

# The Kabalarian Cleansing Diet

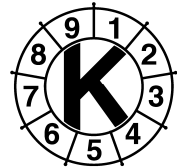
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# The Kabalarian Cleansing Diet



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Printed in Canada

## To the Reader:

The information and concepts presented in the *Kabalarian Cleansing Diet* booklet are meant to augment the care and guidance of your physician, not to replace it. You are cautioned not to attempt diagnosis or embark upon self-treatment of serious illness without competent professional assistance. There are many physicians available who are ready to cooperate with clients wanting to improve their diets and lifestyles; if you are under medical care or taking medication, we suggest discussing this possibility with your health professional.

The information in this lesson material has been taken largely from the writings of Alfred J. Parker (1897-1964) who authored the writings upon which the Kabalarian Philosophy is based.

When much of this material was written by Mr. Parker during the 1940s, the reference to man and mankind had a universal meaning and included the reference to all people. Rather than alter the original writings by changing all such references of man and mankind to human and humankind, we ask you to interpret the references of man and mankind as a universal term which includes everyone on an equal basis.

# The Kabalarian Cleansing Diet

The body, mind, and spirit are interconnected, and balance between these three leads to good health. To understand the spiritual power that came to each of us with the first breath of life and to express one's innate qualities through mind can lead to joyful living and fulfilment. Constructive thought energies of happiness and contentment serve to strengthen the body and increase the potential for lifetime good health. What we eat and drink also influences our state of health.

The Kabalarian Cleansing Diet is composed mainly of vegetables and fruits. In adopting the Kabalarian Cleansing Diet, it is important to look for organic foods, to avoid where possible genetically modified foods, and to ensure that a variety of vegetables and fruits are incorporated into your diet.

The high-speed pace of life often means that we do not take the time to prepare nourishing meals consistently. We rely upon fast or quick-energy foods. In youth we get away with eating improperly. Over time, however, these foods contribute to the failure of the body to maintain lifetime good health because they do not provide the essential nutrients.

Hippocrates, 460 BC Greek physician and teacher of medicine, proclaimed, "Let food be thy medicine." Mother Nature provides fresh vegetables and fruits that provide energy and powerful substances to build and heal the body.

Having applied the Kabalarian Cleansing Diet, many people have regained lost health and now live life to the fullest knowing they are able to build and maintain good health through this

program. We each are ultimately responsible for our own health.

Alfred J. Parker, the founder of the Kabalarian Philosophy, gave his students the Kabalarian Cleansing Diet in the early 1950s. Following this diet, many people over the years have regained lost health and found renewed joy in living life free from aches and pains, allergies, sickness, and disease.

In *The Right Way to Health*, Mr. Parker wrote, "The greatest key to health and mental evolution is the present mystery called mind. Such is the key to all human problems. This, the Kabalarian Philosophy stresses most particularly, and teaches how a balanced mind may be acquired with its attendant peace of mind, health, and happiness. Fear plays one of the greatest parts in the drama of health versus sickness. Remember that happy thoughts are healthy thoughts."

It is our sincere hope that this booklet will help you to discover a healthier, balanced diet and to enjoy the physical and mental benefits that will certainly follow. A healthy body and a clear mind are the first steps toward spiritual evolution.

## Vegetables You Can Eat on the Kabalarian Cleansing Diet

The list is not exhaustive, but includes readily available vegetables:

asparagus	dandelion greens	peppers (bell)
beets	dulse	radishes
beet top greens	eggplant	rutabagas
bok choy	endive	spinach
broccoli	green beans	spring greens
Brussels sprouts	green peas	sprouts (of many
Cabbage	kale	vegetables) squash (acorn,
Cauliflower	lettuces (butterhead, leaf,	banana, buttercup,
Celery	romaine)	butternut, hubbard,
Chives	mushrooms	kabocha, spaghetti, turban)
cabbage (green, red,	mustard greens	swiss chard
purple, savoy)	okra	turnips
carrots	onions	turnip top greens
cauliflower	parsley	vegetable marrow
collard greens	parsnips	watercress
cucumbers	pea pods	zucchini



Remember that you can purchase frozen vegetables when fresh ones are not available. Canned green beans, green peas, etc., are suggested when you cannot get the fresh or frozen ones, but when possible purchase good quality, organic canned foods.

While you are on the Kabalarian Cleansing Diet you may eat as much as you want, as often as you want, of the vegetables listed above.

