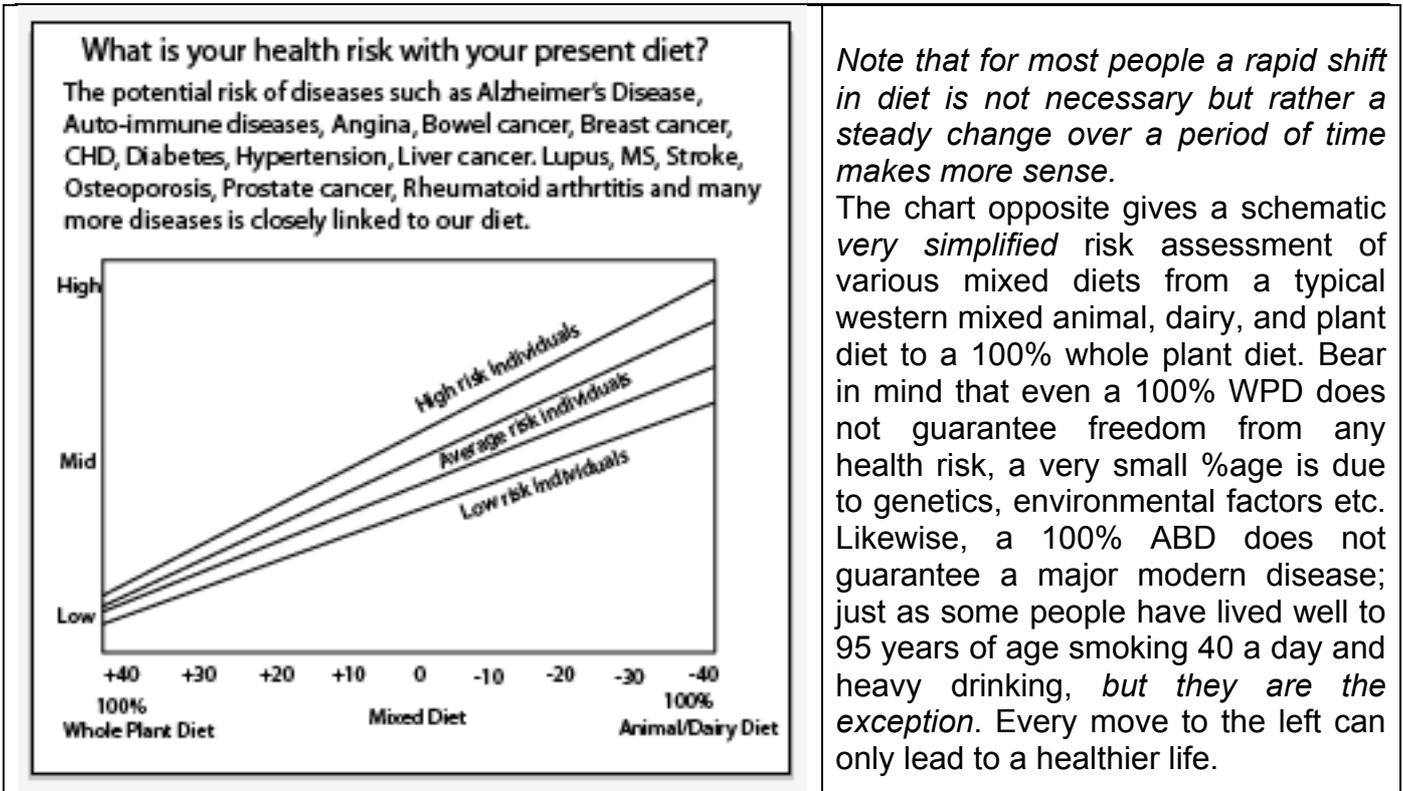


Health Guidelines

“Our Health is Connected to Our Diet & Our Diet is Connected to Our Breathing”
 The four pillars of health are Good Structure, Good Diet, Good Breathing and a Calm Mind.



A Simple Guide to Healthier Eating Recommendations

Group A

Eat all you want (*while getting lots of variety*) of any whole, unrefined plant-based foods.

General category	Some examples
Vegetables	Aubergine, artichoke(globe), asparagus, bamboo shoots, broccoli, Brussel sprouts, cauliflower, cabbage, carrots, celery, celeriac, chard, chicory, chillies, coriander, courgettes, cucumber, daikon, endive, garlic, ginger root, green beans, French beans, kale, lettuce, leeks, marrow, mustard cress, okra, olives, onions, peppers, pumpkin, radish, radicchio, runner beans, secale, shallots, soya, spinach, spring greens, spring onions, squash, Swiss chard, water cress, etc.
Fruit	Apples, apricots, avocado, banana, bilberries, blueberries, blackberries, cherries, cranberries, currants, cucumber, damsons, dates, gooseberries, grapefruit, green pepper, grapes, guavas, kiwi, lemons, limes, loganberries, lychees, mangoes, melon, mandarins, nectarine, pomegranate, quince, raspberries, red currants, rhubarb, strawberries, tangerines, tomato, water melon, white currants, etc.
Starch rich foods	Potatoes, carrots, turnip, beetroot, salsify, swede, parsnips, sweet potatoes, yams, pumpkin, rutabaga, squash, corn on the cob, Jerusalem artichoke, etc.
Pulses & beans	Soya beans, peas, kidney beans, lentils, white beans, peanuts, chickpeas, black beans, adzuki beans, cannellini beans, broad beans, etc.
Mushrooms	White button, cremini, portabella, shitake, oyster, etc.
Dried fruit	Apricots, dates, raisins, apple, figs, currants, prunes, sultanas, etc.
Cereals, grains	Amaranth, arrowroot, barley, buckwheat, bulgar, brown rice, cornmeal, millet, oats, polenta, quinoa, rye, semolina, sorghum, spelt, whole wheat, wild rice, etc.
Nuts, seeds	Walnuts, almonds, macadamia, pecan, cashew, cobnuts, hazelnuts, pistachio, flax seeds, chia seeds, hemp seeds, pumpkin seeds, poppy seeds, tahini, etc.

Continued over.....

