



# Health Notes Index

*Compiled by Anne Lee of Tennessee*

## Health Note Topics

- [1. The Best Medicine \(water\)](#)
- [2. The Chomp and Swallow Epidemic](#)
- [3. Prevention of Winter Illnesses](#)
- [4. Lifestyle for Preventing Cancer](#)
- [5. The Incredible-Edible Bulb](#)
- [6. Learning From the Groundhog \(sleep\)](#)
- [7. Going Nuts](#)
- [8. Breathe For Life](#)
- [9. Breakfast The Largest Meal?](#)
- [10. M A D Cow Disease](#)
- [11. The Whiter the Bread the Sooner You're Dead!"](#)
- [12. Clogging the Human Machinery \(overeating\)](#)
- [13. Water Wisdom \(distilled water\)](#)
- [14. Coping With Stress](#)
- [15. Nine Secrets of Weight Control](#)
- [16. Fever Control Without Aspirin](#)
- [17. Nature's Live Food Sprouts](#)

## Recipes

[Breads](#)

[Breakfasts](#)

[Desserts](#)

[Dressings, Spreads and Sauces](#)

[Entrees](#)

[Milks](#)

[Salads](#)

[Soups](#)

[Vegetables](#)

[Miscellaneous](#)

- [18. Sleep](#)
- [19. Sugar and How It Affects YOU!](#)
- [20. Charcoal For Your Medicine Cabinet?](#)
- [21. Brown Rice: What's so good about it?](#)
- [22. The China Diet Study](#)
- [23. The Calcium Needs of Man](#)
- [24. Twice-A-Day](#)
- [25. Not Even A Peanut?](#)
- [26. Not Even A Peanut? Reasons and Conditions](#)
- [27. The Essential Fibers](#)
- [28. What is TOO Much Fat?](#)
- [29. Easy Does It !](#) (making cooking simple, not complex)
- [30. Menu Planning Tips](#)
- [31. Menu Planning Tips](#) continued
- [32. Diabetes and Fat Consumption](#)
- [33. Rah, Rah, Raw!](#)
- [34. Why Do We Need Alternatives to Frying?](#)
- [35. Some Ideas for Cutting Food Costs](#)
- [36. Some Menu Suggestions](#)
- [37. Decorative Ideas to Spruce it Up](#)



## Health Notes #1

### The Best Medicine

(and there's NO calories)

Ever had a headache? Silly question; Right?! Try this. Drink a couple glasses of water and put your feet in a pail of comfortably-hot water with a cool cloth on your head. Try it. It just may work.

Doctor after doctor has recommended that if most of their patients would just drink more water, most of their health problems would disappear. How about you? Visualize your daily water intake by using a two-quart pitcher and cup, or drinking from a two-quart jar.

Forcing the body to work with insufficient amounts of fluid is like trying to wash the dinner dishes in a cupful of water. When you don't drink enough water, the body must excrete wastes in a more concentrated form, causing body odor, bad breath, and unpleasant smelling urine. If wastes from the body aren't eliminated as rapidly as they should be then there is no way that we can feel as good and energetic as we should.

Water gives your body the internal shower that it needs each day. We should drink enough to keep the urine pale during the day. The body loses about 10-12 cups of water through the skin, lungs, and elimination. Food provides two to four cups of water, leaving us six to eight glasses of water to drink.

Get into the habit of drinking upon rising, midmorning, midafternoon, and early evening. Add a twist of lemon for a little flavor.

When the sodas are passed around or when the waitress hands you a glass of water and then asks you what you would like to drink, just say, Thank you. Waters fine. Its not only better for you but its certainly a lot cheaper.

---

## Delicious, no sugar Apple Pie

- 9 c. sliced apples
- 1 c apple juice concentrate
- 3 T cornstarch
- 3/4 tsp. coriander or apple pie seasoning of your choice.
- 1/4 tsp. salt
- 1/2 c. raisins or dates (opt.)

Wash, core and slice apples. Put first two ingredients in saucepan and cook for 10 minutes until apples are soft. Mix remaining ingredients in small bowl, stir into apples. Cook two minutes more. Spoon into unbaked pie shell. Cover with top crust or lattice. Bake at 350<sup>o</sup> f. for 45-60 minutes. For an attractive, shiny glaze, brush orange juice concentrate over the crust after removing pie from the oven. Serve hot or cold.

Yield: 1 rounded 9" pie

## Flaky Wheat-Oat Pie Crust

- 1/3 c. oil
- 1/2 c. warm water
- 1 T. liquid lecithin
- 1 c. whole wheat flour
- 1 c. oat flour
- 1 tsp. salt

Blend in blender 1 cup of oats to make the oat flour. If you can't get lecithin, then leave it out, but it does make the crust flakier. Try part whole wheat and part white until you are comfortable with the results. In a bowl, beat well first three ingredients with a fork. In another bowl, stir together flours and salt. Add liquids to the dry, stirring just enough until dough is formed. Do not overmix because crust will be tough.

Place plastic wrap over wet counter and half of dough in the center then roll with another piece of plastic on top of the dough. Remove top plastic and flip the dough and bottom plastic over the pie plate. Pull off plastic slowly, repeat for the top crust, roll edges and flute. Whole Wheat crust browns faster so you may need to put foil around the edges towards the end of the baking time.

Makes good crackers; roll thin right on cookie sheet, cut dough, prick with a fork and watch carefully as you bake.

---

The reward of a thing well done is to have done it. Emerson

A candle loses nothing of its light by lighting another candle.





## Health Notes #2

### The "Chomp and Swallow" Epidemic

*A serious new epidemic is claiming thousands of American lives. It is a crisis more life-threatening than nuclear war. Are **YOU** at risk?*

What caused this epidemic?

The American diet has changed dramatically in the past one hundred year. We have gone from potatoes to potato chips, from fresh produce to packaged foods, from pure water to soda pop, fruit drinks and beer. This has affected our health in many ways because it has decreased the fiber content of our food.

Decreased fiber in the diet is one of the key factors in all degenerative diseases as heart disease, diabetes, hypertension, obesity, bowel cancer and other cancers. Refined foods, artificial non-foods and animal products have replaced the once-common fruits, cereals, whole grain breads, dried peas and beans and vegetables.

Why the change? Fiber-filled foods slow us down because they take longer to chew and we live in such a fast-pace, grab-it, eat-it-quick type of environment now that if it doesn't slide down in a hurry and come ready prepared we don't want it.

Check yourself out on these questions. Do you have lots of indigestion, heartburn, gas? Do you take time to chew your food? Are you eating until you burst? Are you eating between meals, not just junk-food but good stuff too? (We'll talk about that in a later paper.) Are you over-weight? Are you constipated?

A high-fiber low-fat diet has been successful in treating and controlling diabetes in patients requiring less than 20 units of insulin. Obesity is basically a result of not eating sufficient fiber.

Increase the fiber in your diet, and eat your foods as simply prepared and as close to the natural state as possible and you will get all the abundance of fiber that you need.

Why not restore fiber to your diet *naturally* and enjoy the health that comes with it!

## Did you know ..?

### The 10 Most Nutritious Vegetables Are ...

- 1 Broccoli
- 2 Spinach
- 3 Brussel Sprouts
- 4 Lima beans
- 5 Peas
- 6 Asparagus
- 7 Artichokes
- 8 Cauliflower
- 9 Sweet Potatoes
- 10 Carrots

### The top 10 Vegetables in popularity are:

Potatoes, Iceberg Lettuce, Tomatoes, Onions, Carrots, Celery, Sweet Corn, Broccoli, Green Cabbage and Cucumbers.

### The top 10 Fruits in popularity are:

Banana, Apple, Watermelon, Orange, Cantaloupe, Grape, Grapefruit, Strawberry, Peach and Pear.

---

## High Fiber Recipes

### Apple Bran Muffins

- 2¼ c. rolled oats
- 1/3 c. walnuts
- 2¼ c. bran (not cereal)
- 1½ t. salt
- 2T honey or 2/3 c. dates
- 1/3 c raisins

Mix well then add:

- 3 c. shredded apple and ½ c. water

Mound this mixture into muffin cups as they will not rise. Bake at 350° F for 30-40 minutes.

## Top-O-The-Morning Cereal

4 c. water

¼ t. salt

1½ c. mixed grains (oats, wheat bran, cracked wheat, corn meal, oat bran, millet, wheat; whatever you like. You can buy a 7 or 5 grain cereal already mixed in some stores.)

**Stovetop method:** Bring water and salt to a boil. Mix cereals; add to boiling water. Stir until water boils again, then reduce heat and place over a double boiler for at least 2 hours.

**Crockpot method:** Using 4½ cups water add the rest of the ingredients directly into the crockpot. Start this just before going to bed. Leave it on low all night. In the morning add about ¾ c. chopped, dried fruit, then let the fruit soften in the cereal while you set the table and get some raw fruit ready. You now have a simple high-fiber breakfast waiting for you.





## Health Notes #3

### Prevention of Winter Illnesses

What can be done about those dreaded, horrible, absolutely miserable, every-year winter illnesses? Let me give you some ideas that could make winter more enjoyable and much more healthy for all your family.

Number one "tip" is **Exercise**: Today's studies show that one of the most valuable things you can do on a regular basis to prevent winter illness is exercise. Do it preferably out-of-doors, each morning early. Take a brisk walk for a mile or two, or, as spring arrives, come closer to nature by getting out for some digging or planting of early vegetables. Early morning exercise helps to prevent colds and flu, as well as infections of almost every type. And remember to breathe deeply.

Number two is **Diet**. Avoid excessive sweets, candies, ice cream, extra helpings of those favorite desserts. Try substituting fresh or dried fruit, sweetened by the hand of God. The trace minerals they contain are far superior to candy. Experiment with the recipes enclosed or [Apple Pie](#) in "Health Notes #1". More recipes will be given in each new paper.

**Bathing** is "tip" three. It may sound strange, but it works. Take a hot bath (or shower) as warm as you can stand it comfortably, then follow with a cool shower for 20-30 seconds. Make sure the cool hits all sides of your body. This daily habit gets your circulation moving in a hurry and sends germs scoting out of your system before they overcome your defenses and produce infection. If you feel a bug is about to get you then do it three times in a row. 3-4 minutes hot and then a cool shower. Always end with the cool. Also remember to bathe the inside with 6-8 glasses of water daily.

Proper **Clothing** is number four. Be fashionable this year in as many layers of long-johns and socks as you need to be comfortably warm. Clothe all your body the same so that you have equal circulation. Not 2 sweaters and a heavy coat on top and only slacks on the legs. Thermal underwear under slacks and larger shoes or boots to accommodate an extra pair of heavy socks plus a warm hat of some sort are musts for optimum health. Many have been amazed at the vigor of health that is possible when the extremities are kept well and equally covered.

**Ventilation** is the number five "tip". Open the window at least a crack at night in your sleeping room. Be sure that there is some air circulating at all times but avoid sitting in a draft.

---

## Natural Sweets

### Polynesian Bars

2 c. chopped dates or raisins  
1-20 oz. can crushed pineapple

Mix together, simmering in a saucepan until dates are soft and mixture is spreadable.

#### Crust:

1½ c. quick oats  
¾ c. oat flour (blend oats in blender until oats are like flour)  
½ c. coconut  
½ tsp. salt  
½ c. chopped nuts  
¾ c. orange juice

Mix thoroughly with your hands until all the ingredients are damp and the mixture is crumbly. Put half the mixture into a sprayed 9X9 pan. Put fruit on top spreading evenly. Add the rest of the crumble mixture and press down lightly. Bake 350° F. for 30 about minutes.

### Banana Date Cookies

1½ c. mashed bananas  
1 c. chopped dates  
2 c. regular or quick oats  
½ c. chopped nuts  
¼ c. oil  
1 tsp. vanilla  
½ tsp. salt

Mix well and let sit for 5 minutes for the liquids to absorb. Drop onto lightly sprayed cookie sheet. Flatten slightly. They don't raise, so make them the size you want when finished. Bake 350° F. for about 25 minutes.

Yield: 23 - (2 Tbs. size) cookies.

---

**Did you know?** That increasing your vitamin C intake increases the amount of iron your body will absorb. So add an orange or grapefruit to your breakfast menu! Also, surprise, surprise, ounce for ounce, raw green peppers have two times as much Vitamin C as oranges, and red peppers nearly four times as much.





## Health Notes #4

### Lifestyle for Preventing Cancer

Cancer is bad news. We now have a world wide epidemic of cancer. In the U.S.A. cancer is the number two killer, second only to cardiovascular diseases.

The good news is that much cancer can be prevented. Prevention is the key to the control of any disease. Cancer prevention involves avoiding, as far as possible, exposure to known carcinogenic agents and living a healthy lifestyle. Alcohol, tobacco, asbestos, coal tar products, certain viruses, and other agents may act as initiators or promoters of cancer.

Exercise, rest, a clean environment, fresh air, pure water, and sunshine -- all are important. They help to build healthy bodies and increase the efficiency of the immune system.

Diet-wise, excessive fats in the diet appear to be promoters of cancer. Excessive calories, and especially the concentrated calories of fat, have been shown to increase dramatically certain types of cancer such as, breast, colon, and prostate.

Another cancer mechanism related to fats is that obtained by charcoal-broiled steaks. It is estimated that eating one pound of charcoal-broiled steak is the cancer equivalent of smoking 200 cigarettes. Certain foods such as smoked meats are preserved by prolonged exposure to smoke. This is in the same category as the charcoal-broiled meats.

Foods that protect against cancer mean a life-style change in most cases, and may involve personal discipline. It includes starches, cereals, fruit and vegetables, and a limited amount of concentrated foods such as nuts and other seeds. Fiber, talked about in [Health Notes #2](#) is also important. Above all in cancer prevention is a commitment to a personal lifestyle that helps to prevent cancer.

Set some goals for you and your family and gradually work towards them at the speed your family can handle. The Lord meant for us to be healthy and happy, at any age.

# Dietary Guidelines for Reducing the Risk of Cancer

## Eat more:

**Fruits.** They are rich in Vitamin C and in fiber, both of which fight cancer.

**Vegetables.** Dark green and yellow ones are very rich in Vitamin A. Members of the cabbage family also have anticancer properties -- cabbage, brussels sprouts, cauliflower, Chinese cabbage, kohlrabi, broccoli.

**Whole Grains** for vitamins, minerals and fiber. Fiber helps prevent bowel cancer.

---

## ***Fruity Tips***

### **Lemon Sauce - for a Fresh Fruit Salad**

1 c. cold pineapple juice  
pinch of salt  
2 Tbs. cornstarch  
1 Tbs. honey  
2½ Tbs. lemon juice  
1 tsp. grated lemon rind

Blend all ingredients briefly on high. Pour into saucepan and cook on medium until thick and clear. Cool, then mix into your fresh fruit salad or serve over cake.

### **Fresh Fruit Muffins**

1 c. finely chopped dates  
1 c. coconut (opt.)  
2 c. regular oats  
3 c. blended fresh fruit of your choice  
1 Tbs. vanilla  
½ tsp. salt  
1 c. whole wheat flour  
¼ c. oil (optional)  
1 c. oat flour \*  
(\* Blend 1 c. oats in your blender until the consistency of flour.)

Mix all ingredients together well. Fill sprayed muffin tins so they are heaping as they will not rise.

Bake 350° F. for about 50 minutes. Cool for 10 min. before removing.

Yield: 12-1/3 c. muffins.

---

Remember: Courage is fear that has said it's prayers.





## Health Notes #5

### The Incredible-Edible Bulb

What's hot tasting and smelly, but good for you? Garlic!!! It is true that of all foods, garlic is one of the most odorous. But not only is it pungent smelling and powerfully flavored, it has been discovered to be miraculously healing.

Garlic inhibits viral multiplication and was found in a study in China to have an anti-viral activity against the influenza virus. Garlic stopped the growth of the parasite that causes nearly 400 million cases of dysentery diarrhea in the world each year.