There are very few fruits that are not too acidic for the Kabalarian Cleansing Diet list. These are some that may be used sparingly:

- peaches (fresh or canned in water)
- prunes (if you stew them, do not add sugar)
- figs (if you stew them, do not add sugar)
- kadota figs (eat sparingly)
- cantaloupe
- pears (fresh or canned in water)
- honeydew melon
- watermelon
- papaya

Note: Pears, honeydew, watermelon, papaya, or cantaloupe may be eaten once a day, but the other fruits named, not more than twice a week, and then in moderation. Do not use fruits canned with artificial sweeteners such as sucrose, acesulfame potassium, aspartame, high fructose corn syrup, neotame, saccharin, or sucralose. Avoid agave nectar, honey, and sugar alcohols while on your cleansing diet.

If you are in a thin, run-down state, and must cleanse the bloodstream, you would find a porridge made of blanched, ground almonds is helpful. Blanch approximately forty or fifty almonds and grind them in a food chopper. Place in a double boiler. Add two tablespoons of almond milk and steam for fifteen

minutes. Sprinkle with two tablespoons of wheat germ. This porridge is very easily digested and will put on weight. Almonds are rich in calcium and vitamin E. Other nuts or peanut butter should not be eaten as they contain too much starch and oil.

## Fresh Vegetable Juices

Fresh vegetable juices are very cleansing and nourishing. For best results, juices should be used shortly after being extracted. On the Kabalarian Cleansing Diet, you should drink one quart of fresh vegetable juices each day between meals. At other times, it is recommended that you drink one pint per day. Juices are absorbed into the bloodstream within fifteen or twenty minutes. Most vegetables can be juiced, but the following is one of the most palatable combination of juices:



carrot  
celery, spinach,  
and parsley

half a glass  
equal amounts to make up glass

## Drinking Water

The importance of supplying the body with good, unadulterated water cannot



be over-stressed. To reap the full benefit from the Kabalarian Cleansing Diet, drink a

minimum of eight 8-ounce glasses of water daily. As water dilutes the stomach acids used in the digestion process, we recommend drinking only between meals. Start with one glass of hot water upon rising or at least fifteen minutes before breakfast.

Do not drink tap water as it usually contains chlorine or fluoride. If you do not have access to a source of pure

untreated water, purchase natural spring water or water that has had the toxins and impurities removed. An activated carbon filter is effective at removing chlorine, but a reverse osmosis system is needed to remove fluoride and metallic contaminants such as cadmium, lead, and copper.

The body is composed of approximately 60 percent water. All the major functions in the body depend on water, including hydration and cleansing. The kidneys depend on water to do their job. As the blood circulates through the kidneys any poisonous substances are removed and held until they can be flushed from the system in the form of urine. If there is not sufficient water in the bloodstream, then the kidneys cannot

filter the poisons and the poisons are retained in the bloodstream and recirculated through the body, resulting in many forms of sickness. The kidneys

also depend on water to regulate blood pressure, to make red blood cells, and to keep bones healthy.

## Proper Elimination

Poor elimination of the waste matter in the bowels causes poisons to be reabsorbed into the bloodstream. At all times, and especially during the Kabalarian Cleansing Diet, make sure that the function of elimination works every day. If necessary, incorporate a small amount of herbal laxative to overcome sluggish elimination.

## Other Foods You May Eat and Drink

You may drink buttermilk in moderation. Buttermilk is lower in fat than regular milk because the fat has been removed to make butter. It is high in potassium, vitamin B12, calcium, and riboflavin, and is a good source of phosphorus. Those with digestive problems are often advised to drink buttermilk rather than milk, as it is more quickly and easily digested.

Herbal and black teas may be taken in moderation, but must be weak and without sugar and cream.



It is important to purchase good quality eggs—organic and free range. You may have egg yolks but not the whites. Most of the essential nutrients are found in the egg yolk. An egg yolk is a good source of vitamin A derived from carotenes

eaten by the laying hen, plus vitamin D, vitamin B, and iron. Eggs also provide vitamin B12 needed for the protective coating around the nerves.

You may use a little mayonnaise or a mixture of oil and apple cider vinegar or lemon on your salads. All oils are dense sources of calories that supply vitamins A and E. Different oils have different uses. Salad dressings can be made with walnut oil, sesame seed oil, flax oil, or extra virgin olive oil. Other oils such as grape seed, coconut, and olive oils can be used for cooking. Avoid hydrogenated oils and fats as they produce a large amount of trans fats.

Inquire in the fish markets for Newfoundland dulse. Rich in calcium, potassium, magnesium, iron, iodine, manganese, copper, chromium, zinc, and vitamins A, B1, B2, B3, B6, B12, C and E, it may be eaten as is or dissolved in soup.



## What about Fish?



For those who find it necessary to go on a strict Kabalarian Cleansing Diet, fish

should be excluded. While it is a very nourishing food, rich in omega 3, fish can be more difficult to digest and, as a result, adds mucus to the system.

