

NATURES KNOWN MEDICINES

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Margie Krick

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Now that the legal stuff is out of the way, here goes;

VITAMIN ABSORBTION

Many multi-vitamins just pass through you, into the toilet. According to a Nutritional Researcher," 80 % of the people who try vitamins are not metabolizing properly. The vitamins run right through the body, and out the other."

If you ever took care of a child, you probably saw undigested pieces of food in the stool. That's because it moved out of the stomach before it disintegrated. The same thing often happens with some of the multi-vitamins currently on the market.

I was at a seminar once and spoke with a doctor in the hallway. He stated that one time there was a test done on the many pills that were constantly invading the sewer system. They all turned out to be undigested vitamin pills. The sugar coating was dissolved in most cases.

If you watch your own stool, there is a good chance the same thing is happening if you are currently taking vitamin pills.

Scientists have taken x-rays and little piles of stones appeared in their digestive tract.

The United States Pharmacopoeia has published a recommended standard for the disintegration of a vitamin tablet in the stomach. Basically a tablet is supposed to dissolve in up to an hour and a half.

The trouble is the tablet does not sit there in the stomach. It gets dumped into the intestines. Each nutrient in the tablet is supposed to be absorbed in a particular spot of the intestine. If the nutrient isn't released by the time it gets to that precise spot, you're out of luck for that nutrient.

Many think a vitamin is a vitamin. A very common coating is a shellac made from boiled insect bodies, chosen for the effectiveness at holding things together, instead of letting things come apart. Calcium is essential for bones. The commonly used nutrient is calcium carbonate. This can cause gas in the stomach and be difficult to absorb.

Many people who are at risk for heart problems have shown to be low in Magnesium. One of the least expensive forms of this nutrient is magnesium oxide. This can cause bowel dysfunction problems. Magnesium glycinate, can be absorbed 4 times better. Digestive impairments begin at age 20 for many people. At age 40, the production of the hydrochloric acid is probably down in the stomach.

I like to use to use a vitamin that is easily comes apart. When I am burning fuels properly, my body benefits. People can have abnormal amounts of fat on their body or surrounding their organs. If the the metabolic dysfunction is repaired by proper use of nutrients and diet, they tend to burn their fats for energy much better.

I have used other kinds of vitamins in the past. For about two weeks I

felt energy from them. Then something happens and they do not work anymore for me. When I use vitamins that are made properly, it's the difference between dragging along at the end of the day and leaps and bounds.

Live Foods Are Essential

Many doctors and nutritionists today can see clearly that lack of knowledge of how our bodies work can be the cause of many of our organic troubles. It is now known that if a person could eat the right foods in the right amounts throughout their lifetime, he would be less susceptible to disease, more able to combat sickness and less likely to need vitamin, mineral, and other supplements. The great demand for vitamin and other supplemental pills have been on the increase and manufacturers are making a darn good profit.

Years ago (1918) minute quantities of substances were discovered in foods which were found to be necessary to prevent certain illnesses. These substances became known as vitamins. In the never ending battle to re-invent the wheel, there still remains what is known and unknown substances. All these known and the unknown substances are still all found in food. It is generally agreed that food, "including herbs," is still by far the best sources of vitamins and minerals.

There is nothing wrong with taking vitamins when necessary. The proper supplement should be prescribed by a physician and or under guidance of a nutritionist. Especially when taking synthetic and hard inorganic substances. Another factor is the possibility that dependence on supplements will withdraw attention from a well-balanced diet, which of course contain both the known and unknown nutrients to survive in the first place.

Man is made up of four basic things; what he eats and drinks, what he breathes, and what he thinks. Performing any one of these in the wrong manner can cause an unbalance of his body chemistry. One can eat four or five big meals a day, and yet the body may be starved through lack of vital elements in the food.

There is not a drug in the world that will supply the river of life, your blood stream with anything in a way in which the body can use it for permanent repair. A drug is ment to stabilize a condition and food for maintenance and repair. This is why it is so important to follow up the doctors advice with the knowledge of a nutritionist. After all a doctor is only taught around 20 or 30 hours of nutrition to get his/her degree in medicine.

An overlooked Substance OXYGEN

If a person moved from low ground into high ground (mountains) and is placed in a stressful activity, they could not play as long as the rest that already live there. In a young body and in the period of a year the body will grow new arteries to adept to the new enviroment.

"And God said, let there be a firmament (atmosphere) in the midst of the waters, and let it divide the waters (above the atmosphere) from the waters (lakes and streams on earth). And God made the firmament (the 'expanse'-air or atmosphere), and divided the waters which were under the firmament (lakes and streams on earth) from the waters (of the great watery canopy or aqueous ring) which were above the firmament (atmosphere) And God called the firmament (atmosphere) Heavenand God called the dry land Earth."
Genesis 1:6 to 11.

Planets in our own solar system have rings of water today, so why not! This would certainly suggest Moses canopy of water that caused the great flood of Noah's day. This watery ring could have been held up with the earth's own centrifugal force creating a greenhouse effect.

The warm rays of the sun would penetrate the water and cause an even distribution of almost perfect light and ideal climate, and the great upheavals of nature being unknown.

Under such perfect greenhouse type conditions both plant and animal life could thrive and attain such great length that they could possibly grow to enormous size. The soil might even have produced nearly perfect food so that men lived a thousand years as the ancient religious scrolls suggest. The great flood would have filled the great valleys, leaving only the tops of mountains and plateaus protruding from the waters. Religious authorities claim from their research, the flood raised the sea level about three miles.

Now if the atmospheric pressure was about 22 pounds to the inch in those valleys, and the pressure is somewhere around 14-15 pounds average on these plateaus, this could spell one thing OXYGEN! For under such atmospheric pressure the air would be so heavy with oxygen, it could act as a great oxygen tent. This same atmospheric pressure might have caused humans deeper breathing, using all of his lungs, as opposed to the top part of them we use today.

Not only could this deep breathing under those atmospheric conditions contribute to his long life span, but the food that might have grown there would be superior in oxygen to what we have available today.

This heavily oxygenated air would do more than that; it could completely prevent any such thing as rot, or fermentation. If such a condition ever existed, someone would have to either burn or bury it in the ground to allow the chemicals of the earth to dispose of it. This could also suggest that fruits and vegetables could be left in the open oxygenated air and remain fresh for a very long time. Louis Pasteur claimed the process of fermentation to be caused because of the lack of oxygen, thus gaining the necessary oxygen from other substances.

What would all this mean! It would mean that everything on the face of this planet is constantly oxygen starved. Although this cannot be absolutely proven, as with any religion, never the less, it is an interesting hypothesis of historical literature.

For when "Noah began to be a husbandman (right after the flood) he planted a vineyard: and he drank the wine, and was drunken; and he was uncovered within his tent."
Genesis 9:20, 21.

We should be quick to point out that this historic literature is looked upon as a fact, then Noah would have been completely innocent of any wrong doing. Why! because Noah knew nothing about intoxicating drinks, and he never heard of such a thing as drunkenness. Prior to the flood fermentation could have been virtually unknown. It would have been no doubt the custom of Noah to keep fruits and vegetables for possibly years.

The Greek word for our English "soul", "spirit", or "life" is the word "pneuma", and it too means "a current of clean air (oxygen)". This same word "pneuma" is rendered "spirit", as "the Spirit of God" and "the spirit of man". Can this also suggest that both words "spirit" and "pneuma" mean oxygen. A few years back it was common to call our automobile tires "PNEUMA-tic tires", meaning air filled, oxygen-filled or spirit filled?

The Latin word for "spira" for spirit or life suggests even stronger, this meaning "CLEAN FRESH AIR". Clean fresh air is oxygen, the most cleansing agent upon earth then chlorophyll.

Man can live without food and water for possibly 30 days, but not more than 10 minutes without the secret of life "oxygen".

Nothing shall hurt nor destroy anywhere in my holy mountain (or the earth); for the knowledge of the lord is that the ocean bed that is covered by the waters of the sea shall be the LAND (of the new earth).

Isaiah 11:9

Thus saith the lord God: In the day that I shall have cleansed you from all your iniquities (rot, decay, fermentation, etc.) I will also cause you to dwell in the cities, and the wastes shall be builded. And the desolate land shall be tilled, whereas it lay desolate in the sight that all passed by. And they shall say, This land that was desolate (covered by water?) is become LIKE THE GARDEN OF EDEN; and the waste and ruined cities (covered by the sea in Noah's day?) are become fenced, and are inhabited.
ÉEzekiel 36:33, 34 35.

Whether or not we want to believe the words of ancient historic scrolls, of course is of little concern here; for we point out their words only to suggest our point on the importance of life giving oxygen!

Hippocrates, the "father of medicine" it is claimed, said "Your FOODS shall be your remedies and your remedies your FOODS."

Chlorophyll and body cleansing

Healthy cows and sheep that are feed on green pastures sleep little! Why? Because they live on a diet of oxygen grass filled with cleansing and purifying chlorophyl, which leaves very little waste matter in their bodies. With little waste matter in their bodies, this leaves little sleep for body cleansing. Change their diet to waste forming corn and bran, and you can rest assured they will sleep, just as the horse will sleep on such a diet.

People who are fat and heavy eaters often fall asleep as soon as they sit down. Sleep is simply a process of body cleansing.

Can this all suggest that the perfect diet - "the tree of life - was food grown in an atmospheric pressure even greater than its oxygen content and green, cleansing chlorophyll content gave man perfect health, inexhaustible vitality, and everlasting life as long as he had access to it!

But this fruit grew only in the garden that was "planted eastward in Eden" (Genesis 2:8, 9), not in other parts of the land of Eden, , and man lost the benefit of this perfect fruit when he was "sent forth from the garden" (Genesis 3:22, 23).

To the first man and woman on the earth he said, You may eat "OF THE FRUIT OF THE TREES OF THE GARDEN" (Genesis 3:2), and on expulsion from the garden he added, "AND THOU SHALT EAT THE HERB OF THE FIELD" (Genesis 3:18)! There it is - The diet of oxygen - pure and simple!

This would suggest outside the garden the food contained waste matter, and the chlorophyl was added to dissolve the waste matter and carry it off with the roughage!

Do not fail to examine the full scientific principle of the quotes from these ancient scrolls. For note it only includes the LIVING foods - those that are still ALIVE with life giving oxygen and cleansing chlorophyll!

This could suggest that we crave the very food that has built up in our system. It could be charastic of the body to get used to and crave the very posionous substance circulating in the blood stream just like the person that smokes cigarettes or drinks alcohol for instance. To sway away from this habit, most certainly will cause a healing crisis to start in short order.

As a rule it will do no great harm to eat cooked foods, provided that a sufficient quantity of live food is also taken. When food is cooked, its oxygen is lost and much of the vital force is destroyed.

There is nothing morally wrong with eating meat. We just want to point out that meat is non oxygenated food. Many people point to the Éfact that the creator did not deprive, Israel, of meat, and that early Christians was not opposed to meat as a food. However meat was not even considered a food until after the flood of noah's day. It would have been either eat the flesh or die of starvation. They had no alternative! It was a question of -survival- and they were forced to swallow it even with the knowledge that it would cut their life span from almost a thousand years to less than one hundred and twenty years (Genesis 6:3)!

Washing Fruits and Vegetable's (dandelions)

All fruits and vegetables should always be washed before consuming them. All foods that have been sprayed should be immersed in a strong salt brine for as long as half an hour, then washed under cold running water before being used.

Another way is to create a diluted form of hydrochloric acid to Remove parasites and various pesticides from fruits and vegetables. To do this, fill the sink with cold water and add the juice of 1 live lemon and 5-8 tablespoons of salt. Soaking 10-15 minutes should do the trick. Wash the food well under cold water before use.

Some sprays are poisonous to people who lack the normal digestive acid. Also, in Mexico and the Orient, it is wise to wash all vegetables period. Because the world is getting smaller, we do get many of our fruits and vegetables from these Countries today. Try this:

Buy from your druggist one ounce of chemically pure hydrochloric acid and pour it into three quarts of water. This makes approximately 1 percent solution and is harmless. Place this solution in a large jar. It can be used for a week or more. Simply place the fruits or vegetables in the solution for ten - fifteen minutes, then remove and rinse them well with cold water.

You can also get a wash solution from the health food store with instructions just for this purpose.

When the fruits and vegetables are juiced, many of the chemicals will not adhere to the juice. The chemicals will adhere to the fiber left in the hopper or basket like a magnet to steel.

OUR BODIES

Pythagoras, "originator of science", taught that only living fresh foods could enable man to apprehend the truth.

The body can be looked upon as an electrically charged battery. When instruments are used on a person that is dead, there will not be any electrical charge left.

When all dead atoms are eaten and no live food has been consumed, our negative side of ourselves show up. The eyes are able to tell it all too! The only exception is the condition of the gall bladder. The fabric of the eye changes from the condition our body is in. The old saying, you are what you eat. Look in the mirror and notice the discrepancies with the fabric of the iris of your own eyes. Over time this can show up as permanent damage. Put a drop of iodine on your knee and it will appear immediately in the iris. The eye is the window of the soul.

ÉChlorophyll is green and blood is red right? Put these under a common ultra violet light and the blood turns green and the chlorophyll turns red. The only molecular difference between the two is the atom of iron in blood and the atom of magnesium in the plant.

We have heard of an experiment done with animals. The transfusion was done with the green of the plant, not only did the animal survive, but it thrived. The green of the plant was immediately transformed into red blood by the liver according to the scientist Briukhonenko. Plants reach up to the sky and grab sunlight and trap its energy into the life blood of the plant called chlorophyll.

Animals are reported to be barely able to have a grasp on their awareness, Man is supposed to be able to grasp awareness. We can increase that awareness with live foods and time.

An excellent source of little known information is a book about a man that claimed to have cured himself of a disease called Tuberculosis.

This book is called "MINERAL, VEGATABLE AND ANIMAL LIFE" by Edward Leedskalnin. He laid in the sunshine completely uncovered for awhile every day until he was cured. You will be glad you bought the book!

Also while you are at it consider the book called "MAGNETIC CURRENT" or just order the complete writings in one packet. Coral Castle, 28655 South Federal Highway, Homestead, FL. 33030. Telephone (305) 248-6344 (we found it on one of our trips).

We have other documented cases from the days gone by, but this is the most fascinating and informative for only \$5.00 or so. Don't pass it up!

A gorilla has a remarkable resemblance to many of mans intestines. For example, the colon is real close to ours. Yet if a gorilla is forced to fed on vegetables for a couple of months, I doubt if the gorilla will have enough strength left to lift a man. If the gorilla is fed fruits for the same amount of time instead, the gorilla will not only have the strength to lift the man, but to toss him a considerable distance. Force this same gorilla to eat meat for this same period of time, and the gorilla will die.

Juicing Fruits and Vegetables

Do not mix vegetable and fruit juices together. The fruit acids are not compatible with many vegetables and will upset your stomach. It is better to wait around 2 hours between the two. The apple is an exception to this rule.

New blood cells are created every 14 days and chlorophyll juices can make them stronger than they were before. This can cause the tree of life (capillary) to be preserved. Dr. Garnet Cheney of the Stanford School of Medicine proved cabbage juice (vitamin U) to heal ulcers by checking closely with x-ray examinations.

Around 100 pounds of cooked cabbage is equivalent in nutrition to 1-2 pounds of raw cabbage. From this cabbage example, you can see how the grocery bill can go way up just because fruits and vegetables are

cooked. For many people, this can be an excellent start to bring the price of food under control with the decision made right in the kitchen.

The requirement of health in every living cell is obtained partly from the air we breath, the water we drink, and the food we eat. The rays of the sun send billions of atoms into plant life and this force changes inorganic substances into organic elements for food. Any part of the food intake which has been deprived of its natural and normal nutrients dilutes the food taken by the individual, and cuts down on his luck to resist infections.

Except in the case of accidents, all repair and regeneration of our body and skin must come from within.

It has been proven beyond a doubt that supplementing our meals with raw vegetables and fruits, especially the raw juices, supply the quickest and most permanent way to replenish the body with the elements it lacks to look and feel better.

How much juice can be taken safely? As much as you can drink comfortably without forcing yourself. One pint a day as a general rule is the least amount that will have any results. Bear in mind that juices can be a short cut to more energy and a healthier body and the more juices you drink the better the results will be. A gallon or more can be better yet.

The green of the plant (chlorophyll) is one of the strongest healing substances for man.

ALFALFA:

The world has yet to learn the value of alfalfa other than it being "just a food for livestock." Many farmers are dying with various diseases caused by mineral deficiencies of unnatural and unbalanced diets while all around them are FIELDS OF ALFALFA!