Garlic was found to raise the HDL (good) cholesterol while decreasing the LDL (bad). However, on those whose diets consisted largely of steak, pastries and ice cream, garlic made little difference.

It has provided a tremendous relief to many who have suffered from allergies and studies have shown that garlic can prevent carcinogen-induced cancers.

Kyolic, an odorless garlic product, available in health food stores, can be used if you don't wish to chew the "tasty" bulbs or add them to your cooking in daily amounts.

Kyolic garlic capsules have been shown to kill 159% more tumor cells than the natural killer cells of those who did not eat garlic.

Using garlic for treating illness may sound a little different, but in the light of the brief information given above, I hope you will give it a try.

(The above was taken from a book worth buying, *Garlic For Health*, by Dr. Benjamin Lau, available from Light Bearers Resource Center P.O. Box 1888, Malo, WA, 99150, Cost: \$3.95.)

What about your breath when you eat garlic? Try serving fresh parsley or chew on some dill seed after your meal. Or, the other alternative, get your friends to try the garlic habit too.

**Did you know?** If one is eating enough of a good variety of plant foods to maintain ideal weight, that individual is getting enough protein. There are more dangers and problems connected with too much protein than too little.

Animal protein appears to produce a greater loss of calcium than does plant protein. Hip fractures around the world actually occur more frequently in populations that consume higher levels of calcium derived mainly from dairy products. Populations with more hip fractures are those that have higher intakes of protein.

---

## Salad ideas

### Marvelous Marinated Carrot Salad

- 1½ lbs. carrots
- ½ c. finely chopped onions
- ½ c. finely chopped green peppers
- ½ c. water
- ¾ c. tomato sauce
- ¼ c. olive oil
- ¼ c. honey
- ¼ c. lemon juice
- 1 Tbs. soy sauce
- 1 tsp. salt
- ¼ tsp. dill weed

Cut cleaned carrots into ¼" circles. (about 4½ c.) Steam until crisp-tender. Rinse in cold water and drain. Put into a bowl and add onions and peppers. Blend remaining ingredients well and add to carrots. Stir, cover, and chill. Fix several hours before serving. Stir once or twice before serving to mix flavors.

### Cucumber Salad

- ½ c. chopped onions
- 2 c. chopped tomatoes
- 3½ c. chopped cucumbers
- 2 Tbs. lemon juice
- 1½ tsp. dried mint (opt.)

¾ tsp. dill weed  
¼ tsp. salt  
¼ tsp. garlic pwd.  
¼ tsp. celery seed  
1 Tbs. oil  
1 tsp. onion pwd.

Mix all ingredients gently but thoroughly. Serve immediately or chill first. Scrumptious!

One of the most nutritious greens for your salad is [sprouts](#). Mix them with your lettuce for nutrition and variety. You can find them at most grocery stores -- or grow them at home!

---

- *Forgiveness is the perfume that flowers breathe when they are stepped on.*
- *One reason for doing the right thing today, is tomorrow!*





## Health Notes #17

### Natures Live Food--Sprouts

Sprouts are delicious! Enjoy them raw -- in salads, on sandwiches and burgers, or garnish with them. Some can be steam tenderized as in stir-fries or sprinkled over soups or stews.

Sprouts are Nutritious! They contain vitamins, minerals, proteins and enzymes that multiply during sprouting and are a natural source of fiber. They are one of the few known complete foods. Dieters delight in sprouts. They are low in carbohydrates and calories, but rich in essential nutrients.

Sprouts are Economical! One heaping tablespoon of alfalfa seeds produces one quart of sprouted vegetables. Most varieties of seeds will yield 5-10 times their weight in sprouts for pennies a serving.

Select natural, untreated seeds exclusively for sprouting. Try any of the many selections, or mix according to the flavor you and your family like. Possible seeds are alfalfa, cabbage, radish, clover, lentil, mung beans or wheat berries.

Our favorite for salads is a mixture of alfalfa, radish and clover. These are all small seeds and grow at the same rate so they can be mixed in the same jar. (I premix the dry seeds in a quart jar and store in the refrigerator. My ratio is 1# alfalfa, 1/4# clover and radish.)

Three easy steps to growing your own:

1. Allow 1 slightly heaping tablespoon of seeds per wide mouth quart jar. For the larger seeds, as mung bean allow about 1/4 cup per quart. Add water about 1/4 way up the jar and soak overnight. I use a sterilized nylon stocking and a jar ring for a top.
2. The following morning, drain your soaked seeds. Rinse these seeds by filling the jar

with tepid water and swirling the seeds around gently. Turn the jar upside down until they are thoroughly drained then lay on its side scattering the seeds evenly in the jar. Rinse morning and evening or more often if the weather is hot.

3. Continue with the above rinsing until the sprouts are 1-1/2 to 2 inches long and nicely green. (About 4-5 days.) To get most of the hulls out I gently pull the sprouts out of the jar and swirl in a large bowl of cool water. The hulls will mostly either sink or rise to the top. Drain thoroughly before refrigerating by putting them back into the jar and turning it upside down. Put a tight lid on the jar.

(These are available in most grocery stores.)

If you want to grow mung bean, sunflower, soy or lentil sprouts make sure you don't let the light get to them as it will make them strong tasting. I put them under the sink in my dishpan so that I won't forget to rinse them. It is best if they are rinsed more often, like 3-4 times a day.

Try sprouted lentils sauteed with onions and peppers and served over rice. Use your favorite seasonings.

Wheat or oat berries are good and may be used in homemade bread by grinding them and adding a couple handfuls of raisins. Mix in the raisins well and press into a small loaf pan baking at 200°F for 2 hours. You'll be surprised how sweet the bread tastes, and its very nutritious. Also you can use the sprouted grain directly in your favorite whole grain recipe. Let the sprout get only as long as the berry.

I let my mung beans grow 3-4 inches long and throw them into a stir-fry just before serving. They are also delicious in salads, but some people like to cut them up for that purpose. Some have found that sprouting your beans makes them more digestible.

Sprouting is a fun project for children and a good responsibility because the yield isn't very good if you forget. Children enjoy doing something for others and what fun to serve their family sprouts they have grown. They'll enjoy eating them more also.

**No man sees his shadow who faces the sun.**





## Health Notes #16

### Pain and Fever Control Without Aspirin

The most common uses of aspirin are pain relief and fever reduction. But aspirin is a major cause of death in children up to 6 years of age, mainly from overdoses. Children, especially, should not be exposed unnecessarily to any drug, and never expose the unborn baby to drugs, no matter how mild, as many infants are marked for life because of a small exposure to a chemical which the mother took while she was pregnant. Often the defect in the child is of a biochemical nature rather than structural damage. This means they may lack certain enzymes needed to digest particular nutrients, or make an essential blood component.

To control pain use hot and cold, or alternating applications of both, applying the heat or cold by a variety of different routes: heating pad, hot water bottle, ice cap, or an ordinary jar filled with ice or hot water and wrapped in a towel. Other methods include a hot tub bath, a hot shower, a short cold bath or shower (30-120 seconds in cold water of 50-65 degrees). Usually, hot water applied directly to the pain, if practicable, is the most effective, the temperature being 105-110 degrees. Generally the hot application should be as hot as can be tolerated and the cold applications should be as cold as you can get them. Wring a towel from hot water and place it on the painful part for 3-6 minutes. Replace the hot compress with an ice-cold compress for 30-60 seconds. Alternate in this fashion for 3-5 changes.

If headache relief is needed, put the feet in hot water for 30 minutes. The headache will dissolve into the footbath! If you have severe diabetes or have had blockage of arteries to the legs don't use this treatment.

Common fevers can easily be treated by sitting in a hot tub from 105-110 degrees until the skin is quite red, and profuse sweating occurs. Keep an ice cold cloth on the forehead. Take a cup of hot water or hot tea when sweating begins. When the skin is red and sweating profusely, after 10-20 minutes, then finish off the remedy as follows:

- (1) work fast to take a brief spray of cool water over the entire body from the chin downward;
- (2) then a quick friction rub-down with a course towel;
- (3) wrap a bathrobe around you, jump into bed and sweat for half an hour;

- (4) arise, take a brief, normal shower if needed to cleanse the skin and relieve a sense of chilliness after sweating, and
- (5) re-dress.

If the treatment has been a good one, a sensation of weakness may develop after a minute or so of standing, because of the transfer of blood from the interior of the body to the exterior, much as in a sunburn. This is normal, because of extensive reddening of the skin.

If you feel yourself in the very beginning stages of a cold or illness, try the hot bath and cold quick shower, drinking large amounts of warm water to cleanse your system. You may never get the bug because this treatment will put your immune system into high gear.

---

## Summer Salads

### Tomato Cottage Cheese Stars

- 2 c. mashed tofu
- 3/4 tsp. salt
- 1/3 c. tofu mayonnaise\*
- 1/2 tsp. garlic pwd.
- 1 tsp. onion pwd
- 2 T. dried parsley

Rinse, drain and mash tofu. Measure and put into bowl. Add remaining ingredients and mix together well. Chill. Take out the center stem in a medium to large tomato. With the stem side up, cut the tomato into wedges but only cutting of the way to the bottom of the tomato. Stuff the cottage cheese into the tomato gently pulling the wedges apart. Sprinkle the top with paprika and add an olive to the center. Serve on a crisp lettuce leaf.

\* see [Health Notes # 14.](#)

### Three Bean Salad

- 2 c. cooked green or wax beans
- 2 c. cooked kidney beans
- 2 c. cooked garbanzos
- 1 c. onion rings or strips
- 1 med. pepper rings or strips
- 1/2 c. chopped or sliced black olives

1/4 c. lemon juice

1/4 c. honey

1/4 c. oil

Mix liquid ingredients with a fork and pour over the rest. Cover and marinate in the refrigerator for several hours or overnight. Stir gently two or three times so the marinade flavor is evenly mixed with the other ingredients.

**Every act of life is a revelation of character.**





## Health Notes #14

### Coping With Stress

#### What is stress?

Stress is the sum total of pressures converging on a person.

We live in a world of rapid change, and sometimes things seem to pile upon us at such a rapid rate that it is hard to take. Stress is known to be a major contributor to heart disease, cancer, lung ailments, accidental injuries, cirrhosis of the liver, and suicide.

There are many ways that people find to deal with the burdens and stresses in life. Here are seven simple steps in ABC form to help.

**A = Awareness--**Know the warning signs; anxiety, chronic fatigue, depression, insomnia, extreme appetite changes, increased chemical dependence (alcohol, caffeine, nicotine, pain relievers, other drugs,) inability to concentrate, extreme restlessness, "I don't care" attitude. Many times when we are under too much strain our homes become dirty or neglected and our families also.

**B = Break up stressors--**Make a list of all the tasks that need to be done. Select your priorities from that list. Ask yourself these three questions. 1. Does this task have to be done? 2. Do **I** have to do it? 3. Does it have to be done now?

**C = Call for Divine Assistance--**Acknowledge that we cannot cope with everything and call out to God for help. (Psalm 91:15) Calling may also include an understanding friend.

**D = Develop good health habits--**In dealing with stress, make a determined effort to have a regular time for sleeping and rising. If you don't get adequate sleep, you lower your immune system and your body's ability to handle stress. Adequate rest will increase your will power to do what you need to do health-wise, and the determination to stay free from harmful substances. Get outside and become as physically active as you can. Fresh air soothes the mind and nerves.

**E = Educate yourself to be adaptable--**Realize that plans change and allow your mind to be open to the changes that will come. Stress depends not only upon what happens to an individual, but upon the

way he reacts to the situation.

**F = Find time to relax every day--**We need time to let the work or school problems go. A walk outside, a change in activity, a trip, if only for a couple hours. Get away from the usual bustle that keeps you tied up in knots. You are worth it.

**G = Golden rule--**People who practice the Golden Rule have fewer colds, digestive upsets, and headaches, and are less subject to all types of serious diseases.

Everyone experiences stress. By recognizing when our stress is turning into distress, we are well on the way to handling the problem.

---

## Tropical Cheesecake

### **Crust:**

1-1/2 c. ground granola  
2 T. honey and 1 T. juice

Mix until crumbly and press into a 9" X 9" pan.

### **Filling:**

2 c. tofu  
1 T. lemon juice  
1/3 c. honey  
1 T. vanilla  
2 T. cornstarch  
1 banana  
1 T. maple flavoring  
1 can crushed pineapple

Blend all ingredients until smooth and pour gently over crust. Bake 350° F. for about 20 minutes, until edges are browning. Cool. Then cover with thickened strawberries.

### **Strawberry Topping:**

Thaw 4 c. unsweetened berries. Pour off the berry juice and put into blender with 3/4 c. apple juice concentrate, a pinch of salt and 1/4 c. cornstarch. Blend on high briefly. Pour into a sauce pan, and bring to a boil. Stir constantly until thick and clear. Remove from heat and gently fold in berries with a rubber spatula. Cool slightly before spreading on the cheesecake.

## **Tofu Mayonnaise**

1 # tofu  
1 c. water  
1/4 c. concentrated apple juice  
1/2 tsp. garlic  
2-4 T. potato flakes  
1-1/2 T. onion powder  
3/8 c. lemon juice  
2-1/4 t. salt

Blend all but the potato flakes until smooth. Add the flakes gradually until thickened. It will thicken more as it cools. Blend a few more seconds.

You can add onion soup mix, or dill weed to this to make a dip. Thin for a salad dressing.

**Pain is inevitable**

**Misery is optional**





## Health Notes #13

### Water Wisdom

Does your water need to be anything but "Wet"? You might be surprised. Water is one of the two most important elements on earth in sustaining our lives. Our bodies need water to do everything.

Water is the primary ingredient in all body fluids, including blood, lymph, saliva, glandular secretions and cerebrospinal fluid.

Water constitutes 92% of our blood and nearly 98% of our intestinal, gastric, pancreatic and saliva juices. While our body contains about five quarts of blood, a 150 pound person contains some 80 quarts of water.

Water constitutes, regulates, flows through, cleans and helps nourish every single part of the body. But the wrong kind of water can pollute, clot, and turn to stone in every part of the body.

It is vital at this point to understand the difference between organic and inorganic (non-living) minerals. Water flowing through or on the ground collects inorganic minerals from the soil and rock through which it passes. These are minerals which humans or other animals cannot utilize.

Only plants have the capability to transform inorganic minerals from the ground into living, vital, organic minerals we can use for nourishment.

Because these inorganic minerals cannot be absorbed, they become distributed elsewhere in the body, causing arthritis in the joints, hardening of the arteries, kidney stones, gallstones, etc.

While water containing minerals is a primary contributor to these deposits, the drinking of distilled water is the way to flush our cholesterol and mineral deposits from our arteries and other body parts.

Now that's a surprise! Water hardness may also be guilty of clogging the arteries. Anyone have an extra water distiller to sell?

Drinking distilled water might be one way we could help to arrest or reverse the progress of atherosclerosis or prevent it entirely. The tiny capillaries of the brain and the connective tissues suffer the greatest damage from inorganic minerals, cholesterol, and salt. Its estimated that the connective tissues separated and connected, would be a length of 60 miles.

What a difference would be made by cleaning them all out! Proper diet, coupled with exercise, could work wonders in helping to repair the damage done by improper eating and drinking!

---

## **Here are some Sweet Tooth Recipes**

### **Strawberry Jam**

- 1 c. dates
- 1 med. can crushed pineapple
- 1 qt. unsweetened strawberries
- 1 T. corn starch
- 1/2 c. water

Blend all ingredients but only 1/3 of strawberries on high until smooth. Pour into saucepan and cook over medium-high heat stirring constantly, until thick and clear. Slice remaining strawberries and add to thickened mixture. Cool. Pour into covered jar or container. Delicious on toast or muffins. May be frozen if it is too much for immediate use.

### **Grape Jam**

- 2 c. unsweetened grape juice
- 3 Tbs.+ 1 tsp. cornstarch
- 1 c. raisins
- pinch of salt

Blend as above and cook stirring constantly until thick and clear. Pour into jar or container. Cool then enjoy or serve warm over waffles.

