

## Recommended Fifth Dimensional Eating Plan

It has been recommended to me by Spirit that I concentrate my diet on what is described as 'the fruits of the Earth'. This means organically grown fruits, vegetables, seeds, nuts and pulses, such as beans and lentils. I have been advised to cut out sugar and wheat and eat only natural sugar substitutes such as organic raw agave and eat alkaline grains such as quinoa or millet, or low acidic forming grains such as oatmeal. The rule of thumb is that if a food is manmade or sprayed with pesticides, then don't eat it! Keep to a diet as unprocessed and as much as nature made it as possible. Drink 8-10 glasses of pure water each day, to which liquid chlorophyll has been added.

If you tolerate dairy then this is fine, but you might like to try a switch to almond milk instead.

Organic chicken, or ocean 'wild caught' fish in moderation is also recommended if desired.

The energy coming into the body and the body's energy fields is also putting a strain on all the organs of the body. Eat lightly and often and make it as easy as possible for your digestive system to do its job. Spirit tells me that the human being was not designed like a camel to store nourishment in its hump!

There are many possible eating plans, diets and food options. This daily eating plan is just one option, based on the information I have received from Spirit about the nutrients the body requires to adjust to Fifth Dimensional vibration. Try this simple strengthening, cleansing and nutrient dense daily eating plan for three weeks and see how good you feel? You will probably also lose weight if this is an issue for you.

### On rising

Drink two large glasses of water to which you have added a squeeze of lemon and a tsp. or two of liquid chlorophyll.

Exercise in the open air

### Breakfast

1 tsp. spirulina powder and 1 tsp. of chlorella powder in half cup of organic apple juice and shaken together.

A large cup of natural, unsweetened yoghurt (Fave 0% is the best!) with berries (blueberries are best, then raspberries or strawberries). A large tbsp. of oat bran is a good addition. You can add a squirt of agave you want to sweeten. (Oats, oat bran, and oatmeal contain a specific type of fiber known as *beta-glucan*. Since 1963, study after study has proven the beneficial effects of this special fiber on cholesterol levels.

Antioxidant compounds unique to oats, called avenanthramides, help prevent free radicals from damaging LDL cholesterol, thus reducing the risk of cardiovascular disease, suggests a study conducted at Tufts University and published in *The Journal of Nutrition*.)

If you are busy and on the run all day, try eating two snacks spaced between breakfast and dinner to keep your body energized. I usually have as one of these snacks a protein drink based around hemp protein powder, a plant based protein.

### **Snack One: Recipe for Judy's protein drink**

Mix in blender (you could take this to work in a vacuum flask)

16 oz sugar free almond milk (or low fat cows milk)

The health benefits of almonds include reduced LDL cholesterol, reduced oxidative damage from smoking, and stabilized blood sugar levels after eating. Nutritionally, almonds have more calcium than any other nut and are an excellent source of monounsaturated and **polyunsaturated oils**, protein, potassium, magnesium, iron, zinc, and vitamin E. More than 60% of the fat comes from monounsaturated fat. They are a good source of antioxidant flavonoids.

**Two tbsp of hemp protein powder (from Wholefoods or health food store)** Hemp powder is pesticide free and organic. It is packed full of easily digested protein and omega three fatty acids.

**One egg yolk** (According to the book 'Secrets of the Fountain of Youth', monks in Tibet ate a raw egg yolk daily). Use the best organic, free range eggs you can buy.

**One tbsp of carob powder** (for chocolate taste and nutrients), or vanilla.

**One tbsp brewers yeast** ( for B vitamins) Brewer's yeast has been used as a nutritional supplement for decades. Loaded with amino acids, minerals, trace minerals, proteins, and vitamins, incorporating this inactive yeast into your diet can boost your health.

**1 tbsp (or more) of Fo Ti Tieng powder** ( Fo Ti Tieng is a Chinese herb that can stop your hair from going grey and even reverse graying of the hair) It is a Yin tonic and anti-aging herb toning the liver and kidneys and increasing energy levels. See Frontier Herbs and other stockists online. You can also use Fo Ti tinctures or capsules.

One squirt of omega 3/6/9 oil (optional)

If you really want to pack your body with nutrients you could have two of these drinks per day.

### **Snack Two**

Ideas...If it's a fruit, vegetable, seed or nut you can eat it!

Any raw vegetables, fruit, and/or a handful of nuts (walnuts, almonds, brazil nuts), some hummus, a couple of tea spoons of tahini (sesame seed paste), sunflower seeds, pumpkin seeds.

### **Dinner**

A large, raw vegetable salad, especially incorporating leafy greens, (spinach, lettuce, kale etc ) (if you add fruit use only a small amount), steamed vegetables, a protein such as grilled chicken, fish, parmesan cheese, beans, alkaline high protein grains such as quinoa, millet, brown rice with beans. Use sea greens such as sea weeds, seeds and nuts, parsley and garlic. Make a dressing of olive oil, lemon juice or cider vinegar, mustard and seasonings such as tamari, ginger or herbs.

### **Drink**

Lots of water and chlorophyll throughout the day and hot or iced green tea or other herbal tea or rooibos tea. The odd cup of coffee is not bad, but it can make the body acidic if drunk to excess.