This plant has ten times the mineral value of various grains. At times the roots go down as deep as one hundred feet and bring up rich, vital minerals unattainable by other vegetation. It is a rich source of the anti-hemorrhage vitamin, K. Other vitamins are A,E,B,D and U. Also contains other nutrients such as potassium, chlorine, sodium, silicon, magnesium, and other known and yet unknown elements.

Alfalfa may be eaten fresh in a combination juice, or chopped and cooked with spinach or other greens. It is been known to help in cases of diabetes, tuberculosis, rheumatism, Brightens disease, toxemia, jaundice, neuralgia, insomnia, nervousness, syphilis, constipation, lumbago, hardening of the arteries, dropsy, prostatitis, anemia, skin eruptions and poor complexion. Alfalfa is a blood builder; also good for teeth and bones. It is a splendid milk producer for nursing mothers, ALFALFA TEA: made from dried leaves and sweetened with honey if desired, is not only a good drink and tonic but it increases the action of the kidneys; aids peristalsis of the bowels; is a good sweat producer when taken hot. It increases the appetite and strengthens digestive glands and is particularly indicated for inflammation of the bladder, colds, fevers (drink unsweetened), Alfalfa tea greatly aids the elimination of various drug poisons from the body. When the tea is needed, drink it freely (hot or cold) instead of water. This is very powerful, so consider mixing with other vegetable juices (1/4 glass).

ALMONDS (and Almond Butter)

Known as a good all-around muscle and body builder, being one of the most nourishing foods IF DIGESTION IS GOOD. For teeth and bones and in cases of emaciation (use the butter) and for nursing mothers. ÉAlmonds or the other nuts are not recommended in the presence of inflammation or congestion of the liver. Known for muscle and body builders.

Note: (Botanically, nuts are fruits from trees and peanuts are legumes).

APPLES

Eat them naturally raw skin and all! They should be crushed and crunched in the mouth to bring out their richest flavor! The apple is known as a natural stimulation to all body secretions and is truly a health-builder and disease killer. It is a food, beverage, tonic, medicine, cosmetic and bowel regulator all in one! It has been said that plenty of apples will not only keep the doctor away, but will also keep the children at home and the husband in at night! Apples are excellent body cleansers and blood purifiers and are known in cases of constipation, sluggish liver, brain fag, dropsy (dried apples), dyspepsia, gout, obesity, skin eruptions, headaches, jaundice, poor teeth, indigestion, tender gums, pyorrhea, anemia, tuberculosis, neuritis, insomnia, catarrh, gall stones, rheumatism, worms, arthritis.

FRESH APPLE JUICE (sweet cider) is one of our most delicious drinks.

Indicated for disorders mentioned above.

APPLE TEA, sweetened with honey is a healthful drink for cleansing the urinary tract and for cases of male and female diseases. Wash some apples, slice them, leaving the peeling on. Dry slowly in a pan lined with white paper, leaving the oven door open. When thoroughly dried, close the oven door and roast them until a dark brown color is seen. Store in dry place until needed and make by steeping as regular tea.

APRICOTS

This fruit is known to be high in iron and richer in minerals than most fruits. Apricots are good body cleansers and are known for in cases of anemia, constipation, tuberculosis, catarrh, asthma, bronchitis, gall stones, pimples, diarrhea and toxemia.

ARTICHOKES

Known for a kidney stimulant, also in cases of anemia, acidity, diarrhea, jaundice, rheumatism, dropsy, halitosis, glandular disorders, and neuritis.

(Jerusalem)

Known in cases of constipation, biliousness, gas, jaundice, catarrh,

asthma, dropsy, and may be eaten by diabetics as a potato substitute.

ASPARAGUS:

Eaten raw it is known for breaking up oxalic acid throughout the whole muscular system. Good for rheumatism, neuritis, arthritis. A certain amount may be safely eaten by those in good health - but it is to be definitely avoided by any one with kidney or bladder trouble, Éarthritis, goiter, hepatitis or rheumatism. Asparagus increases the formation of uric acid and irritates and congests the kidneys. It also contains methyl mercaptan, a toxic substance which irritates and gives a foul odor to one's urine.

AVOCADOS:

A known food for body building and for weak stomachs and convalescents. Also indicated in cases of malnutrition, stomach ulcers, enteritis, colitis, hemorrhoids, constipation, nervousness, insomnia and impotency. When mashed and mixed with a little cheese or other foods, it makes a delicious sandwich filling. Rich in nutrients.

BANANAS:

A good general energy food, needed more by muscular workers than by

sedentary workers. Known to be valuable in cases of diarrhea, piles, stomach ulcers and colitis. When real ripe, bananas are easily digested and safe for children. Powdered bananas can be used in many ways.

HUBBARD: These are more starchy and more nourishing than the above. Known in cases of diarrhea, piles, colitis and stomach and bowel ulcers.

BARLEY:

Known as a body builder and valuable in cases of underweight, stomach ulcers, diarrhea and good for teeth, hair and nails. Barley water is known for cases of fevers and helps bronchial spasms.

BEANS:

FRESH STRING BEANS: Closely akin to the green leafy vegetables, though more nourishing - a good general vegetable food, Known for constipation, rheumatism, bladder and kidney trouble and acidosis.

KIDNEY AND NAVY BEANS: A rich, building food for muscular workers and known to be valuable for a person who is anemic or under weight.

LIMA AND BUTTER BEANS: Very rich in iron and easily digested, therefore a wonderful food for anemics. Also known in cases of

tuberculosis, piles, emaciation, malnutrition and for all-around body building and muscular development.

SOY BEANS: This ancient food has many uses. It may be your soup, your bread, your 'meat," your spread, your butter, cheese, coffee, sauce, milk, sausage, crackers, cake, loaf, salad oil or nibblers. IT IS ONE OF THE MOST NOURISHING AND BODY BUILDING FOODS and easily digested. It prevents pellagra and scurvy and aids growth and development of children, and it is helpful in cases of neurasthenia and brain-fog because of its lecithin content.

BEETS:

BEET ROOTS: (red)

ÉWhen shredded or ground and eaten straw with a lemon-honey dressing, they are known to be valuable in cases of constipation, jaundice, dysentery, pimples and other skin disorders , kidney and bladder disorders, obesity, stones in urinary bladder, tuberculosis, lumbago, anemia, nervousness. Sugar beets are known for constipation, liver disorders, gout, low vitality, poor circulation, low blood pressure and poor teeth. Food for red blood.

BEET TOPS: (red)

Richer than spinach in iron and other minerals. These good greens are known to be valuable in cases of anemia, tuberculosis, constipation, catarrh, arthritis, poor appetite, kidney and bladder disorders, bad blood, dysentery, tumors, tonsillitis, dyspepsia, gout, pimples, low vitality, nervousness, and good for teeth and bones. Excellent for pregnant or nursing women and as an aid in eliminating irritating drug poisons from the system.

BLACKBERRIES:

Known as a good blood cleanser and general tonic. Excellent cases have been reported for constipation, catarrh, anemia, dysentery, weakened kidneys, rheumatism, liver trouble, arthritis, pimples, diarrhea, menstrual cramps, lumbago and poor complexion.

BLUEBERRIES:

A good blood purifier and an antiseptic. Known for anemia, food for the eyes, constipation, poor complexion, dysentery, diarrhea, obesity and menstruation disorders. During WW2, many pilots were fed Blueberry jam to increase their night vision.

BRAZIL NUTS: (and Brazil Nut Butter)

Reported to be one of the most nourishing foods, though not digested by all people, a general body-builder for muscular workers and good for teeth, bones, malnutrition.

Note: (Botanically, nuts are fruits from trees and peanuts are legumes).

BREADS:

Known as a general body-building food, good for teeth, bones, hair and nails.

WHOLE RYE:

Known as a general body-building, though easier digested than wheat breads. Needed for muscles, energy, teeth, hair and nails.

WHOLE WHEAT:

Known to contain many of the elements needed by the body for nourishment. An energy food and needed for teeth, hair, bones and Énails. Most people eat too much bread and other starches, which causes a great deal of their constipation, gas and sour stomachs. Unless starches are chewed well and thereby mixed with the ptyalin in saliva, digestion is not complete.

BREADFRUIT:

One of the most nourishing starchy foods of the South Seas, known as a general body-building food, particularly indicated for muscular workers. When mature on the tree breadfruit are about the size of large grapefruit. They are generally boiled and eaten as one would eat a boiled potato.

BROCCOLI:

Known to be a good tonic food and indicated for obesity, constipation, weak digestive glands, toxemia, neuritis and high blood pressure.

BRUSSELS SPROUTS:

Known for for catarrh, obesity, acidosis, constipation and hardening of the arteries. Also known for bleeding gums.

BUCKWHEAT:

Known as an energy food and general body builder - good for hair, teeth and nails.

BUTTER:

Known for energy and weight-building - the best animal fat=97easy to digest, but must be eaten moderately. Butter and other fats are not recommended if there is any liver or gall-bladder disorders.

BUTTER: (sweet)

Applied externally to burns have reported good results.

BUTTERMILK

A fine calcium food, known to be good for teeth and bones, muscle builder, easily digested and ideal for invalids and convalescents. It is known for cases of constipation, acidity, pimples, tuberculosis, diarrhea, insomnia and helps destroy putrefactive bacteria in the

bowels.

CABBAGE

RED AND WHITE: For all who can digest it - eat it raw for best results. The common cabbage is known as a good muscle builder and blood cleanser and valuable for teeth, gums, hair, nails and bones. Excellent cases have been reported for weak eyes, asthma, tuberculosis, gout, scurvy, constipation, kidney and bladder disorders, obesity, diabetes, toxemia, lumbago, skin eruptions. Juice from a juice extractor is known to help heal stomach ulcers providing the juice is consumed immediately after it is made.

Approximately 100 pounds of boiled cabbage is nutritionally equivalent to around 1-2 pounds of raw cabbage.

CANTALOUPE:

See melons for medicinal values.

CARROTS:

Eat them raw as much as possible or juice them. Carrots and the juice rank high in medicinal value. Known in cases of obesity, toxemia, poor

blood, constipation, asthma, poor complexion, poor teeth, pyorrhea, insomnia, high blood pressure, neurasthenia, tuberculosis, inflamed kid- kidney and bladder, colitis, neuritis, catarrh, dropsy and as a beautifier of hair and nails. Known for causing the eyes to emminate a healthy beautiful glow.

CARROT:

(From Raw Crushed Carrots): Its is reported to be a soothing, healing action to ulceration's, inflammations and malignancies of the digestive tract, its ease of digestion, plus its high alkaline mineral content, make it valuable in many cases. Carrot juice is indicated in cases of acidosis, sore throat, gastritis, stomach ulcers, colitis, colon ulcers, bad blood, asthma, appendicitis, kidney and bladder disorders, gout, neuralgia, nervousness, poor complexion, skin eruptions, rheumatism, arthritis, insomnia, gall stones, high blood pressure, diabetes, cancer, and as an aid in eliminating old accumulated drug poisons from the body. When added to milk for babies it is a good preventive of rickets, bow-legs, bad teeth.

CARROT JUICE:

According to the condition of the individual, raw carrot juice may be taken indefinitely in any reasonable quantities, from one to six or eight pints a day. It has been known to normalize the entire system. It is the richest source of Vitamin A which the body can quickly assimilate. It helps to promote the appetite and is an aid to digestion. It is also a valuable aid in the improvement and

maintenance of the bone structure of the teeth.

Nursing mothers should drink plenty of raw carrot juice, to enhance the quality of their milk, as a breast milk diet may under certain circumstances not provide sufficient vital foods. During the last months of pregnancy, raw carrot juice, taken in sufficient quantities, tends to reduce the possibilities of puerperal sepsis at childbirth. Raw carrot juice is reported to be a natural solvent for ulcerous and cancerous conditions. It is a resistant to infections, doing most efficient work in conjunction with the adrenal glands. It prevents infections of eyes and of the throat, as well as of the tonsils and sinuses and the respiratory organs generally. It also protects the nervous system and is unequalled for increasing vigor and vitality. Intestinal and liver diseases are sometimes due to a lack of certain of the elements contained in prepared raw carrot juice. When this is the case then a noticeable cleaning up of the liver will take place and the material which was clogging it up will be found to dissolve. Frequently this is released so copiously that the intestinal and urinary channels are inadequate to care for this overflow and in a perfectly natural manner it is passed into the lymph for elimination from the body by means of the pores of the skin. This material has a distinctly orange or yellow pigment and while it is being so eliminated from the body will sometimes discolor the skin. Whenever such a discoloration takes place after drinking carrot or other juices it is an indication that the liver is getting a well needed cleansing (Nothing to worry about).

It is NOT the carrot juice itself that comes through the skin. To facilitate the description of the juices most efficient for the following ailments and their various combinations have been listed and the number of ounces of juice indicated for each ailment.

For adults the formula combinations should be taken over a period of several weeks in order to obtain any perceptible results.

The juices for each ailment are given in the order of their greatest efficacy, those which are essential being indicated When possible, at

least one pint of the Combination should be taken daily.

Please remember that by combining one or more different juices changes the chemical combination of each one completely, so that the effect of the combination as a whole will be entirely different from that of each juice if taken separately, therefore we are able to get results that seem unbelievable to those who lack this experience.

NOTE: Use Tops AND Roots of Beets, Dandelion, Radish and Turnips. When preparing Carrots cut off the tops one-half inch below the rings where the green stems start. Do not peel carrots.

To remove sprays, etc., wash vegetables thoroughly with cold, running water, using a stiff brush when necessary.

CASHEW NUTS: (and Cashew Nut Cutter)

Known as a good body builder=97contains less fat and is easier digested than pecans, walnuts, almonds and Brazil nuts.

Note: (Botanically, nuts are fruits from trees and peanuts are legumes).

CAULI FLOWER:

Known to be a blood purifier in cases of asthma, kidney and bladder disorders, high blood pressure, gout, bad complexion, biliousness and

constipation. Always eat the leaves as greens for rich minerals.

CELERY JUICE: (From Raw, Crushed Celery)

Known as a good general tonic and blood purifier. known for arthritis, rheumatism, appendicitis, lymphangitis, poor appetite, dyspepsia, biliousness, fevers, gout, epilepsy, Bright's disease, syphilis, tumors, sciatica, stomach ulcers, sort throat, cinchonism and Éelimination of other irritating drugs. (See Juice Chart.)

CHARD:

Known to be good in cases of gout, anemia, constipation, rheumatism, catarrh, obesity, acidosis, poor appetite and bad blood.

CHEESE:

CHEESE: (cottage)

Known as an easily digested body-building protein - good for teeth and bones and in cases of colitis, piles and stomach ulcers. Rich in calcium.

(American, Swiss and processed)

General body-building proteins, though they should be eaten sparingly.

CHERRIES:

Known as a good spring cleanser and valuable in cases of anemia, poor complexion, bad blood, catarrh, constipation. gall stones, worms, arteriosclerosis, high blood pressure, rheumatism, arthritis, and asthma. Also effective cleansers of the liver and kidneys.

CHESTNUTS:

Known as a general body-building and good for teeth and pyorrhea. They are preferred roasted.

Botanically, nuts are fruits from trees and peanuts are legumes.

CHICORY:

The root when dried and roasted has been used for a long time as a good coffee substitute Also known in cases of gout, neuritis, sluggish liver, poor digestion, dropsy, low blood pressure and as a general tonic.

CHIVES:

Known to increase the flow of urine and good for gout, poor appetite, asthma, catarrh, tuberculosis and low blood pressure.

CIDER: (Fresh Apple Juice)

Known for poor appetite, anemia, rheumatism, acidosis, bronchitis, constipation, gonorrhea, cystitis, syphilis and poor complexion. Also see Apples.

CLOVER: (Red)

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Chopped raw tender clover may be eaten plain or in combination salads. It may be cooked with spinach, turnips or other greens. Can also be made into a tea. Known to help in cases of cancer of the stomach, tuberculosis, diabetes, jaundice, syphilis, skin diseases, anemia, constipation, nervous exhaustion, insomnia and aids the eradication of destructive drug poisons from the body. Excellent blood purifier.

COCONUTS:

Coconut trees grow along the shore where the roots are in or near the ocean brine. Coconuts contain organic iodine and when chewed well are good body builders. Known for constipation, tape worms and other worms, goiter, gas, dysentery.

The coconut tree is the world's most useful tree. It furnishes food, drink, butter, milk, and oil. COCONUT MILK may be used in many ways similar to cow's milk and is very soothing in cases of sore throat, stomach ulcers and gastritis. An excellent thyroid gland food (organic iodine).

COCONUT OIL is soothing and healing to wounds, sunburns and other burns. Coconut butter is the easiest of all fats to digest and is one of the fats used in margarine, which in some respects is recommended in preference to COMMERCIAL cow's butter.

CORN:

Known for cases of constipation, as a general building food. When properly chewed, tender sweet corn is easily digested, being relished by many uncooked. Known for cases of anemia, constipation, emaciation, and a general body-building food.

