

RBTI Cooking Class

Taught by Dr. Carey Reams and Dr. Dan Skow

Hosted by Dr. Dan Skow at Fairmont, Mn

June 1982

Tape 1 side 1.

Dan Skow:

Preface to the class.

This morning each of you must be very brilliant, to have the courage to travel the distance some of you have, to learn about what I assume most of you already know. I will assure you, this isn't probably what you're used to doing. And it's going to be a little bit different. And I hope that's what it'll turn out to be.

We're actually going to be doing cooking, which you obviously can see there's a stove and refrigerator coming up. Some of the meals will be prepared. You'll be doing tasting. You'll actually be in on demonstrations that are the actual preparation of foods, and why they have to be done a certain, specific way, based on the body chemistry equation. Now, is every one familiar and had some experience with this Dr. Reams' body chemistry equation today, or at least know something about it? Is there anyone here that's never been exposed to it before? I don't know, but I think everybody has.

Okay, the reason I've had this course is I've really been emphatic about is, that I have been in one of Dr. Reams' original human courses and I've come to the conclusion that there's a great, great misunderstanding about what he's said about foods. I have read literature galore printed by various people from coast to coast about this food and that food, and it runs the body pH this way or it runs the body pH that way. And I swallowed all that for awhile, until he gave me most of his agricultural books and stuff that he had one day. I told him that he didn't need to do that, and he could have them back any time. He still can as far as that goes. And I ran across a piece of information in there that he had written in 1930. And if I would have had the privilege of having that information when I took the first seminar under him, I wouldn't have had to go through all the confusion. Well, maybe it's my inability to understand at that particular time what he was trying to teach me.

I took this information, I went through this, went through it word by word with him a year, a little over a year and a half ago on a Sunday afternoon, to confirm whether this was still true. And when you finish reading this little booklet, you should be able to understand that – why you've read about foods causing the pH to go this way or that way is false. Now, those of you that've been doing tests, and this type thing: How many of you would ever use vinegar in the diet of a double acid person?

Nobody wants to commit themselves. One person would. Would anybody else use it? There's another person. Okay, well there's hope.

We will learn a number of things about that is in some cases you would, and some foods, even though they'll make one person more alkaline, they'll make another person way more acid. And we're going to teach you how to prepare that food so that you can work against whatever way you're going the wrong way, you won't

have to work it the other way. And in the past, some of the seasoned testers' stuff that he has been giving recommendations, and this type thing, are just the opposite of what he said in class. And this is why I felt that this needed to be clarified, plus the fact is that he has a lot of unique things about the cooking end of it that's kind of impressed me. And we're going to take the time.

So, if you want a real basic groundwork in the pH energy, how that's created to correct a particular malady or just have better health, it's in this little booklet right here. It's just off the press. I just grabbed them from the printer this morning.

The next thing I would like to do, I'm going to introduce the people that are going to be helping with the seminar, and one's my wife. She has been taking care of some of the correspondence, and taken care of some of the letters and this type of thing, and helped organize, as I've been on the run in veterinary medicine. So I'd like to introduce my wife, Derrice, and she'll be kind of helping out. She's a home economist. She's graduated from Mankato State University, and she taught Home Ec in high schools for four, I think, years. She will be helping, so she does have some familiarity with foods, condiments, and this type thing. So, she'll be doing some of the demonstrating, under the instructions of Dr. Reams.

And then another person who'll be of aid and help, and has been helping by a little, and that's Dr. Reams' wife, Bonnie. She's in the back of the room here. She's been a terrific aid. And then we have Jerry Feinstein. He's the fellow from Ohio. He helps me with all the AG seminars, and he's helped too. Him and I were, together were in the original human course back in Roanoke, Virginia, about five or six years ago. We still stayed together. We've hung together a long time. He's helped, and some of you've met him when you paid your entrance fee. And those of you who haven't yet, why you see him and he'll get that ironed out for you.

And up at the front here, when we ... cassette tapes, or we have being taped. Janis Tate – She's going to be doing the recording and helping me with that. There will be cassette tapes for the course. I don't know how they're going to turn out. We're going to do the best we can to get the sound and all of everything said. I've got a number of different mikes, a lot of money in them. They usually turn out pretty well. And I have a high speed duplicator in the other room there, so I can duplicate them. These tapes will be the same as if you'd go up town and you'd buy one of these Scotch or X-Cell tapes that you'd pay \$5.60 for. They're the same equivalent quality and passing them. They're \$4.00 a tape, whatever they come out. So, I don't think you can buy tapes cheaper but the – most cassette recorders I know anything about, they just eat them. And that's one thing I like about these, they don't have that problem, generally. If there is any problem with them, you just send them back and they're immediately replaced. Run you another one and there's no charge on that part of it.

