

# Whole Food Guide

## *Whole Grains*

Soak rice 24 hrs. with shot of vinegar; cook 45 min. in fresh water. Soak millet and quinoa 12 hrs. with shot of vinegar; cook 20 min.

Brown rice (short, medium, long grain)

Millet

Quinoa

Buckwheat (no soak, just roast, then rinse shortly and cook 15-20 min) Barley (roasted)

Oats (whole, roasted)

Corn

Rye (sourdough bread)

Spelt (sourdough bread and pasta)

## *Vegetables*

Broccoli

Bok choy

Peas, snow peas Green beans Radish greens Kale

Spring green onion Green beans Cabbage

Chinese cabbage Cauliflower Cucumber

Celery

Parsley

Carrots

Onion Swede/Rutabaga Pumpkin Squash

Parsnip Kohlrabi

Lettuce (all kinds) Radish (red, white) Mushrooms Shitake mushrooms

## **Preparation of vegetables**

Steam Stir-fry Bake

Raw and salad

Pressed raw with salt (carrot, beet, cabbage, cucumber) Pickles (sauerkraut - no vinegar)

## **Vegetable soup with miso**

Fry vegetables in coconut /olive /sesame oil, add seaweed (wakame or dulse). When done, season lightly to taste with unpasteurized miso (brown rice, barley, chickpea). Add leftover pulses and grains to make a hearty soup. Sometimes add a raw, beaten egg at the end for a power soup. Garnish with parsley and/or green spring onion.

## *Oils (organic)*

Coconut oil (frying, baking) [never hydrogenated] Coconut milk and cream

Extra virgin olive oil (raw, salad, frying) [organic best] Sesame oil (unroasted, for frying), avocado oil, olives, avocados

Cultured organic butter, now and then if desired

### ***Protein (Plant Quality)***

Legumes, soaked and cooked with seaweed added after boiling up and skimming off scum: Adzuki

Chickpeas

Lentils

Black

Black Eyes

Lima

Small, white beans Split peas

Other beans

### ***Protein (animal quality)***

Ocean fish

Prawns, shrimp (wild, not farmed) Organic turkey/chicken/duck

Organic eggs

If desired:

Organic lamb or beef (now and then) Goat /sheep feta cheese (now and then)

### **Seaweed**

Kelp/Kombu (with grains, beans) Wakame (in soup)

Nori (soup, sushi)

Dulse (soup)

Agar (dessert)

Arame or hiziki side dish

### **Seeds and Nuts**

-soak in salt water 8 hours, then oven-dry 2-3 hrs at low heat, or in food dryer Pumpkin

Sesame

Sunflower

Sesame spread (tahini with water)

Almonds (also as nut spread) Hazelnuts (also as nut spread) Walnuts

Brazil Cashew Macadamia Chestnuts

### **Fruit (temperate climate) Apples**

Berries

Cherries

Plums

Pears

Apricots

Peaches

Grapes

Melons (eat it alone or leave it alone)

Dried fruit Fruit spreads

### **Sweeteners**

Rice syrup Barley malt

## Condiments and Seasonings

Natural sea salt

Crystal Himalayan salt Tamari or shoyu soy sauce Sesame salt (gomasio) Pickled salt plum (umeboshi)

Salt plum paste (umeboshi) Umeboshi plum vinegar Garlic

Grated ginger

Horseradish

Wasabi

Natural mustard

Mirin (sweet rice seasoning) Lemon and lime

Kuzu (starch thickener)

## To Drink (not with meals)

Water (filtered, spring)

Water with lemon or lime juice Tea (twig tea, bancha, kukicha) Mu tea

Dandelion root tea

Chicory tea

Roasted barley tea

Rooibos tea

Neutral herbal tea

## Suggestions

- ☒ Choose organic food
- ☒ Chew well (30 to 50 times)
- ☒ Eat a good breakfast with protein
- ☒ Eat regular meals
- ☒ Don't eat big evening meals
- ☒ Cook on a gas stove, if possible
- ☒ No microwave
- ☒ No aluminium pots or pans
- ☒ Scrub skin vigorously with a hot, wet towel, esp. hands and feet
- ☒ Moderate physical exercise, brisk walking, barefoot on grass
- ☒ Do-in energetic self massage
- ☒ Self reflection, meditation, laughing

## Also beneficial

- ☒ Short shower (instead of long, hot bath) with shower water filter
- ☒ Natural clothing material
- ☒ Minimal TV and electro smog
- ☒ Ecological products for personal care and household purposes
- ☒ Chiropractic care/ Energy massage

## Shopping list

Brown rice (short grain) Quinoa

Whole oats

Buckwheat

Sea salt, crystal Himalayan salt Tamari, shoyu (soy sauce) Umeboshi plums, also paste Umeboshi plum vinegar