CORN BREAD:

Known as a general body-builder, good for teeth, hair, nails, gums and bones and is considerably less constipating than other grains. The yellow corn meal is more nourishing and easier digested than the white and contains more vitamin A.

COLLARDS:

A valuable green leafy vegetable, very popular in the southern states and is very tasty. It is rich in alkaline minerals and known to help in cases of anemia, liver trouble, acidosis, rheumatism, constipation, tuberculosis, neuritis, arthritis, obesity, cystitis, and is an aid in eliminating drug poisons from the body.

CRAB AND LOBSTER:

Rich, heavy foods, hard to digest=97eat sparingly. Known for goiter and other glandular disorders. They are iodine foods.

CRACKERS: (Whole Grain=97Wheat or Rye)

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Values are the same as whole-grain breads.

CRANBERRIES:

Raw cranberries are known for poor appetite, asthma, bad complexion, tuberculosis, fevers, liver disorders, pimples and other skin diseases, dysentery, gout, diabetes, diarrhea, obesity, constipation, high blood pressure, atonic stomach, tumors and catarrh and bladder infections.

CUCUMBERS:

People who live on the desert or in other hot climates have reported excellent results because it is a COOLING FOOD. The temperature inside the cucumber is cooler than the ambient (outside) temperature. Known to help with fevers, constipation (pyorrhea, neuralgia, skin eruptions, high blood pressure, nervousness, erysipelas, rheumatism, acidosis. Known to be one of the best diuretics.

CUCUMBER JUICE:

Known for ulcers of the stomach and bladder, fevers, stones and nephritis.

DANDELION:

Known as a potent blood-cleanser and body-purifier, tuberculosis, stones, for cleansing the liver, gall bladder and spleen; for syphilis, eczema, cancer, tumors, dropsy, high blood pressure, acidosis and as a good general tonic. Also a valuable aid in eliminating old, irritating drug poisons. Works real good as a

laxative Juicing, try poking a few leaves in the hopper and use a carrot as a poker. Recommend 3/4 glass of carrot or other vegetable and 1/4 dandelion greens.

DANDELION TEA:

Known to be of help for colds, dyspepsia, diabetes, tuberculosis, rheumatism, arthritis, kidney, bladder and liver disorders.

DATES:

Known as a nourishing, concentrated, easily digested food for everyone and particularly recommended as "candy" for growing children. Known for anemia, low blood pressure, poor circulation, constipation, stomach ulcers, piles, colitis, dysmenorrhea, pyorrhea, nervousness, low vitality, tuberculosis. Nursing mothers will find them valuable and they are a source of quick energy.

EGGS:

Known as bone and muscle builders - a concentrated protein and should be eaten sparingly. Too many eggs can cause acidosis, bad blood, excessive gas and tout stools. May be eaten for low vitality, low blood pressure, anemia and alkalosis. Known as a brain food. The whites should be discarded because they are for making feathers.

EGG YOLKS when added to orange, grapefruit or pineapple juice, two or three times a week, give one pep and is known to raises resistance to disease. A small portion of an egg-yolk may be added now and then to the baby's milk.

EGGPLANT:

Do not eat them fried. They are delicious and healthful when baked plain or as a la casserole with cheese. Known in cases of constipation, colitis, nervousness and stomach ulcers.

ENDIVE:

Known in cases of asthma, skin diseases, biliousness, bad blood, tuberculosis, gout, diabetes, constipation, rheumatism, anemia, high blood pressure, catarrh, sluggish liver, acidosis, arthritis and neuritis.

FIGS: (White or Black)

When buying dried figs specify the unsulphured. This is another dried fruit which makes ideal, healthful "candy," not only for children but for adults as well. Figs are known to be valuable for constipation, low blood pressure, anemia, dropsy, colitis, emaciation, asthma, tuberculosis, pleurisy, catarrh, gout, rheumatism, cancer, poor complexion and skin eruptions.

(fig juice)

From the soaked or stewed figs is not only a fine laxative for children and adults, but also good for sore throat, coughs and inflammations or ulceration's of the digestive tract.

FISH:

Known as a general muscle and body-building food and the easiest of all flesh foods to digest if not fried. Eat fish sparingly in warm climates. Ocean fish are a source of iodine and indicated for impotency and general run down glandular disorders.

FLAXSEED:

Known for cases of gastritis, colitis or other inflammations of the digestive tract, do not use them except in the finely powdered form. The whole seeds are hard and sharp and may cause more irritation. FLAXSEED TEA: For sore throat, coughs, stomach ulcers, proctitis, painful urination, inflamed bladder and dysentery. Known for help in relaxing the bowels when the tea is used in the enema or colonic water.

GARLIC:

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Garlic, I'm afraid, we'll have to call the "social out-cast food !" Nevertheless, when speaking of its medicinal value, it is right up on the front row! Eat it raw when possible, parsley, mint or organic orange peeling when chewed after the meal, helps eliminate the odor. Garlic is known as a digestive stimulant, an internal antiseptic and a gland regulator. Reported in cases of colds, asthma, diphtheria, chronic catarrh, bronchitis, tuberculosis, malaria, worms, epilepsy, high blood pressure (take the oil of garlic), whooping cough, dropsy, fevers, gas, dyspepsia, hardening of the arteries, thyroid hypo-function, sinusitis, nerve depletion, and promotes the elimination and expectoration of phlegm and mucus. If the garlic is eaten raw, it is known to help in cases of bladder infections, many times, " immediate results have been reported".

Note: (garlic should not be eaten in any form if there is inflammation of the stomach or bowels).

GOOSEBERRIES:

Known for dyspepsia, constipation, sluggish liver, congested gall bladder, bad blood, poor complexion, catarrh, neuritis, and arthritis.

GRAPES:

Grapes are an ideal food. Known as a good blood and body builder - the juice is easily assimilated and is a source of quick energy. Reported in cases of anemia, cancer, tuberculosis, constipation, low blood pressure, poor circulation, poor appetite, rheumatism, dyspepsia, acidosis, jaundice, pimples and skin diseases, diarrhea, gall stones, liver disorders, gout, nerve exhaustion and arthritis.

The "grape cure," whereby only grapes or grape juice are taken for several days or weeks, is very beneficial as an aid in overcoming many chronic diseases. Fresh grape juice is truly a "nectar for the gods." The grape is probably the oldest domestic fruit we have. The fruit and the wine made from it are frequently mentioned in writings reaching back to the dawn of history. Apples are mentioned in the Old Testament, but there is no certainty that the word which King James experts translated as 'apple' meant an apple as we know it. "The grape has a very high value to the body as food and medicine. It is mildly laxative, diuretic, and like all other fruits, anti-scorbutic. It contains one of the four beneficent fruit acids so useful to the body. These acids in the process of digestion release potassium, sodium, and magnesium, which are changed into carbonates and overcome by their

alkalinity the acids in the blood.

The average grape contains nearly 80 per cent water (pure-distilled) and about 13 per percent sugar; and many scientists agree that grape sugar is one of the easiest of all fruit sugars to digest and assimilate.

"The grape contains (organic) iron, which helps to build up the red corpuscles of the blood."

Few people realize peaches rank next to oranges and grapes as food for man. In appearance there is no fruit more attractive and beautiful than a golden peach with a pink cheek. Nor is there any fruit more inviting to the taste than a juicy, luscious peach. The main objection against peaches is, that when ripe they will not keep like oranges and grapes.

GRAPEFRUIT:

Known as a natural antiseptic for wounds when used externally and indicated in cases of obesity, sluggish liver, gall stones, catarrh, malaria, fevers, high blood pressure, pneumonia, biliousness, poor digestion, poor complexion, morning sickness and valuable as a drug-poison eliminator. Also known as the flu destroyer. Do not eat in cases of acid stomach, colitis or stomach ulcers.

HAZELNUTS (filberts)

A rich food for those with good digestion's - eat small amounts. They are known as a general body building food, good for teeth, gums and bones, and known in cases of emaciation and low blood pressure.

Note: (Botanically, nuts are fruits from trees and peanuts are legumes).

HICKORY NUTS:

One of our richest nuts and is known as good general body-builder, indicated in cases of low vitality, low blood pressure, emaciation and poor teeth.

Note: (Botanically, nuts are fruits from trees and peanuts are legumes).

HONEY: (raw)

THE KING OF SWEETS furnishes quick energy with ease of digestion. Known to increase oxidation and promotes better circulation; is slightly diuretic and mildly laxative. Indicated in cases of anemia, bronchitis, asthma, sore throat, coughs, emaciation, poor circulation, pleurisy, low blood pressure, Raynaud's disease, nervous exhaustion, catarrh and alcoholism=97take a tablespoonful when the craving for liquor comes on.

HORSERADISH:

Known as a digestive stimulant, and a great dissolver of mucus in the system. Also a good diuretic. Is of value in cases of colds, asthma, dropsy, coughs, poor appetite, low blood pressure, catarrh, bronchitis, dyspepsia. The leaves are rich in alkaline minerals and

make good greens, which aid in eliminating old, irritating drugs which may still be in one's system.

HUCKLEBERRIES:

A natural astringent known in cases of high blood pressure, obesity, dysentery and diarrhea.

EHUCKLEBERRY LEAVES:

Known for diabetes. Steep one-half ounce in a quart of water for four hours and drink at least three glasses per day.

KALE:

Known in cases of constipation, acidosis, poor teeth, pyorrhea, arthritis, gout, rheumatism, skin diseases and bladder disorders.

KELP: (Also Sea Lettuce, Irish Moss and Dulse)

These various types of sea vegetation when eaten fresh or dried and powdered, are known as a valuable source of minerals, some of which are not found in land vegetables because of the variation or depletion of soils.

The minerals present in these sea plants are very uniform. They are known for mineral deficiency and are truly protective foods. They aid weak digestion's, help to prevent and overcome goiter and help to rebuild and maintain function of all the glands. HAVE IT ON YOUR TABLE DAILY. Better to think of this as your iodine source rather than iodized table salt.

Sprinkle it on your salads, vegetables and other foods. Kelp helps offset the deficiency of inferior diets and is needed by pregnant women. Kelp helps normalize gland and cell action whereby the energy out-put of the body may be regulated. Also known in cases of cretinism, dwarfism, impotency, nervousness, emaciation, nervous exhaustion, acidosis, constipation and anemia.

KUMQUATS:

This member of the orange family is known in cases of obesity, high blood pressure, sluggish liver, catarrh, fevers, dyspepsia, pneumonia.

LEEKs:

Known to help with colds, coughs, asthma, bronchitis, influenza, insomnia, tuberculosis, neuritis, low blood pressure, poor appetite, gall stones, poor hair, urinary diseases and nervous exhaustion.

LEMONS:

This citrus fruit is known to be very high in its medicinal value, known to have many therapeutical uses. Lemon juice is a natural antiseptic which may be safely applied directly to cuts, bruises and infections in the same manner as the various poisonous antiseptics are used. Cleanse the cuts or wounds with warm water and then apply straight or diluted lemon juice.

Lemon juice is good for the skin and the complexion when taken internally and when used externally as follows: FOR ACNE, ECZEMA AND ERYSIMELAS apply the straight juice on the skin and allow it to dry. FOR BOILS OR CARBUNCLES, heat a lemon and cut it in two; apply the small end as a hot poultice and bind thereon. When the boil breaks, remove all dressing and pus and cleanse it with boiled water into which has been placed the juice of one lemon. FOR BLACKHEADS AND OPEN SORES, rub the straight juice on the face each night, allow it to dry

and do not wash it off until morning. A lotion of lemon juice and rose water, applied as mentioned above, makes a good FACE BLEACH and is excellent for removing TAN AND FRECKLES. FOR WRINKLES, the straight juice is known to act as an astringent when rubbed across them and allowed to dry. Wash off later and massage with coconut or olive oil. Lemon juice on your tooth brush or the use of the inside portion of the rind when rubbed on teeth, gums and tongue makes a good substitute DENTIFRICE now and then because it is also hard on tooth enamel if used too much. It helps whiten teeth, removes tartar and stains and is a good preventive of pyorrhea.

The juice of one lemon in a glass of water makes a good rinse after a shampoo. It cuts out the soap, invigorates the scalp and makes the hair glossy. FOR DANDRUFF, rub the cut end of a lemon into the scalp before shampooing.

FOR SORE AND REDDENED HANDS, rub them a few minutes with lemon juice, rinse them off and apply olive oil, coconut oil or (Vaseline or better yet Vegatable Jelly).

The itch of INSECT BITES AND POISON OAK OR IVY may be arrested by applying the pure juice.

FOR COUGHS mix equal parts of lemon juice and glycerine or honey. Take a tablespoonful every two hours and allow it to slowly trickle down the throat.

FOR DIPHTHERIA first swallow a tablespoonful of straight juice; then gargle with a 50-50 solution of lemon juice and water every hour; later every two or three hours.

EAR INFECTIONS, strain the juice from the pulp and pour straight into each ear. Leave for a few minutes and rinse well. Excellent results have been reported with this after a few applications.

FOR PARCHED LIPS, TONGUE AND PALATE mix equal parts of lemon juice and glycerin; apply to lips and tongue with absorbent cotton.

FOR RICKETS-- give the child some lemon juice and honey daily.

FOR SORE THROAT AND TONSILLITIS Paint the throat externally with

straight juice several times a day and with a swab apply straight juice on each tonsil.

FOR MALARIA AND INFLUENZA, take the juice of a lemon equally diluted with water three or four times each day.

FOR SINUS INFECTIONS, take it internally and also sniff a solution of equal parts lemon juice and cool water up the nostrils each morning and evening. Note: (many people have also reported good results using salt water for sinus infections).

Many people find that the juice of one-half lemon in a cup of warm water upon awakening is beneficial for OBESITY and acts as an excellent LIVER CORRECTIVE.

Lemon juice can be used in place of vinegar in making mayonnaise and other dressings for salads. The Organic lemon peel may be used for seasoning and flavoring.

In addition to the above mentioned uses, lemon juice is also indicated in cases of asthma, biliousness (also chew peeling), poor blood, colds, gout, fevers, headaches, jaundice, morning sickness, pneumonia, rheumatism, arthritis, nausea, dropsy, neuritis, dyspepsia, varicose veins (take internally and apply externally). It is a good general blood and body purifier and a mild diuretic. Do not take lemon juice in cases of colitis or other inflammations of the digestive tract. The juice also aids in the removal of old drug poisons from the tissues.

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LENTILS:

Known to be a very nourishing, body-building food for muscular workers and they are also rich in vital minerals. Particularly indicated in cases of anemia, emaciation and low blood pressure. Lentil soup for ulceration's of the digestive tract and for convalescents.

LETTUCE:

The Romaine variety is richer in minerals, known to be valuable in cases of anemia, constipation, insomnia, dyspepsia, acidosis, headaches, nervousness, catarrh, tuberculosis, circulatory diseases gout, diseases of the urinary tract (it is mildly diuretic), neurasthenia, rheumatism and arthritis. Common head lettuce contains little nutrition but it does contain the green (chlorophyll).

LIMES:

Known for biliousness, arthritis, scurvy, poor blood and sluggish liver. May be used as an antiseptic and in other ways as stated for the lemons.

LIVER:

It has been known for some time that liver is valuable in cases of anemia and emaciation due to its high iron content and blood cells which are easily assimilated. Only recently has liver been known to be a storehouse of many vitamins. Causes super putrefaction in the body so it should be used sparingly.

LOGANBERRIES:

See Blackberries and Raspberries for medicinal value.

LOQUATS:

Known to help in cases of constipation, obesity, acidosis and for general purification of the body.

MANGOES:

This delicious fruit of the tropics is known for nephritis and other kidney disorders, acidosis, fevers, poor digestion, cystitis and respiratory diseases.

MAPLE SYRUP:

A good natural sweetening furnishes quick energy and heat.

MELONS:

ÉThe king of summer foods ! They are very cooling and induces gentle perspiration. During the hot summer days few people would suffer from the heat if many of their meals would consist of melon only. Known in cases of fever, skin diseases, kidney and bladder disorders, stones, constipation, poor complexion, high blood pressure, bad blood, rheumatism and arthritis.

GOAT'S MILK:

Very well known to be superior to cows milk for both children and adults, It is richer in minerals, is more easily digested and not as mucus forming. For babies, it is a safe substitute for mother's milk. Known to help in cases of gastritis stomach ulcers, nervousness, emaciation, diseases of teeth and bones, tuberculosis, eczema, anemia, rickets, diarrhea, dysentery, and enteritis.

MOLASSES: (black strap)

For quick energy and warmth and indicated for low blood pressure, anemia and emaciation. Excellent source of iron.

MUSHROOMS:

There is little or no medicinal value other than its content of vitamins and minerals. Popularly used in making sauces and are eaten frequently as a meat substitute.

