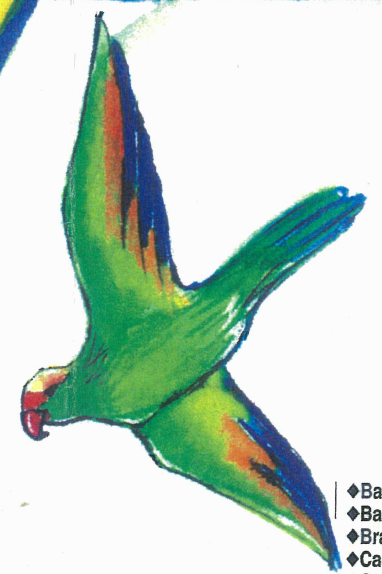


FOOD THEORY FOR HEALTHY LIVING

80% ALKALINE / 20% ACID

BASIC RULES FOR THE CHART

- [A] Alkaline or acid forming describes ash residue after metabolism. Citrus tastes acidic but leaves an alkaline residue.
- [B] The fresher & sweeter the food tastes the higher the alkalinity. Chewing each mouthful 40 times increases alkalinity of grains.
- [C] Any food cooked, canned or frozen subtract 0.5.
- [D] Food grown chemically, processed with preservatives or prepared with white sugar subtract 1.0. Organic is best, biodynamic is better, partly raw is essential.
- [E] All values are approximate. Make diet changes gradually. Ask your body what it needs.
- [F] Scale of 7.5 to 0.5 is an adjusted scale for easy reference and does not indicate actual alkaline-acid values.
- [G] Read "Alkalize or Die" by Dr. Baroody- Eclectic Press U.S.A., phone 001-800-566-1522, fax 001-828-452-0879.
- [H] Author accepts no responsibility for use of this information.



MEDITATION PRAYER PEACE

KINDNESS LOVE

- ◆ Agar Agar 3
- ◆ Cantaloupe
- ◆ Cayenne 4
- ◆ Dried dates & figs
- ◆ Kelp, Karengo
- ◆ Kudzu root
- ◆ Limes
- ◆ Mango
- ◆ Melons
- ◆ Papaya
- ◆ Parsley 5
- ◆ Seedless grapes; sweet
- ◆ Watercress
- ◆ Seaweeds

- ◆ Asparagus 6
- ◆ Endive
- ◆ Kiwifruit
- ◆ Fruit juices 7
- ◆ Grapes, sweet
- ◆ Passionfruit
- ◆ Pears, sweet
- ◆ Pineapple
- ◆ Raisins
- ◆ Umeboshi plum
- ◆ Vegetable juices 8

- ◆ Apples, sweet
- ◆ Apricots
- ◆ Alfalfa sprouts 9
- ◆ Arrowroot flour 10
- ◆ Avocados
- ◆ Bananas,ripe
- ◆ Berries
- ◆ Carrots
- ◆ Celery
- ◆ Currants
- ◆ Dates&Figs, fresh
- ◆ Garlic 11
- ◆ Gooseberry
- ◆ Grapes, less sweet
- ◆ Grapefruit
- ◆ Guavas
- ◆ Herbs, leafy green
- ◆ Lettuce, leafy green
- ◆ Nectarine
- ◆ Peaches, sweet
- ◆ Pears, less sweet
- ◆ Peas- fresh, sweet
- ◆ Persimmon
- ◆ Pumpkin, sweet
- ◆ Sea salt, vegetable 12
- ◆ Spinach

- ◆ Apples, sour
- ◆ Bamboo shoots
- ◆ Beans, fresh green
- ◆ Beets
- ◆ Bell pepper
- ◆ Broccoli
- ◆ Cabbage;Cauli
- ◆ Carob 13
- ◆ Daikon
- ◆ Ginger, fresh
- ◆ Grapes, sour
- ◆ Kale
- ◆ Kohlrabi
- ◆ Lettuce, pale green
- ◆ Oranges
- ◆ Parsnip
- ◆ Peaches, less sweet
- ◆ Peas, less sweet
- ◆ Potatoes & skin
- ◆ Pumpkin, less sweet
- ◆ Raspberry
- ◆ Sapote
- ◆ Strawberry
- ◆ Squash 14
- ◆ Sweet corn, fresh
- ◆ Tamar 15
- ◆ Turnip
- ◆ Vinegar, apple cider 16