For those who are not attempting to rid their body of specific ailments and are in general good health, but are endeavouring to cleanse and vitalize their body, fish can be incorporated once or twice a week, provided it is not deep fried or cooked in a starchy batter.

Avoid very oily types of fish such as Alaska Black Cod, sardines, herring, smelts, all smoked fish, razor clams, etc.

## Foods You Should Not Eat

Listed below are *some* of the foods that should not be eaten on a Kabalarian Cleansing Diet.

Do not eat starches: these include bread, potatoes, pasta, rice, dried beans of all kinds, dried and hot cereals, pancakes, waffles, puddings, and bananas.

Do not eat sour and acids: these include vinegar, pickles, oranges, pineapples, mangos, lemons, limes, grapefruit, grapes, plums, rhubarb, tomatoes, and all berries.

Do not eat sweets: these include cake, syrup, jams, jellies, honey, dates, candy, or any concoctions made with sugar, too numerous to mention.

Do not eat greasy, rich foods: these include shortbread, pastry, and foods fried in deep fat. Try to limit your use of oils to those that are organic, non-GMO, and cold-pressed. Avoid over heating

oils as it destroys the good properties and is hard on the digestion.

Do not eat meat: this includes bacon, pork, beef, rabbit, chicken, turkey, ham, sausages, and wieners—in fact, meat in any form should not be eaten at any time. More and more studies reveal the detrimental effects of eating meat.

Do not eat or drink dairy products: these include milk, cream, yogurt, ice cream, and cheese, and soups and sauces made with a cream base.

Do not drink coffee, cocoa, chocolate, sodas, carbonated drinks, fruit drinks or any other drinks containing caffeine. Do not drink alcohol of any kind.

The most commonly known foods have been mentioned among the *do not*s; however, there are many more starches, acid foods, sweet foods, and rich, greasy foods that have not been enumerated here and should not be eaten.



## Kabalarian Cleansing Diet Vegetable Soup



For soups on the Kabalarian Cleansing Diet, choose from the

vegetables listed in “vegetables you can eat on the Kabalarian Cleansing Diet.” Good soups are a blend of flavours; no single ingredient should overpower the others. Some ingredients on this list should be used sparingly as they have a very strong flavour; i.e., turnips, parsnips, or vegetables of the cabbage family. Use your taste, imagination, and creative ability.

While on the Kabalarian Cleansing Diet, it is recommended you begin one or two meals a day with hot soup. Many people following proper eating habits enjoy starting the day with a bowl of hot soup, especially during the cold winter months. Soup should be nourishing and enjoyable. Make it thick with finely

chopped fresh vegetables, and season well.

Seasoning can greatly enhance the flavour of soups. Some suggestions for seasoning are: unrefined salt\*, black pepper, bay leaf or powder, sweet basil, parsley, thyme, garlic, curry, sage, rosemary, dill. Remember that fresh herbs are stronger than dried herbs. It takes a greater quantity of seasoning to flavour foods after cooking.

\*The body needs salt, but not the iodized kind used so abundantly in processed foods. Look for unrefined salts like the pink Himalayan; they are full of minerals and are beneficial to the body.

If you want to add a flavour but are unsure how well it will blend, then remove a cupful of soup from the pot and add some seasoning and taste. It is a safer way to experiment until you become more confident with the use of certain seasonings.

### Soup Ingredients

- 2 medium onions, chopped
- 4 stalks celery, chopped
- 2 tbsp. butter
- 8 cups water or vegetable stock
- 1 or 2 vegetable cubes if you do not have vegetable stock
- 4 carrots, chopped or grated
- 1 bunch parsley, finely chopped
- 1 bay leaf

Your choice of two or three of the following options:

- 1 cup peas
- 1 to 2 cups green beans, chopped
- 1 cup mushrooms, sliced
- 1 bunch spinach, chopped
- 1 bunch Swiss chard, chopped

1 cup butternut squash, chopped  
1 medium zucchini, chopped  
1 medium vegetable marrow, chopped

Season to taste with salt, pepper, and fresh or dried herbs.

### **Directions**

In soup pot, sauté onions and celery in butter until soft and lightly browned. Add water/vegetable stock or vegetable cubes. Add carrots, parsley, bay leaf, and your choice of optional vegetables. Add seasoning. Simmer on low to medium heat until vegetables are tender. Be careful not to boil, as high temperatures destroy nutrients. Also, save leftover liquids from steamed vegetables. They can be frozen and used as a quick stock base.