Now, a couple of other things. In the background of this concept and idea, we have an idea we're working on feverishly, trying to figure out. I don't know, how many are familiar with Weight Watchers? Well, we have a similar concept in the back of our mind to do a similar thing, only from a different approach. It is possible today, anyway, and I haven't got all the things done to have a kit

somewhere between \$40 & \$60 that you can give for a family test kit that'll give you the ranges and the concept or idea anyway. That if we can set up people in different communities to run a program similar to the Weight Watchers, where you charge three or four dollars, they come in, they do the test, you give a sheet of recommendations for them to do the following week. And Dr. Reams will try to work up some dietary things and stuff that we can put on sheets that will come out from him. And there'll be a royalty that'll go back to him and you keep the rest. That's the kind of concept that we hope to have in mind. So, as a result of it, information in this course is going essentially to be copyrighted. That isn't saying you can't go home and use it to teach other people. I don't want to insinuate that. But, the credit, and if you start to go out anywhere and we start to furnish information to set up this idea, then there's going to be an arrangement made where on the Weight Watchers program, you pay in three dollars, one dollar goes back to headquarters, and you keep the other two. As a result of that, we try to furnish you with information, updating this type thing. This is the kind of idea and concept we've got in the back of our minds right now.

So, before I started to do that, I had to make Doc Reams promise he'd teach a course first, to give him a handle, an idea, and a concept of what we would be doing and how it was going to come about, to see whether or not I can bring together people that we could administer something like this. This is what I have in the back of my mind to work.

But normally I have been teaching the agricultural courses, for close to three, four years now, and I have nearly 500 students across the nation. It's like I tell all these about 1% of the people actually do anything with it. I hope you people are much a student and we do have a higher percentage of you that use it, and if nothing else, in your families and amongst your friends. And we have some very unique things as far as I'm concerned about just steaming vegetables. Steaming the vegetables, there's a lot to it. And they can either taste terrible or they can taste very well. And my first introduction to that was when I, he invited me to his home when he was in Arkansas, and I took a course down there under him. And I was, finagled a dinner out of him in order to offering to assist him in the teaching of agriculture courses. So when I got down there, he had a big steam kettle, anyway. And he had it full of steamed vegetables, most of them I didn't like or I hadn't liked in the past, let's put it that way. And when I got done eating them, he really convinced me that maybe they weren't so bad. But it had more to do with the way he cooked them, I think, than anything else. They were just store-bought and they were nothing special, as far as that goes. He was explaining some of this stuff to me yesterday that I'm putting in the newsletter. So you will get that privilege, to see that first hand of how he does it. He tells me if you go one minute past, then it's all over. You'd just as well give the food to the trash can, let him have it for supper or dinner. So he'll going into that and teaching that.

Each morning we'll, for the next two mornings, be meeting here around 8:30. Tomorrow morning we plan on having breakfast here. Now it's not going to be a formal thing like maybe some of you are accustomed to. You'll have to forgive us

for that, but it's to demonstrate some of the principles he's going to try to teach us. So, some will be snacking-type things. I don't know if you're going to get a complete meal every day, to completely satisfy your needs, but we're going to try to at least give you a good taste, enough to get a concept and an idea. If everything goes right, we should have an evening meal in here of especially one of these soups, providing I can get the stove arranged, which is supposed to have been here, by the way. We'll be working on that.

Now, are there any questions up to this point? You should all have a notebook with blank pages on it. Yes? [Several questions] The information in this book was written by him and I have gone through it word by word. I sat beside him and read it to him word by word and corrected any error in the concepts and ideas. And I took it to an English instructor. Hopefully it's grammatically correct, but I am sure between the processes there may be a mistake or two and if some of you find it, please tell me so I can make it grammatically correct. Yes? If you don't have any, Sarah? Do you have any more of the notebooks? Are we out? I got some note pads here but you will get one. There are some here with legal pads in it that fit in one. If you don't have one, we'll get you one. Any other questions? It's called, *The Farmer Wants to Know About Soil pH and Energy*. And there isn't any difference between feeding an animal, the soil, or you. It's all one and the same. Okay. Any other questions now? I grabbed a bunch this morning, anyway, and I don't know whether I had quite enough or not. That's fine. If I'm run out, I'm really happy then. I had 24, 25, of them. Is there any other questions now before we?

Now, some of you who haven't been in a course before, Dr. Reams always has about 20 minutes or 25 minute devotional every morning, to get us started off on the right way. He always tells us it's our daily mail, or morning mail from heaven. And he says, He writes you a nice little letter every day so some of you who feel bad about not getting something in the mailbox, why, unknown to you, maybe you didn't realize it that you had one in your house, if you just take the time to sit down and read it. So, with that, we'll let him take over for the next few minutes.

Morning devotions

Dr. Carey Reams:

Thank you. Good morning. We're going to read a couple of verses in Genesis, the first chapter, and the verses are 29 and 30.

Vs 29 And God said, Behold I have given you (He's speaking to Adam) every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed. to you it shall be for meat. **Vs 30** And to every beast of the earth, and to every fowl of the air, and to everything that creepeth upon the earth, wherein there is life, I have given every green herb for meat, and it was so.