- ◆ Almonds 17
- ◆ Artichokes, Jerusalem
- ◆ Barley-Malt, sweetener - Bronner
- ◆ Brown Rice Syrup
- ◆ Brussel Sprouts
- ◆ Cherries
- ◆ Coconut, fresh
- ◆ Cucumbers
- ◆ Egg plant
- ◆ Honey, raw
- ◆ Leeks
- ◆ Miso
- ◆ Mushrooms
- ◆ Okra
- ◆ Olives ripe 18
- ◆ Onions
- ◆ Pickles, home made 19
- ◆ Radish
- ◆ Sea salt 20
- ◆ Spices 21
- ◆ Taro
- ◆ Tomatoes, sweet less sweet
- ◆ Vinegar, sweet brown rice
- ◆ Water Chestnuts

- ◆ Amaranth
- ◆ Artichoke, globe
- ◆ Chestnuts, dry roasted
- ◆ Egg yolks, soft cooked
- ◆ Essene bread 22
- ◆ Goat's milk & whey, raw 23
- ◆ Horseradish
- ◆ Mayonaise, home-made
- ◆ Millet
- ◆ Olive oil
- ◆ Quinoa
- ◆ Rhubarb
- ◆ Sesame seeds, whole 24
- ◆ Soy beans, dry
- ◆ Soy cheese
- ◆ Soy milk
- ◆ Sprouted grains 25
- ◆ Tempeh
- ◆ Tofu
- ◆ Tomatoes, less sweet
- ◆ Yeast, nutritional flakes

- ◆ Butter, fresh unsalted
- ◆ Cream, fresh & raw
- ◆ Margarine 26
- ◆ Milk, raw cow's 27
- ◆ Oils (except olive)
- ◆ Whey, cow's
- ◆ Yoghurt, plain

- ◆ Blueberries
- ◆ Brazil nuts
- ◆ Butter, salted
- ◆ Cheeses,mild & crumbly 28
- ◆ Crackers, unrefined rye
- ◆ Dried beans mung,adzuki, pinto, kidney, garbanzo 29
- ◆ Dry coconut
- ◆ Egg whites
- ◆ Goats milk, homogenised
- ◆ Olives, pickled
- ◆ Pecans
- ◆ Plums 30
- ◆ Prunes 30
- ◆ Spelt

- ◆ Barley malt syrup
- ◆ Barley
- ◆ Bran
- ◆ Cashews
- ◆ Cereals, unrefined with honey fruit or maple syrup
- ◆ Cornmeal
- ◆ Cranberries 30
- ◆ Fructose
- ◆ Honey, pasteurized
- ◆ Lentils
- ◆ Macadamias
- ◆ Maple syrup, unprocessed
- ◆ Milk, homogenized, & most processed dairy products
- ◆ Molasses, un sulph -ered organic 31
- ◆ Nutmeg,
- ◆ Mustard
- ◆ Pistachios
- ◆ Popcorn & butter, plain
- ◆ Rice or wheat crackers, unrefined
- ◆ Rye, grain
- ◆ Ryebread, organic sprouted
- ◆ Seeds, pumpkin & sunflower
- ◆ Wheatbread, sprouted organic
- ◆ Walnuts

- ◆ Bananas, green
- ◆ Buckwheat
- ◆ Cheeses, sharp & tasty
- ◆ Corn & rice breads
- ◆ Egg, whole (cooked hard)
- ◆ Ketchup
- ◆ Mayonaise
- ◆ Oats
- ◆ Pasta, whole grain & honey
- ◆ Pastry, wholegrain
- ◆ Peanuts
- ◆ Potatoes, with no skins
- ◆ Popcorn, with salt & butter
- ◆ Rice, basmati
- ◆ Rice, brown
- ◆ Soy sauce, commercial
- ◆ Tapioca
- ◆ Wheatbread, sprouted organic