MUSSELS:

Known as a invigorator of the sexual organs and a body-building food, though quite toxic. Sometimes beneficial for nervousness and thyroid disorders.

MUSTARD GREENS:

An excellent tonic. Known for anemia, poor blood, constipation, bronchitis, rheumatism, arthritis, stones, acidosis, kidney and bladder trouble, pregnancy and lactation. Also aids in the elimination of poisonous drugs from the body.

NECTARINES:

Known for biliousness, worms, tuberculosis, gas, high blood pressure, bladder trouble, rheumatism, obesity, asthma, dyspepsia, bronchitis.

NUTS:

Botanically, nuts are fruits from trees and peanuts are legumes. Nuts are the richest of foods.

Because of their high fat content many people cannot digest them. However, if the liver and other digestive organs are in fairly good condition, nuts are known for general body building. Each is listed separately.

OATS:

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Known as a general body-builder, good for muscles, glands, teeth, hair and nails. Oatmeal (mush) is hard to digest and not recommended for children. It should be eaten sparingly by adults because it often forms a gluey, constipating mass, causing much fermentation and gas but is good fiber.

OAT STRAW TEA:

Known as a fine drink in cases of emaciation, impotency and general mineral deficiency.

OKRA:

Known to help with stomach ulcers, pleurisy, colitis, enteritis, obesity, sore throat and stones. Consider using powdered okra if fresh is not available. When taken regularly, it may reduce excessive weight.

OLIVES: (Natural=97Sun-Dried)

Known for dyspepsia, nervousness, malaria, constipation, liver disorders, emaciation, heart burn, gas diabetes and biliousness.

OLIVE OIL: (virgin first pressed)

A very rich, nourishing, digestible vegetable oil. Known for emaciation (if liver is not too sluggish), and general body-building, but must be used in moderation. It may be used externally for soothing and healing sun burn, other burns, skin eruptions, inflammations. Use only the first pressed virgin oil available at herbal stores. Note: (This is not the same as the commercial variety).

ONIONS:

Onions are known to be diuretic, slightly laxative and promote expectoration of phlegm and the drainage of mucus in catarrh conditions, including sinusitis. Onions have germ-killing properties. They are good for hair, nails and eyes and also indicated in cases of asthma, bronchitis, colds, tuberculosis, grippe or flu, pneumonia, low blood pressure, acne, pimples and other eruptions, insomnia, nervousness, vertigo, dropsy, dysuria, worms and other parasites, poor circulation, neuritis and obesity. A poultice of crushed onions is good for pleurisy and boils. Raw onions should not be eaten if one suffers with gastritis, stomach ulcers or colitis.

ORANGES:

Orange juice is known as a good blood cleanser. Known in cases of asthma, bronchitis, tuberculosis, catarrh, sluggish liver, pneumonia,

fevers (diluted), rheumatism, arthritis, high blood pressure, and alcoholism. If oranges produce skin eruptions or cause a person to break out with a rash, it often indicates that there is poison in or under the skin which is trying to be eliminated. Under these conditions it is advisable to eat nothing but oranges or some other fruit for a few days which may help drive out many toxins from the body, thus enabling a person to eat oranges without causing the skin eruptions. Oranges should not be eaten in cases of gastritis, stomach ulcers, or colitis. A person can eat too many oranges very easily, in some cases causing high mouth acidity and eroded teeth.

ORANGE PEEL:

Aids digestion if eaten a few minutes before meals. It is also used for flavoring and seasoning.

With the distribution processes of today, consider only organically grown.

PAPAYA:

This tropical fruit contains a large amount of the digestive enzyme papain (vegetable pepsin) and is known to be valuable in various digestive weaknesses and disturbances. It is a very delicate food. Weak, sensitive stomachs find it soothing and easily digested. Tastes similar to a muskmelon, though it grows on a small tree, It is a mucus solvent and a cleanser of the digestive tract. It is capable of digesting many times its weight in protein food. If no other food is eaten for several days it has a wonderful tonic, rebuilding effect on the stomach and digestive tract. The milk-juice of papaya is used in the treatment of colitis, pelvic disorders and in many ways as an aid in dissolving and breaking down mucus and pus.

PARSLEY:

Rich in vital minerals contains more iron than any other green leafy vegetable. Known for anemia, halitosis, nephritis, tuberculosis, syphilis, menstruation disorders, fevers, congested liver and gall bladder, diseases of the urinary tract, rheumatism, arthritis, acidosis, obesity, high blood pressure, catarrh, dyspepsia and good for removing garlic and onion odors from the breath. To keep parsley fresh, place in a fruit jar, close the lid tightly and keep in the refrigerator.

RAW PARSLEY JUICE:

Reported to be valuable in helping to eliminate poisonous drugs from the body and in dissolving stones and treating venereal diseases, in addition to disorders mentioned above.

PARSLEY TEA for diabetes. It also acts as a mild sedative. Consider 1/4 glass of juice and 3/4 glass of some other vegetable juice as the parsley is quite a powerful remedy .

PARSNIPS:

Known for gout, tuberculosis, colitis, neuritis, insomnia, piles, diarrhea, stomach ulcers and for general body-building. They are slightly diuretic.

PEACHES:

Known as a good spring cleanser and blood purifier. Known to help in cases of anemia, poor skin, sallow complexion, constipation, high blood pressure, gastritis, nephritis, acidosis, bronchitis, asthma, poor digestion, bladder and kidney stones.

Few people realize peaches rank next to oranges and grapes as food for man. In appearance there is no fruit more attractive and beautiful

than a golden peach with a pink cheek. Nor is there any fruit more inviting to the taste than a juicy, luscious peach. The main objection against peaches is, that when ripe they will not keep like oranges and grapes.

PEANUTS:

A very substantial, body-building food, especially the peanut butter; however, it is high in fat and may be a little too rich for some people. Known for low blood pressure and general run-down conditions. The boiled peanuts fresh from the ground are delicious.

Note: (Botanically, nuts are fruits from trees and peanuts are legumes).

PEARS:

A fine breakfast food and a good body cleanser. Known for cases of poor digestion, nephritis, constipation, acidosis, skin eruptions, high blood pressure, obesity, colitis and catarrh.

PEAS: (All Varieties)

Known to be a all-around nourishing and strength restoring food. Particularly valuable in cases of anemia and low blood pressure. Can also be valuable for people that are underweight.

PECANS:

One of the rich foods. May be also eaten in powdered form and as butter. Known for emaciation, poor teeth, low blood pressure and general weakness.

Note: (Botanically, nuts are fruits from trees and peanuts are legumes).

PEPPERS:

BELL PEPPERS Eat them raw or juice if possible. Known for liver disorders, obesity, acidosis, constipation, poor blood and high blood pressure. Has more vitamin C than oranges.

RED OR HOT PEPPERS:

Known for colds, asthma, sinusitis, worms and malaria. Use sparingly or not at all if there is inflammation of stomach, bowels or kidneys.

PEPPERMINT:

Known for asthma, hay fever, colds, bronchitis, smallpox, catarrh, anemia, tuberculosis, dyspepsia, poor complexion and digestive weakness.

PEPPERMINT TEA:

Drink instead of regular tea, known to be a very healthful Herb For colds, weakened digestion, dyspepsia, weak heart, diarrhea, pneumonia, gas, nausea, heart burn, chills, appendicitis, gall bladder and liver

disorders. Great for use when eating unripe fruit and getting a stomach ache.

PERSIMMONS:

Known to be a fine energy food and very soothing to the digestive tract. Indicated for stomach and bowel ulcers, piles, colitis, constipation, glandular hormones, pleurisy and sore throat.

PINEAPPLE:

Known as a mild, natural digestive stimulant, They should be eaten more or less regularly. Pineapples contain papain, a valuable digestive aid, and are rich in chlorine which also aids digestion of proteins. Also indicated for bronchitis, diphtheria, constipation, tumors, sore throat, obesity, goiter, dyspepsia, catarrh, high blood pressure and arthritis. Also known as a regulator of the glands. The next time you get a sore throat or laryngitis, try eating a raw pineapple (learned this in Hawaii). Excellent reports have been achieved in 15 hours or less.

PLUMS:

Another good spring and summer cleansing food known in cases of biliousness and other liver disorders, bronchitis, constipation, piles, gas, rheumatism, weakened digestion, obesity, tumors, dyspepsia, and skin eruptions.

POMEGRANATES:

Known as a good blood purifier and indicated for tape worms and other worms, constipation (eat seeds), dyspepsia, liver congestion,

tuberculosis, syphilis, genito-urinary tract, arthritis and high blood pressure.

When drinking the juice it is best to dilute it, or at least, drink small quantities at one time.

POTATOES:

IRISH: A general body-building because of the large quantities of vitamins and minerals, but low in roughage. The nutrients are so close to the skin that they cannot be saved if peeled. A mealy baked potato is most healthful and easily digested. Known to be good food for people suffering from stomach ulcers, conditions of the colon, low blood pressure, and bad blood circulation. To drink the water from boiled potato skins is good for acidosis. Fried potatoes cannot be properly digested. Raw, crushed or scraped potatoes make a good poultice in cases of erysipelas, sore eyes, boils and carbuncles; for Éneuralgia have the poultice hot. For burns, apply the cold crushed potato directly.

In the time of Europe's great famine, people survived because of the potato for many years.

SWEET:

Known as a good, nourishing, body-building food for muscular workers, Also indicated for piles, poor circulation, low blood pressure, diarrhea, stomach ulcers and colitis. Eat the skins except in cases of colitis or stomach and bowel ulcers.

PRUNES:

Known for low vitality, constipation. piles, anemia and poor circulation. They are more healthful if they are soaked over night rather than stewed because of the oxalic acid. Prune juice, plain or mixed with a little honey, is a good remedy for sore throat.

PUMPKINS:

Known to help in cases cases of dropsy, piles, stomach ulcers, colitis, low blood pressure and emaciation.

PUMPKIN SEED: (tea)

Known for tape worms and other worms, and for constipation. Contains a male hormone food that is known to help relieve many prostrate problems.

QUINCES:

Known to help with a sluggish liver, constipation, acidosis, and arthritis.

RADISHES: (Red)

Good for teeth, gums, nerves. Known to help in cases of tuberculosis, obesity, catarrh, constipation, gall stones, kidney disorders, poor appetite, nerve exhaustion. They are slightly diuretic.

RAISINS:

A very valuable, concentrated, body-building food. Known for anemia, tuberculosis, low blood pressure, constipation, weak hearts, and a source of quick energy and warmth. The juice from soaked or stewed raisins for catarrh, asthma and sore throat.

RASPBERRIES:

A good blood and skin cleanser. Known for menstrual cramps, constipation, obesity, high blood pressure, many body worms and congested liver. Tea made from the raspberry leaves is known for diarrhea - drink it cold. Place one ounce of leaves into one and one-half pints of water and simmer for twenty minutes, The warm tea Étends to produce normal menstrual flow, and if taken during pregnancy, it helps make childbirth easier.

RHUBARB:

Known to increase the flow of saliva, gastric juice, bile, and aids peristalsis. It is a tonic and good for nursing mothers. Eat small quantities. Do not eat if suffering with rheumatism because of the oxalic acid. Also known in cases of constipation, obesity, indigestion, tumors, neuritis, bronchitis and worms.

RICE: (Natural Brown)

An easily digested starch - could be eaten more often instead of one consuming so much bread. A nourishing, body-building food, good for

hair, teeth, nails, muscles and bones. Known for diarrhea and is reported to be safely eaten in small quantities in cases of stomach or bowel ulcers.

RUTABAGAS:

Known for constipation and they help to expel gas and worms. In the old days, this was a miners staple food.

SAGE:

Known for rheumatism, arthritis, tuberculosis, gas and weakened digestion. Known to help afflictions of the throat, gargle as a tea . For diphtheria, place one ounce of sage in one and one-half pints of water and simmer for twenty minutes. Take one-half glass as frequently as needed.

Warning, avoid excessive use.

SAUERKRAUT JUICE: (raw only)

Use the brands which contain the least amount of salt. The lactic acid has a cleansing, tonic effect on the bowels. Known to help in cases of constipation, colitis, catarrh, dyspepsia, high blood pressure. Good for teeth and bones. Diluted sauerkraut juice with a little honey added, makes a good drink. Also one-third sauerkraut juice and two-thirds tomato juice makes a fine laxative drink when needed. A good food for people suffering from diabetes.

SPINACH:

Spinach has much value though there are other greens higher in iron and other minerals. Known for anemia, constipation, neuritis, nerve

exhaustion, tumors, insomnia, arthritis, high blood pressure, bronchitis, liver, kidney and bladder disorders. Best eaten raw because of the oxalic acid.

SQUASHES: (summer and zucchini)

Known for high blood pressure, obesity, constipation, kidney and bladder disorders. Should be eaten freely in hot climates.

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STRAWBERRIES:

Known to be one of the best skin-cleansing foods ever known. Many have reported that the cleansing process caused a break out with a rash (allergic reaction). They did not look so good or feel very pleasant for a few days, nevertheless the strawberries gave them a good skin and blood cleansing.

Many people that are allergic to strawberries have reported that washing them first under very hot then cold water, they did not have the allergic reaction after the skin and blood cleansing process was over. There is a suspected fuzz that gets removed from this washing process.

Store them in the refrigerator in a colander. The cold air circulating through the berries will keep them firm and fresh for days.

Known to help in cases of sluggish skin and liver, poor complexion, gout, rheumatism, skin cancer, high blood pressure, constipation, syphilis, acidosis and catarrh. For ringworm or sore eyes, make a poultice of crushed strawberries and apply to effected part. It is also known to help remove tarter from the teeth and strengthen the gums using the juice as a mouth wash and the strawberries are rubbed directly on the gums assisting with a tooth brush.

TANGERINES:

Known for bronchitis, pneumonia, rheumatism, arthritis, asthma, catarrh, diabetes, fevers, congested liver, high blood pressure and poor skin.

TOMATOES:

Another natural antiseptic which may be used in some cases as mentioned under Lemons. They protect against infection and are also good skin and blood purifiers. Known in cases of congested liver gall stones, biliousness, jaundice, dyspepsia, tumors, gout, rheumatism, colds, tuberculosis, obesity, high blood pressure, catarrh, pimples and sinus trouble. For ringworm eat them and also apply externally as a poultice.

TURNIPS: (roots)

Use raw turnips freely in salads - good for teeth and gums - they are also an excellent tooth cleanser. Known for tuberculosis, nervousness, constipation and insomnia.

(tops) Turnip tops are rich in minerals and make good greens. Known for anemia, tuberculosis, toxemia, acidosis, impure blood, poor complexion, tumors, obesity, high blood pressure, gout, poor appetite, bladder disorders, bronchitis, asthma, skin diseases, torpid liver, and for the elimi-

nation of various drugs from the system.

WALNUTS:

Known as a rich, muscle- and body-building food. Good for teeth and Égums and emaciation.

Botanically, nuts are fruits from trees and peanuts are legumes.

WHEAT GERM:

A valuable source of many vitamins an minerals.

WATERCRESS:

Known as one of the very best body-cleansers and toxin-neutralizers. Helps to rout out and eliminate old drug poisons from the body. Known in eases of anemia, kidney and bladder inflammations and stones, bronchitis, asthma, tuberculosis, rheumatism, arthritis, gout, poor digestion, apoplexy, syphilis, liver disorders, pimples and other skin eruptions, grippe and flu, constipation, dyspepsia, tumors and weakened glands. It is known as the poor man's vitamin because it contains potent amounts of vitamins and minerals.

YEAST:

An outstanding source of many vitamins and minerals.

AILMENT'S AND FORMULAS USING YOUR JUICE EXTRACTOR

ACNE, Pimples, etc.=97Impurities in the body trying to be eliminated through the skin: Carrots 12 oz., Spinach 4 oz.

ANEMIA=97Deficient;y of red blood corpuscles due to improper diet: Carrots 12 oz., Beets 4 oz.

APPENDICITIS=97Inflammation of the appendix due to prolonged retention of waste matter in the colon: Carrots 10 oz., Celery 4 oz.

ARTHRITIS=97Deposits of inorganic calcium in the cartilage of the joints: Carrots 10 oz., Celery 6 oz.

ASTHMA=97Extreme difficulty in breathing due to mucous accumulation in bronchial tubes. Carrots, 10 oz., Radishes 3 oz., Celery 3 oz.

BILIOUSNESS=97The result of incomplete digestion of fats causing improper secretion and flow of bile from the liver: Carrots 10 oz., Parsley 2 oz., Celery 4 oz.

BOILS- CARBUNCLES=97Purulent tumors caused by impurities in the blood stream resulting in bacterial infection: Carrots 8 oz., Lettuce 4 oz., Spinach 4 oz.