### **Vegetable stock**

Vegetable stock is a good way to use the food materials generally thrown away. In a saucepan of cold water, place outer leaves of cabbage, outer stalks and leaves of celery, outer leaves of lettuce, the heavy stalk part of asparagus, leaves and stems from broccoli and cauliflower; green pea pods, or sprigs of parsley. Bring to a boil, cover, and simmer for three to four hours. When it has reached room temperature, strain and refrigerate until you are ready to make soup. By adding various vegetables and seasoning to this stock, many good soups can be made.

### **Non-Cleansing Diet Soup**

When you are no longer of the Kabalarian Cleansing Diet, use this is a good basic recipe to which you can add a variety of other ingredients. Add one or more of the following: potatoes, tomatoes, barley, split peas, finely ground nuts, millet, lentils, canned mushroom soup, canned tuna. As you experiment you will find your favourites.

If you plan to store soup, cool it completely before putting it into containers.

## Kabalarian Cleansing Diet Breakfast Suggestions

Start the day with a meal that is nourishing and filling.

### Omelets and Frittatas



For the Kabalarian Cleansing Diet, use the yolks only. Omelets are quickly made and

very satisfying. Omelet suggestions: plain; mushrooms; green peas and green onions; asparagus, mushrooms, peppers, and onions; or other combinations of vegetables. Watercress omelets are delicious. Chop the watercress and add a little mayonnaise and seasoning before you fill your omelet. Use your imagination for other combinations.

To make a frittata, beat egg yolks, and put in a frying pan. Add lightly cooked vegetables, season, and cover. Cook at low temperature until firm.

### Eggplant



During the winter season eggplant and egg yolks make a tasty breakfast.

Select a firm eggplant free of blemishes. Use within a few days. Eggplant can be prepared in a variety of ways and is delicious with fried, boiled, or poached egg yolks. Eggplant takes about 10 to 15 minutes to cook.

#### *Fried*

Slice  $\frac{1}{2}$  to  $\frac{3}{4}$  inch thick. Season to taste. Fry in covered pan, turning so as to brown on both sides.

#### *Fried in Wheat Germ*

Slice  $\frac{1}{2}$  to  $\frac{3}{4}$  inch thick. Dip in beaten egg yolk, then in wheat germ, season lightly and fry in a covered pan until brown. Turn and brown the other side. (On a Kabalarian Cleansing Diet refrain from eating too much wheat germ.)

#### *Broiled*

Slice  $\frac{1}{2}$  to  $\frac{3}{4}$  inch thick and butter sparingly on both sides. Season to taste. Broil in oven, turning to brown on both sides.

#### *Baked in Casserole*

Chop and fry fairly large pieces of onion and red pepper; add sliced mushrooms and eggplant chopped in cubes about one inch square. Season to taste and cook until tender.

### Vegetable Marrow

To the novice vegetarian, vegetable marrow is a favourite at breakfast. This is an early summer vegetable that is best before fully ripened. Select a vegetable marrow with tender skin that is green, firm, and crisp. Do not peel or core a tender vegetable marrow. Wash and cut in slices an inch thick. It can be steamed or prepared and cooked as eggplant. Vegetable marrow can also be chopped in small pieces and fried. Vegetable marrow is nourishing and easily digested.

### Zucchini



Select firm tender zucchinis. Cut in halves and then slice lengthwise in pieces  $\frac{1}{2}$ " thick. Place in frying pan, season,

cover, and fry 5 to 10 minutes. Turn and finish cooking. Ten to fifteen minutes cooks it sufficiently. Zucchini can also be chopped and steamed. It is a very tasty food and easily digested.

### **Squash Browns**

We are all familiar with hash browns. For the Kabalarian Cleaning Diet, try stir-frying squash. Cut the squash into cubes and fry until soft. Optional: add chopped onions, chopped bell peppers, and sliced mushrooms. Fry until lightly browned. Squash browns are delicious with eggs.

### **Spinach**



Spinach provides an excellent source of food for anyone striving to rebuild his body. Although it takes longer to digest, spinach is nourishing, supplying the body

with many basic elements needed to revitalize the bloodstream. Steam spinach lightly and serve with poached eggs. Another way to cook spinach is in a frying pan with a little cooking oil and lemon juice. Cook for a minute or two until the leaves wilt. Do not overcook.

### **Cabbage**



Cabbage is best when not overcooked. It can be steamed or fried with a small amount of seasoning added.

Fry cabbage in a heavy saucepan or frying pan, cover, cook slowly, and stir often to prevent burning. To make a cabbage casserole add finely chopped onions, grated carrots, and peas. If you are using canned peas, add a small amount of the juice and seasoning.