- ◆ Cigarette tobacco, roll your own
- ◆ Cream of wheat, unrefined
- ◆ Fish
- ◆ Fruit juices with sugar
- ◆ Maple syrup, processed
- ◆ Molasses, sulphured
- ◆ Pickles, commercial
- ◆ Breads (refined) of corn, oats, rice & rye
- ◆ Cereals (refined) eg weatbix, corn flakes
- ◆ Shellfish
- ◆ Wheatgerm
- ◆ Whole Wheat foods 32
- ◆ Wine 33
- ◆ Yoghurt, sweetened

- ◆ Beer 34
- ◆ Brown sugar 35
- ◆ Chicken
- ◆ Deer
- ◆ Chocolate
- ◆ Coffee 36
- ◆ Custard with white sugar
- ◆ Jams
- ◆ Jellies
- ◆ Liquor 37
- ◆ Pasta, white
- ◆ Rabbit
- ◆ Semolina
- ◆ Table salt, refined & iodised
- ◆ Tea, black
- ◆ Turkey
- ◆ Wheat bread
- ◆ White rice
- ◆ White vinegar, processed

- ◆ Beef
- ◆ Carbonated soft drinks & fizzy drinks 38
- ◆ Cigarettes, tailor-made
- ◆ Drugs
- ◆ Flour, white wheat 39
- ◆ Goat
- ◆ Lamb
- ◆ Pastries & cakes from white flour
- ◆ Pork
- ◆ Sugar, white 40

OVERWORK ANGER FEAR JEALOUSY STRESS

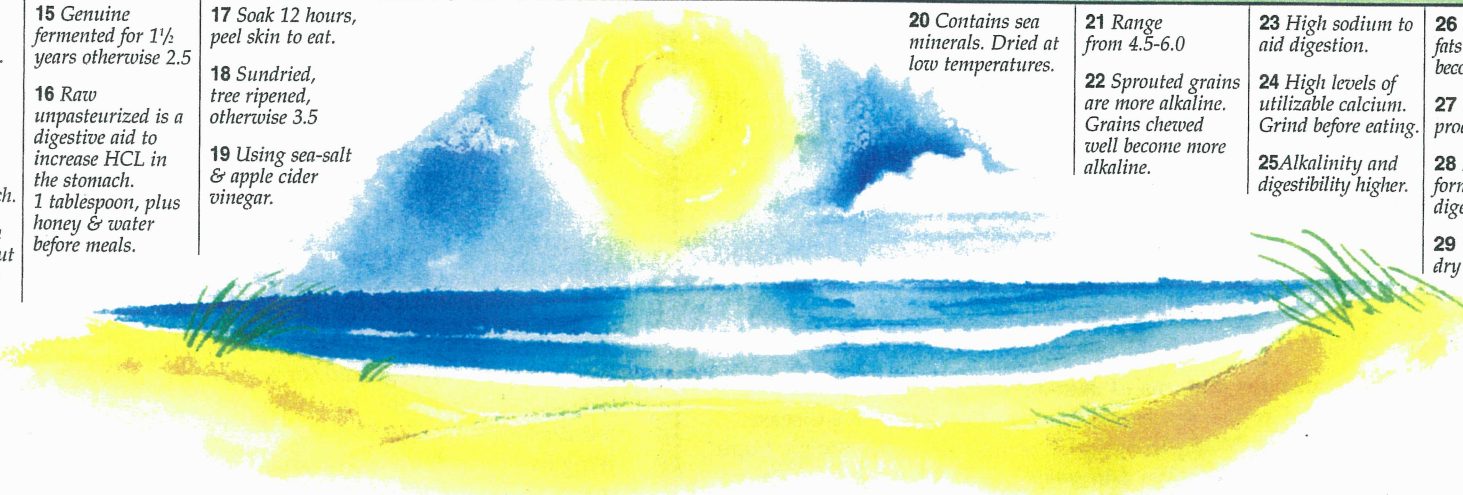
◆ Artificial sweeteners 41

7.5 EXTREMELY ALKALINE FORMING MODERATE SLIGHTLY NEUTRAL SLIGHTLY MODERATE EXTREMELY ACID FORMING 0.5

RULE: Eat 80% alkaline forming foods and drinks & 20% acid forming foods and drinks daily for good health and humour

