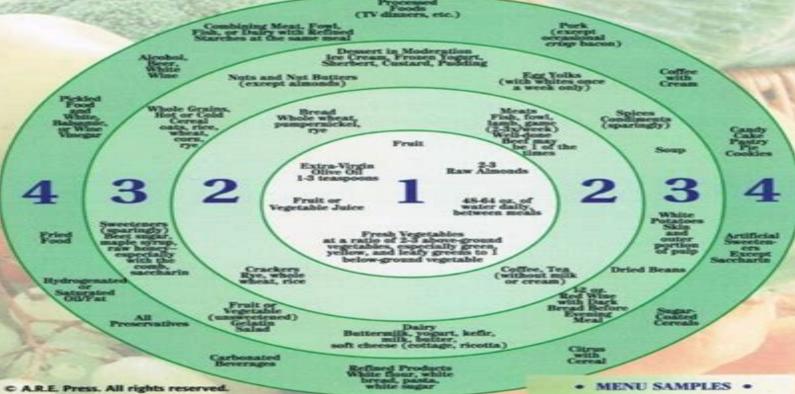
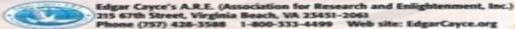
"... what we think and what we eat—combined together—make what we are; physically and mentally." 288-38

Edgar Cayce Basic Diet



DIRECTIONS

- Circle 1: Alkaline food: 80% of your daily intake—four or five servings.
- Circle 2: Acid food: 20% of your daily intake.
- Circle 3: Three times a week.
- Circle 4: Avoid these foods.
- Eat local produce whenever possible—local organic would be best of all!



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The information contained in the Edgar Cayor readings should not be regarded as a guide to selfdiagnosis or self-treatment. The cooperation of a qualified health care professional if essential if one whites to apply the principles and architecture in the readings.

- BREAKFAST -

Cereal with milk and berries or Scrambled or coddled eggs with toast (whole wheat, rye, pumpernickel) or Fruit (citrus, meions alone)

- LUNCH -

Raw salad (especially leaf lettuce, celery, carrots) with olive oil dressing and/or vegetable soup, whole grain bread, or crackers

- DINNER -

Fish, fowl, lamb, beef well-done Cooked vegetables (2-5 above ground to 1 below ground) Dessert (in moderation)

Edgar Cayce Guide To Nutrition

DJ Losen



Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through Edgar Cayce Guide To Nutrition

In a world inundated with screens and the cacophony of fast transmission, the profound power and mental resonance of verbal artistry often disappear into obscurity, eclipsed by the constant onslaught of noise and distractions. However, located within the musical pages of **Edgar Cayce Guide To Nutrition**, a captivating function of literary brilliance that pulses with raw thoughts, lies an wonderful trip waiting to be embarked upon. Published by way of a virtuoso wordsmith, that mesmerizing opus books readers on a mental odyssey, delicately revealing the latent potential and profound affect embedded within the complicated web of language. Within the heart-wrenching expanse of this evocative examination, we can embark upon an introspective exploration of the book is key subjects, dissect their charming publishing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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