Here He did not give us any meats to eat. While in the ninth chapter, immediately after the flood, He gave us the right to eat all kinds of meats. But then later, in the eleventh chapter of Leviticus, He states what the clean and unclean meats are, the eleventh chapter of Leviticus. He also tells us in the book of Leviticus not to eat any fat of any animal, because the diseases of the animal are in the fat. He also tells us not to eat the blood of the animal. And in this class you're going to learn how to prepare foods kosher-style. The only reason they're not kosher is the animal was not killed by a rabbi. If the animal is killed by a rabbi, and the blood drains from the carcass, and then it is soaked in water to get the balance of the blood out, it is said to be kosher. When you see the word "kosher" added to pickles, it's only a trade name, meaning it has no vinegar, it's only salt. But that is not the meaning of kosher in the Bible. There is also kosher meats and kosher-style meats.

Also, in the preparation of many of the meats today, they add potassium nitrate or salt-peter, which is a preservative to keep them from spoiling. It would be better to add salt than the salt-peter because the potassium nitrate accumulates in the body and brings about maladies that shorten life. I want to teach you in this class how to take the potassium nitrate out of certain meats. And it's not supposed to be used in fish at all but, believe me, I am finding it in some of the fish, which is strictly against the law to add it. So what we need to do today is to learn what the clean meats are.

God said swine, or anything in the swine family, was unclean to you. When I was a young physicist, I reasoned that when Moses wrote this some 4,000 years ago, the hogs and pigs all were scavengers, they were around leper colonies on one thing and another, and they were dangerous to eat. But today, I reasoned, that the pork that we raise today is vegetarian, that it's raised on all floor. It's kept clean. It isn't possible, in my opinion, for vegetarian animal to be unclean. But God said it was unclean and I was going to find out why it was unclean. You know, I did seven years of research on pork. You know what I learned? Absolutely nothing! I couldn't see that much difference in fish, chicken, turkey, venison, beef, lamb. I couldn't see that much difference in it. But one day, God showed me how foolish our deepest thinking and scientific research is.

They sent a man into my lab that was a good friend of mine, also a client, that was in the final stages of cystitis, cancer of the kidneys, and it developed even beyond cystitis. He only had a year to live at the most, and he said, "You've just got to help me! That medicine cannot do any more for me." This was along about '34, '35. So I gave him a pair, I loaned him at least, a pair of, I gave him a grams scale. And I said, "What I want you to do is to weigh everything you eat, but I'm going to put you on some limits. I only want you to eat one kind of meat a day, one kind of fruit a day, one kind of vegetable a day, and so forth. Anything of a green leafy salad you may have, I meant cooked vegetable, one cooked vegetable a day. And I want you to come back every day in this lab at two o'clock, and I'm going to do a test on you."

For six weeks I did tests on him, without any limiting of his diet whatever. And he was slowly getting worse. I took that information then and began to weigh it out, day by day by day. I found out then, every day that he ate the unclean foods such as catfish, shrimp, lobster, pork, ham, bacon, sausage, pork chops, spare ribs, or whatnot, his energy dropped. In the other days, it either held its own or kind of gained a little. It's so much easier to bring it down than it is to bring it up. So what I found out was that the unclean meats digest in a period of three hours and the clean meats in a period of 18 hours average. Now that is a difference! When meats digest too fast, they throw too much high-powered energy into your system at one time, and it burns you up. I have seen many people in their late thirties or early forties. To look at them, you'd think they were in their late seventies because they had eat so much high-powered foods, until it burned them up. And some of them were hard-working Amish people, some of them Mennonites who worked with horses and hands, and it still burned them up. But after six months, taking them off those high-powered, by high-powered I mean quick-digesting foods, they looked even younger than their years. So the process of reversing your years can be instigated to a certain amount. And that is why diet is so important.

I am very pleased to see quite a lot in the press today that doctors have discovered that diet helps cure this, that, or the other, which was unheard of only two years ago. They're just now waking up to the fact. In Florida, there's a great group of doctors that refuses to do surgery now unless it is a means of last resort, and they're using diet to help people get well. So, I'm telling you today that our earth is grown old like a garment and much of our food today is depleted in minerals, depleted in calciums, depleted in manganese, iodine, and so forth. And unless we choose our foods with great wisdom and have a system of monitoring that food intake, we will be no better off than anyone else. You know, the Seventh Day Adventists have a wonderful dietary, faddish program of foods. The overall idea is biblical. That is correct, but there are no two of us alike. And I find that they are just as ill as anyone else because they do not use a great variety of foods. They limit it to a very small group of foods. God gave us many foods to eat. He didn't expect us to just choose two or three. He also gave pure water to drink, of which our water today has been contaminated. And it's not safe to drink

water today unless it has been distilled or checked out to see if the spring water is a pure water.