NOTES

- 1 Excellent for EMERGENCY SUPPORT for colds, coughs, sore throats, heartburn & gastro upsets. Quick alkaliizer! 1 teaspoon fresh juice in 4 oz water.
- 2 Good for a yearly fast. For several days eat whole melon, chew pips well & eat also. Super alkaliizing food.
- 3 Substitute for gelatin, more nourishing.
- 4 Stimulating, non-irritating body healer. Good for endocrine system.
- 5 Purifies kidneys.
- 6 Powerful acid reducer detoxing to produce acid urine temporarily... causing alkalinity for the long term.
- 7 Natural sugars give alkalinity. Added sugar causes juice to become acid-forming.
- 8 Depends on vege's content & sweetness.
- 9 Enzyme rich, superior digestability.
- 10 High calcium content. Cornflour substitute.
- 11 Elevates acid food 0.5 in alkaline direction.
- 12 Vegetable content raises alkalinity.
- 13 Substitute for cocoa; mineral rich.
- 14 Winter squash rates 5.0. Butternut & sweeter squash rates 6.0.
- 15 Genuine fermented for 1 1/2 years otherwise 2.5
- 16 Raw unpasteurized is a digestive aid to increase HCL in the stomach. 1 tablespoon, plus honey & water before meals.
- 17 Soak 12 hours, peel skin to eat.
- 18 Sundried, tree ripened, otherwise 3.5
- 19 Using sea-salt & apple cider vinegar.
- 20 Contains sea minerals. Dried at low temperatures.
- 21 Range from 4.5-6.0
- 22 Sprouted grains are more alkaline. Grains chewed well become more alkaline.
- 23 High sodium to aid digestion.
- 24 High levels of utilizable calcium. Grind before eating.
- 25 Alkalinity and digestibility higher.
- 26 Heating causes fats to harden & become indigestible.
- 27 High mucous production.
- 28 Mucous forming & hard to digest.
- 29 When sprouted, dry beans rate 5.0
- 30 Contain acid-forming benzoic & quinic acids.
- 31 Full of iron.
- 32 Unrefined wheat is more alkaline.
- 33 High quality red wine, no more than 4 oz daily to build blood.
- 34 Good quality, well brewed -up to 2.0. Fast brewed beers drop to 1.0
- 35 Most are white sugars with golden syrup added.
- 36 Organic, fresh ground-up to 2.0
- 37 Cheaper brands drop to 0.5, as does over-indulgence.
- 38 Leaches minerals.
- 39 Bleached-has no goodness.
- 40 Poison! Avoid it.
- 41 Potential cancer agent. Over-indulgence may cause partial blindness.



GOOD DIGESTION

If one has a busy life there are ways to ensure that digestion happens properly.

1. **CREATE PEACEFUL MEAL TIMES** and eat alone if necessary. Hunger is the best sauce. Happiness digests food well.
2. **GIVE THANKS FOR THE GIFT OF FOOD.** Blessing your food makes it more alkaline.
3. **CHEW AND INSALIVATE YOUR FOOD WELL.** This also makes it more alkaline, especially grains. Fill stomach half with food, a quarter with liquid, leaving the last quarter empty for digestion. Less liquid with grains. Avoid iced water with meals.
4. **MAKE GOOD FOOD COMBINATIONS** if digestion is troubled, or weight loss is desired. Protein and Starch 50%/50% at same meal may not digest properly, causing acidity.

Those with strong digestive capacity may be able to tolerate many combinations, otherwise follow basic rule of: **'NO PROTEIN WITH STARCH.'** **PROTEIN** foods; meats, poultry, seafood, eggs, dairy foods, seeds and nuts combine well with all vegetables except starchy veges like potatoes, yams, pumpkin. Eat proteins first and add salads and cooked vegetables later in the meal. Fruits that help digest protein can be eaten 45 minutes before and are: apples, apricots, blueberries, grapefruit, kiwis, lemons, nectarines, oranges, papaya, peaches, pears, pineapple, sour plums, raspberries, strawberries. **PROTEIN/STARCH** foods; beans are various combinations of protein and starch, and may cause indigestion. They can be tolerated when cooked well (discard overnight soak water) with digestive herbs. Beans eaten with grains form complete proteins. Sprouted beans raw or cooked are easier to digest and more alkaline-forming. **STARCHES** which are grains, cereals, breads, pasta, potatoes, yams, taro, parsnip, mature starchy corn and pumpkin, combine well with all vegetables and slow-fermenting fruits of banana, apple, and coconut. Dairy foods (light protein) with starch, is a more tolerable combination than meat with starch.