BRONCHITIS=97Inflammation of the bronchial tubes due to excessive mucus in the system: carrots 10 oz., Beets 4 oz., Cucumbers 2 oz.

CANCERS=97Groups of cells half starved from lack of proper organic nourishment: Carrots 12 oz., Spinach 4 oz.

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CATARRH=97Copious secretions from the mucous membrane due to the

inability of the body to assimilate milk and concentrated starches:

Lemon Juice 1/4, pint, Ground Horseradish (not pressed) 4 oz.

CONSTIPATION Lack of coordination of the colon and bowel due to excessive use of devitalized foods in the diet: Carrots 12 oz., Spinach 4 oz.

CRAMPS Pains due to the presence of gas in the intestinal region:

Carrots 12 oz., Beets 2 oz., Cucumbers 2 oz.

DEAFNESS (Catarrh)=97Presence of mucus in the auditory channels: Carrots

10 oz., Celery 4 oz., Parsley 2 oz.

DIABETES=97Inability of the Pancreas to metabolize carbohydrates due to

excessive use of concentrated starches and sugars: Carrots 8 oz.,

String Beans 3 oz., Brussel Sprouts 5 oz.

DIARRHEA=97Loose bowels: Carrots 8 oz., Celery 30z., Parsley 2 oz.,

Spinach 3 oz.

DROPSY=97Excessive water due to improper or insufficient elimination

through kidneys: Carrots 11 oz., Beets 2 oz., Cucumbers 3 oz.

DYSPEPSIA=97Indigestion due to excessive acidity in the alimentary

tract: Carrots 8 oz., Celery 3 oz., Parsley 2 oz., Spinach 3 oz.

ECZEMA=97Inflammatory condition of the skin due to excessive acidity:

(Carrots 12 oz., Spinach 4 oz.

EPILEPSY=97Nervous spasms resulting from excessive toxemia: Carrots 11

oz., Beets 3 oz., Cucumbers 2 oz.

GALL-STONES=97Inorganic matter solidifying in the Gall Bladder: Carrots

10 oz., Celery 4 oz., Parsley 2 oz.

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GASTRITIS=97Distress due to excessive formation of gas in the system:
Carrots 12 oz., Spinach 4 oz.

GOUT=97Inflammation of the ligaments of a joint or bone, due to
excessive fat in the diet: Carrots 9 oz., Beets 4 oz., Cucumbers 3 oz.

HAY-FEVER=97Abnormal mucous in the eyes and air passages: Carrots 8 oz.,
Celery 6 oz., Parsley 2 oz.

HEADACHES (Chronic)=97Nature's warning, give body a thorough house
cleaning, thus reestablishing the equilibrium of the blood: Carrots 8
oz., Lettuce 4 oz., Spinach 4 oz.

HEART TROUBLE=97Caused by the impure condition of the blood resulting in
improper activity: Carrots 12 oz., Spinach 4 oz.

HEMORRHOIDS=97Excessive enlargement of the blood vessels in the lower
part of the rectum. When excessively enlarged they bleed and itch:
Carrots 9 oz., Spinach 5 oz., Watercress 2 oz., Turnips 2 oz.

HIGH BLOOD PRESSURE=97Excessive tension of the blood in the arteries:
Carrots 11 oz., Spinach 5 oz.

INDIGESTION=97The result of wrong combinations of food: Carrots 16 oz.

INFLUENZA AND COLDS=97Caused by excessive retention in the system of
food waste resulting in a feeding and breeding bacteria affecting
principally the air passages but accompanied by fever and nervous
prostration: Whole Lemon Juice 1/4 pint Ground Horseradish (not
pressed) 4 oz.

INSOMNIA=97Inability to sleep. Nervous tension or excessive acidity:
Carrots 10 oz., Celery 6 oz.

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ITCH=97Caused by certain germs or bacteria attempting to leave the body by way of the pores of the skin: Carrots 12 oz., Spinach 4 oz.

KIDNEY TROUBLE=97The result of improper and excessive use of meat in the diet: Carrots 10 oz., Celery 4 oz., Parsley 2 oz.

LIVER TROUBLE=97The result of eating an excess of starches, sugars, fats and meats: Carrots 12 oz., Beets 2 oz., Coconut 2 oz.

LOW BLOOD PRESSURE=97Due to excessive use of devitalized foods resulting in deficiency of vital elements in the blood: Carrots 7 oz., Celery 4 oz., Parsley 2 oz., Spinach 3 oz.

MEASLES=97Germs and bacteria surging out through fine skin. one of Nature's methods of house cleaning, particularly in childhood: Carrots 11 oz., Spinach 3 oz., Dandelion 2 oz.

NEPHRITIS=97Inflammation of the kidneys resulting from excessive acids: Carrots 11 oz., Parsley 5 oz.

NERVOUSNESS=97Irritability of nerve centers due to organic alkaline deficiency: Carrots 10 oz., Celery 6 oz.

NEURALGIA=97Intense pain in the nerve which has been improperly nourished: Carrots 10 oz., Celery 4 oz., Parsley 2 oz.

PARALYSIS=97Loss of power to control or coordinate the muscles due to starvation of the nerve centers: Carrots 10 oz., Spinach 6 oz.

QUINSY=97Inflammation due to the excessive body and food waste in one system: Carrots 7 oz., Celery 3 oz., Spinach 4 oz., Parsley 2 oz.

RICKETS=97Deficiency of organic calcium and other elements resulting in

softness or flexibility of the bones: Carrots 8 oz., Celery 8 oz.

RHEUMATISM=97Inflammation affecting muscles and joints, resulting from the presence of excessive matter in the body: Celery 6 oz., Carrots 8 oz., Parsley 2 oz.

ÉSCIATICA=97Inflammation of the Sciatic nerve, usually due to the presence of excessive uric acid: Carrots 8 oz., Celery 5 oz., Beets 3 oz.

SCURVY=97The result of an improperly balanced diet with insufficient organic nourishment: Carrots 7 oz., Celery 5 oz., Parsley 2 Oz. Spinach 2 oz.

SINUS TROUBLE=97Usually due to excessive mucus resulting from excessive use of milk and starches and sugar: Lemon Juice 8 oz., Horseradish Ground (not pressed) 4 oz. Also see the heading Ear Wax and Sinus Infections below.

SLEEPLESSNESS=97The result of excessive nervous tension and improper elimination of waste from the body: Carrots 10 oz., Celery 6 oz., Pressed Celery Tops and Stalks.

THROMBOSIS=97The result of the coagulation of a clot of blood obstructing a blood vessel due to a deficiency of organic elements to maintain the purity of the blood: Carrots 11 oz., Spinach 5 oz.

TONSILLITIS=97Inflammation due to an over-acid condition of the body: Carrots 6 oz., Celery 4 oz., Spinach 4 oz., Parsley 2 oz.

TUBERCULOSIS=97The result of excessive mucus in the system causing the tubercular germ, which by its presence is destructive to the tissues of the lungs: Carrots 10 oz., Celery 6 oz.

ULCERS (chiefly gastric)=97A disease caused by unhealthy tissue as a result of eating incompatible combinations of food: Carrots 12 oz., Spinach 4 oz.

URTICARIA (Hives)=97An excessively acid condition of the body trying to become normal by means of excretion through the skin: Carrots 6 oz., Celery 5 oz., Parsley 2 oz., Spinach 3 oz.

FRUITS AND VEGETABLE NAMES DATES AND ORIGINS

Apple (<i>Malus Pumila</i>)	Southwestern Asia, 400 BC
Apricot (<i>Prunus armeniaca</i>)	Western Asia, ? BC
Artichoke (<i>Cynara scolymus</i>)	Western Mediterranean, 500 BC
Asparagus (<i>Asperagus officinalis</i>)	Eastern Mediterranean, 200 BC
Avocado (<i>Persea americana</i>)	Central America, AD 1000
Banana (<i>Musa sapientum</i>)	Tropical Asia, 100 BC=97AD 100
Beet (<i>beta vulgaris</i>)	Mediterranean, 200 BC
Broccoli (<i>Brassica oleracea</i>)	Mediterranean, AD 100
Brussels Sprouts (<i>Brassica oleracea</i>)	Northern Europe, AD 1100
Cabbage (<i>Brassica oleracea</i>)	Europe, 500 BC
Cantaloupe (<i>Cucumis melo</i>)	Western Asia, Africa, 2000 BC
Carrot (<i>Daucus carota</i>)	Afghanistan, 500 BC
Cauliflower (<i>Brassica oleracea</i>)	Eastern Mediterranean, 600 BC
Celery (<i>Apium graveolens</i>)	Western Asia, 850 BC
Cherry (<i>Prunus avium</i>)	Europe and Asia 300 BC
Chives (<i>AILium scoenoprasum</i>)	Eastern Mediterranean, 100 BC
ÉCorn (<i>Zea mays</i>)	Central, South America, 2000 BC
Cucumber (<i>Cucumis sativus</i>)	India, 200 BC
Date (<i>Phoenix dactylifera</i>)	Southwestern Asia, Africa, 7 BC
Garlic (<i>AlIium sativum</i>)	Western Asia, 3000 BC
Grape (<i>Vitus vinifera</i>)	Eastern Mediterranean,

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4000 BC	
Grapefruit (Citrusparidisi)	West Indies, AD 1600=971750
Green pea (Pisum sativum)	Central Asia, 2500 BC
Lemon (Citrus limon)	Southeast Asia,100 BC=97AD
100	
Lettuce (Lactuca sativa)	Mediterranean, Asia Minor,
500 BC	
Lime (Citrus aurantifolia)	Southern Asia,100 BC=97AD
100	
Onion (Ailium cepa)	Western Asia, 4000 BC
Orange (Citrus sinensis)	Indochinese Peninsula,
2000 BC	
Parsnip (pastinaca sativa)	Eastern Europe, 100 BC
Peach (Prunus persica)	China, Western Asia, 2000
BC	
Peanut (Arachis hypogaea)	South America, AD 750
Pear (Pyrus communis)	Western Asia, 1000 BC
Pepper (Capsicium frutescens)	South America, AD 500
Plum (Prunus domestica)	Western Asia, 2000 BC
Potato (Solanum tuberosum)	Andes of South America, AD 100
Radish (Raphanus sativus)	China, 2000 BC
Rhubarb (Rheum rhaponticum)	Asia Minor, 3000 BC
Soybean (Soja max or Glycine soja)	China, 2000 BC
Spinach (Spinacia oeracea)	Iran, AD 600
Snap Beans (Phaseolus vulgaris)	The Americas, AD 750
Sweet Potato (Ipomoea batatas)	Central America, AD 850
Tomato (Lycopersicum esculentum)	South, Central America, AD 700
Turnip (Brassica rapa)	Western Asia, 400 BC
Watermelon (Citrullus vulgaris)	Central Africa, 2000 BC
Yams (Dioscorea)	Africa, AD 800

Auto-Intoxication

This means "self -poisoning". This form of poisoning is common among children. Auto-intoxication is very frequent among adults, the so called "bilious attack" being, in fact, nothing more or less than auto-intoxication.

Auto-intoxication may arise from a large number of causes, chief among which may be; eating too much or hearty food; taking food too often; improper combinations of foods; retention of food in the digestive tract; fermentation of food in the digestive tract.; enlargement of the stomach; poor digestion; constipation; inactive kidneys and skin.

Take a cooked ham, steak or some other food stuffs, set it out on the counter top for 3-5 days at 98 degrees, the same temperature of the body. See for yourself what food can do inside the body if the food does not digest properly and move along. If the food is allowed to undergo this kind of decomposition will give rise to poisonous gases and organic substances. Both are absorbed from the alimentary canal, and interfere with the delicate mechanism of the human body. Chemical analysis has demonstrated that some of the poisons can act like the alkaloids. For instance, one has a narcotic effect, like morphine; another can act like atropin, another like strychnin.

Every living cell, from a germ-cell or a yeast cell to the complex living organism, produce waste substances which are poisons, if retained will destroy life. Every time we think a thought or move a muscle, with every heart beat and inhalation of air, waste matter is produced in the body. When a person is sick, these waste products are greatly increased.

Under normal conditions the functions of the body take care of these poisons, and eliminate them through the liver, bowels, kidneys, lungs, and the skin. When the equilibrium between the amount of waste formed and the amount eliminated is disturbed, the trouble is quickly manifested. Sometimes the process can be a gradual accumulation of these poisons. Many persons suffer from auto-intoxication, not knowing what is the trouble.

Proper colemas and a change in the diet can be a shortcut to the whole situation before it manifests itself into a full blown disease.

COLONICS

Here is part of what is contained in a book "THE GOSPLE OF PEACE" by Edmond Bordeaux Szekely.

"Seek therefore a large trailing gourd, having a stalk the length of a man; take out its inwards and fill it with water from the river which the sun has warmed. Hang it upon a branch of a tree, and kneel upon the ground before the angel of water, and suffer the end of the stalk of the trailing gourd to enter your hinder parts, that the water that the water may flow through all your bowels. Afterwards rest kneeling on the ground before the angel of water and pray to the living god that he will forgive you all your past sins, and pray the angel of water that he will free your body from every uncleanness and disease. Then let the water run from your body, and that it may carry away from within it all the unclean and evil-smelling things of satan... And this HOLY BAPTISING by the angel of water is: Rebirth unto the new life."

(See references for the address. Send \$1.00 and \$4.00 postage)
This man researched the archives in Austria many years ago before they were guarded. Many years ago all the religious leaders were concerned that the World may be destroyed because of a violent war. They corresponded back and forth for some time until all the religious leaders of every denomination agreed that there needs to be one place where all the important scrolls of ancient, into one safe haven. Hapsburg, Austria was the site choosen for this purpose. Today all the scrolls are kept in a vault hidden away from the masses. Only a select few can enter the archives today. Edmond Szekely in his day,

specialized in the Essenes.

For more information about colonics, contact Bernard Jensen, D.C. Nutritionist, Route 1, Box 52, Escondito, CA. 92025. Get the book called Tissue Cleansing Through Bowel Management, and the VHS tape (movie) about colonics. You will be glad you did.

EAR WAX AND SINUS INFECTIONS

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Using hydrogen Peroxide has helped my family for years. We pour the Hydrogen Peroxide in each ear, and let the solution stand in the ear 2-5 minutes. We do this every couple of weeks while taking a bath or when a cold or some illness is coming on. We then rinse out each ear with raw (not bottled) strained lemon juice that has been sitting at room temperature. After a few minutes, again flush with plenty of water.

Strain the lemon juice through a paper towel or coffee filter to get all the pulp removed. This mildly acid solution seems to help fight bacteria that can cause infections.

Since the eyes, ears, nose, tonsils, etc., is all tied in, we also make a salt water solution as strong as we gargle with or a solution at the rate of a tablespoon of salt to a quart of water. Put the solution in a nose drop bottle and follow the directions on the bottle snuffing this salt water up each nostril. If the sinus is real sore from long standing infection, it will really burn. If the sinus is ok, then it burns the same as, say "jumping in a swimming pool backwards "getting water in the nostrils.

A member of our family had a sinus infection for 30 years and used every thing on the shelves all that time. Three applications of the salt water in two days and two days rest from using the solution, he claimed the infection was gone for the first time in 30 years. He continues to use this solution every couple of weeks to keep his sinus in check from everyday dust and bacteria that is always present in the air and collects in the sinuses all the time. He swears by the stuff! For the eyewash, we found our eye cup at a health food store for around \$2.00. We make up a boric acid solution using one heaping tablespoon of boric acid to a pint of boiled water. Stirred and set aside to cool. We also add a heaping tablespoon of chamomile flowers to the boiled water "optional". Boric acid is sold at many pharmacies in 4 oz bottles costing less than a couple of dollars and it goes a long, long way. We strain the solution through a coffee filter or paper towels into a bottle and leave it in the refrigerator until we want to use it. By doubling up on the ingredients, we found the solution can be warmed up with a little hot water on a fly without dilluting the solution too much. We wash our eyes every time we take a bath or when they get irritated some way. We have been told that salt water solution in little nose drop bottles are currently being sold for children in the pharmacy sections. Also the Hydrogen Peroxide for the ears. We have never checked since it came from a reliable source. Some people, especially the elderly seem to get dizzy while doing any of this. The equilibrium might be weakened or damaged from a long standing condition. Capsules of ginger root is sold at health food stores for sea sickness and jetlag, etc.. If the condition can be restored, the Ginger root may not be necessary any more. Caution; If you have any medical problems in this area or even simple earaches, consult both a nutritionist and doctor before doing any of these home remedies.

THE WONDER OF WATER

When one observes the planet Earth, it is very apparent that this is a water world. Approximately three-quarters of its surface is covered with water. On Mother Earth's surface, all living things are water-oriented.