So God wants you to be healthy. He wants your family to be healthy, and it is the high priest's duty of the home, the father, to see to it that his family is well. Course Mother is to help also. But it's also the duty of the high priest of the church, the minister, the shepherd of the flock, to keep his congregation healthy, and all his members healthy. It is nothing in the Bible, in the Old Testament especially, wherein this great responsibility was designated to physicians. In the New Testament, yes. Luke was a physician. The physicians were nigh to come unto their own, to take some of the responsibility off of the priesthood. But then, it even predominated and took it away from the priesthood, which was not God's plan in the first place. The more obedient we can be to the laws of God, the more respect that He will have for us and the greater will be the opportunities that He puts before us. You have heard people say, "Well, in the eleventh chapter of Leviticus, that was for the Jews. That was not for the Gentiles." I have news for you. Anything that'll make a Jew sick in the Old Testament will make a Gentile sick in the New.

So you will see in the book of Ecclesiastes that Solomon said, "There's nothing new under the sun," that humanity never changes. It's about the same. And Moses in leading the children of Israel through the wilderness, where they were bitten by snakes, he put a snake up on a pole, and if you'd just look toward that pole, you'll be healed. You know, they wouldn't even look. They wouldn't even look. Also God gave the children of Israel manna, and they wanted meat. He gave them meat. What kind of meat did He give them? Quail, that's right, He gave them quail. Quail has enough iodine in it that if anyone ate a quail everyday for 30 days, they'll probably die. There's that much iodine in quail. And that's what happened. They died from eating too much quail. It came out their ears, so to speak. They vomited it up because they were not satisfied with manna.

Tape 1 side 2.

Also, there's more to good health than just diet. There's also "drinking" water. Drink enough water to wash out the old dead cells so you won't be a walking garbage can. Cleanse the temple of God. Drink good, clean, pure water. We're going to learn by the numbers that some people cannot drink water, and we're going to learn why and we are going to learn what to do about it.

Also, we need exercise. We also need to exercise our minds. You know there's only three things to talk about. People, small people talk about people, and generally all bad. Then there is places. People that are middle class, so to speak, education wise, talks about places. Of course, in places there are people that they are about equal. In other words, good people, good places, and so forth.

The third thing is "things" that people talk about. Of course, it takes places for things to be and good people to operate them. And that way we can keep a clean mind. And as a man thinketh in his heart, so is he.

You will also run across people who say that you shouldn't do this, you shouldn't do that. For instance, you shouldn't drink milk. I mean, a flat rule for everybody on earth. You shouldn't eat honey. You shouldn't drink coffee. Well, according to the verse I read in the Bible this morning, coffee is included. It's the seed of a tree. It's included.

Now tomorrow morning I want to read you a verse that's going to be quite surprising to you. People who change the Scriptures, what happened to them. And people says, don't drink coffee. Is really changing the Bible. There are people who says we should eat all raw vegetables. Well, I have met a few human jackasses, but very few and I don't mind if they eat raw vegetables. But He certainly didn't intend for all of us to eat raw food. And I've never been a person that claimed to eat all raw food that didn't look anemic and sick and never know one to live very long. They all died within 10 years. Kind of like the Scotsman's horse. He was teaching that horse to live without eating. And just when he learned how, he died.

So, there are no set rules. There are no cure all's. There is no one food, perhaps, that agrees with everyone. As far as milk and honey, in the Bible it says John the Baptist ate milk and honey. And it mentions milk and honey through the Scriptures. So, if God said it's good to eat, I'm not going to question Him about it. But what I'm trying to say to you is we're going to study ranges and how to make a diet for a range. And we're going to study the difference and food for the different sex of people. It makes a difference. And also different colors of people. The color of the skin makes a difference in diet for food. But, nevertheless, God has given us this knowledge to be used and to be divided for His glory. And anything that I say in the class, to Him be the glory. He's the one that is the author of diet, of food, of good health. And He's not the author of illness. However, if we abuse the laws of health, then we will have to reap an unhealthy reward.

Father, we thank you for this opportunity to come and study Thy will and truly ourselves. And help us to learn how to keep our temples clean and our homes healthy. Bless this class in a special way, that this may be the beginning of making a miracle to help this nation on earth. This we ask in the name of Jesus. Amen.

Beginning of the Class.

Before I start this class this morning, I want to ask, is there anyone that has a question to ask? Is there anything that's on your mind that you'd like to know before we start the class? The reason I'm doing that is that by getting this question off your mind, then you can hear what I say. When you've got that question on your mind, you're afraid you're going to forget it. You'll only hear a part of what I say. (Reams laughing). Well, thank you. I think this is one of the most intelligent classes I've sat before in a long time. So, I want you to feel free to ask questions when we give you the opportunity. And I'm not going to do very much of the cooking. I'm just going to teach others how to do it here. Because we're going to have a half-dozen things going at one time when we get started. But up 'til after lunch today, we're not going to need to do but just two or three things. But one of the questions I want to ask now, do we have any dried prunes here? Yes, please do. How many you got? Three or four pounds? **Helper:** beg your pardon? **Reams:** Do you have three or four pounds? **Helper:** It's a pretty good sized box, I'll look. **Reams:** Okay, well bring that box up. That's the first thing I need. The second thing I'd like, for the helpers to come up to the front here, and I'll tell you what to do soon as you get up here. Okay? Now leave two at the front here.