General rule for good combinations - It's the main ingredients that count, so a garnish of a small amount of cheese on your bread, bit of yoghurt with rice, or a little piece of meat with potato, (examples of a little protein with a starch based meal) can be tolerated, especially when 50% to 80% of bulk is vegetable matter with cooked root veges and raw mixed vegetables. A protein based meal of chicken or meat with veges and salad could have gravy (starch) added and be digested well, especially if 20% chicken, and 80% veges. If digestive stress occurs then return to basic rule of **'no starch with protein.'** Soy milk is more compatible with cereals than milk as it has less protein and more carbohydrates, yet some people can digest dairy milk with starches well, especially if milk watered down (yoghurt is more digestible than milk due to its enzyme rich pre-digested nature, making it good for enzyme replenishment). **FRUIT IS BEST ON ITS OWN.**

Symptoms of digestive stress - drop in energy after the meal, or sleepiness, stomach pain, acid reflux and heartburn, dizziness, bad temper, bitter taste in mouth, constipation, plus all the initial signs of over-acidity (signs listed in next column) that may follow in the days after a bout of indigestion.

Relief of digestive stress - *Mild cases* a: juice of a lemon in water, b: papaya natural enzymes tabs, c: peppermint tea, d: fresh ginger root tea e: fennel tea. *Extreme pain* - If lemon juice does not help, use 1/2 teaspoon baking soda in 4 oz water, or 1/4 teaspoon cream of tartar in water (last two use only twice then stop and seek professional help). **Simplify food combinations to avoid upsets.** Homoeopathic Carbo Veg 30c will soon settle upset stomach and intestines.

5. **DIGESTIVE HERBS** can be cooked in with food, i.e. fennel seeds or leaf with fish, or cayenne, anise, dill, garlic, parsley and curry herbs with beans. Herbal teas (chamomile and peppermint) and tinctures (dandelion) can be taken before the

ALKALINE ACID 80/20 FOOD THEORY**80/20****How did Hippocrates heal his patients in ancient times ?**

His dietary recommendations were calculated according to present biochemical means and the ratio was revealed to be 80% Alkaline-forming and 20% Acid-forming foods. Modern Naturopathic Healing Methods are also based on this principle of 80/20, so how does it work?

All foods leave an ash residue after metabolism which is either alkaline or acidic, depending on the mineral composition of foods and the way in which individuals digest them. Individual stress patterns, ability to process life's ups and downs, and emotional stability, all impact on the digestive system, influencing it's action.

Stress, negative emotions, poor food combinations, excess acid-forming foods and drinks and insufficient digestive capacity can produce acidic residues. Good food combinations, moderate quantities of food chewed well, relaxation, soothing light massage, moderate non-confronting exercise, deep breathing, meditation, prayer, centeredness, moonlight and unconditional love, are all alkalizing.

The human body needs an alkaline environment to continue proper functioning of vital organs. Once the alkaline reserves are depleted by excess acid-forming foods and mental states, and positive acidity is reached, the body breaks down. Alkaline reserves (calcium, magnesium, sodium, potassium, iron and manganese) are created by alkaline forming foods.

Read "Alkalize or Die" by Dr. T. Baroody - available from Holographic Health, 119 Pigeon St, Waynesville, NC 28786, USA

meal to stimulate the digestive capacity. Consult an Herbalist for herbs that suit your individual constitutional needs. Peppermint tea half an hour before food is a safe digestive aid. Or a spoon of organic apple cider vinegar in water before meals, or a little sipped with the meal, helps digestion.