Each one of us before we are born spends about nine months in our mother's womb as a "sea being animal" up until the time the water breaks. When we are first born, 90 - 95 percent of our body is water, and even as we mature more than two-thirds of our bodies is water. No scientist will deny that water is essential for the growth of all living things.

THE HEALING CRISIS

A healing Crisis is in effect when the body is in the process of elimination. Reactions may be mild or they may be severe. One should expect this and work toward it.

The body's inherent desire is for perfect health . We have the ability to earn our way back so that state.

The body must go through an elimination process to achieve good health. There will be ups and downs. One does not go immediately into good health. This elimination process we call the "healing crisis".

A healing crisis is the result of every body system in Concert to eliminate waste products and set the stage for regeneration. Old tissues are replaced with new. A disease Crisis, on the other hand, is not a natural one and works against the body ' s natural processes. Symptoms may be identical to the disease, but there is an important difference - elimination. A cleansing, purifying process is underway and Stored wastes are in a free-flowing state. Sometimes pain during

the healing crisis is of greater intensity than when building the chronic disease. This may explain why there may be a brief flareup in one's condition.

The Crisis will usually bring about past conditions in whatever order the body is capable of handling at that time.

People often forget the diseases or injuries they have had in the past, but are usually reminded during the Crisis.

Reactions could include skin eruptions, nausea, headache, sleepiness, unusual fatigue, diarrhea, head or chest cold, ear infections, boils, or any other way the body uses to loosen and eliminate toxins. The crisis usually lasts three days but if the energy of the patient is low, it may last for a week or more.

The body needs juices and especially water, to help carry off the toxins. This is a time for rest - mental, as well as physical rest. One crisis is not always enough for a complete cure. The Person in a chronic state, who has gone through many disease processes in life must go through these processes again.

Often the crisis will come after one feels their very best, setting the stage for the elimination. The whole body must get into action. Most people feel an energy boost the first few days. Then toxins are dumped into the blood stream for elimination - go as slowly as your body needs to so your elimination is gradual and comfortable.

With a more serious condition there may be many small crises to go through before the final one is possible. Everything must be considered and given its proper place in the build-up to a healing crisis. One should expect it and work toward it.

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HOW TO SELECT FRESH FRUITS AND VEGETABLES:

Apples

The many varieties of apples differ widely in appearance, flesh characteristics, seasonal availability, and suitability for different uses.

For good eating as fresh fruit, the commonly available varieties are: Red Delicious, McIntosh, Granny Smith, Empire, and Golden Delicious. For making pies and applesauce, use tart or slightly acid varieties such as Gravenstein, Grimes Golden, Jonathan, and Newtown.

For baking, the firmer fleshed varieties--Rome Beauty, Northern Spy, Rhode Island Greening, Winesap, and York Imperial--are widely used.

Look for: Firm, crisp, well-colored apples. Flavor varies in apples, and depends on the stage of maturity at the time that the fruit is picked. Apples must be mature when picked to have a good flavor, texture, and storing ability. Immature apples lack color and are usually poor in flavor. They may have a shriveled appearance after being held in storage.

Most apples are marketed by grade, and consumer packages show the variety, the grade, and the size. U.S. grades for apples are: U.S. Extra Fancy, U.S. Fancy, U.S. No. 1, and combinations of these grades. U.S. Utility is a less desirable grade. Apples from the far Western States are usually marketed under State grades which are similar to the U.S. grades.

Avoid: Overripe apples (indicated by a yielding to slight pressure on the skin, and soft, mealy flesh) and apples affected by freeze (indicated by internal breakdown and bruised areas). Scald on apples (irregularly shaped tan or brown areas) may not seriously affect the taste.

Generally, look for a rich deep coloring, especially around the stem. The darker the better instead of just green. Delicious apples that

have optimum ripeness and sweetness usually have some brown lines and speckled skin. Consider the New Zealand Gala, Fuji, and Barbarian for the best quality.

Apricots

Most fresh apricots are marketed in June and July, but a limited supply of imported apricots is available in large cities during December and January. Domestic apricots are grown principally in California, Washington, and Utah.

Apricots develop their flavor and sweetness on the tree, and should be mature but firm at the time that they are picked.

Look for: Apricots that are plump and juicy looking, with a uniform, golden-orange color. Ripe apricots will yield to gentle pressure on the skin.

Avoid: Dull-looking, soft, or mushy fruit, and very firm, pale yellow, or greenish-yellow fruit. These indicate overmaturity or immaturity, respectively.

Avocados

Avocados, grown in California and Florida, are available all year. Two general types, and a number of varieties of each, are grown. Depending upon type and variety, avocados vary greatly in shape, size, and color. Most tend to be pear-shaped, but some are almost spherical. Fruits weighing under 1/2 pound are most commonly available. Some have rough or leathery textured skin, while others have smooth skin. The skin color of most varieties is some shade of green, but certain varieties turn maroon, brown, or purplish-black as they ripen.

Despite this variation in appearance, avocados are of good eating

quality when they are properly ripened, becoming slightly soft. This ripening process normally takes from 3 to 5 days at room temperature for the quite firm avocados usually found in food stores. Ripening can be slowed by refrigeration.

Look for: For immediate use, select slightly soft avocados which yield to gentle pressure on the skin. For use in a few days, buy firm fruits that do not yield to the squeeze test. Leave them at room temperature to ripen.

Irregular light-brown markings are sometimes found on the outside skin. These markings generally have no effect on the flesh of the avocado.

Avoid: Avocados with dark sunken spots in irregular patches or cracked or broken surfaces. These are signs of decay.

An extra tip: When preparing avocados, to avoid the browning of avocado flesh when exposed to air, immediately place the peeled fruit in lemon juice until ready for use.

Bananas

Unlike most other fruits, bananas develop their best eating quality after they are harvested. This allows bananas to be shipped great distances. Almost our entire supply of bananas, available year-round, is imported from Central and South America. Bananas are sensitive to cool temperatures and will be injured in temperatures below 55 =F8F. For this reason, they should never be kept in the refrigerator. The ideal temperature for ripening bananas is between 60 and 70 =F8F. Higher temperatures cause them to ripen too rapidly.

Look for: Bananas which are short and firm because these tend to ripen the best. Rarely do green bananas ripen well at home. Look for a nice

yellow color from end to end, bright in appearance, and free from bruises or other injury. The state of ripeness is indicated by skin color. Best eating quality has been reached when the solid yellow color is specked with brown. At this stage, the flesh is mellow and the flavor is fully developed. Bananas with green tips or with practically no yellow color have not developed their full flavor potential. A banana that turns a solid brown color without speckling should be avoided.

Avoid: Bruised fruit (indicating rapid deterioration and waste); discolored skins (a sign of decay); a dull, grayish, aged appearance (showing that the bananas have been exposed to cold and will not ripen properly).

Blueberries

Fresh blueberries are on the market from May through September. Generally, the large berries are cultivated varieties and the smaller berries are wild varieties.

Look for: A dark blue color with a silvery bloom is the best indication of quality. This silvery bloom is a natural, protective, waxy coating. Buy blueberries that are plump, firm, uniform in size, dry, and free from stems or leaves.

Avoid: Soft, mushy, or leaking berries.

Cherries

Excellent as dessert fruit, most sweet cherries found in the food store are produced in the Western States and are available from May through August. Red tart cherries, also called sour or pie cherries and used mainly in cooked desserts, have a softer flesh, lighter red color, and a tan flavor. They generally are shipped to processing

plants and are sold frozen or canned.

Look for: A very dark color is your most important indication of good flavor and maturity in sweet cherries. Bing, Black Tartarian, Schmidt, Chapman, and Republican varieties should range from deep maroon or mahogany red to black for richest flavor. Lambert cherries should be dark red. Rainier cherries should be straw-colored. Good cherries have bright, glossy, plump-looking surfaces and fresh-looking stems.

Avoid: Overmature cherries lacking in flavor, indicated by shrivelling, dried stems, and a generally dull appearance. Decay is fairly common at times on sweet cherries, but because of the normal dark color, decayed areas are often inconspicuous. Soft, leaking flesh, brown discoloration, and mold growth are indications of decay.

Cranberries

A number of varieties of fresh cranberries are marketed in large volume from September through January. They differ considerably in size and color, but are not identified by variety names in your food store.

Look for: Plump, firm berries with a lustrous color provide the best quality. Duller varieties should at least have some red color.

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Avoid: Brown or dark, discolored berries and soft, spongy, or leaky berries should be sorted out before cooking, because they may produce an off-flavor.

Grapefruit

Grapefruit is available all year, with most abundant supplies from January through May. While Florida is the major source of fresh grapefruit, there also is substantial production in Texas, California,

and Arizona. Several varieties are marketed, but the principal distinction at retail is between those which are "seedless" (having few or no seeds) and the "seeded" type. Another distinction is color of flesh. Pink- or red-fleshed fruit is most common, but white-fleshed varieties are also available.

Grapefruit is picked "tree ripe" and is ready to eat when you buy it in the store.

Look for: Firm fruits, heavy for their size, are usually the best eating. Thin-skinned fruits have more juice than coarse-skinned ones. If a grapefruit is pointed at the stem end, it is likely to be thick-skinned. Rough, ridged, or wrinkled skin can also be an indication of thick skin, pulpiness, and lack of juice.

Grapefruit often have skin defects such as scale, scars, thorn scratches, or discoloration. This usually does not affect how the fruit tastes.

Avoid: Soft, water-soaked areas, lack of bright color, and soft, tender peel that breaks easily with finger pressure are symptoms of decay.

Grapes

Most table grapes available in food stores are of the European type, grown principally in California and Arizona. Only small quantities of Eastern-grown American-type grapes are sold for table use.

European types are firm-fleshed and generally have high sugar content. Common varieties are Thompson seedless (an early, green grape), Red seedless (an early, red grape), Tokay and Cardinal (early, bright-red, seeded grapes), and Emperor (late, deep-red, seeded grapes). These all have excellent flavor when well-matured.

American-type grapes have softer flesh and are juicier than European types. The outstanding variety for flavor is the Concord, which is blue-black when fully matured. Delaware and Catawba are also popular.

Look for: Well-colored, plump grapes that are firmly attached to the stem. White or green grapes have the highest sugar content when the color has a yellowish cast or straw color, with a tinge of amber. Red varieties are better when good red predominates on all or most of the berries. Bunches are more likely to hold together if the stems are predominantly green and pliable. The red seedless varieties have good keeping qualities. Black seedless grapes have tough skins but have a bold flavor. Smaller grapes are usually better than the larger ones.

Avoid: Soft or wrinkled grapes, or bunches of grapes with stems that are brown and brittle; these are the effects of freezing or drying. Also avoid grapes with bleached areas around the stem ends (indicating injury and poor quality), and leaking berries (a sign of decay).

Kiwifruit

The kiwifruit is a relatively small, ellipsoid-shaped fruit with a bright green, slightly acid-tasting pulp surrounding many small, black, edible seeds, which in turn surround a pale heart. The exterior of the kiwi-fruit is unappealing to some, being somewhat "furry" and light to medium brown in color. (While the furry skin is edible, some prefer to peel the fruit before eating.) Domestic kiwifruit is produced primarily in California, but imported kiwifruit is also commonly marketed.

Look for: Plump, unwrinkled fruit, either firm or slightly yielding. Kiwifruit is fully ripe when it is yielding to the touch but not soft. Firm kiwifruit can be ripened at home in a few days by leaving it at room temperature. Use of a ripening bag or bowl will speed the

process.

Avoid: Fruit that shows signs of shriveling, mold, or excessive softening, all of which indicate spoilage. Some kiwifruit may appear to have a "water-stained" exterior. This is perfectly normal for the fruit and does not affect interior quality in any way.

Note: Kiwifruit contains an enzyme, actinidin, similar to papain in papayas, that reacts chemically to break down proteins. (It has been used as a "secret ingredient" to tenderize meat.) Actinidin prevents gelatin from setting, so if you are going to serve kiwifruit in a gelatin dish, cook the fruit for a few minutes before adding it to the gelatin.

Lemons

Most of the Nation's commercial lemon supply comes from California and Arizona, and is available year-round.

Look for: Lemons with a rich yellow color, reasonably smooth-textured skin with a slight gloss, and those which are firm and heavy. A pale or greenish-yellow color means very fresh fruit with slightly higher acidity. Coarse or rough skin texture is a sign of thick skin and not much flesh.

Avoid: Lemons with a darker yellow or dull color, or with hardened or shriveled skin (signs of age), and those with soft spots, mold on the surface, and punctures of the skin (signs of decay).

Limes

Most limes sold at retail are produced in Florida or imported from México, and are marketed when mature. Imported limes are mostly the smaller "seeded" lime.

Look for: Limes with glossy skin and heavy weight for the size.

Avoid: Limes with dull, dry skin (a sign of aging and loss of acid flavor), and those showing evidence of decay (soft spots, mold, and skin punctures.)

Mangos

Look for multicolor mangos as these are the best ones. The round ones are usually better than the long ones. If the mango is very aromatic, it is ready to eat. They should be soft to the touch but not mushy.=09

Melons

Selection of melons for quality and flavor is difficult, challenging the skill of even the most experienced buyer. Although no absolute formula exists, considering several factors when judging a melon will increase the likelihood of success.

Cantaloupe (Muskmelons)

Cantaloupe, generally available from May through September, are produced principally in California, Arizona, and Texas. Some are also imported early in the season.

Look for: First, the stem should be gone, leaving a smooth symmetrical, shallow base called a "full slip." If all or part of the stem base remains, or if the stem scar is jagged or torn, the melon is probably not fully matured. Second, the netting, or veining, should be thick, coarse, and corky, and should stand out in bold relief over some part of the surface. Third, the skin color (ground color) between the netting should have changed from green to yellowish-buff, yellowish-gray, or pale yellow to a golden tan. Fourth, the ripe

cantaloupe will smell very pleasant.

Signs of ripeness: A cantaloupe might be mature, but not ripe. A ripe cantaloupe will have a yellowish cast to the find, have a pleasant cantaloupe aroma, and yield slightly to light thumb pressure on the blossom end of the melon.

Most cantaloupe are quite firm when freshly displayed in retail stores. While some may be ripe, most have not yet reached their best eating stage. Hold them for 2 to 4 days at room temperature to allow completion of ripening. After conditioning the melons, some people like to place them in the refrigerator for a few hours before serving. Do not purchase them while they are green because they do not ripen properly off the vine. Check the opposite end of the stem, if you can feel the softness when pushing softly, it is ready to eat.

Avoid: Overripeness is indicated by a pronounced yellow rind color, a softening over the entire find, and soft, watery, and insipid flesh. Small braises normally will not hurt the fruit, but large bruised Éareas should be avoided, since they generally cause soft, water-soaked areas underneath the find. Mold growth on the cantaloupe (particularly in the stem-scar, or if the tissue under the mold is soft and wet) is a sign of decay.

Casaba

This sweet, juicy melon is normally pumpkin-shaped with a very slight tendency to be pointed at the stem end. It is not netted, but has shallow, irregular furrows running from the stem end toward the blossom end. The rind is hard with light green or yellow color. The stem does not separate from the melon, and must be cut in harvesting. The casaba melon season is from July to November. Casabas are produced in California and Arizona.

Look for: Ripe melons with a gold-yellow rind color and a slight softening at the blossom end. Casabas have no aroma.

Avoid: Dark, sunken, water-soaked spots which indicate decay.

Crenshaw

Its large size and distinctive shape make this melon easy to identify. It is rounded at the blossom end and tends to be pointed at the stem end. The rind is relatively smooth with only very shallow lengthwise furrowing. The flesh is pale orange, juicy, and delicious; and generally considered outstanding in the melon family. Crenshaws are grown in California from July through October, with peak shipments in August and September.

Look for: There are three signs of ripeness. First, the rind should be generally a deep golden yellow, sometimes with small areas having a lighter shade of yellow. Second, the surface should yield slightly to moderate pressure, particularly at the blossom end. Third, the melon should have a pleasant aroma.

Avoid: Slightly sunken, water-soaked areas on the rind are signs of decay.

Honey Ball

The honey ball melon is very similar to the honey dew melon, except that it is much smaller, very round, and slightly and irregularly netted over the surface. Use the same buying tips for this melon as for the honey dew melon.

Honey Dew

The outstanding flavor characteristics of honey dews make them highly

prized as a dessert fruit. The melon is large (4 to 8 lb.), bluntly oval in shape, and generally very smooth with only occasional traces of surface netting. The rind is firm and ranges from creamy white to creamy yellow, depending on the stage of ripeness. The stem does not separate from the fruit, and must be cut for harvesting.

Honey dews are available to some extent almost all year round, due in part to imports during the winter and spring. Chief sources, however, are California, Arizona, and Texas. The most abundant supplies are available from July through October.