In other words, we're starting to prepare the food now for Wednesday in order to have it ready, or else it won't be ready. And also tomorrow, I'd like you to take that package of ribs and put into a container of water, and that is for breakfast tomorrow morning. The whole package, and cover it with water with that. I bet we're going to need another package, but it can be started to soak later.

The second thing I'd like you to do would be to take the meat here in two separate containers, and use one-fourth cup of salt per two quarts of water, and soak the meat. Okay. Bonnie, are you here? These are not another package of these prunes today, if they can get it as soon as it. Put these prunes in a jar and count them. I want to know how many they are, and then four ounces of fresh lemon juice to 36 ounces of water and cover it. Okay? Four ounces to 36 ounces of water. It won't rise. **Bonnie:** do you this meat cut up? **Reams:** No, it can be whole. **Bonnie:** a fourth of a cup of salt to two quarts of water. **Reams:** That's right, but soak the hamburger separate from the others. We're going to show you how to take the fat out of hamburger. That, no, you take over here and work at it. **Bonnie:** I think I'm moving it. **Reams:** Who's offering a job? Okay?

Now we have to start in preparation of food sometimes two or three days in advance. And we're starting some for tomorrow and some for Wednesday. And right after noon today, we'll start something that will be used for soup for this evening, at the end of the class today. So, we'll be interrupted a number of times by things of this nature. But we will tell you what we're doing. We're soaking the prunes in lemon water for 48 hours, and they will rebuild themselves and look like almost fresh plums. And they'll be just as tender and delicious, more so than any cooked prunes you've ever tasted in your life. And we're soaking them in lemon water with four ounces of freshly squeezed lemon juice to 36 ounces of water.

Yes? **Student:** Is this distilled water? **Reams:** Yes. It doesn't have to be, but it's more convenient for us up here to do that. **Student:** she doesn't want to.

Reams: It does not have to be, no, because you're pouring that water off.

The second thing we're doing, we're adding one-fourth cup of salt to two quarts of water and we're soaking meat in it. It must be enough water to cover the meat. And that has to soak for 12 hours. This evening we will change that water to fresh water. Then tomorrow morning we'll change the fresh water again. And it will be in the refrigerator. It will not be out of the refrigerator. It will be out of the refrigerator just long enough to thaw through. Is there a question at this time, now before I really start the class?

Student: I didn't get how long and how much of water does it need. **Reams:** To cover it, to cover the meat. No matter how much water you use, you still use the same amount of salt. If it takes five gallons to cover a big piece of meat, then you still use one fourth cup of salt per two quarts of water. **Student:** Just salt?

Reams: Yeah.

Student: Is there a limit to the amount of time it should be soaked in the fresh water, after it's been in the salt water? **Reams:** In hamburger, it'll do about four hours, you can do it. But in a roast, or something of that order, it takes longer. But we will show you. We're going to show you later what's happening, and then I will tell how long to leave it. Yes.

Now, this class is going to be a history making class, in that, it is the first time a class of this nature has ever been taught. We're not here just to change recipes and to show you how to cook some different foods. However, we'll have that also. But the purpose of this class is how to tailor make diets for your family. One of the things that you have not learned how to do with the test, you will need to learn to do the test, but you are to forget every malady that is connected with the results of the test in this course. If you are a consultant or if you are someone that is helping others during that period, that's one thing. But during the training of clubs of the people to tailor make diets, you must never, under any circumstance, mention that this diet is for anything. However, you are making it according to the numbers. Since all of you have had this courses before, you have a chart of the ranges. And I want you to remember and to memorize those ranges. You should have done that the first course you took, is to memorize those ranges because we are going to be talking about foods according to range, what range they're in. And that is the only intelligent way to teach a class to cover the material we need to cover in three days. Also, after a few months, there is a highly advanced course in this, in which we're going to zero in on some very fine points food preparation that goes far beyond anything that we have to offer in this class. And toward the end of the class, I will mention and take up some of those things that we do not have time to take up in this class. The purpose of this class is for you to go back to your neck of the woods or town or city or county, and organize clubs to teach others how to prepare foods so that America can be the healthiest nation on earth.

And generally, when people first change foods, they don't like them. Some of you are going to be disappointed in the foods served here. You may be expecting French cuisine or something that is simply out of this world. Well, if you are, you're going to be disappointed because, now that's the next class. But this class, we're going to teach you foods that are extremely rich in minerals, that are extremely rich in vitamins, and how to prepare those foods, in order to make these minerals and these vitamins available to people, accordingly to the range in which they are living. It's very easy to form a cooking club class. I have had requests for years to organize these classes, and there are thousands out there waiting to join just such a class.