### **Date Squares**

#### **Crust:**

- 3 c. dry oats
- 1 c. flour

1/2 tsp. salt  
1/2 c. oil  
1 tsp. vanilla  
3 Tbs. water

Combine oats, flour and salt. Add oil until it is crumbly. Stir vanilla and water into the oat mixture until crumbly. Hands are good tools for this. Pat 1/2 of crust a in thin layer in bottom of a 9" X 12" pan or equivalent.

**Filling:**

4 c. dates, pitted and diced  
2 c. water  
1/8 tsp. salt

For the filling: Cook dates, water and salt until they are mushy and liquid is gone. Spread carefully over the crust. Spread the rest of the crumble crust on top evenly and pat down slightly. Bake 35 min at 350° F.

Variation: Try using raisins/dates; pineapple/ dates; apricots/ pineapple; apricots/dates etc.

**The secret of success is  
constancy of purpose.**





## Health Notes #12

### Clogging the Human Machinery

Is it possible to eat immoderately, even of wholesome food? Overeating, no matter what the quality of the food, clogs your living machine, and thus hinders it in its work.

Eating more than the stomach can hold adequately is very common. When too much food is eaten at one time the entire system is burdened. The stomach is so stuffed that it can not mix the digestive juices properly with the food. The surplus food that is put into the stomach makes it hard for your system to do its work.

Surplus food calls too much blood to the stomach, causing the arms and legs to chill quickly. Unpleasant symptoms are felt and your "living machinery" becomes thoroughly exhausted. The stomach is saying: "Give me rest." Some call this "all-gone" feeling "hunger", but it is caused by the overworked condition of your digestive organs.

What does your system do with the excess? It makes desperate efforts to dispose of it, and this extra work causes a tired, weary feeling. Also the brain is clouded, thoughts are sluggish, and you fail to accomplish as much as you might have. Life and energy are called from the brain to work the mill which grinds the material you have placed in your stomach. In this we do our bodies no favors. Do you know the feeling of just wanting to lay down and sleep after a meal?

I have heard it said that the hardest exercise is pushing away from the table. Well, after you have accomplished this push-away task then the next best thing to do after a meal is to go for a good brisk walk or do some light exercise outdoors.

A point to remember is: We live not on what we eat, but on what we digest. Lets not be caught digging our graves with our teeth.

---

**More whole grain recipes to help clean up the clogged machinery.**

## **Blueberry Muffins**

1/2 c. warm water  
1 T. honey  
2-1/2 c. whole wheat flour  
1-1/2 c. water  
1/2 c. oil  
3 c. blueberries  
2 T. dry yeast  
2-1/2 c. oat flour\*  
1-1/4 t. salt  
1/2 c. honey  
1 T. vanilla

Stir together water, honey and yeast in a small bowl. Set aside to bubble for 5-7 min. In another bowl stir together the dry ingredients. Blend next four ingredients with a fork and pour into dry. Add yeast mixture when it is ready. Stir together well. Gently fold in blueberries. Batter should not be runny. Put into muffin tins and let rise 5-7 min. Bake at 350° F. for about 35 minutes.

\*Blend 2 c. oats in blender.

## **Crumb Crisp Topping**

2 c. regular oats  
1 c. coconut  
1 c. quick oats  
1/2 c. chopped nuts  
1/2 tsp. salt  
2 Tbs. oil  
2 Tbs. water  
1 tsp. vanilla  
2-3 Tbs. honey  
1 tsp. coriander

Grind together first two ingredients in blender 15-20 seconds. Empty blender into mixing bowl and add next three ingredients. Mix together well. In another bowl, beat together last five ingredients. Add to dry ingredients and mix together well. Crumble topping over fruit-filling of your choice in 8" X 8" baking dish. Bake for 45 minutes at 350° F. or until golden.

## **Breakfast Banana Crisp**

3 c. crumble topping (above)  
3 c. sliced bananas  
2 Tbs. lemon juice  
1/2 c. pitted dates, packed into cup  
1-1/4 c. ripe, mashed bananas  
1/4 c. water  
1/8 tsp. salt

Put 1-1/2 c. of topping on bottom of 8" X 8" baking dish. Cover with sliced bananas. Blend remaining ingredients for about 45 seconds. Pour over sliced bananas. Sprinkle with remainder of topping. Bake at 350° F. for 45 minutes or until golden brown. Serve hot or cold with milk.

**Those who bring**

**sunshine to the life of others**

**cannot keep it from themselves.**





## Health Notes #11

### "The Whiter the Bread the Sooner You're Dead!"

Ninety eight percent of spaghetti, bread, pastries and pancakes are made from refined white flour. The nutrients which have been robbed from white flour are essential for:

- Immune function
- Cell communication
- Appetite control
- Preventing free radical damage
- Fetal brain development
- Plus five hundred other functions in the body

### What is Missing?

- 96% of vitamin E
- 72% of magnesium
- 50% of folic acid
- 76% of vitamin B-6
- 78% of dietary fiber
- 62% of zinc
- 72% of chromium
- Most of the phyto(plant)chemicals

### Diseases Associated With Refined White Flour in the Diet

Research shows a close relationship between the use of refined white flour and the following diseases:

- Heart disease

Strokes  
Colon cancer  
Appendicitis  
Diverticulosis  
Diverticulitis  
Chronic constipation  
Hemorrhoids  
Varicose veins  
Clots in veins  
Hiatus hernia  
Gallstones  
Peptic ulcer  
Obesity

## Where Can You Find Whole Grain Bread?

It is essentially unavailable commercially. You have to make it yourself from the whole grain wheat or other whole grains. Mixing your whole grains makes it even more nutritious. Most bread makers do not know how to make good light whole grain wheat bread, and frequently use as much as one half white flour with their ground whole wheat in their bread to make it light. This is not whole grain bread because they have lost almost half of the nutrition of the whole grain!

It may take awhile to develop a taste for a bit heavier bread but you will find, with persistence, that you will prefer it not only for its nutritional value but for its taste. Most health food stores have a nice variety of the whole grains, both flour and whole grain berries.

See Note [#2](#), [#4](#), [#9](#) for other whole grain recipes.

---

## One Loaf Recipe for Children (or for adults)

1 c. warm water  
1 Tbs. honey  
2 tsp. dry yeast  
1/2 c. whole wheat flour  
1 tsp. salt  
1 Tbs. oil  
2 to 2-1/2 c. whole wheat flour

In a bowl stir together first four ingredients to make a sponge. Let bubble for 15-20 min. Stir in oil and salt, then 1 cup flour at a time. Turn onto oiled board or counter and knead well. (Approx. 7-10 Min.)

until elastic feeling.) Shape into a loaf and place in a sprayed pan. Cover and let rise in a warm place until double in size, about 20-30 min. depending on the heat of the room. Bake in a preheated oven of 350° F. for 35-45 min.

Yield: 1 medium loaf.

## **Corn Bread**

2-1/2 c. warm water  
1 Tbs. dry yeast  
1/4 c. honey  
2-1/2 c. unrefined cornmeal  
1 c. oat flour\*  
1-1/2 tsp. salt  
1/4 c. oil  
1 c. whole wheat flour

Stir together first three ingredients. Let bubble for 10 minutes. In another bowl stir together remaining ingredients. Combine all ingredients and stir. Put into sprayed 8" X 11" baking dish and let rise in a warm place until just below top of dish. This takes about 15 min. Bake at 350° F. for 40 min. or until golden brown.

Variation: Add one can of drained whole kernel corn.

\* blend 1 c. oats in a blender to make 1 c. oat flour.

## **Delicious Oatmeal Bread**

1-1/2 c. hot water  
1-1/2 c. rolled oats  
2 Tbs. dry yeast  
2 c. warm water  
1/4 c. honey  
3 Tbs. oil  
2 tsp. salt  
7 to 7-1/2 c. whole wheat flour

Combine first two ingredients. In another bowl briskly stir together next three ingredients plus 2 c. flour. Let stand 15 min. Combine all ingred. together except flour. Stir flour in one cup at a time. Make a soft dough that can be kneaded. Turn onto floured counter and knead about 10 min. Place dough in an oiled bowl, cover and let rise until double in size, about 30 min. Punch down, knead slightly and divide into

two loaves. Place into sprayed pans. Cover and let rise until almost double in size. Bake at 350° F. for 40-45 min.





## Health Notes #9

# Breakfast

## The Largest Meal ? W H Y ?

Breakfast is the most important meal of the day. It is like taking an auto trip. If your gas tank is empty, when do you fill it up? Before you start the journey or when you arrive? Obviously, you need to be full of high octane fuel before beginning your trip, otherwise you are headed for trouble. Likewise, think of your day as a journey; and think of your breakfast as providing energy to start that journey. You need more food energy at the beginning than at the end of the day.

Breakfast-skipping combined with eating heavy evening meals is unwise because it involves the area of energy balance. By this we mean that you need the most energy at the beginning of the day and the least energy at the end when you are winding down and doing less strenuous activity.

Breakfast should contain about one-third to one-half of the daily dietary needs. Omitting breakfast can lead to vitamin and mineral deficiencies. One of the reasons for this is because we begin to get hungry in the middle of the morning and start snacking on foods that are not as nutritional. Rarely do we see people snacking on carrots sticks and apples. Right?

Studies on children's learning ability show that if a good breakfast were eaten, work rate and output were improved even later in the morning. School performance showed higher creativity, motivation, and fluency in visual and memory tests.

Studies have also shown that men and women who regularly ate breakfast reported better-than-average health, compared with those who skipped breakfast.

What do we eat for a good breakfast to get us through the morning? It should typically be rich in carbohydrates since this is the premium fuel for the brain and the body. This means that one should eat liberally of whole grains, beans, fruits and vegetables.

It is important that the starchy foods be whole grain, such as brown rice, whole wheat breads and waffles, bagels, muffins and pasta. They are a wonderful source of vitamins and minerals, protein and fiber. Dietary fiber plays an important role in helping to lower blood cholesterol levels, promote regularity, and help protect against colon cancer.

Gradually cutting down on the evening meal and adding nutritious foods that are rich in vitamins and minerals and low in fat and sugars to your breakfast will have many bonuses. More energy, clearer mind, and more time in the evening when you are wearing out and would like to just relax are but three of them.

Lighter evening meals might include: soups and toast or crackers or popcorn and fresh fruit. If the stomach is empty at bedtime then you will rest better and be hungrier at the breakfast table.

Give the whole grain waffle recipe below a try and use one of the [healthy "syrups"](#) suggested in Notes #6.

---

## Best Corn-Oat Waffles

7 c. regular oats  
2 tsp. salt  
8-9 c. water  
¼ c. oil  
1 c. cornmeal  
2 Tbs. vanilla or maple extract  
½ c. dates or ¼ c. honey

Stir all ingredients together in bowl. Blend 3 c. of this batter at a time for 15 seconds and pour into another bowl. Repeat procedure until all batter is blended. You may soak the ingredients overnight in the refrigerator and bake in the morning. If you bake ahead and warm directly on oven racks the next day the waffles will be firmer in the middle. Prepare waffle iron by spraying with pan spray. Close lid and preheat on high 5-8 minutes. When waffle iron is hot, pour 1¾ c. batter on iron and close lid, baking 10-12 minutes or until a nice brown. Cool waffle before freezing or stacking. Yields 6--9" X 9" waffles.

## Quick Oatmeal Waffles

2 c. oats  
1 tsp. vanilla  
1 med. banana  
2 c. water  
¼ tsp. salt

Let set for 10 min. after blending. Use same procedure for baking as above recipe.

---

## Simple Rules for Health

Halve your food intake

Double your drinking water

Treble your exercise

Quadruple your laughter.

**(within Moderation!)**





## Health Notes #6

### Learning From the Groundhog

Imagine being a groundhog. When the frosts of October come, you curl up in the ground. Your temperature drops from 98 degrees F. to somewhere in the mid-thirties. Your heart rate slows to a third of its normal rate, your breathing to a few breaths per minute. You become completely deaf and blind.

As winter passes, your brain's temperature increases. Your hearing and vision return. Metabolism speeds up, and soon you scamper out of your burrow "to see if your body casts a shadow!"

The groundhog illustrates one of nature's unique ways of conserving life's resources and restoring depleted reserves -- through the rhythm of life.

You're got rhythm too. Your rhythm is rest and it is an extremely important part of your day. You must rest to stay well. This is the time when your energy is restored. Your body is designed so that it cannot function without adequate periods of rest.

Your heart is one of the best examples of the balance between rest and activity. It is the strongest muscle in your body. How does it rest? After every contraction of the heart, there is a brief period of rest enabling it to continue at peak efficiency.

Other organs of the body have this cycle of work and rest. In fact, every cell of your body follows this cycle of rest and work.

"Early to bed, early to rise," is an old but important adage. Keeping a regular schedule of going to bed early and at about the same time every night, is also important. It has been shown that the more hours you can get in before midnight, the better.

The amount of sleep needed for good health differs with age and individuals. Newborn babies may sleep 16-20 hours a day. Young children need ten to twelve hours of sleep. Before age 40 most adults need six

or seven+ hours. After 40 there is a slight increase in the amount of sleep needed. This continues until about age 70, when the need declines again.

Nature was put out there to teach us lessons. Let's learn from the groundhog and get with the rhythms of our bodies.

---

## Healthy Toppings for Waffles, Pancakes, or Toast

### Pineapple/Orange Topping

½ c. orange juice concentrate

3 c. pineapple chunks/ or crushed

1½ c. pineapple juice

1 small banana

1 c. water

About 3 Tbs. cornstarch (this depends on the thickness you want)

Whiz all together in your blender. Heat and serve hot, warm or cold.

### Other topping suggestions:

1. Warmed Applesauce

2. Any canned or frozen fruit sweetened with apple juice concentrate and thickened with cornstarch. Leave the fruit in chunks or whiz in the blender.

3. Cover dried fruits of your choice with water or pineapple or apple juice. Let the fruit soak overnight or for a couple hours in your refrigerator. Place in the blender, carefully push the fruit mixture down until it is the desired consistency. (lumpy or smooth) Add more liquid depending on its use or your desire. You may add vanilla, or almond flavoring. This is the same as eating raw fruit.

Possible combinations: Apricot/pineapple; apple/raisin; papaya/apricot the sky is the limit. Have fun using your family's favorite fruits.

---

If I cannot do great things, I can do small things in a great way.

**Wisdom is knowing what to do next.**

**Skill is knowing how to do it -- and**

**Virtue is doing it.**

*David Starr Jordan*





## Health Notes #7

### Going Nuts

Many people feel that nuts are not necessarily a healthy food. They are so high in fat -- right?

Listen to some of the evidence that has been coming in and see if there isn't good news in a nutshell.

A team of doctors at Loma Linda University did some special studies on 65 different kinds of foods and their frequency eaten. The one food that stood out above the rest in its link to good health was nuts. It was also the number one food among those who did not suffer heart attacks.

Recorded in the journal, *Archives of Internal Medicine*, it was noted that people who ate nuts five or more times a week were half as likely to have a heart attack or die of heart disease as people who rarely or never ate them. In two studies, one with walnuts and the other with almonds, those tested came out 20 + points lower in total blood cholesterol within three weeks.

In Los Altos, California, 26 men and women with high cholesterol were given a few handfuls of almonds a day. Even though the fat calories in their diets rose from 30-37%, blood cholesterol levels fell an average of 24 points.

Please note that nuts are more than oil. A generous handful of nuts has as much fiber as two slices of good whole wheat bread. They get high marks when it comes to amino acid arginine, which protects arteries from injury and stops blood clots from forming.

Remember that when a food is good for you, and tastes good at the same time it's easy to overeat. Also, nuts roasted without any added oil are the best. We enjoy our nuts either raw or roasted under 200<sup>o</sup> f. in the oven for about 2-1/2 hours, this way the oil in the nut stays unsaturated.

Sorry, but peanuts are classified as a legume and wouldn't come under the same nutty standards.

