

HEALTHY GROCERY SHOPPING LIST

APPLIANCES (Buy a Good Blender or Juicer)

When you drink from a blender or juicer, the nutrients go straight into your system. If you have a cheap blender, drink as soon as you blend products but if you have an expensive blender/juicer you can keep in refrigerator. Jack LaLanne Lane has the best juicer. You can buy: 1) Wal-mart Blender (Hamilton Beach) for \$19.99, 2) Sears Juicer (Jack LaLanne) for \$99.

GROCERY STORES

Read Labels - 6 Ingredients to Avoid

1) Sugar, 2) High Fructose Corn Syrup, 3) Enriched White Bread, 4) Red & Yellow Dye, 5) Transfat (Processed Foods), 6) Saturated Fat (Meat)

- **Drink "Distilled" or "Pure/Purified" bottled water only:** All other water causes dehydration. Drink 8 or 10 - 8 oz. glasses of water a day.
- **Baking Soda:** Put in refrigerator, brush teeth, natural deodorant, cleaning house especially floors, carpets, countertops, bathtubs, toilets, etc.).
- **White Distilled Vinegar:** Use for cleaning house especially countertops, floors and carpets).
- **Extra Virgin Olive Oil:** Use Cold-Pressed Olive Oil (for salads, to cook with, natural skin lotion, to dust furniture, for your liver detox, etc.)
- **Spices:** Get rid of table salt especially if you have high blood pressure. Instead use "sea salt" and spices such as Mrs. Dash, organic Cinnamon (Diabetes), organic Cayenne Pepper (Inflammation/Immune System), organic Ginger and Garlic (Immune System), organic Curry, Organic Turmeric (Cancer), Organic Oregano, Tabasco sauce and Mustard (to burn fat and to strengthen immune system).
- **Meat:** When buying meat eliminate pork, beef and other meat that causes inflammation. Remember meat stays in your body for 3 days and can turn into parasites so cut down on the amount of meat that you are eating. Eat only "organic" chicken. Stop eating mucus-producing or foods that causes inflammation such as chocolate, eggs, dairy products & fried foods. Instead eat from the land (nuts, berries, fruits & vegetables or the sea) such as salmon (wild caught not farm raised) mackerel, herring, sardines (Omega 3) and tuna (only twice a week contains mercury).

Instead of Grocery Stores Buy Food from Farmer's Markets, Food Peddlers, Wholefood Stores or Grow Your Own Garden

(Eat Organic Fruits and Vegetables. The Greener the Vegetables the Better. Consume "Green Drinks" Daily)

- **Organic Lemons:** Take daily with warm water to activate and detoxify your liver; to use with vinegar for countertops; for liver detox, etc.). Also take the herb 'Milk Thistle.' The liver is the organ in charge of energy and obesity.
- **Organic Spinach:** Juice in the morning with organic carrots and water to get bowels moving. Eat regularly and raw if possible. Dark green vegetables provide iron and calcium, as well as Vitamin A and C.
- **Organic Carrots:** Health begins in your colon so juice organic carrots, spinach and water in the morning to get bowels moving.
- **Organic Parsley & Celery:** Put in morning green drink to help with kidneys and water retention.
- **Organic Cilantro:** Do a "Mercury" or "Heavy Metal" detox and eat or juice cilantro to remove metals from your body.
- **Organic Garlic:** Boost immune system and keep down blood pressure. Can also be found in pill form in health food stores.
- **Organic Ginger:** Stops nausea from when flying or from cancer medication, suppresses appetite and increase metabolism. Can also be found in pill form in health food stores. But "natural" is always better than any pill.
- **Organic Blueberries:** Blueberries aka "Brainberries" aid in memory retention.
- **Green Tea:** Is an antioxidant that stimulates your immune system and stimulates your brain.
- **Organic Grapefruits:** Grapefruits are great for detoxifying your liver but they can cause an adverse reaction if you are taking high blood pressure, diabetes or cholesterol medications.
- **Walnuts:** Has Omega 3 which is good for brain, heart, and entire body. Also Almonds and Brazil Nuts are good for you.

HEALTH FOOD STORE (Buy Detoxes/Cleaners and Vitamins from Health Food Stores)

3 Major Body Detoxes/Cleaners (Intestinal detox, liver detox and kidney detox)

- **Intestinal Detox:** Use "Clean Start" or "RenewLife.com" products – 2 weeks or 30 days. To get better results fast while you detox, drink more water and eat more fruits and vegetables. To help toxins exit your body sit in bathtub for 20 to 30 minutes a day with Epsom Salt or Baking Soda.
- **Liver Detox:** RenewLife.com - 30 Days (juice lemon, lime, oranges, garlic, ginger and distilled or pure/purified water with detox).
- **Kidney Detox:** RenewLife.com - 30 Days (eat parsley & celery with detox). Try to stay away from meat during this detox.

Vitamins

- Take Daily **Multiple Vitamin** for **Women** or **Men:** Take daily or take separate vitamins and minerals below.
- **Vitamin A:** Good for your eyes, carrots have vitamin A.
- **Vitamin B:** Good for your nervous system – **B-6** (PMS, Menopause, Water Retention, etc.) and **B-12** (Memory), etc.
- **Vitamin C:** Should be taken with "biflavonoids." It is an antioxidant and the most important vitamin. It is also for healing and the immune system.
- **Vitamin D3:** The "mood" and "sunshine" vitamin. Get 20 minutes of sunshine every day while taking 1,000 mg of D3.
- **Vitamin E:** Is an antioxidant which is also good for your skin, hair, etc. Antioxidants repairs and rebuilds new cells in your body.
- **Vitamin H or B7** (Biotin which is excellent for your hair. Also good for your hair is silica with horsetail, saw palmetto, etc.)

Minerals

- **Omega 3 Flaxseed Oil:** Oil is better than capsules. Take 2 tablespoons a day. Good for inflammation, brain, heart, skin, PMS, Prostate, etc.
- **Calcium Pills:** Make sure it contains magnesium to prevent constipation and should also be taken with Vitamin D for absorption.
- **Folic Acid:** Eat foods with folic acid while making a baby. Folate is necessary for the production of new cells, including red blood cells. Lack of folic acid causes ABNORMAL pap smears.
- **Selenium:** Prevents cancer. Garlic contains selenium. Be careful taking amounts higher than 1,000 mg. daily which can be toxic.
- **Zinc:** It boost your immune system and boosts the healing of wounds. You can take zinc by itself or with Calcium and Maganesium.
- **Wheatgerm:** It is very high in protein, but that is not all. It contains potassium, calcium, zinc, thiamine, niacin and vitamins that are necessary in order to maintain healthy hair and skin.
- **Iodine:** Women need iodine to regulate their thyroid so eat kelp, seaweed or take a thyroid supplement from a health food store).
- **Ginseng:** It boost your immune system but don't use if you have high blood pressure.
- **Ginkgo Biloba:** Is a blood thinner which is good for memory but do not take if you are taking medications.
- **Saw Palmetto:** All men need this herb after age 40 for their prostates. Also good for your hair.