You know, most people cook for their families like they were raised. They cook the same things their mother cooked. And if a family especially liked something, that's what they cooked the most. Because Mother loves to hear the children say, Oh, Mama, I like this! Maybe it's the very food they don't need. Maybe it's the very food that's pushing them to be a diabetic. Maybe it's the very food that's deficient in vitamin C. Maybe it's the very food that's wrecking their teeth. So, what I'm saying to you is we're going to begin to teach how to prepare foods. Also, there's such a terrific difference in the foods offered today than what they were forty years ago, or thirty years ago, or even twenty years, and a lot in the last ten years that is completely different. But the most today, of the young housewives, do not know how to cook, and some of them don't know how to open a can. But they do know how to use a microwave oven, which is nothing wrong with a microwave that I know of except the abuse of it. There's not anything wrong with any food that I know of except the abuse of it, unless God said, Don't eat it. And if He said don't eat it, don't eat it.

There are some rules. I want you to get this rule. You've had it before, but I'm reviewing it. In making a diet for children under eight years old, there are to be no nuts in that food whatsoever, unless it is nut milk or coconut or boiled peanuts until they're boiled soft. Those are the only three nuts or they may have it in the form of soy meats or peanut meats that you buy in health food stores, which you'll be introduced to in this class. Under 12 years old, you do not give any child meats, at all. And if they had meats all their life and sick at 12 to 16, I often take it away from them then because their gastric juices are too dilute to digest foods until that age. Please remember, you've already had that in the course, but please remember, in making a diet, about these things.

Don't serve you've heard, some fads, no white sugar, no white flour, no this, no that, no the other. Forget that completely. But it's the abuse of, the abuse of things that's wrong, not the use of things that's wrong. For instance, those people that talk about white sugar, which have, I'm saying, use it with temperance, great temperance. They talk like that's the only thing you're going to have to eat for the rest of your life is white sugar. And you'll have other people say only fertile eggs. Don't eat any eggs, except fertile eggs. Well, I know people that are highly allergic to any egg, fertile or infertile. So, what I'm saying is, unless you eat over 2,000 eggs for breakfast, it doesn't make any difference. If you get to eating over 2,000 eggs every morning for breakfast, a fertile and infertile egg will make a

difference. But 'til then, just pay no attention to it. It's only a passing fad. It's very good for the poultryman who only produces brown eggs, because he gets fifty cents more per dozen for the fad. It's very good for him. So it doesn't make that much difference to you.

Also I want to stress in this class everyday, a number of times, a great variety of foods. A great variety of foods. Now, I just had a person a few days ago and I said, that your numbers appear that you have a very narrow choice of foods.

Oh, no, she said, I eat a great variety of foods.

I said, how do you like avocados? Oh, I've never tasted them.

How do you like mangoes? I don't even know what they are.

Well, how do you like kiwi? I don't know what they are.

How do you like ugly? I don't know what they are.

How do you like papaya? I've never tasted it.

Well, yep, they ate a great variety of foods. Do you see what I'm saying? They think that they eat more than two it's a great variety. So, what I'm trying to say is, there's fruits in season, it should be eaten, if they agree with you. And God made seasons and made fruits in season for you to eat them. We must reeducate ourselves. But what is education? Education is not what you know, but what you use. Education where you don't know is to know where to get what you want, when you want it and you are told to use that information. One of the great problems today in diet is that the housewife does not have any way of monitoring that diet according to the numbers of her family. Well, there is a way, but she hasn't made herself available to that. These kits can be bought for \$400 and up, and that will save you thousands of dollars in doctor bills. Thousands of dollars in doctor bills. If you just use one of these kits, but you don't have to use them everyday unless you have a family member who has a problem.

I want to make a clarification of a statement that I made in the RBTI classes. I said that cells do not divide and many doctors claim that they do divide. When I went to school we had cells, and each cell was connected to the brain. But in the blood, we have corpuscles. Today, doctors are taught that corpuscles are cells, and we were taught that they were not cells. And when I say a cell does not divide immediately, they think of a corpuscle. A corpuscle is put together and taken apart, as you were instructed in the class, by ionization. The same way, it starts, many of them start off as an anion, or a cation. And before it gets to a certain stage, it divides. It becomes two. So, this is a corpuscle, and they do divide. But any cell that's connected to the brain does not divide. Now make that clear, and I think that will clear up a lot of thinking with a lot of people. Because you can watch the corpuscles divide, but you cannot watch the cells divide because they do not divide. I don't know why the name corpuscle was ever taken out of the medical vocabulary, but it has been. And try to remember this and it'll help us to become of one accord a little sooner.

One of the great fallacies today in cooking is that the average cook does not know how to use very many condiments. Salt and pepper is the only two they use as a condiment. There are many, many condiments, and learning to use those condiments is an art. There's all but five of them that you should use and be able to pick out the flavor of them in the entire cooking routine. Those are namely vanilla, ginger, nutmeg, pepper. I do not consider salt a condiment, some people do. And there's one more, cinnamon. Those are the five that you should be able to pick up the flavor of. The lemon juice and things of that nature I do not consider that a condiment, however, many people do. If you make a lemon pie, it's supposed to taste like a lemon or a tangerine pie or what not, or a coconut pie, but that's a part of the ingredients that make the pie. Or pumpkin pie, or potato pie, or squash pie, that's a part of the ingredients that make the pie. I do not consider those things condiments. May I have some drinking water, please?