6. **DIGESTIVE ENZYMES** can be taken to assist digestion. Or increase raw content of meals to give your body the raw material for it to make it's own enzymes. Raw fruits and veges and sprouted grains, seeds and beans are excellent for enzyme replenishment, as are fermented foods such as yoghurt, miso, tempeh, sauerkraut, sour dough bread and cultured cheeses.

7. **EAT A WIDE VARIETY OF FOODS.** Suspected allergenic foods may be tolerated once in 4 days.

8. **ACID-TASTING FOODS** like all citrus, pineapple, strawberries, kiwifruit and tomatoes, become alkaline-forming after metabolism. They can cause a sudden release of acidity as a rash. Stop eating them, and reintroduce more slowly a few days later.

EXCESS ACID WASTE

Excess acid waste is the cause of many ailments. If your diet is largely composed of meats, fish, cheeses, breads, white flour foods, white sugar foods, greasy take-aways, chocolate, coffee, wine, beer and cigarettes (all acid-forming), you may suffer from acidic complaints.

Initial symptoms of over-acidity include: Acne, agitation, bloating, chemical sensitivities to odours and gas heat, cold hands and feet, Constipation, Diarrhoea, dizziness, excess head mucus (stiffness) food allergies, Heartburn, hot urine, Hyperactivity, Indigestion, irregular heartbeat, joint pains that travel, lack of sex drive, low energy, metallic taste in mouth, mild headaches, muscular pain, panic attacks, P.M.T., rapid heartbeat, rapid panting breath, white-coated tongue.

Intermediate symptoms of over-acidity include - Asthma, Bacterial and Fungal infections, Bronchitis, Cold sores, Colitis, Cystitis, dark circles under eyes, Depression, Ear aches, Flu and Colds, Gastritis, Hay fever, Impotence, Insomnia, Memory Loss, Migraine headaches, Psoriasis, Sinusitis, Urethritis.

Advanced symptoms of over-acidity include Cancer (all forms), Crohn's disease, Erythematosis, Hodgkin's disease, Leukaemia, Multiple Sclerosis, Schizophrenia, Systemic Lupus, Rheumatoid Arthritis. (All symptoms according to Dr. T. Baroody in "ALKALIZE OR DIE")

THE ANTIDOTE to EXCESS ACIDITY is ALKALINE-FORMING FOODS. If your body is showing symptoms of over-acidity, you

can increase the amount of alkaline-forming foods (most fruits and all veges), and alkaline-forming mental/emotional states, to gain better health. The best way to judge how acidic you are is to observe your own body symptoms. Tests can be done but these only show the amount of acidity being released. The real test is to honestly ask yourself 'how do I feel'. If your body is storing acid wastes and giving any of the symptoms listed, you can heal yourself with nature's alkaline packages. All ripe fruit except cranberries, blueberries, plums and prunes are alkalizing to different degrees. Alkalinity depends on natural sugar and mineral content- ripe fruit and organic produce having more of these elements. All vegetables are alkalizing to different degrees, except potatoes without skins, (see column 2.5 chart). You will heal yourself in the most basic sense when you reach out for alkalizing foods, and as they work their way into your body tissues, neutralizing and releasing stored acid wastes, you will feel lighter, cleaner and more energetic. A common question is "Can I eat too much alkaline-forming food?" Well, according to Dr. Baroody that is a rare occurrence and could only be caused by the ingestion of an hyper-alkalizing substance such as excess bicarbonate of soda. If one maintains the 80/20 rule, there is no chance of becoming too alkaline. To antidote excess acidity, one can eat 100% Alkaline-forming foods for several days or longer if necessary. Building alkaline reserves is the key to stable health, strong bones and good teeth.

A cleansing or healing crisis may occur with the intake of more alkaline-forming foods than you are normally accustomed to. As the acid wastes are released from channels of elimination, you may experience any of the initial symptoms of over-acidity. Unfortunately, as viruses thrive in acid wastes, this is also the time that you may fall prey to an opportunistic virus. Viral or bacterial attack is best eliminated with; Echinacea, lemon juice and honey drinks, freshly pressed fruit and vege juice, herbal teas (chamomile, ginger, lemon grass, lemon balm, rose hips, sage, thyme, to name a few). Juice and broth fasting if fever present, light meals of 100% alkaline-forming foods otherwise. Hot epsom salt baths and steam inhalations for colds. Dry brush massage and/or aromatherapy oil massage for achy body. Homoeopathic remedies and/or Vitamin C, Vitamin A and Zinc may be used. Deep breathing, shedding tears and walking barefoot on dewy grass help to eliminate acid burden. Natural TONICS can be used to boost energy, once symptoms have cleared. Swedish Bitters, Ginseng, Spirulina, Bee Pollen and/or Royal Jelly can be useful. If in doubt, consult a Naturopath for remedies and dosages most suitable for you.