---

## Nutty Recipes

### Haystack Cookies

4 c. shredded coconut  
3/4 c. flour  
1/3 c. rolled oats  
3 c. chopped dates  
1/3 tsp. salt  
3/4 c. cold water  
1/4 c. honey or orange juice  
1-1/3 c. chopped walnuts

Mix together well. Scoop, with an ice cream scoop onto ungreased cookie sheet. Bake until brown (about 20 min.) at 350° F.

### Broccoli Almondine

3½ c. cooked brown rice  
4½ c. slightly steamed broccoli (about 2 lbs. fresh)  
1 Tbs. onion pwd.  
1 tsp. salt  
½ tsp. garlic pwd.  
4 c. Mushroom soup (reconstituted)  
1-1½ c. chopped or sliced almonds

Steam broccoli flowers lightly until crispy tender. Combine all ingredients except broccoli and almonds in bowl and mix well. Gently fold in broccoli. Put into sprayed 8"X8" baking dish. Bake at 350° F. for about 45 minutes. Remove from oven and cover with almonds and return to the oven for 5-10 minutes.

---

**Attitude is Everything**

- Unknown -

"Taint what we have,  
But what we give,

'Taint where we are,  
But how we live,  
'Taint what we do,  
But how we do it,  
That makes this life  
Worth going through it.

**Get your happiness out of your work or you will never know what real happiness is. --**  
Elbert Hubbard





## Health Notes #8

### Breathe For Life

Breathing is not done just with our lungs. Every cell in our body must breathe to stay alive. Breathing starts with our lungs but extends to all parts of the body by means of our red blood cells.

Improper breathing results in less oxygen in the lungs and less energy-filled oxygen for transport to the body cells. You will notice with most adults that they have very little movement in the abdominal area while breathing. The chest goes up and down instead. Most adults have forgotten or restricted the normal breathing pattern which they had normally at birth.

How we breathe makes a lot of difference to the quality of life and our zest for living. Shallow and restricted breathing leads to fatigue, exhaustion, anemia, and depression. If you have any of these symptoms, or even if you don't, try breathing using your abdominal muscles more.

Failure to breathe properly robs us in every area of life--memory, creativity, concentration. It also dulls such fine points of mental activity as will power, discernment, and judgment. It also affects our feelings such as pain, anger, and low self-esteem.

Purposely breathe with your abdominal muscles protruding with each inspiration and retracting on exhaling. Take your breaths using your nose and not your mouth. This is important because the nasal membranes warm, filter, and add moisture to the inspired air.

Practice breathing this way until it becomes a habit. It will take concentration, diligence, and perseverance to reverse the patterns established over many years. But the reward is worth the effort.

If you live in the country take advantage of the fresh air. Open the windows and let the outside in. Even in the winter there should be some ventilation. It is better to have cool air with oxygen than warm air that stifles.

Bedroom ventilation is most important. During most of the year its windows should be partially open at night. During the winter, you could have indirect ventilation by opening a window in an adjacent room, such as a bathroom, to avoid a direct draft.

Best of all, get outside and take a vigorous walk, work on a garden, or do some other useful exercise fit

for just you.

---

## Apple Bread-Fest

- 2 Tbs. lemon juice
- 4 c. sliced or grated apples
- 4 c. ½" bread cubes
- ½ c. wheat germ or ground granola
- 1½ c. apple juice concentrate (12oz.)
- ½ tsp. salt
- 1 tsp. vanilla
- ½ c. toasted peanuts or other nuts
- ½ c. raisins
- 1 tsp. coriander (optional)

Slice or grate apples into lemon juice and mix in bowl to coat apples. Add remaining ingredients. Stir together carefully in order not to break bread cubes. Spoon into lightly sprayed 9"X 13" baking dish. Do not pack. Bake at 400° F. for 30 minutes. You may need to cover during part of the baking depending on your oven. Serve hot with nut or soy milk.

Note: To make ground granola, blend your favorite granola in your blender until fine.

This can be served as a breakfast dish or as a dessert. Try spooning the [Lemon Sauce](#) recipe in [Health Notes #4](#) over the top.

## Potato Loaf

- 1 c. bread crumbs
- 1 T. flour
- 1 med. chopped onion
- 2 T. soy sauce
- ½ c. chopped nuts
- ½ tsp. garlic pwd.
- 1 c. raw grated potatoes

Add just enough milk or water to hold together. Flatten mixture in a bread pan or small casserole and serve it as a loaf.

Bake until potatoes are done at 350° F. You can also shape into burgers, about 1/3 c. size. I use a

measuring cup as a scoop. These come apart easily but are very good. Serve with gravy or tomato sauce, if you choose.

## Coconut Cream Frosting

1 c. water

$\frac{3}{4}$  c. unsweetened coconut

1 T. cornstarch

$\frac{1}{4}$  tsp. salt

3 T. honey

1 tsp. vanilla

Blend well. Pour into saucepan, and thicken, stirring constantly. Cool and spread on cake, cupcakes, or strawberry shortcake.

---

• **A poor man can be a happy man,**

**But a happy man is never a poor man.**





## Health Notes #10

### M A D Cow Disease

Animal protein, from cows and other domestic animals, often has disease germs. The latest one is Mad Cow disease. At first they thought that this would not affect humans, but their tune is changing since ten young people in England have developed and died from a variant of this disease. The brains of these young people looked like those of the infected cows, and they had been exposed to food (beef and milk) from mad cows.

This disease produces holes throughout the brain causing it to look like a sponge. Autopsies of Alzheimer's victims have found that 5.5% of the patients did not have Alzheimer's but died of destruction of the brain resembling Mad Cow disease.

Prions (pree'ons) are the infectious agents that produce the holes and are practically indestructible.

1. Boiling or baking does not kill them.
2. Autoclaving (superheated pressure steaming) does not kill them.
3. They survive ultraviolet light or X-rays.
4. Burying them for 3 years does not kill them.
5. They can stand 680<sup>o</sup> F.
6. Mad Cow disease is incurable.

Feeding cows with infected sheep to increase milk production started the whole disaster. It is still being practiced in the USA, but they are also adding to the cow feed infected cows that die of prions brain destruction.

The cow leukemia virus can also be transmitted. There is considerable evidence that human leukemia virus is a close relative to the cow leukemia. Both the cow and the human virus behave the same and infect the same blood cells. They both hide so that the virus particles or antibodies are not found in the peripheral circulation for months after the infection occurs.

If I were not a vegan vegetarian, the above information would make me very nervous about eating hamburgers or drinking cows milk! What are the alternatives?

There are several milk substitutes on the market today. Check your grocery stores and see what they carry. Soyagen, Better Than Milk, and Rice Dream are three choices.

We prefer to make our own for cereal and cooking. We have gotten over the habit of drinking with our meals because it dilutes the digestive juices so that they don't function as effectively.

---

## Basic Nut Milk

- 1 c. water
- 1 c. nuts, raw cashews, or almonds
- 1-2 Tbs. honey
- 1/4 tsp. salt
- 1 tsp. vanilla or almond flavoring
- 3 c. water

Blend all but the 3 c. water on high 1-2 min. until creamy. Stop blender and add remaining water. Blend briefly. Serve immediately or chill first.

Yield: 4-2/3 c.

Variations: May flavor with fresh fruit, bananas, strawberries, blueberries, etc. Blend fruit with the other ingredients.

## Cashew-Pear Milk

- 1 c. water
- 1 c. raw cashew pieces
- 1/4 tsp. salt
- 1 tsp. vanilla
- 3 c. canned pears

Blend all but last ingredient on high 1-2 min. until creamy. Add pears. Blend for 30 seconds more. Chill.

Yield: 4-3/4 c.

## Maple Walnut Milk

1-1/2 c. water  
3/4 c. toasted walnuts  
2 Tbs. honey  
2-1/4 tsp. maple flavoring  
1/4 tsp. salt  
2-1/2 c. water

Make as above adding 2-1/2 c. water last.

Yield: 4-3/4 c.

## **Strawberry Milk**

1 c. water  
3/4 c. raw cashew pieces  
2 T. honey  
1-1/2 tsp. vanilla  
1/4 tsp. salt  
2-3/4 c. strawberries  
1-1/4 c. strawberries  
2/3 c. apple juice concentrate

Blend all but 1-1/4 c. strawberries for 1-2 min. Add these berries and blend for 3-5 seconds. Pour into pitcher and serve. Use fresh or frozen berries.

Yield: 4 c.

Hint: Get creative and try some wild things getting your children in on the fun. Using frozen bananas or berries and less water will make delicious "smoothies" = sugar-free milk shakes.





# Health Notes #15

## Nine Secrets of Weight Control

These are the secrets which most people seek to know, but most are afraid to ask.

1. A hearty breakfast, a moderate dinner, a tiny supper, if any. Arrange your schedule so that you can eat ample to get you through 6 hours from the end of breakfast to the beginning of lunch. No food after 3:00 has been a winner for many people and an unbelievable blessing for yours truly.
2. Absolutely nothing between meals except water, and plenty of it. Begin drinking about two hours after your meal and up to 30 minutes before the next meal. Keep a quart jar, or half gallon container handy. Fill it in the morning so you can keep track of the amount you drink during the day.
3. No water with meals. Plenty of water between will help solve this habit, with a bit of persistence, of course.
4. Chew thoroughly. You'll get just as much taste and pleasure from a smaller amount of food, retained in your mouth longer, than a larger amount bolted down. Let your saliva be your liquid.
5. Frequently set utensil down while you are eating.
6. Always set the table, sit down and eat a meal. Don't just "pick up" food. Don't eat your food in little bits before sitting down with your family. Make a habit of not eating a bite until all are at the table.
7. Place all the food you should eat on your plate and refuse to take more.
8. When necessary to taste food in preparation, dip the spoon into it, let all drip off that will, and touch your tongue to the back of the spoon.
9. Let mealtime be a pleasant, happy, "people-oriented" occasion. If you are alone turn on

some pleasant music, a good sermon or do some light reading, nothing too studious.

---

There are some healthy, good tasting things that you can do to help keep the calorie count down. Try this low-calorie, no oil dressing. It just happens to be our favorite.

## Italian Dressing

1/2 c. concentrated orange juice  
3/4 c. concentrated apple juice  
1-1/2 tsp. Italian seasoning  
3 T. lemon juice  
1/2 tsp. dill  
2 tsp. garlic powder  
2 T. cornstarch  
2-1/2 c. water  
4 tsp. onion powder  
2 tsp. salt  
1/2 c. water

Bring all but the cornstarch and 1/2 c. water to a boil. Mix water and starch and stir in, boiling 1 minute. Chill. This keeps 2 months in the refrigerator, if you don't devour it first.

## Low-Cal. Gelatin Salad

4 c. pineapple or orange juice  
3 T. unflavored Emes gelatin

Boil 2 c. juice with the gelatin until it is dissolved. Stir in the other two cups juice. Add the desired amount of your choice of fruits or vegetables.

## Possible combinations:

grated carrots/pineapple chunks  
pineapple chunks/banana slices  
grated carrots/shredded cabbage

## Hash Browns

Boil the desired amount of potatoes for your family, (with the skins on) or use leftover potatoes. After

they are cold coarsely grate them. Lightly mix in seasonings, as onion powder, garlic powder, salt etc. Spray a Teflon pan with pan spray and heat the pan. Put the potatoes on a hot pan and let brown, turning only enough to brown on all sides.

You may also layer the potatoes, about 1/2 inch thick, in a sprayed waffle iron, baking until brown, approximately 15 minutes depending on your iron.

**The more we kneel,  
the stronger we stand.**





## Health Notes #18

### Sleep

The average person, to be able to function at their very best, needs seven to nine hours of sleep. But a regular bedtime has a lot to do with the best sleep.

The old adage, "Early to Bed, Early to Rise" is very true. Studies have shown that going to bed two to three hours before midnight is much better for optimum health and efficiency in the next days activities.

What does sleep do? This is the time that the building and repair crew swings into action. A series of hormones is produced for repairing the body tissues, so that brain, bone, and muscle, as well as other parts, are ready to spring into action with the new day.

Sleep is the time that the stomach should rest from digesting food and have the time to get a supply of digestive chemicals all ready for breakfast.

We sleep better and deeper when the stomach is resting. We also sleep more refreshed if the room is quiet, dark, and on the cool side with a window partially open. If it is cold outside, then open a window in a nearby room such as a bathroom adjoining your bedroom.

Sleep provides time and opportunity to discard waste products of the days work and replace them with fresh, energy-packed vitality to start the new day. It provides more potential for success and happiness. Depression takes a beating.

Improve your quality of sleep by trying one or more of the following suggestions:

- Take a leisurely walk before bedtime to unwind.
- Avoid heavy meals late in the day. Eat your last meal light and at least 4 hours before retiring.
- Do some hard physical work during the day, especially if you have a sitting job. Muscle activity

actually is a sedative.

- Maintain a regular time for retiring. Preferably earlier than 10:00 PM.
  - Take a good soak in a tub of comfortably warm water, just warm enough to produce drowsiness and not so warm that it stimulates you instead. Stay in long enough to relax you. Go to bed immediately.
  - Lastly, a precious conversation with God in prayer, reviewing blessings received during the day prepares the way for peaceful, re-creative sleep.
- 

## Light Evening Meal Suggestions

### Air-popped popcorn

Dribble 1/2 T. oil on top and sprinkle with salt, yeast flakes or other creative seasoning and serve with fresh or canned fruit. You may eat it with milk as a cereal.

### Smoothie

In a blender blend: 2 frozen bananas (cut up into chunks), with pineapple or apple juice to cover. Add frozen fruit (raspberries, strawberries, peaches, etc.) To the bender until the mixture is the consistency of soft ice cream. Try adding peanut butter to alter the flavor. You can put this in a bowl and sprinkle nuts, sunflower seeds, crushed pineapple, date pieces, shredded coconut raisins or peanuts on top.

### Super Smoothie

- 1 c. apricot nectar;
- 1 c. orange juice;
- 1 c. pineapple juice
- 2 bananas cut into pieces, (fresh or frozen).

Blend on high for one minute.

### Toast and fresh fruit salad.

### Sugarless Apple Pie

([Health Notes #1](#)) with [Smoothie](#) Ice Cream on top.

### Peach Cobbler

Put cut up pieces of drained peaches in a casserole up to the half way mark. Sprinkle with raisins or date pieces. Cover and pack with granola. Cover with foil and bake at 350° F for 30 minutes.

Serve with favorite milk or smoothie.

## **Fruit Soup**

Combine 4 T. minute tapioca in 1 cup fruit juice over low heat until clear.

Add:

5 c. raspberry-apple juice (or your favorite)

2 T. lemon juice

4 cups canned cubed pears

1 cup fresh grapes

3 cups strawberries

2 diced apples

Chill thoroughly, or serve immediately with toast or crackers as a hot fruit soup. May slice bananas into soup just before serving. Use whatever combinations your imagination can put together.

Fruit is better for the last meal because it digests faster so that your stomach can rest when you rest.





## Health Notes #19

### Sugar and How It Affects YOU!

1. Sugar gives empty calories--no vitamins, minerals, or fiber--yet it requires these nutrients in order to be digested.
2. Sugar is a concentrated energy source, devoid of fiber which causes a tendency to overeat.
3. Sugar inhibits your white blood cells ability to fight infection, decreasing your resistance to disease.
4. Sugar increases dental decay.
5. Sugar is rapidly converted in the blood to fat increasing obesity, risk of heart disease and diabetes.

### Suggestions for controlling sugar intake

1. Do not put sugar on the table. Try using raisins, dates or some other dried fruit for a natural sweetener.
2. Be sparing with all concentrated sweeteners such as molasses, honey or date sugar.
3. Start building up a supply of dessert recipes that use little or no sugar. Mark the ones that your family really likes. In many desserts you can cut the quantity of sugar in half and the dessert will still be acceptable.
4. Avoid desserts that use milk, sugar and eggs together as this mixture may cause fermentation.
5. Do not buy any breakfast cereals where sugar content is high.
6. Use raw fruit or fruit canned in its own juices.