**Mirin sweet rice seasoning Miso (barley, brown rice, other) Light miso (shiro)**  
**Adzuki beans**  
**Lentils**  
**Black beans**

**Seaweeds: Kelp/Kombu**

**Wakame Dulse Agar**

**Pumpkin seeds Sesame seeds Sunflower seeds Almonds**

**Other nuts Tahini spread**

**Coconut oil, virgin/extra virgin Sesame oil (light)**

**Rice syrup/Barley malt**

**Websites:**

[www.stevenacuff.org](http://www.stevenacuff.org) | [www.mercola.com](http://www.mercola.com) | [www.westonaprice.org](http://www.westonaprice.org) | [www.doctoryourself.com](http://www.doctoryourself.com)  
[www.naturalnews.com](http://www.naturalnews.com) | [www.wddty.co.uk](http://www.wddty.co.uk)

### **Example for breakfast**

**Miso soup with coconut oil and seaweed**  
**Rice leftovers as porridge with salt plum**  
**Pumpkin, sunflower seeds, almonds**  
**Protein: Leftover beans or soft-boiled egg**  
**Salad/pressed vegetables with dressing: olive oil, tamari and lemon or lime juice**

### **Example for lunch**

**Quinoa or brown rice**  
**Steamed green vegetable (bok choy, broccoli) with coconut cream sauce Stir-fried root vegetable**  
**Pressed cucumber with salt plum**  
**Protein: baked beans/lentils or baked fish/ chicken with ginger, garlic and basil Salad with lettuce, radish and mustard dressing and pickled vegetables**

### **Example for evening meal**

**Rye or spelt sourdough bread Tahini spread with salt plum, herbs Vegetable leftovers**  
**Protein: hummus, omelette or fish Pressed/pickled vegetables**

### **Sweet snack**

**Fruit with nuts or**  
**Agar pudding with fruit and chopped nuts on top**

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### **Other snack**

**Leftovers with seasoning (mustard, salt plum, sesame salt)**  
**Bread with bean spread, coconut oil, olive oil or tahini, with salt plum and herbs, pressed/pickled vegetables**

## **Recommended reading**

**Food and Healing (and)**  
**Food and our Bones**  
**by Annemarie Colbin**  
**Eat Fat, Lose Fat (and)**  
**Nourishing Traditions by Sally Fallon Nutrition and Physical Degeneration by Dr. Weston Price**

**The Book of Do-In by Michio Kushi Reading the Body by Wataru Ohashi**

**Email: [stacuff@hotmail.com](mailto:stacuff@hotmail.com)**

**Ume-kuzu drink: for strength and warmth:**

**Dilute 2 tsp kuzu in a little cold water, then add kuzu to a cup of boiling water. Stir until it thickens and becomes clear. Turn off and add a crushed umeboshi or 1 tsp paste, 1/2 tsp tamari-shoyu and press a little juice from grated ginger into it. Drink warm.**

**Ginger Compress: to stimulate and overcome stagnation**

**Grate fresh ginger root and put in a cheese cloth or a sock. Squeeze out ginger juice into pot with 4 quarts/liters of very hot (but not boiling) water. Drop the grated ginger bag into the water and let steep and cool, until the skin can take the heat. Dip a hand towel into the water, wring out tightly, fold and put on the area for treatment. Cover with a dry towel to keep compress warm. After 3-4 minutes change with another hot towel in the water. Do this for 20 minutes. Skin turns pink.**

## **Foods to avoid**

### **Animal Foods**

**Pork**  
**Processed meat products (nitrate) Commercial dairy products**  
**(yogurt, cheese, ice cream)**  
**Tuna, swordfish, shark, farmed fish (mercury)**

### **V egetables**

**Nightshades (tomatoes, potatoes, capsicum / bell pepper, eggplant, chilli)**

**Spinach (high in oxalic acid) Chard/Silver beet (oxalic acid)**

### **To Drink**

**Coffee, also decaf (caffeine)**  
**Black and green tea (caffeine) Medicinal herbal tea (OK as medicine) Fizzy, carbonated, sugary drinks**  
**Diet drinks ( sweetener: aspartame etc) Fruit juice (fast sugar)**  
**Alcohol**

**Tropical fruit (in temperate climate)**

**Banana Mango Papaya Orange Fig Date**

## **Other**

**Artificial sweeteners (sucralose etc) Food additives**

**Sugar, also fructose, dextrose Wheat and white flour products Chocolate (oxalic acid, caffeine) Snack foods: chips, crisps etc Margarine**

**Oil from corn, soy, safflower and sunflower, canola Hydrogenated, refined cooking oil**

**Low-fat products**

**Soymilk, tofu, other soy products**

**Honey**

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