### **Mushrooms**



Mushrooms also are good with eggs. Fry whole or in slices in a little cooking oil or a small amount of water. Do not stir constantly. Leave until brown and then stir or turn. While

cooking, lightly season to taste. Mushrooms are also delicious when fried with a little chopped onion and green pepper. Then add bean sprouts just before the onions and peppers are cooked.

### **Vegetable Chop Suey**

A very palatable breakfast or dinner dish is homemade vegetable chop suey. Add ingredients according to number of servings and to taste. Dice finely: celery to taste, green and/or red pepper, cabbage or Swiss chard, green onions, pea pods, and bean sprouts and slice the mushrooms. First, stir-fry the celery and peppers for a minute or two in a little oil or water, then add the chopped mushrooms and stir-fry until brown. Then add the cabbage or Swiss chard and green onions. Once the mixture is tender, add the pea pods and bean sprouts. Cook for another minute. While cooking, add a little salt and pepper.

These are a few breakfast suggestions that can be used on a Kabalarian Cleansing Diet. Any vegetable that is low in starch can be eaten at breakfast time.

## Kabalarian Cleansing Diet Menus

A Kabalarian Cleansing Diet can be very interesting. These days there are a wide variety of vegetables to choose from. Choose firm vegetables, organic if possible. Either steam or use the waterless cooking method. Overcooking makes vegetables tasteless and removes the essential nutrients for building good health. Refrain from eating too many fried foods. Often a little water can be substituted for cooking oil.

### Some Suggested Kabalarian Cleansing Diet Menus

#### Breakfast Suggestions:

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|---|---|
| <p>1. peas—lightly steamed<br/>2 slices eggplant—broiled fried<br/>2 egg yolks<br/>prunes<br/>tea</p> <p>2. cabbage casserole—steamed<br/>2 egg yolks<br/>mushrooms—fried<br/>stewed figs<br/>tea</p> <p>3. mushroom, onion, green pepper,<br/>and bean sprout casserole<br/>2 egg yolks<br/>vegetable marrow—steamed<br/>tea</p> | <p>4. vegetable marrow—steamed or<br/>fried<br/>2 egg yolks<br/>carrots—lightly boiled<br/>cantaloupe<br/>tea</p> <p>5. almond porridge<br/>vegetable soup<br/>mixed vegetables—steamed<br/>2 egg yolks<br/>tea</p> <p>6. almond porridge<br/>spinach—lightly steamed<br/>zucchini—lightly steamed<br/>peas<br/>2 egg yolks<br/>tea</p> |
|---|---|



## Lunch Suggestions:

- |   |   |
|---|---|
| <p>1. soup<br/>spring greens salad<br/>tea or water</p> <p>2. turnip and onion patties<br/>vegetable salad: chopped<br/>peppers, cucumber, carrots,<br/>celery, avocado. Add oil with<br/>lemon juice dressing<br/>melon<br/>tea or water</p> <p>3. soup<br/>cooked carrot salad<br/>watercress sprigs<br/>celery sticks<br/>tea or water</p> | <p>4. steamed mixed vegetables<br/>spinach salad<br/>tea or water</p> <p>5. soup<br/>mixed raw salad plate: lettuce,<br/>asparagus, grated beets (cooked<br/>or raw), cucumbers, celery,<br/>cauliflower and/or broccoli<br/>florets<br/>tea or water</p> <p>6. vegetable stew<br/>cantaloupe or peaches—fresh or<br/>canned without sugar<br/>tea or water</p> |
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## Dinner Suggestions:

1. onions—steamed  
squash—baked  
green beans  
coleslaw—use salad dressing sparingly or sauerkraut dressing  
watermelon  
tea
2. parsnips—baked  
spinach—lightly sautéed  
beets  
green salad  
cantaloupe  
tea
3. mushroom, bean sprout and onion patties  
Brussels sprouts—sprinkled with toasted blanched almonds  
Brussels sprouts—sprinkled with toasted blanched almonds  
carrot salad—raw, grated  
papaya  
tea
4. broccoli  
carrots—mashed  
peas  
green salad  
peaches—fresh or canned without sugar  
tea
5. vegetable patties  
cauliflower  
asparagus  
cucumbers—sliced  
pears—fresh  
tea
6. mushrooms  
squash—baked  
cabbage—lightly steamed  
beet tops—when in season—lightly steamed  
pear sauce  
tea



### Beverages

Remember that drinking beverages while eating dilutes the stomach acids used in the digestion process.

### Steamed or Lightly Fried Vegetables

Lightly steam with water, or stirfry with a little cooking oil, the following vegetables: cauliflower, broccoli, carrots, zucchini, celery, and red pepper. Add salt, pepper, and curry. Do not over

cook. This makes a delicious meal. Add a salad and you are ready for dinner.