7. When serving juice, use unsweetened fruit juice rather than sweetened drinks.
  8. Try sweetening with apple juice concentrate rather than white sugar. Remember apple juice concentrate is a sugar too and has calories.
  9. Do not eat candy or other sweets, or anything between meals.
  10. Do not use sweets as a reward.
  11. Let desserts be special, not served every day.
  12. Get your family in on the plans for developing a healthier diet and let them know the reasons why.
- 

## **Date or Raisin Rolls**

Use your favorite whole grain bread recipe. Roll out evenly, 1/2 inch thick. Spread with date or raisin butter\*. Sprinkle with nuts. Roll up and cut into slices. Place on a sprayed cookie sheet. Let rise until double. Bake at 350° F for 30 minutes.

\*Date/raisin butter: 2 c. dates or raisins; 2 c. pineapple or apple juice; 1 t. flavoring; pinch of salt.

Mix together and cook over medium heat till dates or raisins are cooked to a mush. Blend in blender and spread on rolls after cooling slightly.

## **Coconut-Oat Pie Crust**

1 c. regular oats  
1 c. unsw. coconut  
1/2 t. salt  
4-5 T. water

Blend first two ingredients on high 15-20 seconds until ground. Pour into bowl and add remaining ingredients. Mix together well with hands. Press evenly into 9 inch pie pan and bake at 350° F until browned but not overdone.

Fill with lemon filling:

## **Lemon Filling**

3 c. unsweetened pineapple juice  
1/2 c. orange juice concentrate  
1/2 c. cornstarch  
1/2 tsp. lemon extract  
6 t. lemon juice  
6 T. honey  
1/2 tsp. salt  
1 T. grated lemon rind

Bring 2-1/2 c. pineapple juice to a boil. Blend the rest of the ingredients in the blender and stir into boiling juice. Stir constantly until thick. Pour into above pie shell. Chill and sprinkle with toasted coconut. Toast coconut in a Teflon skillet on medium heat until browned. It burns easy.

---

Rules for weekly shopping:

NEVER shop when you are hungry.

ALWAYS read labels on packaged foods. Does it have the ingredients you really want your precious family to eat?

PLAN your shopping before you go to the store.





## Health Notes #20

### Charcoal For Your Medicine Cabinet?

Why would I want charcoal in my medicine cabinet? Because it is one of nature's finest magnetic sponges for adsorbing our enemies: pain from burns, toxins, poisons, pollutants and bacteria, just to name a few. It may be used without side effects or overdose. It has no additives, chemicals, binders, etc. It can be bought in many forms, as tablet, powder or capsule.

Charcoal is plain black wood from your fireplace or stove, which has not burned completely. It can be pulverized (in a can) with a hammer and/or blended into powder. When used internally, it is considered the most valuable single agent currently available for treating drug overdose, poisoning, stomach distress, intestinal gas, toxic condition.

General instructions: Prepare a charcoal drink suspension by stirring into one or more large glasses of water 2-3 heaping teaspoons of charcoal for minor complaints. For moderate to severe poisonings, use 4-6 heaping tablespoons of powder into as much water as can be ingested. Repeat as needed.

Many times a sore throat may be prevented by dissolving charcoal tablet(s) in the mouth. The pain of a sore throat is often relieved by the use of a charcoal poultice.

General instructions: Drink plenty of water, repeat charcoal tablet(s) in mouth as needed, avoid refined sugar foods. Get plenty of rest, find the cause, if possible.

2-3 tsp. of charcoal powder may be stirred into a large glass of water to adsorb offending organisms. Stir charcoal into a little water before adding the rest of the glassful of water.

For insect, spider and snake bites, bee stings, poison skin contacts, inflammations, boils and other minor external injuries, follow instructions for charcoal poultice.

Eye injuries such as from arc-welding burns, and from bruising or post-surgical discomfort may be treated with a soothing charcoal poultice (eyelids closed!). Pain is reduced and restoration of normal tissue is aided by the use of a poultice.

Caution: There is one caution of particular importance and that is that charcoal is a powerful adsorbent

and will certainly adsorb other drugs that one may be taking by prescription. Do not take charcoal with prescribed drugs without checking with your physician. It will adsorb penicillin, heart medicines, etc.

Check with your local health food store for a supply to have on hand. Its as much a first-aid item as a band-aid.

---

## **Charcoal Poultice**

1. Make the poultice the size to meet your need. All you want to do is to cover the injured part with a thin charcoal sandwich.
2. The paste is made by mixing equal parts of flaxseed meal or cornstarch with the powder (activated charcoal) in a bowl or suitable container and adding hot-to-boiling water to make a moderately thick paste but thin enough to spread thinly on your sandwich.
3. Now spread the paste evenly over a paper towel or porous cloth cut to the proper size. Cover it with a top piece of towel the same size.
4. Place this over the area to be treated and cover with a larger piece of household plastic. Now use a cloth or towel to cover and hold the sandwich and plastic in place. Secure by a tie, stretch bandage or a pin. This can be messy.
5. Apply poultice immediately for 1-2 hours or at bedtime, leaving overnight. Adsorption takes place almost immediately. Change poultice after each use. Wash or gently cleanse area when finished with cool water. Repeat as needed.

## **Life's best things**

**cannot be bought or sold.**





## Health Notes #21

### Brown Rice-What's so good about it?

In the 19th century, millers in the Far East discovered that they could remove the outer layers of brown rice and polish the grain to a gleaming whiteness. The people thought the new rice was so appealing in taste and texture that it soon replaced brown rice on many tables.

What began to happen was very interesting. People started getting digestive complaints, weakness and unpleasant tingling sensations in the hands and feet. It was discovered that they had a disease called beriberi. People couldn't understand why the poor who could not afford white rice were not suffering from beriberi. Eventually, scientists determined that the missing substance in the white rice which resulted in beriberi was thiamine, or vitamin B1.

In every country where rice constituted the main part of each meal, the disease was almost universal during the years when white rice replaced brown rice in the diet.

These days white rice is enriched with the three leading B vitamins (thiamine, riboflavin and niacin). But other nutritional goodies that brown rice naturally contains are not replaced in the enriched white rice.

When it is polished, the germ and the bran are removed, taking with them protein, fiber, vitamins and minerals. The rest of the rice is almost entirely starch. The bran and polishings contain most of the protein in the original grain, along with immense amounts of phosphorous and potassium, astonishing amounts of iron, and more of the B vitamins than any other food except wheat germ and nutritional yeast. One cup of rice bran contains almost 2 mg. of thiamine (B1 ), nearly 30 mg of niacin (B3 ), and 16 mg of iron.

Rice bran is an excellent source of fiber, either alone or as a part of the whole grain. Rice grits are produced when brown rice has been cracked coarsely.

My favorite way to have brown rice is just plain as a breakfast cereal adding a handful of raisins and pouring a little nut milk on top.

Here are some other recipes that I have tried and think you will like, too.

---

## **Spinach Bake**

1 pkg. (10 oz.) frozen spinach or fresh  
3 c. cooked rice  
2 to 3 c. cheese sauce  
1/4 c. chopped onion

Mix well. Place in a greased baking dish. Bake at 350° F for about 1 hour.

## **Cheese Sauce**

2 c. water  
3 T. lemon juice  
1/2 c. yeast flakes  
1/3 c. quick oats  
1/4 c. cornstarch  
1 T. onion powder  
1/4 c. tahini \*  
1-1/2 tsp. salt

Blend in a blender and mix with above. It is delicious as a bread spread but you must first cook in a saucepan until it is thickened.

\* a seed butter made from sesame seeds. You may find this and yeast flakes at a health food store.

## **Hawaiian Sweet and Sour**

1 can chunk pineapple, drained  
1 onion and 1 large pepper (Saute slightly)  
1 c. tomato sauce  
1/4 c. each lemon juice and honey  
1 T. cornstarch added to drained pineapple juice  
1-2 cups firm tofu cut into chunks  
2 T. soy sauce sprinkled over the chunks

Stir tofu and soy sauce very carefully, then bake in a 350° F oven for 15 minutes. This will firm it up

even more and help the flavor to bake in. Bring to a boil all but the cornstarch mixture and tofu. Stir in cornstarch and heat until thickened. Add the tofu to the rest just before serving stirring only slightly so the tofu doesn't break apart. Serve over rice.

## **Creamy Rice Breakfast Pudding**

2 c. cooked brown rice  
1-1/2 c. soy milk  
1/2 c. almonds (chopped)  
1/2 c. raisins  
1 tsp. lemon juice  
2 T. honey (opt.)  
1/4 tsp. coriander  
1 tsp. vanilla  
1/8 tsp. salt  
1/2 tsp. grated lemon or orange rind.

Mix well. Pour into sprayed 8 X 8 pan. Bake at 350° F for 45 minutes.





## Health Notes #22

### The China Diet Study

Did you know that Americans and Europeans get many more heart attacks and cancers and even more osteoporosis than the Chinese do?

To find out why, an international team of physicians and scientists studied 60,000 people spread out over China in 65 counties. Here is what they found out.

- Americans get almost 40% of their calories from fat. Chinese have less than 15% fat calorie intake.
- Americans consume 70% of their total fat as animal fat. The Chinese are largely vegetarian and get only 4% from animal fat.
- Americans get about 70% of their protein from animal sources. The Chinese get only about 4%.
- The Chinese eat three times more dietary fiber than Americans do.
- Americans eat fewer calories than the Chinese but are 25% heavier.
- The Chinese diet contains about 70% more vitamin C than the American diet.
- Anemia from iron-deficiency is rare in China, in spite of their getting little meat. The extra vitamin C might help absorb the iron that is available.

Results: The cholesterol levels tell the story. The American average is about 212 but in China this dangerous fat is down--way down--to less than 150. No wonder only 1% of deaths in China are from coronary artery disease but in the USA this figure is about 50%.

Cancer is common in the USA, but in China it is uncommon. In the counties where people eat the most animal food, they have the most heart attacks, cancer and diabetes.

Even osteoporosis is rare in China, even though they eat much less of calcium-containing foods than do Americans. This may be because animal protein washes out calcium from the bones.. Also Chinese tend to exercise more; this helps hold the calcium they do get.

Conclusion: China, like many other Third World countries, can teach us that a simple plant-based diet, combined with regular exercise, is a winning combination.

*Source: The Journal of Health and Healing; Vol.16, No. 1.*

---

## **Silken Fruit Mousse**

This is my favorite gelatin salad and can be used as your protein. Serve with breads, sliced tomatoes, cucumbers and corn on the cob, and you have a complete meal.

2/3 c. white grape or pineapple juice  
4 tsp. unflavored Emes gelatin  
1 c. tofu  
1/8 tsp. salt  
1/4 c. toasted almonds  
1 tsp. vanilla  
1/2-1 c. blueberries

Dissolve gelatin in the juice then carefully bring it to a boil until clear. Stir constantly. Blend all ingredients together until smooth. Pour into a mold or individual containers. Use your imagination and experiment with the juice and fruit combinations.

## **7-Grain Burgers**

3 c. boiling water  
1 c. 7-grain cereal  
1-1/2 tsp. onion pwd.  
1 tsp. salt  
1 T. thyme  
6 T. soy sauce

Simmer for 10 minutes. Then add:

1-1/2 c. sunflower meal  
1-1/2 c. pecan meal

Make the meal by blending the nuts in the blender until fine. Some places will sell the meal. It is much more reasonable than whole nuts.

Using a 1/3 c. measuring cup make mounds on a cookie sheet and press each to make a pattie. You can make them larger or smaller according to the intended use. 1/2 c. is a good size for hamburger size patties.

(Opt. Cut amount of nuts in half.)

Bake 25 minutes at 350° F. Flip and bake longer if needed.

## **Boston Baked Beans**

2-1/2 c. dry navy beans  
1/2 tsp. garlic pwd.  
1-1/4 c. chopped onions  
6 T. dark molasses (not blackstrap)  
1 T honey  
2-1/2 t. salt  
1 T. onion pwd

Soak beans overnight. Next morning, rinse and drain. Put soaked beans into a pot with 8 c. water. Bring to a boil. Simmer covered until tender (about 1-1/2 hours). Remove from heat. Add remaining ingredients and mix well. Pour into sprayed 8 X 8 baking dish. Cover and bake at 350° F for 2 hours. Uncover and bake for 30 more minutes. Make sure that they don't dry out.





## Health Notes #23

### The Calcium Needs of Man

Calcium is the most abundant mineral in the body. Every cell requires calcium. Ninety-nine percent of the body's calcium is found in the bones and the teeth. Calcium is essential in proper blood clotting, nerve impulse function, muscle operation, and proper bone, teeth, and cartilage formation. Excess bed rest causes calcium loss. Perhaps this is due to lack of exercise which is important in calcium function in the body. Tests on astronauts indicated that they were losing 200mg. calcium/day because of the sedentary nature of their work.

Forty women in a nursing home, aged 69 to 95, were exercised lightly to moderately for 30 minutes a day, three days a week. These women showed no changes and some showed increase in bone formation. The non-exercise group showed bone loss.

Experiments have shown that animals fed a low calcium diet are much more disease prone: the lower the calcium levels in the food the less energy the animals get from the food.

We can diminish the likelihood of calcium losses by avoiding a high protein (such as meat and other animal products, as well as meat substitutes), or a high phosphorous diet. (Soft drinks are one source containing high amounts of phosphoric acid.)

The best sources of calcium are the way God prepared them, especially when grown on properly nourished soil. Here are some good sources:

Soybeans, Collards and other Greens, Sesame Seeds and/or Sesame Butter, Almonds, Figs, Beans, Oats, Molasses, Carob, and Raw Vegetables.

In nature we find that mothers milk has 80 mg. of calcium per cup whereas in cows milk it is 288 mg. It is now known that for people not on a high protein diet about 350 mg. daily dietary intake of calcium is sufficient, whereas 800 mg. is recommended for others.

---

## Pineapple-Coconut Pie

1-1/3 c. unsw. pineapple juice  
2/3 c. unsw. orange juice  
1 tsp. vanilla  
1/2 c. cornstarch  
2 c. crushed pineapple  
1 tsp. salt  
1/2 c. shredded coconut

Briefly blend all but pineapple and coconut. Pour into a saucepan and cook on medium-high until clear, stirring constantly. Remove from heat and stir in coconut and pineapple. Fill a baked 9" pie shell. Sprinkle toasted coconut or chopped nuts on top and chill for several hours before eating.

Toast the coconut by putting about 1/4 c. in a skillet and turn on medium. It will burn quickly so keep stirring until it is a light brown.

## Fudgy Carob Brownies

1 c. whole wheat flour  
1 c. oat flour \*  
1 c. chopped walnuts  
1/2 c. oil  
1 c. honey  
1 T. vanilla  
2 tsp. liquid lecithin  
1-2/3 c. soy milk  
1 tsp. salt  
1-1/2 c. carob  
1-1/2 tsp. coffee substitute

\* Make oat flour by blending 1 c. oats in blender.

Preheat oven to 375° F and spray an 8X8 baking dish. Stir together first three ingredients. Blend remaining items on high for one minute. Mix all together quickly. Spread batter into a baking dish and bake at 375° F for 15 minutes. Reduce heat to 350° F and bake 15 more minutes. Do not over bake as it will be dry. May frost with Carob Peanut Butter Icing, or spread 2 T. tahini on hot brownies and sprinkle with carob chips swirling them smooth as they soften, then top with nuts or coconut.

Option: Add 3/4 c. raisins to the batter with the first three ingredients.

## **Carob Peanut Butter Icing**

1 c. water

1/4 c. carob pwd.

3/4 c. dates

1/2 c. peanut butter

1 tsp. vanilla

1/4 tsp. salt

Put first three ingredients in a saucepan and cook slowly until the dates are softened. Blend in the blender until smooth. Add remaining ingredients. Smooth over brownies and sprinkle with nuts.





## Health Notes #24

### Twice-A-Day

Overweight was a nagging problem in my earlier life. I tried all the tricks and my mother and I would work together to encourage each other. But nothing seemed to work except a strong will-power. I hated not being able to eat like I wanted to and always having to be careful.