Look for: A soft, velvety texture indicates maturity. Slight softening at the blossom end, a faint pleasant fruit aroma, and yellowish-white to creamy rind color indicate ripeness.

Avoid: Dead-white or greenish-white color and a hard, smooth feel are signs of immaturity. Large, water-soaked, braised areas are signs of injury; and cuts or punctures through the rind usually lead to decay. Small, superficial, sunken spots do not damage the melon for immediate use, but large decayed spots will.

Persian

Persian melons resemble cantaloupe, but are more nearly round, have finer netting, and are about the same size as honey dews. The flesh is thick, fine-textured, and orange-colored. Grown primarily in California, they are available in fair supply in August and September.

Look for: The same quality and ripeness factors listed for cantaloupe apply to Persian melons.

Watermelons

Although watermelons are available to some degree from early May

through September, peak supplies come in June, July, and August. Judging the quality of a watermelon is very difficult unless it is cut in half or quartered.

Look for: Firm, juicy flesh with good red color that is free from white streaks; and seeds which are dark brown or black. Seedless watermelons often contain small white, immature seeds, which are normal for this type.

Avoid: Melons with pale-colored flesh, white streaks (or "white heart"), and whitish seeds (indicating immaturity). Dry, mealy flesh, or watery stringy flesh are signs of overmaturity or aging after harvest.

If you want to buy an uncut watermelon, here are a few appearance factors which may be helpful (though not totally reliable) in guiding you to a satisfactory selection. The watermelon surface should be relatively smooth; the rind should have a slight dullness (neither shiny nor dull); the ends of the melon should be filled out and rounded; and the underside, or "belly" of the melon should have a creamy or yellowish color, not white. The stem should be brown and shriveled instead of wet and green. A ripe watermelon thumps with a hollow sound. An unripe watermelon has a very high pitch sound as compared with the hollow sound of the ripe watermelon. If it is overripe, thumping will be an uninteresting dull sound.

Nectarines

This fruit, available from June through September from California, combines characteristics of both the peach and the plum.

Look for: Rich color and plumpness, and a slight softening along the "seam" of the nectarine. Most varieties have an orange-yellow background color between the red areas, but some varieties have a

greenish background color. Bright-looking fruits which are firm to moderately hard will probably ripen normally within 2 or 3 days at room temperature.

Avoid: Hard, dull fruits or slightly shriveled fruits (which may be immature--picked too soon--and of poor eating quality) and soft or overripe fruits or those with cracked or punctured skin or other signs of decay.

Russetting or staining of the skin may affect the appearance but not detract from the internal quality of the nectarine.

Oranges

California, Florida, Texas, and Arizona produce our year-round supply of oranges.

Leading varieties from California and Arizona are the Washington Navel and the Valencia, both characterized by a rich orange skin color. The Navel orange, available from November until early May, has a thicker, somewhat more pebbled skin than the Valencia; the skin is more easily removed by hand, and the segments separate more readily. It is ideally suited for eating as a whole fruit or in segments in salads. The western Valencia orange, available from late April through October, is excellent either for juicing or for slicing in salads.

Florida and Texas orange crops are marketed from early October until late June. Parson Brown and Hamlin are early varieties, while the Pineapple orange an important, high-quality orange for eating is available from late November through March. Florida and Texas Valencias are marketed from late March through June. The Florida Temple orange is available from early December until early March. Somewhat like the California Navel, it peels easily, separates into segments readily, and has excellent flavor.

Oranges are required by strict State regulations to be mature before being harvested and shipped out of the producing State. Thus, skin color is not a reliable index of quality, and a greenish cast or green spots do not mean that the orange is immature. Often fully matured oranges will turn greenish (called "regreening") late in the marketing season. Some oranges are artificially colored to improve their appearance. This practice has no effect on eating quality, but artificially colored fruits must be labeled "color added."

"Discoloration" is often found on Florida and Texas oranges, but not on California oranges. This is a tan, brown, or blackish mottling or specking over the skin. It has no effect on eating quality, and in fact often occurs on oranges with thin skin and superior eating quality.

Look for: Firm and heavy oranges with fresh, bright-looking skin which is reasonably smooth for the variety.

Avoid: Light-weight oranges, which are likely to lack flesh content and juice. Very rough skin texture indicates abnormally thick skin and less flesh. Dull, dry skin and spongy texture indicate aging and deteriorated eating quality. Also avoid decay shown by cuts or skin punctures, soft spots on the surface, and discolored, weakened areas of skin around the stem end or button.

Peaches

Hard peaches are hard to ripen at home. Look for peaches that are already ripe with a "blush" to them. They should be solid but soft under a little pressure. The nectarines and apricots fall under this same category as peaches.

Pears

Look for: Firm pears of all varieties. The color depends on variety. For Bartletts, look for a pale yellow to rich yellow color; Anjou or Comice--light green to yellowish-green; Bosc--greenish-yellow to brownish-yellow (the brown cast is caused by skin russeting, a characteristic of the Bosc pear); Winter Nellis--medium to light green.

Pears which are hard when you find them in the food store will probably ripen if kept at room temperature. This is because pears tend to ripen better off the tree but it is wise to select pears that have already begun to soften to be reasonably sure that they will ripen satisfactorily. Summer pears will soften all over while winter pears stay firm. Royal Riveras also called Comice pears are far best of them all. Then Bartletts, are very popular.

Avoid: Wilted or shriveled pears with dull-appearing skin and slight weakening of the flesh near the stem, which indicates immaturity. These pears will not ripen. Also avoid spots on the sides or blossom ends of the pear, which means that corky tissue may be underneath..

Pineapples

Pineapples are available all year, but are most abundant from March through June. Hawaii, Puerto Rico, and Mexico are principal suppliers. The ones from Maui, Hawaii are the best. Present marketing practices, including air shipments, allow pineapples to be harvested as nearly ripe as possible. They are delivered to market near the peak of sweetness, with color ranging from green to orange and yellow. A mature green pineapple will normally turn yellow to orange within a few days at room temperature, but many are already fully colored when you find them in the food store. Store them in the window seal upside down. The best part of the pineapple is in the bottom half. This will allow for even ripening.

Look for: Bright color, fragrant pineapple aroma, and a very slight separation of the eyes or pips--the berry-like fruitlets patterned in a spiral on the fruit core. At their mature stage, pineapples are usually dark green, firm, plump, and heavy for their size, golden from top to bottom. and very fragrant. The larger the fruit, the greater the proportion of edible flesh. As the popular varieties ripen, the green color turns to orange and yellow. When fully colored, pineapples are golden yellow, orange-yellow, or reddish brown, depending on the variety. The test for ripeness at the market is to simply pull out the very center of the crown. Hold back the larger of the crown to get at the smaller leaves. They should not be hard to pull out or simply fall out. Instead in between. A nice easy snap will be the ones ready to eat.

Avoid: Pineapples with sunken or slightly pointed pips, dull yellowish-green color, and dried appearance--all signs of immaturity. Also avoid braised fruit, shown by discolored or soft spots, which are susceptible to decay. Other signs of decay are traces of mold, unpleasant odor, and eyes which are dark and watery.

Plums and Prunes

Quality characteristics for both are very similar, and the same buying tips apply to both.

Plums--A number of varieties of plums are produced in California and are available from June to September. Varieties differ slightly in appearance and flavor, so you should buy and taste one to see if that variety appeals to you.

Prunes--Only a few varieties of prunes are commonly marketed, and they are all very similar. Prunes are purplish-black or bluish-black, with a moderately firm flesh which separates freely from the pit. Most

commercial production is in the Northwestern States. Fresh prunes are available in food stores from August through October.

Look for: Plums and prunes with a good color for the variety, in a fairly firm to slightly soft stage of ripeness.

Avoid: Fruits with skin breaks, punctures, or brownish discoloration. Also avoid immature fruits (relatively hard, poorly colored, very tart, sometimes shriveled) and overmature fruits (excessively soft, possibly leaking or decaying).

Raspberries, Boysenberries, etc.

Blackberries, raspberries, dewberries, loganberries, and youngberries are similar in general structure. They differ from one another in shape or color, but quality factors are about the same for all.

Look for: A bright, clean appearance and a uniform good color for the species. The individual small cells making up the berry should be plump and tender but not mushy. Look for berries that are fully ripened, with no attached stem caps.

Avoid: Leaky and moldy berries. You can usually spot them through the openings in the ventilated plastic containers. Also look for wet or stained spots on wood or fiber containers, as possible signs of poor quality or spoiled berries.

Strawberries

First shipments of strawberries come from southern Florida in January, and then production increases, gradually spreading north and west into many parts of the country before tapering off in the fall. Strawberries are in best supply in May and June.

Look for: Berries with a full red color and a bright luster, firm flesh, and the cap stem still attached. The berries should be dry and clean, and usually medium to small strawberries have better eating quality than large ones.

Avoid: Berries with large uncolored areas or with large seedy areas (poor in flavor and texture), a full shrunken appearance or softness (signs of overripeness or decay), or those with mold, which can spread rapidly from one berry to another.

Note: In most containers of strawberries you will likely find a few that are less desirable than others. Try to look at some of berries lower in the container to be sure that they are reasonably free from defects or decay.

Tangerines

Florida is the chief source of tangerines. Considerable quantities of tangerines and similar types of oranges are produced in California and Arizona, some in Texas, and few are imported. Tangerines are available from late November until early March, with peak supplies in December and January. The Murcott, a large, excellent variety of orange resembling the tangerine, is available from late February through April.

Look for: Deep yellow or orange color and a bright luster is your best sign of fresh, mature, good-flavored tangerines. Because of the typically loose nature of tangerine skins, they will frequently not feel firm to the touch.

Avoid: Very pale yellow or greenish fruits, which are likely to be lacking in flavor (although small green areas on otherwise high-colored fruit are not bad), and tangerines with cut or punctured skins or very soft spots (all signs of decay, which spreads rapidly).

VEGATABLES

Artichokes

The globe artichoke is the large, unopened flower bud of a plant belonging to the thistle family. The many leaf-like parts making up the bud are called "scales." Produced domestically only in California, the peak of the crop comes in April and May.

Look for: Plump, globular artichokes that are heavy in relation to size, and compact with thick, green, fresh-looking scales. Size is not important with respect to quality.

Avoid: Artichokes with large areas of brown on the scales and with spreading scales (a sign of age, indicating drying and toughening of the edible portions), grayish-black discoloration (caused by bruises), mold growth on the scales, and worm injury.

Asparagus

California, New Jersey, Washington, and Michigan are the chief sources of domestically grown asparagus.

Look for: Closed, compact tips; smooth, round spears; and a fresh appearance. A rich green color should cover most of the spear. Stalks should be almost as far down as the green extends.

Avoid: Tips that are open and spread out, moldy or decayed tips, or ribbed spears (spears with up-and-down ridges or that are not approximately round). Those are all signs of aging, and indicate tough asparagus and poor flavor. Also avoid excessively sandy asparagus, because sand grains can lodge beneath the scales or in the tips of the

spears and are difficult to remove in washing.

Beans (Snap)

Snap beans, produced commercially in many States, are available throughout the year. Most beans found in the food store will be the common green podded varieties, but large green pole beans and yellow wax beans are occasionally available.

Look for: A fresh, bright appearance with good color for the variety. Get young, tender beans with pods in a firm, crisp condition.

Avoid: Wilted or flabby bean pods, serious blemishes, and decay. Thick, tough, fibrous pods indicate overmaturity.

Beets

Beets, available year-round, are grown in most parts of the Nation. Many beets are sold in bunches with the tops still attached, while others are sold with the tops removed.

Look for: Beets that are firm, round, with a slender tap root (the large main root), a rich, deep red color, and smooth over most of the surface. If beets are bunched, you can judge their freshness fairly accurately by the condition of the tops. Badly wilted or decayed tops indicate a lack of freshness, but the roots may be satisfactory if they are firm.

Avoid: Elongated beets with round, scaly areas around the top surface these will be tough, fibrous, and strong-flavored. Also avoid wilted, flabby beets--they have been exposed to the air too long.

Broccoli

A member of the cabbage family, and a close relative of cauliflower, broccoli is available throughout the year.

California is the heaviest producer, although other States also produce large amounts of broccoli.

Look for: A firm, crisp wide head. The buds should be tight and dense. Bud clusters should be dark green or sage green or even green with a decidedly purplish cast. Stems should not be too thick or too tough. The greener the better. The whole plant should be eaten because of the high nutrition.

Avoid: Broccoli with spread bud clusters, enlarged or open buds, yellowish-green color, or wilted condition, which are all signs of overmaturity. Also avoid broccoli with soft, slippery, water-soaked spots on the bud cluster. These are signs of decay.

Brussels Sprouts

Another close relative of the cabbage, Brussels sprouts develop as enlarged buds on a tall stem, one sprout appearing where each main leaf is attached. The "sprouts" are cut off and, in most cases, are packed in small consumer containers, although some are packed loose, in bulk. Although they are often available about 10 months of the year, peak supplies appear from October through December.

Look for: A fresh, bright-green color, tight fitting outer leaves, firm body, and freedom from blemishes.

Avoid: Elongated beets with round, scaly areas around the top surface these will be tough, fibrous, and strong-flavored. Also avoid wilted, flabby beets they have been exposed to the air too long.

Cabbage

Three major groups of cabbage varieties are available: smooth-leaved green cabbage; crinkly-leaved green Savoy cabbage; and red cabbage. All types are suitable for any use, although the Savoy and red varieties are more in demand for use in slaw and salads.

Cabbage may be sold fresh (called "new" cabbage) or from storage. Cabbage is available throughout the year, since it is grown in many States. California, Florida, and Texas market most new cabbage. Many Northern States grow cabbage for late summer and fall shipment or to be held in storage for winter sale.

Look for: Firm or hard heads of cabbage that are heavy for their size. Outer leaves should be a good green or red color (depending on type), reasonably fresh, and free from serious blemishes. The outer leaves (called "wrapper" leaves) fit loosely on the head and are usually discarded, but too many loose wrapper leaves on a head cause extra waste.

Some early-crop cabbage may be soft or only fairly firm, but is suitable for immediate use if the leaves are fresh and crisp. Cabbage out of storage is usually trimmed of all outer leaves and lacks green color, but is satisfactory if not wilted or discolored.

Avoid: New cabbage with wilted or decayed outer leaves or with leaves turned decidedly yellow. Worm-eaten outer leaves often indicate that the worm injury penetrates into the head.

Storage cabbage with badly discolored, dried, or decayed outer leaves probably is over-aged. Separation of the stems of leaves from the central stem at the base of the head also indicates over-age.

Carrots

Freshly harvested carrots are available year round. Most are marketed when relatively young, tender, well-colored, and mild-flavored an ideal stage for use as raw carrot sticks. Larger carrots are packed separately and used primarily for cooking, shredding and juicing. For salads, etc., the smaller tender ones are the choice. California and Texas market most domestic carrots, but many other States also produce large quantities. The choice is the California carrots because they tend to be the sweetest and least bitter. Then Colorado, Texas, Arizona, and Mexico in that order.

Look for: Carrots which are well formed, smooth, well colored, and firm. If tops are attached, they should be fresh and of a good green color.

Avoid: Roots with large green "sunburned" areas at the top (which must be trimmed) and roots which are flabby from wilting or show spots of soft rot.

Cauliflower

Although most abundant from September through January, cauliflower is available during every month of the year. California, New York, and Florida are major sources.. The white edible portion is called "the curd" and the heavy outer leaf covering is called "the jacket leaves." Cauliflower is generally sold with most of the jacket leaves removed, and is wrapped in plastic film.

Look for: White to creamy-white, compact, solid, and clean curds. A slightly granular or "ricey" texture of the curd will not hurt the eating quality if the surface is compact. Ignore small green leaflets extending through the curd. If jacket leaves are attached, a good green color is a sign of freshness.

Avoid: A spreading of the curd--a sign of aging or overmaturity. Also avoid severe wilting or discolored spots on the curd. A smudgy or speckled appearance of the curd is a sign of insect injury, mold growth, or decay, and should be avoided.

Celery

Celery, a popular vegetable for a variety of uses, is available throughout the year. Production is concentrated in California, Florida, Michigan, and New York. Most celery is of the so-called "Pascal" type, which includes thick-branched, green varieties.

Look for: Freshness and crispness in celery. The stalk should have a solid, rigid feel and leaflets should be fresh or only slightly wilted. Also look for a glossy surface, stalks of light green or medium green, and mostly green leaflets. Stalks that are thick, stout and succulent are less stringy. Look for celery that is not too green as it can be bitter. Not green enough and it has less food value. Keep celery in air tight bags or containers as they can last about two weeks this way. Otherwise they tend to become limp on the counter top exposed to air.

Avoid: Wilted celery and celery with flabby upper branches or leaf stems. You can freshen celery somewhat by placing the butt end in water, but badly wilted celery will never become really fresh again.

