molasses, honey, parsley, watercress, Etc.

ISLAND SPICE "CREAM DREAM" SHAKE

- *1 Papaya
- *1 Banana
- *1/2 Avocado
- *Fill Blender with Water.
- *BLEND
- **OTHER THINGS TO ADD: Blue Berries

Eat well, LIVE life and BE Happy. Blessings and much Aloha, Dennis "Spice" Prince



ISLAND SPICE HAWAII (808) 667-4357

©2015 Island Spice, All Rights Reserved.