### Raw Vegetables

Raw vegetables are extremely rich in minerals, vitamins, trace elements, enzymes, and natural sugars. The body needs raw foods to build and maintain health and to normalize the natural bodily functions. Try to incorporate some raw vegetables every day.



## Kabalarian Cleansing Diet Salads

### Chopped Vegetable Salad

Chop equal amounts of peppers, cucumber, carrots, celery, avocado, and sliced pea pods. Add oil and lemon juice dressing and spices to flavour.

### Spinach Salad



To washed spinach leaves, add chopped boiled egg yolks and blanched

toasted slivered almonds. Flavour with oil and lemon juice and spices.

### Spring Greens Salad

You can often buy boxes of organic salad greens. Check your local markets.

### Carrot Salad

Peel and grate carrots with a fine grater. Add a little mayonnaise and toasted slivered almonds, salt, and pepper.

### Cooked Carrot Salad

Pre-cook carrots until tender. Drain, run under cold water, drain again. Add fresh peas or thawed frozen peas. Add boiled chopped egg yolks, a little grated ginger root, some mayonnaise, and sesame seeds for garnish.

### Cucumber Salad

Slice firm English cucumbers. Add a little mayonnaise and dill (fresh if available).

### Beet Salad

Beets can be grated and served raw. It is not necessary to peel young beets. Eat as is or add a little mayonnaise and horseradish

The Kabalarian cookbook, *The Creative Vegetarian Chef*, has many cleansing diet suggestions as well as other recipes.

## Essential Nutrients Contained in Kabalarian Cleansing Diet Vegetables

**alfalfa sprouts** – contain concentrated amounts of plant compounds that protect against disease. Alfalfa sprouts are also a wonderful source of saponins, which lower the bad cholesterol and fat but not the good HDL fats.

**asparagus** – is high in folic acid and a good source of potassium, fiber, vitamin B6, vitamins A and C, and thiamin. Asparagus has no fat, contains no cholesterol, and is low in sodium.



**bean sprouts** – contain the B vitamins, folate, vitamin C, and are rich in iron and potassium.

**beets** – are rich in folate, manganese, potassium, dietary fibre, vitamin C, magnesium, iron, and other powerful nutrient compounds that all help protect the heart and colon.

**beet top greens** – are high in beta-carotene, calcium, and iron.

**bok choy** – is an excellent source of vitamin C, beta-carotene, and iron, as well as a good source of folate, vitamin B6, and calcium.

**broccoli/broccoli sprouts** – A compound found in broccoli and broccoli sprouts is effective against the bacteria that causes peptic ulcers and offers tremendous protection for the stomach. Broccoli is an excellent source of beta-carotene and sulforaphane. (Sulforaphane is an antioxidant and stimulator of natural detoxifying enzymes).

**Brussels sprouts** – contain folate, vitamin A, vitamin C, vitamin K, manganese, dietary fiber, potassium, vitamin B6, and thiamin (vitamin B1) and are a good source of omega-3 fatty acids, iron, phosphorous, protein, magnesium, riboflavin (vitamin B2), vitamin E, copper, and calcium. In addition to these nutrients, brussel sprouts contain numerous disease-fighting plant nutrients.

**cabbage** – particularly bok choy and savoy – are super sources of beta-carotene and folate. Cabbage also contains vitamin C and sulforaphane, which help to prevent breast, prostate, and colon problems.

**carrots** – are one of the richest foods in beta-carotene.



Carrots are often a base vegetable in making vegetable juices because carrot juice is very rich in the alkaline minerals

as well as iron, phosphorous, sulphur, and calcium. Carrot juice has an alkaline effect on the bloodstream.

**cauliflower** – contains two potent plant nutrients that assist in fighting cancer, inhibiting tumour growth, and boosting the immune system.

**celery** – contains compounds called acetylenics, which help reduce the growth of tumour cells. Celery is low



in saturated fat, very low in cholesterol, and a good source of riboflavin, vitamin B6, pantothenic acid, calcium, magnesium, and phosphorus, and a very good source of dietary fiber, vitamin A, vitamin C, vitamin K, folate, potassium, and manganese.

**collard greens** – contain plant nutrients that help prevent cancer by activating detoxifying enzymes in the liver that help neutralize potentially carcinogenic substances.

**cucumbers** – are low in saturated fat, and very low in cholesterol and sodium. They are also a good source of vitamin A, pantothenic acid, magnesium, phosphorus, and manganese, and a very good source of vitamin C, vitamin K, and potassium.



**dandelion greens** – are one of the season's earliest foodstuffs and one of the finest of spring tonics. Dandelions support digestion, reduce swelling and inflammation, and treat viruses.