Celery with pithy, hollow, or discolored centers in the branches also should be avoided. Celery with internal discoloration will show some gray or brown on the inside surface of the larger branches near where they are attached to the base of the stalk.

Also avoid celery with blackheart, a brown or black discoloration of

the small center branches; insect injury in the center branches or the insides of outer branches; and long, thick seed stems in place of the usually small, tender heart branches.

Chard (See Greens)

Chinese Cabbage

Primarily a salad vegetable, Chinese cabbage plants are elongated, with some varieties developing a firm head and others an open, leafy form.

Look for: Fresh, crisp, green plants that are free from blemishes or decay.

Avoid: Wilted or yellowed plants. Chicory, Endives, Escarole. These vegetables, used mainly in salads, are available practically all year round-but primarily in the winter and spring. Chicory or endive has narrow, notched edges, and crinkly leaves resembling the dandelion leaf. Chicory plants often have "blanched" yellowish leaves in the center which are preferred by many people. Escarole leaves are much broader and less crinkly than those of chicory.

Look for: Freshness, crispness, tenderness, and a good green color of the outer leaves.

Avoid: Plants with leaves which have brownish or yellowish discoloration or which have insect injury.

Note: Witloof or Belgian endive is a compact, cigar-shaped plant which is creamy white from blanching. The small shoots are kept from becoming green by being grown in complete darkness.

Collards (See Greens)

Corn

Sweet corn is available practically every month of the year, but is most plentiful in early may until mid-September. Yellow-kernel corn is the most popular, but some white-kernel and mixed-color corn is sold. Sweet corn is produced in a large number of States during the spring and summer, but most mid-winter supplies come from south Florida.

For best quality, corn should be refrigerated immediately after being picked. Corn will retain fairly good quality for a number of days, if it has been kept cold and moist since harvesting. Therefore, it should be refrigerated as soon as possible and kept moist until used.

Look for: Fresh, succulent husks with good green color, silk-ends that are free from decay or worm injury, and stem ends (opposite from the silk) that are not too discolored or dried.

Select ears that are well-covered with plump, not-too-mature kernels. Sweet corn is sometimes sold husked in overwrapped film trays.

Avoid: Ears with under-developed kernels which lack yellow color (in yellow corn), old ears with very large kernels, and ears with dark yellow or dried kernels with depressed areas on the outer surface. Also avoid ears of corn with yellowed, wilted, or dried husks, or discolored and dried-out stem ends.

Cucumbers

Although cucumbers are produced at various times of the year in many States, and imported during the colder months, the supply is most plentiful in the summer months.

Look for: Cucumbers with good green color that are firm over their

entire length. They should be well developed, but not too large in diameter. Look for the smaller knobby ones for the best flavor.

Avoid: Overgrown cucumbers that are large in diameter and have a dull color, turning yellowish. Also avoid cucumbers with withered or shriveled ends-signs of toughness and bitter flavor.

Eggplants

Eggplant is most plentiful during late summer, but is available all year. Although the purple eggplant is more common, white eggplant is occasionally seen in the marketplace.

Look for: Firm, heavy, smooth, and uniformly dark purple eggplants.

Avoid: Those which are poorly colored, soft, shriveled, cut, or which show decay in the form of irregular dark-brown spots.

Endive, Escarole (See Chicory)

Greens

A large number of widely differing species of plants are grown for use as "greens." The better known kinds are spinach, kale, collard, turnip, beet, chard, mustard, broccoli leaves, chicory, endive, escarole, dandelion, cress, and sorrel. Many others, some of them wild, are also used to a limited extent as greens.

Look for: Leaves that are fresh, young, tender, free from defects, and that have a good, healthy, green color. Beet tops and red chard show reddish color.

Avoid: Leaves with coarse, fibrous stems, yellowish-green color, softness (a sign of decay), or a wilted condition. Also avoid greens

with evidence of insects--especially aphids--which are sometimes hard to see and equally hard to wash away.

Kale (See Greens)

Lettuce

Among the leading U.S. vegetables, lettuce owes its prominence to the growing popularity of salads in our diets. It's available throughout the year in various seasons from California, Arizona, Florida, New York, New Jersey, and other States. Four types of lettuce are generally sold: iceberg, butter-head, Romaine, and leaf. Romaine is the king of lettuces.

Iceberg lettuce is the major type. Heads are large, round, and solid, with medium-green outer leaves and lighter green or pale-green inner leaves.

Butter-head lettuce, including the Big Boston and Bibb varieties, has a smaller head than iceberg. This type will have soft, succulent light-green leaves in a rosette pattern in the center.

Romaine lettuce plants are tall and cylindrical with crisp, dark-green leaves in a loosely folded head.

Leaf lettuce includes many varieties--none with a compact head. Leaves are broad, tender, succulent, and fairly smooth, and they vary in color according to variety.

Look for: Signs of freshness in lettuce. For iceberg lettuce and Romaine, the leaves should be crisp. Other lettuce types will have a softer texture, but leaves should not be wilted. Look for a good, bright color in most varieties, medium to light green. The greener the lettuce the more food value it has. Some varieties have red leaves.

Avoid: Heads of iceberg type which are very hard and which lack green color (signs of overmaturity). Such heads sometimes develop discoloration of the inner leaves and midribs, and may have a less desirable flavor. Also avoid heads with irregular shapes and hard bumps on top, which indicate the presence of overgrown central stems. Also avoid heads that are waterlogged

Check the lettuce for tip bum, a tan or brown area around the margins of the leaves. Look for tip bum of the edges of the head leaves. Slight discoloration of the outer or wrapper leaves will usually not hurt the quality of the lettuce, but serious discoloration or decay definitely should be avoided. Look for head lettuce that is crisp, dense and heavy.

Mushrooms

Grown in houses, cellars, or caves, mushrooms are available year-round in varying amounts. Most come from Pennsylvania, but many are produced in California, New York, Ohio, and other States.

We usually describe mushrooms as having a cap (the wide portion on top), gills (the numerous rows of paper-thin tissue seen underneath the cap when it opens), and a stem.

Look for: Young mushrooms that are small to medium in size. Caps should be either closed around the stem or moderately open with pink or light-tan gills. The surface of the cap should be white or creamy, or uniform light brown if of a brown type.

Avoid: Overripe mushrooms (shown by wide-open caps and dark, discolored gills underneath) and those with pitted or seriously discolored caps.

Okra

Okra is the immature seed pod of the okra plant, generally grown in Southern States.

Look for: Tender pods (the tips will bend with very slight pressure) under 4-1/2 inches long. They should be bright green color and free from blemishes.

Avoid: Tough, fibrous pods, indicated by tips which are stiff and resist bending, or by a very hard body of the pod, or by pale, faded green color.

Onions

The many varieties of onions grown commercially fall into three general classes, distinguished by color: yellow, white, and red.

Onions are available year-round, either fresh or from storage.

Major onion-growing States are California, New York, Texas, Michigan, Colorado, Oregon, and Idaho.

Look for: Hard or firm onions which are dry and have small necks. They should be reasonably free from green sunburn spots or other blemishes.

Avoid: Onions with wet or very soft necks, which usually are immature or affected by decay. Also avoid onions with thick, hollow, woody centers in the neck or with fresh sprouts.

Onions (Green), Leeks

Onions and leeks (sometimes called scallions) are similar in

appearance, but are somewhat different in nature.

Green onions are ordinary onions harvested very young. They have very little or no bulb formation, and their tops are tubular.

Leeks have slight bulb formation and broad, flat, dark- green tops.

Sold in small, tied bunches, they are all available to some extent throughout the entire year, but are most plentiful in spring and summer.

Look for: Bunches with fresh, crisp, green tops. They should have portions extending two or three inches up from the root end.

Avoid: Yellowing, wilted, discolored, or decayed tops (indicating flabby, tough, or fibrous condition of the edible portions). Braised tops will not affect the eating quality of the bulbs, if the tops are removed.

Parsley

Parsley is generally available the year-round. It is used both as a decorative garnish and to add its own unique flavor.

Look for: Fresh, crisp, bright-green leaves, for both the curled-leaf and the flat-leaf types of parsley. Slightly wilted leaves can be freshened by trimming off the ends of the stems and placing them in cold water.

Avoid: Yellowing, discolored, or decayed leaves.

Parsnips

Although available to some extent throughout the year, parsnips are

primarily late-winter vegetables because the flavor becomes sweeter and more desirable after long exposure to cold temperatures, below 40 =F8F.

Look for: Parsnips of small or medium width that are well formed, smooth, firm, and free from serious blemishes or decay.

Avoid: Large, coarse roots (which probably have woody, fibrous, or pithy centers) and badly wilted and flabby roots (which will be tough when cooked).

Peppers

Most of the peppers that you'll find are the sweet green peppers, available in varying amounts throughout the year, but most plentiful during late summer. (Fully matured peppers of the same type have a bright red color.) A variety of colored peppers are also available, including white, yellow, orange, red, and purple.

Look for: Peppers with deep, characteristic color, glossy sheen, relatively heavy weight, and firm walls or sides. Consider the ripe red ones or with red streaks running through them because these are the sweetest.

Avoid: Peppers with very thin walls (indicated by lightweight and flimsy sides), peppers that are wilted or flabby with cuts or punctures through the walls, and pepper with soft watery spots on the sides (evidence of decay).

Potatoes

For practical purposes, potatoes can be put into three groups, although the distinctions between them are not clear-cut, and there is

much overlapping.

"New potatoes" is a term most frequently used to describe those potatoes freshly harvested and marketed during the late winter or early spring. The name is also widely used in later crop producing areas to designate freshly dug potatoes which are not fully matured. The best uses for new potatoes are boiling or creaming. They vary widely in size and shape, depending upon variety, but are likely to be affected by "skinning" or "feathering" of the outer layer of skin. Skinning usually affects only their appearance.

"General purpose potatoes" include the great majority of supplies, both round and long types, offered for sale in markets. With the aid of air-cooled storage, they are amply available throughout the year. As the term implies, they are used for boiling, frying, and baking, although many of the common varieties are not considered to be best for baking.

Potatoes grown specifically for their baking quality also are available. Both variety and area where grown are important factors affecting baking quality. A long variety with fine, scaly netting on the skin, such as the Russet Burbank, is commonly used for baking.

Look for: With new potatoes, look for firm potatoes that are free from blemishes and sunburn (a green discoloration under the skin). Some amount of skinned surface is normal, but potatoes with large skinned and discolored areas are undesirable. For general-purpose and baking potatoes, look for reasonably smooth, firm potatoes free from blemishes, sunburn, and decay.

Avoid: Potatoes with large cuts, bruises, or decay (they'll cause waste in peeling) and sprouted or shriveled potatoes.

Also avoid green potatoes. The green portions, which contain the

alkaloid solanin, may penetrate the flesh and cause bitter flavor.

Radishes

Radishes, available the year-round, are most plentiful from May through July. California and Florida produce most of our winter and spring supplies, while several Northern States provide radishes the rest of the year.

Look for: Medium-size radishes 3/4 to 1 inch in diameter that are plump, round, firm, and of a good, red color.

Avoid: Very large or flabby radishes (likely to have pithy centers). Also avoid radishes with yellow or decayed tops (sign of over-age).

Rhubarb

This highly specialized vegetable is used like a fruit in sweetened sauces and pies. Very limited supplies are available during most of the year, with best supplies available from January to June.

Look for: Fresh, firm rhubarb stems with a bright, glossy appearance. Stems should have a large amount of pink or red color, although many good-quality stems will be predominantly light green. Be sure that the stem is tender and not fibrous.

Avoid: Either very slender or extremely thick stems, which are likely to be tough and stringy. Also avoid rhubarb that is wilted and flabby.

Rutabagas (See Turnips)

Spinach (See Greens)

Squash (Summer)

Summer squash includes those varieties which are harvested while still immature and when the entire squash is tender and edible. They include the yellow Crookneck, the large Straightneck, the greenish-white Patty Pan, and the slender green Zucchini. Some of these squash are available at all times of the year.

Look for: Squash that are tender and well developed, firm, and fresh-appearing. You can identify a tender squash, because the skin is glossy instead of dull, and it is neither hard nor tough.

Avoid: Stale or overmature squash, which will have a dull appearance and a hard, tough surface. Such squash usually have enlarged seeds and dry, stringy flesh. Also avoid squash with discolored or pitted areas.

Squash (Fall and Winter)

Winter squash are those varieties which are marketed only when fully mature. Some of the most important varieties are the small corrugated Acorn (available all year-round), Butternut, Buttercup, green and blue Hubbard, green and gold Delicious, and Banana. Winter squash is most plentiful from early fall until late winter.

Look for: Full maturity, indicated by a hard, tough find. Also look for squash that is heavy for its size (meaning a thick wall and more edible flesh). Slight variations in skin color do not affect flavor.

Avoid: Squash with cuts, punctures, sunken spots, or moldy spots on the find. These are indications of decay. A tender rind indicates immaturity, which is a sign of poor eating quality in winter squash varieties.

Sweet Potatoes

Two types of sweet potatoes are available in varying amounts the year-round. Moist sweet potatoes, sometimes called yams, are the most common type. They have orange-colored flesh and are very sweet. (The true yam is the root of a tropical vine which is not grown commercially in the United States.)

Dry sweet potatoes have pale-colored flesh and are low in moisture.

Most sweet potatoes are grown in the Southern tier and some Eastern States, in an area from Texas to New Jersey. California also is a major producer.

Look for: Firm sweet potatoes with smooth, bright, uniformly colored skins, free from signs of decay. Because they are more perishable than white potatoes, extra care should be used in selecting sweet potatoes.

Avoid: Sweet potatoes with worm holes, cuts, grub injury, or any other defects which penetrate the skin; this causes waste and can readily lead to decay. Even if you cut away the decayed portion, the remainder of the potato flesh may have a bad taste.

Decay is the worst problem with sweet potatoes and is of three types: wet, soft decay; dry, firm decay which begins at the end of the potato, making it discolored and shriveled; and dry rot in the form of sunken, discolored areas on the sides of the potato.

Sweet potatoes should not be stored in the refrigerator.

Tomatoes

Extremely popular and nutritious, tomatoes are in moderate to liberal

supply throughout the year. Florida, California, and a number of other States are major producers, but imports supplement domestic supplies.

The best flavor usually comes from locally grown tomatoes produced on nearby farms. This type of tomato is allowed to ripen completely before being picked. Many areas, however, now ship tomatoes which are picked right after the color has begun to change from green to pink.

If your tomatoes need further ripening, keep them in a warm place but not in direct sunlight. Unless they are fully ripened, do not store tomatoes in a refrigerator the cold temperatures might keep them from ripening later on and ruin the flavor.

Look for: Tomatoes which are smooth, well ripened, and reasonably free from blemishes.

For fully ripe fruit, look for an overall rich, red color and a slight softness. Softness is easily detected by gentle handling.

For tomatoes slightly less than fully ripe, look for firm texture and color ranging from pink to light red.

Avoid: Soft, overripe, or braised tomatoes, and tomatoes with sunburn (green or yellow areas near the stem scar), and growth cracks (deep brown cracks around the stem scar). Also avoid decayed tomatoes which will have soft, water-soaked spots, depressed areas, or surface mold.

Turnips

The most popular turnip has white flesh and a purple top (reddish-purple tinting of upper surface). It may be sold "topped" (with leaves removed) or in bunches with tops still on, and is available in some food stores most of the year.

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Look for: Small or medium-size, smooth, fairly round, and firm vegetables. If sold in bunches, the tops should be fresh and should have a good green color.

Avoid: Large turnips with too many leaf scars around the top and with obvious fibrous roots.

Rutabagas are distinctly yellow-fleshed, large-sized relatives of turnips. They are available generally in the fall and winter, but cold-storage rutabagas are often available in the spring. Late winter storage rutabagas are sometimes coated with a thin layer of paraffin to prevent loss of moisture and shriveling. The paraffin is readily removed with the peeling before cooking.

Look for: Heavy weight for their size, generally smooth, round or moderately elongated shape, and firmness.

Avoid: Rutabagas with skin punctures, deep cuts or decay.

Watercress

Watercress is a small, round-leaved plant that grows naturally (or it may be cultivated) along the banks of freshwater streams and ponds. It is prized as an ingredient of mixed green salads and as a garnish, because of its spicy flavor. Watercress is available in limited supply through most of the year.

Look for: Watercress that is fresh, crisp, and has a rich green color.

Avoid: Bunches with yellow, wilted, or decayed leaves.

Zucchini

Thin shinny ones are the best. Also consider eating them while young.

Look for fuzzy hairs on them to indicate garden freshness. The crooked necked yellow squash is the best overall flavor.

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I wish to give special credit to the various government agencies who have generously sent me articles, data and other help.

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THE END

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