Student: What kind of pepper, black pepper, red pepper?

Reams: Well, I do not advocate the black pepper any time, but the red pepper or the pepper sauces, Tabasco sauce or the homemade pepper sauces and so forth. We'll get into that some more when the class is over about how to prepare foods and so forth.

One other great problem with families today they eat too much bread, way too much bread, too much wheat products. We're going to learn a lot about preparing meals.

Tape 2, Side 1.

The question was, how much bread should we eat a day? A lot of people shouldn't eat any. Go by the range. If they're in Range C, practically none. Upper Range B, practically none. Range D, yes. Range E, yes. But not in upper B and C Range. Bread, macaroni, spaghetti, made from wheat, should be eliminated. Dry cereals should be eliminated from upper B Range and the C Range, but in D Range and E Range they are permitted.

Each food preparer of the family should make diets at least two months in advance, and not have the same meal twice, in order to have a great variety. And it's possible to even make them more than that. You need a great variety of foods. We're going to give you some examples of that a little later when we talk about each meal. But we're talking about generalities here at the present moment.

There's another food that people don't use enough of, and those are foods that are rich in vitamin C. Those are fruit juices, fresh fruit juices, I'm speaking of, or you can get the canned ones that have the vitamin C supplemented to it, which is not too bad. And onions that are made into soup, one of the richest sources of vitamin C in the world. What about raw onion? It's just fine, but you can't eat very much of it. A little bit goes a long way.

Now, one thing I want you to remember, the amount of vitamin C that any person can accept as a body chemistry defense against maladies is C, vitamin C. Now that is absolutely dependent on the amount of calciums available to the body. There are more than a quarter of a million different species of calciums. They can be divided, these quarter of a million can be divided into seven classes, seven different kinds or classes. Six of these are essential to all biological life, but one is fatal to all biological life, and that is calcium hydroxide, if you used it every day. Just once, now and then a little bit, won't hurt, but you can't keep it up. And therefore, we don't use it as such. However, it could be fatal to anyone, even just one tablet, it is possible to become a fatal dose, just one cc of it. So, it's a no-no.

Let's now talk about a cell, one single cell of a body. If you can have Class 4 and it's taught as I've instructed it to be taught, the whole class is centered around the study of one cell. I want you to remember one thing, that we have what we call in nature, a primary cell. In all of nature, this primary cell is the same. And what is the first requirement for a cell, in order to become a cell? What element is a must?

Student: Nitrogen.

Reams: Nitrogen is right. Nitrogen. We don't call it nitrogen, we call it protein because we multiply the nitrogen by a 6.4, or today they're using it for easier math, 6.25, either one would be correct, as the sun in every cell of all biological life. Now what is the first element in rotation around this nitrogen? Every cell in our body is a little solar system, and the elements are rotating around it. What is the first one rotating around this nitrogen?

Student: Protein. **Reams:** No. What? **Student:** Hydrogen. **Reams:** No.

Student: Calcium. **Reams:** No. **Student:** Oxygen.

Reams: It's carbon. Carbon, it's the first one in rotation around the primary cell. What's the next one? Yes?

Student: Is that carbon in a elastic rotation?

Reams: Yes, cationic. What's the next one? Next element. It's hydrogen. What's the next one? It's oxygen. Now what's the next one's, which changes with the different frequencies? What's the next one? It's just a difference in proportion. What is the next one?

Student: Calcium.

Reams: Calciums is right. Calciums, it's in that order but forget about the kinds of calciums and so forth.

Now these are the same. If this were not true, we could not live off of each other. We could not live off the animals and the animals could not live off of plants, and we couldn't live off of the plants. But this very factor makes it possible for us to devour each other. I was not speaking about cannibalisms. However, it does exist in Reams 4.4. But it is, is very important to keep this in mind in the study of diet, because that makes it possible.

Now, the first thing that you should be concerned about in making a diet for anyone is not about the primary, but it's about the secondary, which is the beginning of calciums. Why calciums? Sir?

Student: Get us off fruit.

Reams: No, that's not the reason why.

Student: Body contains the one calcium.

Reams: That is right. The body contains 80% calcium. Of the solids of the body it's 80% calcium. That is correct. Now, many times you'll find the test denotes too much, way too much of one kind of calcium and not enough of another kind, or other kinds. How is the best way to get the other calciums into the body without taking vitamins or minerals? Yes?

Student: Eat a wide variety of calciums in foods.

Reams: That's right, a great variety of foods, because all food has, if the soil has the calciums in it, it too has 80% calcium in the foods we eat. That is true. The calciums are in the food, then we get it. But suppose that the soil, is almost depleted in calcium. Then what happens? Then the mineral is deficient in it. And consequently, we do not get the result from eating that one food. So if we eat a great variety of foods, a very great variety of foods, then we get calcium. Would you have an idea of a fruit that's very, very high in calcium? It's also highly available to you, a fruit.