GUIDE TO THE USE OF THE 80/20 FOOD THEORY CHART

HEALTH 80/20 suggests 80% of daily food intake could be *alkaline-forming* (most fruit and vegetables), while 20% could be *acid-forming* (protein and starch). They can be eaten at different meals, so if you eat meats (acid-forming) as a meal, you could have alkaline-forming foods for the rest of the day. Or try 20% protein with 80% non-starchy veges. A starch-based meal could be 20% to 30% starch with 80% to 70% veges. If you have a day of too much acid-forming food, you can balance up by eating 90% to 100% alkaline-forming foods for a few days to restore alkalinity. Ideally 80/20 is balanced each day, yet this is not always possible, so make a weekly balance.

1. **Animal proteins**, being mostly extremely acid-forming, need 80% alkaline-forming fruits or veges to neutralize acidity. Grains, beans, nuts and seeds vary widely in their pH, and eaten in their whole unrefined state, are generally only slightly or moderately acid-forming, so ratios could be 30% moderately acid-forming to 70% moderately alkaline-forming, or 40% slightly acid-forming to 60% extremely alkaline-forming. It all depends on availability of seasonal foods and what you feel like eating.

2. **To boost alkalinity**, choose alkaline-forming foods rather than acid-forming alternatives. Alkaline-forming grains are millet, quinoa, amaranth. Use arrowroot flour for thickening. Kudzu root, almonds, fresh coconut, water chestnuts, sesame seeds and soybean foods, all create alkalinity. Have fresh fruit with teas and coffee instead of acid-forming cakes and cookies. Add lemon juice to soups, dressings, sauces, meats and fish.

3. **Make changes gradually.** If you normally eat a lot of acid-forming foods (those to the right-hand side of the chart 3.5 to 0.5), gradually increase the alkaline-forming foods in your diet over some months. Be flexible, and find the middle ground between what is healthy and what you enjoy.

4. **Be patient.** Changes can only happen at your body's organic pace. Moderate non-confronting exercise and water, on a daily basis will speed the fluid turn-over rate.

5. **Bulk water** can be taken several hours after meal or one hour before, 6 to 8 glasses per day according to occupation. Black tea and coffee are no substitute for water. High water content fruits and veges have superior liquids, so reduce other fluids, if eating lots of these raw.

6. **Maintain the 80/20 Rule**, with flexibility In very cold climates (20 degrees below zero) the ratios can be up to 50%/50%. In the winter you may need more acid-forming foods as they are the warming foods, so experiment with the ratios and find your own balance. 80/20 is suitable for temperate climates below the 50th parallel in the North and above the 50th parallel in the South. If living in the tropics then 90% alkaline-forming foods may feel right.

7. **Rest and sleep** are alkalizers. So are exercise (non-confronting type), fresh air, pleasure, laughter, good conversations, enjoyment and unconditional love. Eliminate the acidifiers which are fear, worry, anger, gossip, hatred, and envy. Seek help to deal with negative emotions.

8. **Eat according to occupation.** Hard workers can burn up heavy foods, those who are sedentary stay healthier on lighter cleaner burning foods like fruits, veges, whole non-glutenous grains of millet, buckwheat, corn, rice and nuts, seeds, pulses and beans.

9. **Deep breathing** releases at least 50% of body toxins, so take care to breathe to the bottom of lungs if your work does not provide this release.

The Alkaline Acid Food Theory is a general principle that can serve as a guide to a healthier life-style. When allowances are made for Age, Climate, Occupation and Personal Preferences, this theory can be adapted to the individual's requirements. The author accepts no responsibility for the use of this information.