Then I heard that eating two meals a day--breakfast, lunch and no supper--had many benefits, one of them being weight loss. But the loaded USDA recommendations that tell you all the things you need to eat every day to be healthy, can't be crowded into three meals--let alone two meals--I thought. So any idea of using that tactic quickly went out of my head.

Then the Spring of 1985! I heard a lecture on the two-meals-a-day plan and decided to give it a try. Even though I was a primary-school teacher and our recess breaks weren't very long, I started by eating a large breakfast and my second meal at the afternoon recess, while watching my children.

In the beginning I ate a light supper of toast and fresh fruit or popcorn and fixed a regular meal for the rest of the family. Gradually I was able to even quit that snack. For a while I did feel a bit of weakness in the evening, but found out it was because of habit rather than a physical problem.

Determination won out and I was able to see encouraging results right away--enough indeed to help me keep going.

At the same time I made sure that I was getting exercise, mainly walking in the morning and sometimes evening, plus gym exercises with my children at school and drinking plenty of water.

It wasn't long before I noticed that I was sleeping better at night because I was going to bed with an empty stomach. In the morning I was so hungry that it was a delight to down a hefty size breakfast.

Best of all I was losing weight, fitting back into those clothes in the back of the closet, and able to eat

two healthy vegetarian meals, usually without watching calories. And overeating lost its allurements.

Today, as long as I stay on my schedule I have no problem maintaining my ideal weight. Now, I feel so thankful that a mere glass of juice while friends are eating can become a chance to share a special blessing. The Gospel is Good News! And this is part of it!

---

**They say Sesame Seeds are good brain food. Try these easy recipes.**

## **Sesame Bars**

2/3 c. honey  
1/4 c. peanut butter  
1 tsp. vanilla  
1/2 tsp. salt  
3 c. sesame seeds  
1-1/2 c. unsw. shredded coconut

Mix together the first four ingredients. Add sesame seeds and coconut. Mix well with your hands. Press into a 9" X 13" (or smaller) baking dish with hands dipped in water. Bake at 300° F For 30-40 minutes. Cool. Cut into squares.

## **Sesame Sprinkle**

(sprinkle over spaghetti, salad or vegetables as a cheese substitute)

1 c. sesame seeds  
1 c. yeast flakes  
2 tsp. onion pwd  
2 T. lemon juice  
1/2 tsp. garlic pwd.  
2 T. Chicken-Style Seasoning

Toast sesame seeds in a dry skillet on medium-high stirring constantly until slightly browned and beginning to crackle (about 5 min.). Remove from heat and blend on high until finely ground. Pour into a bowl and add remaining ingredients. Mix together well with hands. Store in a tight jar. Keep refrigerated.

Yield : 2 cups.

## **Sesame Soup Crackers**

1/2 c. water  
6 T. oil  
1/2 tsp. salt  
2 c. whole wheat flour  
1/2 c. sesame seeds

Blend the first three ingredients on high for 30 seconds. Pour into a bowl and add remaining ingredients. Stir together well and knead briefly. Set aside for 10 minutes. Then place on a cookie sheet and roll out cracker thin. Sprinkle with salt (opt.) and a generous amount of sesame seeds. Roll the seeds into the dough. Score. (Draw cracker-size squares on the dough with a knife.) Bake at 350° F for 15-20 minutes. Watch carefully.





## Health Notes #25

### Not Even A Peanut?

For most people, eating is one of life's most enjoyable experiences. We enjoy it so much, in fact, that we find it difficult to limit it to regular meal times. Few people, however, realize what takes place in the stomach when they eat at times other than meal time. A few brief insights into the digestion process will help us better understand what actually happens, and hopefully will help us to choose never to insult our stomach again.

In the digestion of food the stomach does not work in a haphazard way--taking care of food whenever or however it arrives. It works in a set, rhythmic, orderly way. When we eat a meal the digestive process begins. If we snack any time during this process, digestion of the meal is prolonged in the stomach until the digestion of the new food has caught up with the rest of the meal.

One bite of food--even a little peanut nibbling--can possibly cause your food to be delayed in the stomach up to 72 hours if your stomach has not had time to digest your meal before taking the next addition.

You might be interested in seeing the X-ray studies conducted in one of America's leading universities to determine the emptying time of the normal stomach. Usually a stomach empties in 4-5 hours. Several persons were given a routine breakfast of cereal and cream, bread, cooked fruit and an egg. Their stomachs were x-rayed and found to be empty in four and one-half hours.

A few days later these same persons were given the same type of breakfast and two hours later they were fed snacks. Their emptying time was checked. These are the results:

<u>Normal Breakfast</u>	<u>Two hours later</u>	<u>Results</u>
Person #1	Ice cream cone	Residue in stomach after 6 hours
Person #2	Peanut butter sandwich	Residue after 9 hours

Person #3	Pumpkin pie, glass of milk	Residue after 9 hours
Person #4	Half slice of bread and butter repeated every 1½ hours and no dinner.	More than half of breakfast in the stomach after 9 hours.
Person #5	A bite of candy, twice in the morning and twice in the afternoon.	13½ hours later, more than ½ the morning meal still in the stomach.

You can readily see what confusion the stomach is thrown into when something new arrives every hour or two after breakfast, including more meals. What condition do you think that breakfast would be in after laying in that moist, warm environment for 12-14 hours? If we had the choice we would probably not choose to have the body finish digesting it. Right? Perhaps just open a door somewhere and throw it out! Unfortunately, we don't have that choice.

---

## Tasty Granola

2 c. dates  
 1-1/4 c. hot water  
 1 T. vanilla  
 3/4 tsp. salt  
 1/2 c. nuts  
 1/4 c. honey  
 1T. maple flavoring

Blend in the blender until smooth. Pour over:

12 c. old fashioned rolled oats  
 1/2 c. coconut  
 1 c. almonds, or sunflower seeds

Mix gently but thoroughly with your hands. Don't crush. Place loosely on cookie sheets. Bake at 200° F for 8-10 hours. or overnight. Stir gently at the end of the time and bake 1-2 hours longer, if needed, or until dry.

Store in airtight containers after it is cool. You may add dried fruit after cooling if you like. Delicious as is, served with nut milk, or sprinkled over cooked cereal. I like to sprinkle some on top of my waffle that has been smothered with warm applesauce. (#9 has two good [waffle recipes](#). #6 has some appetizing [toppings](#).)





## Health Notes #26

### Not Even A Peanut?

#### Reasons and Conditions

Why is it so bad to have food in your stomach for long hours at a time? Read below and see if what it says doesn't make sense.

Complete digestion consists of about 4-5 hours in the stomach and 4 hours in the small intestine. What is left should not take over 16 hours to complete the journey, so that no food would remain in the digestive tract over 24 hours. If foods move according to this schedule, there should be no sour stomach, no decay in the intestine, no gas and no constipation. Under normal conditions there should be an impulse to move the bowels after each meal, and if this were happening, the majority of our ills would disappear.

When the colon is filled with decayed matter and bacteria, the many sensitive nerve endings become irritated and inflamed and we end up with such things as headaches, nervousness, foul breath, loss of pep, inability to concentrate, depression etc. After a time we may have infections anywhere in our body.

If food ferments and decays anywhere in the digestive system, it is absorbed into the blood and is carried everywhere. This poison is fed every hour to every organ, gland, muscle, tissue, nerve and cell in the entire body. Under these conditions everything in the body must degenerate.

Part of the reason we eat between meals may be that our breakfasts are too skimpy and we get hungry before lunchtime. Try to add more food to your breakfast until you are getting enough to keep you five hours. Then eat a hearty lunch and go easy on the supper. Breakfast like a king, lunch like a queen and supper like a pauper.

Having undigested food in the stomach at bedtime means that the stomach must work when it is supposed to be resting. Every organ of the body needs rest and the only time the stomach can rest is when no food is present. If the evening meal is early enough or light and easily digestible, when a person retires at night, the stomach can rest and sleep will not be disturbed by the digestive process that demands energy.

---

**Here are some ideas for a hefty, last-a-while breakfast.**

## **Spoon Bread**

2 c. hot water  
4 c. frozen corn  
1 tsp. salt  
1 tsp. onion pwd.  
1 c. cornmeal

Blend first four ingredients on high until creamy. Stop the blender and add cornmeal. Stir contents before blending. Briefly blend again. Pour into a sprayed 8" X 8" baking dish and bake at 400° F for 45-60 minutes until golden brown. Spoon bread out and eat plain or with applesauce or other topping.

### **Variations:**

1. Corn Waffles: Bake 15-20 minutes on a sprayed waffle iron, or until brown. Set on high.
2. Add 1 cup or more drained, chopped kale or other green of your choice. Nutritious and delicious.

## **Scrambled Tofu**

1/2 c. finely chopped onion  
2 c. mashed tofu (1#)  
1 tsp. chicken-style seasoning  
1/4-1/2 tsp. garlic pwd.  
1/2 c. mushrooms (opt.)  
1/4 tsp. turmeric (for egg-like color)  
1/2 tsp. onion pwd.  
2 tsp. yeast flakes  
1 T. parsley flakes  
1 T. soy sauce

Mix all ingredients together. Put onto hot, sprayed Teflon fry pan. Fry for 5-10 minutes. For color you may sprinkle with diced tomatoes just before serving.

Serve the above with a big platter of fresh fruit, granola and nut milk and you'll have a breakfast to suit a king and last you until lunch.

## **Breakfast Sunday**

Whole Grain toast  
Warm applesauce  
Granola  
Peanut or almond butter or tahini  
Raisins  
Peanuts

Spread nut butter on warm toast, top with warm fruit sauce, sprinkle on granola, raisins, or other dried fruit and peanuts.

Fun--Easy--Very Nutritious

(Use your imagination or your children's)





## Health Notes #27

### The Essential Fibers

In [Health Notes #2](#) we discussed fiber in the diet and why it is needed. Now let's get a little more specific and learn just what foods are best to give us more of that helpful fiber.

Fiber, simply put, is that part of your food that passes through the small intestine undigested.

The average American diet contains most of its calories from non-fiber types of foods as the following:

- 20% = Meat sources
- 20% = Refined Cereals
- 18% = Visible Fats (oils)
- 17% = Sugar
- 12% = Milk
- 2% = Eggs
- 2% = Alcohol

---

91% of calories with little fiber

The U.S. Department of Agriculture tells us that our ancestors ate 12gms. of fiber daily. Today we average less than 0.1gm. Food-as-grown is more nutritionally balanced. However refinement strips food of most of its fiber and nutrients. For instance, strip seven pounds of sugar beets of their bulk, fiber, and nutrients, and you get one pound of "pure" sugar!

Fiber is found only in legumes, fruits, vegetables, whole grains and nuts. 5 slices of whole wheat bread equals 40 slices of white bread in fiber content. Its presence in the large intestine is very important. Fiber attracts and binds water in the large bowel. As a result the fecal mass is large and soft and passes quickly through the colon instead of hard and small from low fiber. Fiber acts as a broom to sweep out cancer-causing substances from the bowel.

Here is a list of some fiber foods:

- High Fiber Foods: peas, beans, mature legumes, some nuts, wheat bran.
- Moderate Fiber Foods: cereals and whole grain flours, yams, kale, broccoli, blackberries, peanuts.
- Less Fiber Foods: most fruits and vegetables.

To insure getting enough dietary fiber, eat a good variety of fruits, vegetables, legumes, nuts and whole grains, and eliminate or use sparingly those foods that contain little or no fiber.

The effort in making the transition will be worth it in the way you will feel. Give it a try!

---

**Since beans are so high in fiber here are a few of my favorite recipes.**

(Check Notes [#16](#) and [22](#) for two others.)

## **Haystacks**

This is an interesting and delicious, fun way to serve beans and salad in the same dish. An all-in-one meal.

To serve: Place corn chips or croutons on a plate. Spoon pinto beans on top. Then layer with the following: shredded lettuce, chopped tomatoes, finely diced onions, chopped black olives and cheese sauce.\*

Add or subtract items, be creative, make it a family project, each having a different ingredient to get ready.

### **\* Cheese Sauce**

- 2 c. water
- 3 T. lemon juice
- 1/4 c. tahini
- 1/2 c. yeast flakes
- 1-1/4 tsp. salt
- 1 T. onion pwd.
- 1/4 tsp. garlic pwd.
- 1/3 c. pimentos (opt.)

After blending all ingredients on high for one minute start adding cooked rice or potato as you continue

blending until it is the consistency you want. For haystacks it should be like a thick salad dressing. This may be used also as a salad dressing, over vegetables, or spread on bread and toasted in the oven.

## **Hummus (sandwich spread)**

2 c. cooked garbanzos  
5 T. lemon juice  
1 tsp. salt  
1 tsp. garlic pwd.  
1/3-1/2 c. garbanzo juice or water  
1-1/4 tsp. onion pwd.  
1/2 c. tahini

Blend all ingredients on high until creamy. A delicious spread or dip. For a dressing, double the liquid.

## **Bean Spread**

Pinto Beans  
Celery  
Onion  
Lemon Juice  
Mayonnaise  
Relish  
Salt as needed

Mash desired amount of beans. Blend all of the above or just the items your family likes, adding mayonnaise for the right consistency.

## **Canned Beans**

The quickest way I have found to cook my beans is in a pressure cooker. To make it doubly easy I put 1-1/3 c. beans in each of 7 quart jars, fill it with water and soak overnight. In the morning I drain off the water and fill it with fresh to 1/2 inch of the top. Add 1 tsp. of salt then add a lid and jar ring. Put the seven jars into the pressure cooker. These beans can be a variety, black beans, garbanzos, soy, navy etc. Pressure the beans at 10 lb. for about one hour. Open whenever needed for a quick main dish.





## Health Notes #28

### What is TOO Much Fat?

Are you a faithful label reader? Take time to read the labels on the foods you are about to eat or buy. See how many grams of fat each food has and add it up for the day. You'll be amazed at how quickly the grams of fat add up.

Oils, derived from vegetables, are usually unsaturated fats and are liquid at room temperature. Animal fats are saturated fats and are solid at room temperature.

Fats are one of the biggest killers of the American people and contribute to many fatal diseases.

Yes, we do need some fat in our body, but most foods contain fat. Its the excessive amounts were consuming in the refined foods that can add up so fast and be harmful.

It has been tested and proven that we need only 10-20% of our total calories in fats, and the less the better.

As an extension of what we were writing about the last two weeks on fiber, lets see the interesting effect of fat on the digestive system and the colon.

Saturated fat in the diet can delay the emptying time of the stomach by 2-3 hours, sometimes more, depending on how much free fat was consumed. The stomach works twice as hard getting rid of the fat and tires easier.

The small intestine further breaks down the fats through the bile in the gall bladder, which wears out quicker with the large amount of fats. Gallstones also become a real problem from the excessive fats.

As the fats move through the digestive tract, they tend to stick to the walls of the intestines, preventing smooth movement of digested foods. It also blocks the vital nutrients and oxygen from getting through the walls and into the bloodstream.

Food tends to pack in the colon, increasing the bacteria, and the process of colon cancer begins.

To get rid of these extra fats already accumulated in your system start eating more and more raw and natural fiber containing foods. Your body can rejuvenate.

Our taste buds can change. Our minds can become clearer. I am so thankful that we are indeed fearfully and wonderfully made.

---

## **Tamale Pie**

- 1/2 c. chopped olives
- 3 c. stewed tomatoes
- 3/4 tsp. cumin
- 1 small onion, chopped
- 1/2 tsp. garlic pwd.
- 2 c. pinto beans, drained
- 1-1/2 c. whole corn
- 2/3 c. cornmeal
- 3/4 tsp. oregano
- 1-1/2 tsp. salt
- 1/2 green pepper

Saute onion slightly. Add rest of ingredients and cornmeal last. Cook on low 10 minutes. Bake at 325° F for 30-40 minutes. Watch so that it doesn't dry out.

