

DR. CHRISTOPHER'S *Herbal Legacy Newsletter*

Mucusless Diet

by Master Herbalist Lindsay Wolsey

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When you read the 3-Day Cleanse and Mucusless diet booklet, it's easy to get discouraged and wonder, "What I am supposed to eat?" Here are some ideas.

Vegetables:

This means avocados and potatoes and cauliflower and broccoli and carrots and celery. Who doesn't love to eat squash and zucchini in the summer? And I know plenty of people who love a fresh garden tomato (technically a fruit). And don't forget about asparagus—a key ingredient in Asparagus Soup. Fresh salsa, made from onions, peppers, garlic and tomatoes has to be one of the most delicious concoctions ever created. My dad has been known to sneak raw turnips into the movie theater. You can eat your vegetables raw, lightly steamed, or even baked once in a while (no one likes a raw potato). Dr. Fuhrman teaches that green leafy vegetables are one of the best foods you can eat, so load up on the kale, romaine, green leaf, and red leaf lettuce.

Fruit:

Raspberries, strawberries, blueberries, apples, oranges, pears. What about pineapples, kiwis, lemons? There is a whole list of fruits. Put some lemon juice or lime juice in your water or tea. My favorite smoothie is Orange Banana Strawberry. You take fresh or frozen strawberries, depending on the season, and frozen bananas, and orange juice, blend it all up, and voila, you have an excellent smoothie.

Nuts:

Cashews, almonds, brazil nuts, walnuts, macadamia, pine nuts, pistachios, and peanuts, to name a few. You can even make your own nut butters using a Champion Juicer and some nuts. You can also make Crank's Nut Roast. And don't forget about Cashew Cheese (a great baked potato topping).

Seeds:

Sesame, pumpkin, sunflower, poppy, flax. Raw, sprouted, seasoned or plain. Put them in your salad, soak them and blend them with spices into dips. There are a ton of recipes for sunflower seed dips on the Internet—raw foodists use them a lot. I'm partial to a Southwestern Style Dip. You can even make flax seed crackers to go with your dip. Add some seeds and nuts and you have a great trail mix.

Legumes:

Kidney beans, navy beans, garbanzos (Hummus, anyone?). Don't forget pintos, and black beans, and peas. Fresh green beans, right off the vine. There are so many different ways to eat them, and they are so good for you!

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Grains:

We get a lot of phone calls to The School asking us how to low-heat the grains. It appears the easiest way to low-heat grains is the thermos method. Take a thermos bottle, fill it in the early afternoon or evening one-third full of grain, and then finish filling the thermos bottle with boiling water. Turn the thermos over two or three times to mix the grain and water. The next morning the grain is ready for consumption. Remember barley, rye, oats—maybe some Easy Apple Breakfast?

Final Thoughts:

It's hard to eat healthy 100% of the time, but almost everyone could do a little better. Remember that there is a great collection of recipes right on Herbal Legacy – at <http://www.herballegacy.com/Recipes.html>. You also don't need to worry too much about “proper food combining” or anything like that. Dr. Christopher said that you shouldn't need a Pittsburgh Attorney to help you put a meal together. Dr. Christopher certainly never worried about this—in fact, if you asked him, he would tell you to “Ask any gorilla what he eats.” Gorillas are big and strong, and they certainly don't worry if you can have carrots and lettuce and peanuts all together.

David Christopher says that the bare minimum of raw food in a diet should be 50%. That's the bare minimum, not the optimum amount. He also says that should vary throughout the year—during the spring and summer and fall when we can get fresher food, our percentage of raw food should go up. We emphasize enzyme-rich foods, and you cannot get enzymes from dead foods.