**dulse** and other sea vegetables – contain compounds which boost immunity and help to restore energy and vitality in the body.



**eggplant** – Research has focused on a plant nutrient found in eggplant skin called nasunin. Nasunin is a potent antioxidant and free radical scavenger that has been shown to protect cell membranes from damage. Drinking eggplant juice apparently reduces cholesterol, thus improving circulation.

**endive** – is very low in calories and an excellent source of vitamins A and C, and fiber.

**green beans** – are an excellent source of vitamin A, vitamin C, vitamin K, manganese, dietary fiber, potassium, folate, iron, magnesium, thiamin, riboflavin, copper, calcium, phosphorus, protein, omega-3 fatty acids, and niacin. Green beans help to control blood pressure, thus protecting the heart.



**green peas** – contain vitamin K1 which activates osteocalcin, the major non-collagen protein in bone and instrumental in the body's healthy blood clotting ability. Peas are a good source of folic acid and vitamin B6, which support cardiovascular health. Green peas also contain thiamin, vitamin B1, B2, B3, iron, and vitamin C.

**kale** – In addition to being an excellent source of vitamin C and beta-carotene, kale is also a good source of iron, vitamin B6, lutein, and zeaxanthin. The carotenoids, lutein and zeaxanthin, are the most strongly associated with reduced risk of macular degeneration.

**lettuces** – are a good source of potassium, beta-carotene, folic acid, and magnesium.

**mushrooms** – are a good source of phosphorus, magnesium, potassium, and selenium. In addition, mushrooms contain virtually no fat or cholesterol. Naturally low in sodium, mushrooms are also a good source of fiber.

**mustard greens** – are an excellent source of three notable anti-oxidants: vitamin A, E, and C through their concentration of beta-carotene.

**okra** – contains anti-oxidants, is rich in vitamin C and magnesium, and is a good source of fibre.

**onions** – contain quercetin, a flavonoid (one category of antioxidant compounds) and are high in vitamin C. In addition, they contain a variety of other naturally occurring chemicals

known as organosulfur compounds that have been linked to lowering blood pressure and cholesterol levels.

**parsley** – is low in saturated fat and cholesterol, and is an excellent fiber food. It is a good source of protein, vitamin E, thiamin, riboflavin, niacin, vitamins A, C, K, and B6, pantothenic acid, phosphorus, zinc, folate, calcium, iron, magnesium, potassium, copper, and manganese.

**parsnips** – are an excellent source of fibre and a good source of folate. Folate helps prevent certain birth defects, decreases the risk of stroke, stabilizes blood sugar levels, and helps to protect the colon.

**pea pods** – are a good source of vitamin C.

**peppers** – All peppers are a good source of vitamin A and C; the red ones contain antioxidants that neutralize free



radicals in the body fluids reducing the risk of disease.

**radishes** – are low in saturated fat, and cholesterol. They are a good source of riboflavin, vitamins C and B6, calcium, magnesium, copper and manganese, folate, and potassium.

**rutabaga** – is an excellent source of vitamin C, folate, potassium, dietary fiber, calcium, iron, niacin, and vitamin A.

**spinach** – contains carotenoids such as beta-carotene and lutein. Besides carotenoids, spinach is higher in folate than other greens.

**sprouts** – all sprouts have a great



concentration of vitamins and minerals, proteins, enzymes, plant

nutrients, immune-enhancing and detoxifying protectants, and anti-oxidants.

**squash** – is rich in antioxidants like vitamin C.

**Swiss chard** – is an excellent source of vitamin E, a nutrient that is usually only found in high-fat foods. It is also high in potassium, magnesium, vitamin C, and beta-carotene.



**turnips** – are an excellent source of vitamin C, folate, potassium, dietary fiber, calcium, iron, and niacin.

**turnip tops** – provide an excellent source of vitamin A (through their concentration of carotenoids such as beta-carotene), vitamin C, vitamin E, vitamin B6, folate, copper, calcium, and dietary fiber, all important for preventing rheumatoid arthritis, colorectal cancer, and atherosclerosis.

**vegetable marrow** – contains minerals, vitamins, enzymes, amino acids, complex carbohydrates, essential fatty

acids, and other nutrients highly beneficial in the regeneration of cells in the body.

**watercress** – is a cruciferous vegetable with a strong mustard-like flavour. It is known for its cancer-fighting potential. It is packed with beta-carotene that helps to ward off heart disease.