## **Carrot Loaf**

- 4 c. grated carrots
- 4 c. cooked rice (unsalted)
- 1 c. bread crumbs
- 2 T. peanut butter
- 1/2 c. water
- 1/2 c. onion, chopped
- 2 tsp. salt

Mix well. Put into a sprayed casserole. Bake 350° F for 30-40 minutes.

## Date-Nut Cake

1/3-1/2 c. orange juice  
1/3 c. date butter\*  
1 c. whole wheat flour  
2 c. coarsely chopped walnuts  
2 T. vegetable oil  
1/2 tsp. salt  
1 tsp. vanilla  
2 c. chopped dates

Mix ingredients together in bowl. Spoon into sprayed loaf pan (8-1/2 X 4-1/2 X 2-1/2) or bundt pan. Bake at 300° F for 50-60 minutes. Cool before removing from pan. Scrumptious topped with [lemon sauce](#).

### \*Date Butter:

Simmer 1 c. pitted dates and 3/4 c. orange or pineapple juice until dates are soft. Let sit for 5 minutes. Blend in blender.

Delicious also on toast, muffins, or waffles with or without nut butter.

## Millet Balls or Patties

4 c. cooked millet, unsalted  
1 c. bread crumbs  
4 t. onion pwd.  
1 t. oregano  
1 t. salt  
2 T. chicken style seasoning  
2 c. pecans ground or chopped  
1 c. ground sunflower seeds

Mix all ingredients well. Make into balls or patties. Serve with spaghetti, sweet and sour ([notes #21](#), leaving out tofu) or with your favorite gravy. We like them as a finger food also.







## Health Notes #29

### Easy Does It !

Have you ever thought: "How can I become a vegetarian? Its too complicated!" Or have you overheard someone saying, "Me be a Vegetarian! I can't eat salads all the time?"

When I became a vegetarian about 26 years ago, I had both these thoughts in mind. What a surprise I was in for! I found the variety and availability of choices at the supermarket almost over-whelming. The only limitation was my pocketbook.

My brain was given a good stretching as I sought to redo my kitchen supplies and put out appetizing, colorful meals for my family.

Having been through many ups and downs and preparation extremes, I have finally come to the conclusion that It doesn't need to be complicated to be nutritious or tasty. The fact of the matter is, the less complicated the better.

Too many combinations and a mixture of fruits and vegetables at the same time causes war in the stomach. We should eat no more than 4 different things at a meal. For instance: a main dish, bread, vegetable, and salad is plenty. We need to learn to eat more of few things rather than a little of many at each meal. It cuts down on the preparation time and gives you more time to do other valuable things like be with your family.

Your main dish may be:

- (1) a baked potato with a creamed vegetable or baked beans on top as the gravy and a tossed salad or sliced fresh vegetables. Another suggestion:
- (2) baked squash or sweet potato, sliced tomatoes and cucumbers, and a [sandwich spread](#).

Try this idea for simplicity:

- (3) [Spinach bake](#). This recipe has your vegetable, grain and protein so all you need to add is a plate of cut vegetables or carrot salad, etc.

One last suggestion:

(4) [Three Bean Salad](#), made right after breakfast so it can marinate, [Pour Crackers](#), (next column) corn on the cob and sliced tomatoes.

Most important of all, you know your family, so gradually wean them away from the less desirable items by making your meals interesting, and as decorative as possible. Decorate your salads with real flowers. Nasturtiums and violets are not only colorful but edible. It is said that if your plate has a variety of color, then it is also nutritious. So take that step and remember: Easy Does It.

---

## **Soup or Salad Croutons**

Cut several slices of whole grain bread into one-half inch squares. Lay out on a cookie sheet, one layer thick and toast in a slow oven under 200° F until crunchy. You can put your croutons in an oven that has just been turned off. For a savory crunch you may brush your bread slices lightly with olive oil and sprinkle with garlic salt and herbs before cutting and toasting.

## **Pour Crackers**

Blend 1 cup oats, 1 cup water, and 1/2 tsp. salt in the blender. Pour onto a large, sprayed cookie sheet with sides. Tip the pan so the batter is spread evenly. Sprinkle with sesame seeds. Bake at 350° F for 10 minutes, then reduce the heat to 200° F until the crackers are crisp. You may need to break off the edges before the middle is thoroughly done.

Break this thin, crisp sheet into desired size pieces and serve. Your family will want you to make more and more of this easy cracker. Experiment with different grains and seasonings.

## **Spaghetti Salad**

**Served with whole grain bread or crackers this makes a full meal.**

6 oz. thin, whole grain spaghetti, cooked and cooled

8 oz. [Italian dressing](#)

1/2 c. chopped pepper

1/2 c. onion

1/4 c. sliced olives

2 c. marinated, firm, baked tofu

1/2 c. tomato

1/2 c. cucumber

Cut a one pound block (2 c.) of tofu into small cubes. Spread onto a baking pan. Sprinkle with 2-3 Tbs. soy sauce. Mix gently and bake about 15 minutes in a 350° F oven. The baking will firm-up the tofu and help embed the flavors. (If you are in a hurry this step is not necessary.) Mix all ingredients together, adding the tofu last. Use any combination or amount of the above vegetables. I like to add two or three times as much of each, except the onion, because we try to eat a large amount of our meal raw.

---

When you make a freezable entree or patties, double the recipe and put a portion of it in the freezer for a later quick meal.

Another hint:

Plan you menus in advance.

For me the planning is the hardest part.





## Health Notes #30

### Menu Planning Tips

#### Using Variety With Simplicity

To strengthen the last Notes, let's look a little further at simplicity.

We should eat a wide variety of whole-natural foods. However, we should serve only a small number at each meal (3 to 4). Make sure in your planning that you have adequate portions so your family is satisfied in eating more of less kinds of food. To get the variety, plan your meals so that each day is different in some interesting, palatable, and nutritious way.

Every extra dish or complicated mixture takes time and energy to prepare, and raises the cost of the meal. If you have too many foods at one meal, it will also tempt the family to overeat, making digestion more difficult.

Meals are more palatable if they contain a variety of (1) colors, (2) textures, (3) flavors, and (4) consistencies. For example: crunchy, fresh vegetable salad, soft baked squash, bright green, steamed broccoli plus whole grain bread and spread.

Vegetables and fruits should not be combined in either a recipe or a meal as fruits are acidic and vegetables are basic or alkaline and require different digestive juices for effective digestion. Grains and nuts, as well as vegetables with seeds in the middle, are neutral foods that combine well with either fruits or vegetables. (ex. cucumbers, tomatoes, squash, peppers.)

In planning the menus, it is not necessary to balance the proteins at each meal. Studies show that the body stores and manufactures ample supplies of complete amino acids for a balanced absorption of protein foods. As long as vitamin C foods are in each day's diet and the other essential nutrients throughout the week, we need not worry about lacking in good nutrition. Remember, too much protein can cause a problem with calcium balance. See [Note #23](#).

# Limiting Liquid Foods

The digestion of solid foods is slowed if liquids are taken with the meal. Long chewing and mixing of the foods with saliva will eliminate the need and desire for liquids. Also drink plenty of water between the meals and up to 1/2 hour before the meal and 1-2 hours after. (cont. next [Notes](#)).

---

## Special Holiday Recipes

(Note: pumpkin can be replaced with winter squash or sweet potatoes.)

### Pumpkin Pie

Blend in the blender:

1 c. boiling water and 1/2 c. dates

Add to the blender:

3/4 c. more boiling water and 1/2 c. cashews or sunflower seeds

Blend these two mixtures until smooth then put it in a bowl and add:

2 c. pumpkin

1/2 tsp. salt

2 tsp. vanilla

1/4 c. molasses

3 tsp. coriander

1/4 c. cornstarch

Mix well and put into pie shell, baking at 350° F for one hour, or until the pie is just about set in the center.

Yield: 1 - 9" pie.

Check Notes [#1](#) or [#19](#) for two crust recipes.

### Pumpkin Patch Cookies

Mix together in a bowl and let sit for 5 minutes:

- 1-1/2 c. pumpkin
- 2 c. quick oats
- 1/2 c. pumpkin or sunflower seeds
- 1/2 c. sweetener
- 1/4 c. oil or applesauce
- 1 c. raisins
- 1/2 c. coconut
- 1/2 tsp. salt
- 1 tsp. coriander
- 1/2 tsp. cardamom

Drop onto sprayed cookie sheet. Flatten then bake at 350° F for about 30 minutes.

## **Main Dish Bread Dressing**

- 6 c. soft, whole grain bread cubes
- 1 c. chopped onion
- 1/2 tsp. salt
- 1/2 c. chopped walnuts
- 1 tsp. sage
- 1 c. chopped celery
- 1/2 tsp garlic pwd.
- 1 to 1-1/2 c. broth\*

\* Make broth with 1 to 1-1/2 c. water and 2 T. chicken-style seasoning. (The amount depends on how moist you like your dressing.) Simmer onion and celery about 5 minutes in broth. Mix all ingredients well but carefully so the bread doesn't break apart. Bake in a covered casserole at 350° F for 45 minutes. Uncover and bake about 15 minutes longer. May serve with gravy.

## **Cashew Gravy**

- 1/2 c. cashews
- 1 T. cornstarch
- 3 T. soy sauce
- 1 c. water
- 1 T. onion pwd.
- 1 T. yeast flakes

Blend all ingredients on high until creamy. Add 1 more cup water. Pour into saucepan and cook until thick, stirring constantly.





## Health Notes #31

### Menu Planning Tips (continued)

When planning any meal, the general rule is to use vegetables generously, fruits freely, grains moderately and nuts and seeds sparingly.

Since raw foods digest faster, they should be eaten at the beginning of the meal. Two servings of raw fruit at the starting of breakfast will help curb the appetite and prevent overeating of grains. The same is true of raw at your lunch meal.

Because most people do not have time to make a breakfast recipe each day, whole grains in the crockpot (see [Note #2](#)) are the easiest and actually the most nutritious way to eat grains. Grains should be cooked well, and the crockpot does that for you while you sleep.

It is important to vary the grains from day to day. Food allergies often originate from foods eaten too often. Grains can be varied in so many different ways. Waffles, granola, pancakes, toast, crisps, cobblers, muffins, fritters, biscuits and the list goes on.

If you're as busy as I am, and want to make the best use of your time, may I suggest planning good menus, preferable a week at a time. Keep your meals simple, colorful, and tasty.

Daily we need: (1) a vitamin C food, and (2) some dark green vegetable. These provide a rich source of fat-free quality protein, and B Vitamins and are especially beneficial to mental tranquillity and building a good nervous system. (3) A minimum of 2 raw fruits, (4) a minimum of two raw vegetables, (5) grain (s), and (6) nuts/seeds. (These aren't required daily.)

Weekly we need one or two servings of a legume. This makes an easy main dish. (See [Notes #27](#)).

If you have trouble digesting legumes, be assured that they are not necessary for balanced nutrition. Their food value can be supplied by the use of whole grains, potatoes and dark green leafy vegetables.

For the last suggestion, I want to share with you an important part of nutrition. An aunt of mine told me

that mealtime was always a time to share special joys from the days activities. They never allowed any negative thoughts to be expressed. This included food criticism.

Do you think this would help digest the food better and make it more palatable?

---

## Winter Squash Fluff

3 c. cooked winter squash (Acorn, Butternut, Hubbard, or any other dark yellow squash or sweet potato)  
1 tsp. salt  
1/4 c. honey (or less for taste)  
water

Place 1 cup portions of squash in blender at one time and add just enough water to allow blending action. Blend each portion 2-3 minutes to make it light and fluffy. In one portion add salt and honey. Mix all portions together thoroughly, and pour into a baking dish. Bake 20 minutes at 350° F. Serve hot.  
Yield: 4 cups.

## Simple Fruit Cake

3 c. walnuts  
2 c. quartered dates  
1 c. dried pineapple or papaya

Mix into the above:

3/4 c. whole wheat flour  
1/2 tsp. salt

Blend below well and add to the above mixture:

1/3 c. cashews or sunflower seeds  
2/3 c. water  
1 tsp. vanilla

Mix thoroughly. Press into a medium sized loaf pan. Bake 300° F for 1 hour and 45 minutes. If you use small pans bake for 1 hour and 15 minutes.

## Apricot/Date Jam

2/3 c. dried apricots  
2/3 c. soft dates  
1-1/2 c. apple or pineapple juice

Soak fruit overnight in the juice. Blend until desired texture. Store in refrigerator. Delicious!

## **Pumpkin Bread or Rolls**

Stir in a large bowl:

2 c. hot soy/nut milk  
2 c. whole wheat flour  
1/2 c. honey

Mix in:

1 T. dry yeast

Let sit for 20 minutes. Stir in:

1 c. cooked pumpkin, yellow winter squash, etc.  
2 c. oat flour  
1/2 c. oil or applesauce  
2 tsp. salt  
1 T. lecithin

Add whole wheat and oat flour until you can knead. Knead and add flour right in the bowl until it is elastic, about 7 minutes. Let the dough rise until double, then make into rolls or 2 large loaves. Put into sprayed pans. Cover and let rise. Bake at 350° F for 35-40 minutes for the loaves and less for rolls.

---

For the best health, foods baked with yeast should not be eaten until the next day.





## Health Notes #32

### Diabetes and Fat Consumption

One of the biggest discoveries over the last few years is that the overabundance of fats consumed is a major contributor to the rise in diabetes.

How can this be? A high fat diet elevates blood sugar by coating the cell membranes. This prevents insulin from finding entrance into the cell to decrease the glucose levels. As the glucose levels build up, the pancreas produces more insulin to meet the apparent need. But the insulin is ineffective on the coated cells, and the working balance of the body is thrown out of rhythm.

In recent clinical studies it was demonstrated that a person could be made a diabetic within hours by a large intake of fats. It was also shown that this condition could be reversed.

How? By an appropriate diet, low in fats and high in complex carbohydrates with plenty of fiber, and, of course, proper calorie consumption and proper nutrients.

The original diet God gave man to eat was fruits, nuts, grains, and later vegetables (Genesis 3:18). The only oils were in their natural state: nuts, seeds, avocados and whole grains.

Later, after the flood, He said that they should eat neither fat nor blood. (Lev. 3:17 and 7:23). This instruction was never changed throughout the Bible. It was intended for the good health of His children throughout all generations, even for today. It is interesting to note that cheese is the concentrated fat from the animal.

God gave us guidelines to follow for healthy living. He wants us to be in good health. He doesn't want to see us suffer because we have slowly, almost without noticing, adopted the customs of this changing world. This is why He has made our bodies to rejuvenate when we learn what is right and try our best to

follow.

Take a quick look at your food consumption and see if there is something that you can change for the better. Talk it over with your family and decide together that you would like to take that step, whatever it is, toward better health habits. You will definitely be rewarded for doing so. Your mind will become clearer and you will be ready to take another step toward the recovery God intended for all His people.

---

**Here are some hearty main dish soups. Eat with lots of fresh vegetables and whole grain bread, toast, or crackers for a complete meal.**

## **Garbanzo Noodle Soup**

1/2 c. chopped onion  
1-1/2 c. whole grain pasta  
3 c. water  
3 T. country-style seasoning  
1 T. dried or 2 T. fresh parsley  
1-1/2 c. cooked, drained garbanzos

Saute onions until soft. Add water, pasta and seasoning. Bring to a boil then reduce heat to medium until noodles are soft. Add garbanzos and parsley. Heat briefly and serve.

Yield: 5-1/2 cups.

## **Simple Split Pea Soup**

8 c. water  
2 c. dry split peas  
2 bay leaves  
1-1/2 T. onion pwd.  
2 c. chopped onions  
1 tsp. garlic pwd.  
2 c. chopped celery and/or carrots  
2 tsp. salt

Put first two ingredients into a pot. Bring to boil, reduce heat, cover and simmer for one half hour. Add remaining ingredients and simmer covered for one hour. Remove cover and simmer for 30 more minutes. Stir occasionally.

Yield: 9-1/2 cups.

