

## THE CAVEMAN DIET

**What would be an ideal diet?** Agriculture has been around for only 12,000 years. Prior to this, for over 4 million years, human beings or their ancestors lived from hunting fishing and gathering. This means they ate plants, nuts and seeds, fruits, fish, grubs and game. The only milk they drank came from their mother, so they stopped drinking milk around five years of age when they were weaned. Without agriculture they had very little access to grains. Because this primitive diet has been eaten for millions of years, it is ideally suited to keeping human beings healthy. Our current diet, very rich in grains, sweets, fatty meats and milk products is contributing to our ill health. If you want to improve your health, try the following this diet.

### BREAKFAST

½ cup FLAX SEEDS, grind in coffee grinder (Braun)

¼ tsp. salt

1 -2 tbsp. Splenda or equivalent Stevia

mix together then add

¾ cup SO NICE UNSWEETENED SOY MILK to make a cold porridge.

Add FRUITS: Blueberries, strawberries, apple, peach, nectarine, pear, melon, kiwi... etc.

### LUNCH

FRUITS, apples, melon or others, VEGETABLES, SALAD

add FAT FREE COTTAGE CHEESE, EGGS, SMOKED SALMON, HERRING etc.

### DINNER

VEGETABLES, preferably raw: Broccoli, cauliflower, red, yellow or green peppers, celery, mushrooms, carrots, turnips, parsnips, green beans, radish... etc. Add to VEGETABLE DIP.

FATTY FISH: Salmon, sardines, herring, mackerel, black cod, trout, halibut, sea bass, arctic char...etc, or SEAFOOD: Crab, imitation crab, lobster, oysters, shrimp...etc.

SALAD: Spinach is best, you can buy it ready made, add pumpkin seeds, dried onions, strawberries, tomatoes, blueberries, eggs, orange or tangerine slices, pecans...etc.

SALAD DRESSING: 1 cup OLIVE OIL

1 cup BALSAMIC VINEGAR

1 tsp. SALT

1 tsp. PEPPER

3 tsp. DRIED MUSTARD

6 - 10 cloves GARLIC, peeled and sliced (or 1 tsp. dried garlic)

**DESERT:** FRUITS or NUTS or 99% pure COCOA (Lindt bars).

**SNACKS:** RAW VEGETABLES, PUMPKIN SEEDS, WALNUTS, ALMONDS, FRUITS

**DRINK:** WATER, HERBAL TEAS, SUGAR FREE SOFT DRINKS

**TAKE:** 2 TUMS ULTRA, 1 MULTIPLE VITAMIN and MINERAL, and 1000un. Vit.D daily

**NO....**

**NO MILK PRODUCTS** (Milk, cheese, butter, cream, ice cream),

**NO SUGAR** (candy, chocolates, soft drinks),

**NO STARCH** (NO WHEAT FLOUR (bread, pasta, pizza, noodles, cakes, pies, cookies, pastries),

**NO CORN** (no corn starch), **NO RICE, NO CEREALS** (oats, barley, corn, rye etc.),

**NO POTATOES, NO BANANAS, NO FRUIT JUICES, NO DRIED FRUITS.**