**zucchini** – is low in calories and high in phosphorus, iron, and vitamins A and C.

### Free Radicals

For your information, free radicals are atoms or groups of atoms with an odd (unpaired) number of electrons and can be formed when oxygen interacts with certain molecules. Once formed these highly reactive radicals can start a chain reaction, like dominoes. Their chief danger comes from the damage they can do when they react with important cellular components such as DNA, or the cell membrane. Cells may function poorly or die if this reaction occurs. As the body uses oxygen, these by-products cause oxidative damage to the cells of the body. Free radicals come from smoking, pollution, poisons, fried foods, and as a by-product of normal metabolism. Free radical damage is associated with an increased risk of many chronic diseases.

### Breathing

Daily deep breathing is essential for a clear mind and a healthy body. Health and balance are maintained through different forms of breathing, each being related to varied aspects of physical and mental development, but chiefly through the deep and rhythmic breathing that is essential to constructive progress. Remember that breath is life, and so live life more abundantly with closer contact with the life power contained in the breath.



Spend some time each day practising deep rhythmic breathing. Sit upright in a comfortable chair and will your body

to relax. Put aside the day's activities and focus on a nature scene, for example, or anything that does not disturb the emotions. Inhale the breath gently through the nose focusing on the breath going to the back of the throat and feel it filling the lower part of the lungs as it pushes the diaphragm outward and downward. Then fill the middle part of the lungs pushing out the lower ribs, breastbone, and chest. Then fill the

upper portion of the lungs forcing the upper chest outward and lifting the whole chest while completely expanding the ribs. While you retain the breath, make sure the muscles at the base of the neck and shoulders are relaxed. Make your shoulders droop so that you do not create tension. Then gently exhale the breath. As a suggestion, inhale the breath to the count of six, hold for the count of three or six, and exhale to the count of six. Start with five minutes a day and increase the time as you are able to keep your mind and body relaxed.

You may find yourself feeling a little dizzy as your body adjusts to the greater oxygenation of the blood. If you put forth effort to practise breathing, you will experience greater energy and vitality.

## Exercise

Exercise of the right kind and in moderation is a constructive expression, for to gain strength and vitality we must put forth effort. Why do we exercise? To tone up the muscular system, yes, but the major point is that exercise increases the breathing, thereby developing the lung expansion and strengthening the muscles of the heart. Exercise does not mean physical punishment or burnout. Find an exercise pattern that is right for you.

We encourage rebounding—bouncing on a mini-trampoline. Rebounding improves circulation, increases the capacity of the heart and lungs, lowers cholesterol levels, improves coordination and balance, reduces stress and tension, improves muscle tone, increases energy and vitality, and boosts the lymphatic and immune system. Start with five minutes a day. Rebounders can be purchased with stabilizer bars for beginner security.



## Relaxation

“Full throttle” and “extreme” are words we hear today. Less and less time is given to the power of relaxation to create health in the body. Relaxation should not be confused with inactivity.

Relaxation is a method of withdrawing consciously from the active states of existence. The demands of modern life are intense. Living to those demands is exhausting, weakening, and devitalizing.

Relaxation, on the other hand, is invigorating, recharging, and vitalizing.

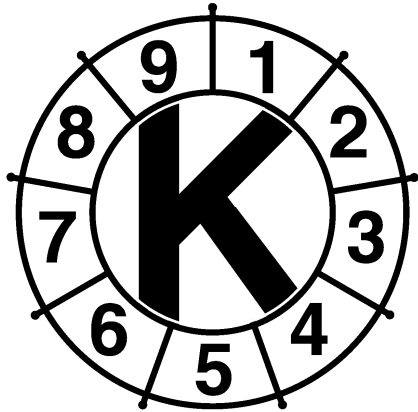


After a day of physical hard work or mental concentration, it is important to withdraw, detach—to separate oneself from the work, and to relax.

Try this simple exercise. Sit on a chair with both feet flat on the floor or ground, hands on the knees, with head, neck, and spine straight. The fingers should be well apart. In this position, let yourself go; i.e., relax completely all over, without a single muscle in tension in the entire body. Keep the thought of peace in your mind; push away any other thoughts that will tend to disrupt your relaxation time. Five to fifteen minutes



of this relaxation will bring unexpected results in the process of recharging a devitalized body. Do not fall asleep. If you can, practise relaxation two or three times a day. It will keep you from being irritable or angry.



## Enjoy the Kabalarian Cleansing Diet

After a few days of effort you will begin to see a new you! Your skin will take on a fresh glow, your eyes will sparkle, and you will feel greater energy. Remember, too, that a happy mind is a healthy mind.

We encourage you to look into the Kabalarian Philosophy. You will discover the keys to a healthy, happy life for which you can take personal control and ownership. It offers an unparalleled opportunity to explore your potential to its furthest limits and bring you to a point of unsurpassed harmony and success. The Kabalarian Philosophy offers a complete guide to life.