## Corn Chowder

3 c. water  
1-1/2 c. chopped onions  
3 c. cubed potatoes  
2 c. whole kernel corn  
1/2 c. or more lima beans  
1-1/2 tsp. salt  
1-1/2 tsp. onion pwd.  
1 tsp. dill weed  
1-1/2 tsp. garlic pwd.

Cook onions and potatoes together in the water until tender. Blend these ingredients in a blender. Add the remaining items in the same large kettle. Simmer for several minutes to blend flavors. For extra richness, you may blend in 1 cup mayonnaise just before serving.

Yield: 6 cups.

---

Why not try a Vegetarian BLT--

**B**elieve it

**L**ive it

**T**each it





## Health Notes #33

### R a h, R a h, R a w !

Are you overweight? Eat more raw, and eat it before you eat the rest of your meal. By doing this you will be filling your stomach with good, nutritious live food , and you will get full faster.

Are you sick, ailing with heart problems, diabetes, plugged up with high cholesterol or plugged up at the end of your digestive system? Eating more raw and then more yet will gradually sweep those vessels or intestinal tracts out.

Are you feeling fine and don't think you have any troublesome health problems? Then eat raw to prevent or prolong your years of health.

How much raw should I eat? Eat as much as you can. Fruits one meal and vegetables another and eat them the first thing each meal so the beneficial enzymes in the raw food can help digest the cooked food that you eat afterwards.

But, you say, I have trouble with raw foods. My stomach doesn't like too much raw and my jaws rebel after a small salad and how do you make it taste good? I need lots of flavor. And what do you mean by as much as you can?

Let's take one question at a time.

First, if you have trouble eating enough raw you can gradually increase the amount and also, give your jaws a variety of textures. Cucumbers, tomatoes, carrots, and lettuce all take a different kind of chewing. (Be sure that you chew thoroughly to get all the food value out of the food.) If you have a juicer you can consume a large amount of raw with the nutrition still intact, but without the fiber. You may choose to do both.

If you need a dip, try the [Tofu Mayonnaise](#) adding herbs to it (like dill or basil). Thin it down with water, add herbs and pour over your salad. Remember the [Italian Dressing](#) in ([Notes #15](#)) and the [Sesame Sprinkle](#), ([Notes #24](#))? There are more recipes below.

How much raw food varies with the person and the type of meal you are planning. If you ate 2 slices of

good whole grain bread with nut butter or a protein spread on it and the rest raw fruits or vegetables it could only bring you blessings. The idea is to get more of those live enzymes into your body rather than eating the food after a lot of them are killed.

Experiment. It can only bring you benefits galore.

---

## Tropical Dressing

(for fruit salad or as a dip for a fresh fruit platter.)

1 c. [tofu mayonnaise](#) (omit the onion & garlic)  
1/4 c. coconut  
1/2 c. crushed pineapple  
1-2 mashed bananas

Mix thoroughly in a bowl.

Yield: 2 cups

## Lemon Sauce

(Use on fruit as the above recipe)

## Sesame Dressing

1-1/2 c. water  
1 T. honey  
1/2 c. sesame seeds, ground  
1-1/2 tsp. salt  
1 T. onion pwd.  
1/2 tsp. garlic pwd.  
3 T. lemon juice

Mix well in blender. Serve over favorite salad.

## Thousand Island Dressing

Blend:

1/3 c. tomato juice with 1/3 c. almonds

Add:

3-4 T. lemon juice

1 tsp. salt

1/2 c. tomato juice

1 T. onion pwd.

1/2 tsp. paprika

2 tsp. honey

Gradually add 1/2 block firm tofu or cooked potatoes or rice until it is the right consistency. (opt. Stir in 1 T. dried or 1 T. fresh parsley, minced olives, or raw diced onion.)

## No-Oil French Dressing

2 c. raw tomatoes

1/2 tsp. onion pwd.

1/4 tsp. Italian seasoning

1/2 tsp. garlic pwd.

1 T. honey

2 T. lemon juice

1 tsp. chicken style seasoning

Blend well. Variation: Add one cup extra strength soy or nut milk.

## Avocado Dressing

Blend:

1/3 c. [tofu mayonnaise](#) and 1 mashed large avocado.

Add enough cold water to make desired consistency. Chill. Add extra seasoning if desired such as onion or garlic pwd., and diced tomatoes or diced onions.

---

What you are stands over you all the while, and thunders so I can not hear what you say to the contrary.

I don't care so much for what they say as I do for what makes them say it.

*Emerson*





## Health Notes #34

### Why Do We Need Alternatives to Frying?

Frying seems to be America's favorite way to cook. The average American eats something fried at least three times a day. Eggs, pancakes, French toast, bacon, potatoes, grits, hamburgers, French fries, and the list goes on and on.

Frying in any manner, no matter what oil you use, spoils the wholesomeness of the food, because temperatures up to 600-700° F. may be obtained. At these temperatures the unsaturated fats behave as if they were saturated. Thus, fried foods are more likely than unfried foods to increase the likelihood of developing hardening of the arteries.

When fat is reheated to frying temperatures the second time, as in a deep fat fryer, the fat is more likely to develop cancer-producing agents. Significant quantities of cancer-producing chemicals are found in charcoal grilled meat. The fat from the meat drops onto the hot coals and becomes a vapor in the heat, and then redeposits on the steak.

Very hot temperatures destroy certain vitamins and may alter the major proteins. Most fried foods can be baked just as easily. Baking temperatures are commonly 350° F. Frying temperatures begin at 450 degrees and may reach 600-700 during ordinary frying. If fried foods become burned or scorched, temperatures up to 1000 or 1100 degrees may have been reached.

Most people agree that the addition of fat improves the flavor of food. Usually though, a small fraction of the fat that you normally use would be quite adequate. Adding more fat than you need only leaves the food greasy and adds more calories. It also makes it harder for the body to handle your food.

Some tips: Try spraying the pans you fry or bake in. Saute your onions, etc. in a combination of 1/2 oil and 1/2 water, (2 T. each or less). Try [Hash browns](#) in the waffle iron, or in a sprayed Teflon pan with onions and seasonings.

---

Other ideas that you may try out your taste buds on are:

## Oven French Fries

Cut about 5 med. potatoes into lengthwise French fry strips, approximately 1/4 inch thick. Put these in a bowl and over the top sprinkle:

- 1-2 Tbs. oil
- 1 t. salt
- 2 t. onion pwd.
- 1/2 t. garlic pwd.

Mix together well. Spread evenly on a sprayed cookie sheet. Bake for about 40 minutes at 400° F, flip and continue baking until as crisp and brown as your family likes them. (Approx. 20 more minutes.)

To cut down the time you may use leftover baked potatoes. Leave the skins on and cut into desired lengthwise strips. Follow the directions above baking only until desired crispness. Stir carefully.

## Sunflower French Toast

- 1-3/4 c. water
- 1/2 c. sunflower seeds
- 8 dates or 2 T. honey or one banana
- 1/8 tsp. salt
- 1 T. vanilla or maple flavoring
- 8-12 slices whole grain bread

Blend all but the bread until smooth. Pour batter into a shallow baking dish. Coat both sides of bread with the batter. Place on a sprayed cookie sheet. Bake at 400° F for 10 min. then at 350° F until the toast is nicely browned. You may want to put it under the broiler so it will brown quickly at the end. You may also fry in a sprayed pan until it is browned, but I prefer the oven.

## Roasted Nuts

Nuts are so good for you but the store-bought roasted kind are not-so-good because they are roasted at high temperatures and loaded with oil and salt. Try the method below and see what you think.

Mix 2 tsp. salt and 1/3 c. hot water in a bowl until the salt is dissolved. Add 4 c. nuts of your choice. A mixture is fine. Stir until the nuts are well coated. Drain. Then spread in one layer on a cookie sheet.

Bake at 200° F for about 2-1/2 to 3 hours. Let them cool then put in an airtight jar.

Try out some favorite herbs on your vegetables and cut back or cut out completely the margarine or oil. Experiment and enjoy.





## Health Notes #35

### Some Ideas for Cutting Food Costs

1. Plant a garden. Plant kale as a background for your flower-bed. A few cents paid on seeds can bring an abundance of produce.
2. Get a canning book and begin to put away like a squirrel.
3. Prepare your menus a week at a time, and shop accordingly.
4. Buy those items that are on sale. (You may have to change your menu a bit.)
5. Buy groceries in quantity when on sale or if the price is cheaper by doing so. (This will save you from having to go to the store so often, cutting down that temptation for indulgence.) Don't buy more fresh than you can use before it goes bad.
6. Check the refrigerator and deep freeze before shopping.
7. Use foods that are in season when you can, they should be cheaper.
8. Don't waste the leftovers. Learn how to be a creative cook. Experience does wonders. This is a good reason to plan your menus in advance. (Example: making enough dressing for the week; using leftover beans in a spread; baked potatoes today, hash browns tomorrow; freeze vegetable water and use in soup.)
9. Read the labels and compare store brand items to famous brands. They usually cost less and are just as good.
10. Start from scratch rather than prepared freezer or packaged items. (Example: raw potatoes vs. potato chips; whole grains vs. packaged cold cereals; macaroni and ["cheese"](#) vs. frozen variety; dry beans vs. canned beans; [homemade bread](#) vs. store-bought.
11. Get used to eating meals at home and make it a special family time rather than eating out.
12. Learning to cook simply, rather than rich and fancy, can save a bunch. Small things can make the food attractive without the added calories and expense.
13. Don't allow your children to rule the shopping cart. You set the standards and have them help you stick to it.
14. Glean from neighbors gardens. You'd be surprised how many are growing too much for themselves and would welcome a little extra income and someone who was willing to pick and use their extra.





# Health Notes #36

## Some Menu Suggestions

### Breakfast

- Cereals -- eat a serving of [cooked whole grain](#) or [granola](#), plus [whole grain bread](#) with nut butter or "[jam](#)".
- Fresh Fruit -- eat an abundance, and a variety. More when in season.
- Frozen Fruit or canned fruit put up for the winter.
- Something Special -- occasionally serve something in addition to or in place of the above. [Waffle](#) for bread. [Scrambled Tofu](#) or a [crisp](#).
- [Milk](#) -- over the cereal, or crisp.

### Dinner

- Entree/Protein dish.
- Lots of raw vegetables or salad. (Learn to eat a variety during the week but keep the variety down at each particular meal.)
- Yellow or green cooked vegetable.
- [Whole grain bread](#) and spread (your spread may be your protein.)

### Supper

- You may choose to skip this meal and earn yourself some extra minutes of time in the evening with your family.
- Fruit: raw or as a [cobbler](#).
- Grain: toast or regular bread, popcorn, etc.

Three or possibly four items at a meal is plenty to fill all our bodies needs. Just remember to use the above keys and eat a variety during the week but keep your portions large and the different items few each day. This key will help you keep simple and cut down on your overall preparation time. Plan ahead, you CAN do it!



Navigation icons

Navigation icons

Navigation icons

Navigation icons

Navigation icons

Navigation icons



## Health Notes #37

### Decorative Ideas to Spruce it Up

**Parsley:** This is a quick way to doctor up a plain loaf or stick on the top of a sandwich or on the plate beside, and it is good for you.

**Flowers:** In the summer add some edible flowers to the top of your salad, etc. Nasturtiums, violets, clover blossoms. (The leaves are edible, too.)

**Radish Roses:** Wash radishes. Make narrow slits on all four sides to about 1/4 inch from the bottom of the radish. Be careful not to cut all the way.

**Tomato Rose:** Using a firm tomato begin peeling the skin off as you would an apple, around and around, all in one piece. Pick up the beginning end and **carefully** begin to wrap it around your finger. Continue winding up into a tight circle until completed. Turn it over and there you have your beautiful rose. Add parsley or an edible leaf to each side and lay on your entree.

**Carrot Flowers:** Take a sharp knife and cut trenches "V's" from top to bottom. Make 4-6 of these. Slice in rounds. Add a bit of mayonnaise or olive round to the center and parsley leaves.

**Lemon Twist:** Cut thin slices of lemon. Cut each slice only once, through the peeling to the center. Taking the slice where it is cut give it a twist, going one way with one hand and the other way with the other. Lay on top of your fresh steamed garden greens. How about on the [lemon pie](#)?

**Cherry Tomatoes:** Punch a hole in the stem area of the tomato and stick in a piece of parsley. Adding just 3 of these simple decorations makes any dish more appetizing.

**Cucumbers:** Score either peeled or unpeeled cucumbers with a fork. Start at the top and go straight to the the bottom and then do it again until you have lines all the way around. Slice and serve in a salad or on a veggie tray. You can also peel in stripes leaving some on and peeling some skin off, then cut in rounds.

**Olives:** The black or green olive whole or in circles along with the radish, parsley, or carrot flower is

delightful.





## Health Notes - Breads



- [Apple Bran Muffins](#) #2
- [Fresh Fruit Muffins](#) #4
- [Blueberry Muffins](#) #12
- [Basic Bread](#) #11
- [Date or Raisin Rolls](#) #19
- [Oatmeal Bread](#) #11
- [Pumpkin Bread or Rolls](#) #31
- [Sesame Soup Crackers](#) #24
- [Pour Crackers](#) #29
- [Soup or Salad Croutons](#) #29
- [Corn Bread](#) #11
- [Spoon Bread](#) #26





## Health Notes - Breakfasts



[Cereals #2](#)

[Apple Bread Fest #8](#)

Waffles [Corn-Oat](#) and [Quick Oatmeal](#) #9

[Breakfast Banana Crisp](#) #12

[Crumb Crisp Topping](#) #12

[Creamy Rice Breakfast Pudding](#) #21

[Tasty Granola](#) #25

[Scrambled Tofu](#) #26

[Breakfast Sunday](#) #26

[Sunflower French Toast](#) #34









# Health Notes - Dressings, Spreads and Sauces

- [Lemon Sauce](#) #4
- [Healthy Toppings](#) #6
- [Tropical Dressing](#) #33
- [Strawberry and Grape Jam](#) #13
- [Apricot/Date Jam](#) #31
- [Topping for Cheesecake](#) #14
- [#1 Cheese Sauce](#) #21
- [#2 Cheese Sauce](#) #27
- [Hummus](#) #27
- [Bean Spread](#) #27
- [Tofu Mayonnaise](#) #14
- [Italian Dressing](#) #15
- [Thousand Island](#) #33
- [Avocado Dressing](#) #33
- [No-oil French](#) #33
- [Sesame Dressing](#) #33
- [Cashew Gravy](#) #30







## Health Notes - Entrees

- [Broccoli Almondine](#) #7
- [Potato Loaf](#) #8
- [Spinach Bake](#) #21
- [Hawaiian Sweet and Sour](#) #21
- [Seven Grain Burgers](#) #22
- [Millet Balls or Patties](#) #28
- [Boston Baked Beans](#) #22
- [Three Bean Salad](#) #16
- [Scrambled Tofu](#) #26
- [Haystacks](#) #27
- [Canning Beans](#) #27
- [Tamale Pie](#) #28
- [Carrot Loaf](#) #28
- [Main Dish Bread Dressing](#) #30
- [Roasted Nuts](#) #34





## Health Notes - Milks

[Nut and Fruit Milks](#) #10





## Health Notes - Salads

[Marinated Carrot Salad](#) #5

[Cucumber Salad](#) #5

[Spaghetti Salad](#) #29

[Tomato Cottage Cheese Stars](#) #16

[Three Bean Salad](#) #16

[Sprouts](#) #17

[Low-Cal Gelatin Salad](#) #15

[Silken Fruit Mousse](#) #22





## Health Notes - Soups

[Garbanzo Noodle](#) #32

[Simple Split Pea](#) #32

[Corn Chowder](#) #32





## Health Notes - Vegetables

[Hash Browns](#) #15

[Oven French Fries](#) #34

[Sprouts](#) #17

[Winter Squash Fluff](#) #31



# Health Notes - miscellaneous



[Light Evening Meal Suggestions #18](#)

[Charcoal Poultices #20](#)