Student: Lemon.

Reams: Well, lemon is right, but another I was thinking of.

Student: Pomegranate.

Reams: What's that?

Student: Thank you. Mango.

Reams: Mango, that is true. A mango is one of the highest calcium fruit that there is. And what's the next, what's the second one to that?

Student: Avocado.

Reams: Avocado. What's the third one to that? It's coconut. Coconut. Those are the three highest calcium foods available really today in the fruit family. Very, very high in calciums. Now, let's go to vegetables.

Student: Broccoli, celery.

Reams: Just a minute now, you're way ahead of me. I haven't asked the question yet. What leafy vegetables? I'm talking about in the leaves of vegetables now, a high-end calcium.

Student: Spinach.

Reams: What's that?

Student: Spinach.

Reams: Spinach is one, yes. What's some others?

Student: Romaine lettuce. **Reams:** Romaine.

Student: Believe it's the lime. **Reams:** What?

Student: For their (horse?) is there each of the for each calcium? **Reams:** Yes.

Student: We are getting less poison.

Reams: Choose out any green one without, I want to name them one by one by one.

Student: Collards. **Reams:** What?

Student (louder): Collards. **Reams:** Collards. That's true.

Student: Swiss chard. **Reams:** Swiss chard. Well, what is some more?

Student: Dandelion. **Reams:** Dandelion. That's right. That's very high in calcium. What is some others?

Student: Escarole. **Reams:** Escarole.

Student: Endive. **Reams:** Endive. What else? What?

Student: Watercress. **Reams:** Watercress. Will there's some more, come on.

Student: Turnip greens. **Reams:** Turnip greens. I thought you'd hit that one first. Turnip tops, yes. And what's some more?

Student: Beet tops. **Reams:** Red beets. Right. Red beets has got something else too besides calcium in it, it's quite high. What is it? Magnesia. So does watercress. Watercress has high magnesia in it, and so does some mangoes.

Now you see what a great group of foods there are? And, if there's anything, you won't even eat a collard. In fact, do you know in this whole town, you can't buy a can of collards or can of turnip greens, frozen or canned? They don't even know hardly what they are. And they're rich, rich sources, and you need a great, great variety.

Now suppose you needed foods that are rich in manganese. What foods are they?

Student: Cranberries. **Reams:** What's that?

Student: Cranberries. **Reams:** Cranberries is one.

Student: Pepper seeds, cranberries, sunflower seeds. **Reams:** Peppers, sunflower seeds, and cucumbers, especially if you eat the seed of them.

Student: Squash. **Reams:** Squash. What's another?

Student: Does parts evaluate if you don't eat seeds? **Reams:** No. We have to eat the seeds.

Student: There's the pumpkin seed. **Reams:** If you eat the pumpkin seeds, yes. But there's some that's really rich in it. What if you, but you haven't touched upon.

Student: Okra is one of them. **Reams:** Okra is the richest one, yes. Okra, that's right. And what's another?

Student: Watermelon. **Reams:** If you eat the white seeds, yes, or watermelon seed tea, but not very much in the watermelon. Come on, there's some more in there. We're talking about great varieties. Let's get them down on the paper.

Student: Avocado. **Reams:** Avocados, yes. It's rich in manganese. The two I thought you'd name almost first, you haven't even touched them yet.

Student: Beans. **Reams:** What's that? The beans we documented, yes. There's four major ones, yeah, but two of them are vegetable. Two of them are not vegetable.

Student: Nuts, string beans. **Reams:** We already named string beans, yes. Nuts in milk form, yes. What about cauliflower? What about broccoli? What about corn? What about grits? What about corn meal? What about cream of wheat? Cream of rye? Millet? Peanuts, barley?

Student: Oatmeal. **Reams:** Yes, oatmeal. Yes, those foods are rich. Tomatoes have got some in it. Those are foods that's rich in manganese.

Now, under no circumstance are you in teaching this class, supposed to say, that never say that body are deficient in this. These are what you should eat according to your numbers. But try to avoid writing a diet for a disease. Okay? Try to avoid that. Not only try it, but do it.

I was down in Mexico at a retreat there about six years ago and I bought a crate of corn, fresh corn, and I took it in for the cook to prepare for lunch. I was busy. I didn't get to eat until two hours after lunch. And, of course, the corn had been setting off the stove but still warm. And that corn was just about as tender as shoe leather. And I said to the cook, this is the toughest corn I've ever tasted in my life. He wrung his hands, "I don't know much." "Why?" He said, "I boiled it for two solid hours." You see why that corn was tough? He boiled it for two solid hours. It would've made very good shoe leather, really. So I said, From now on, just boil it for three minutes, when it's real fresh. Just three minutes. And actually corn, many times, good corn is best not to even boil it at all, unless it's just to have it hot, just enough to eat it. Now, also in preparing corn that's been frozen or picked longer than a week, soak it in cold water for two hours before you cook it. Either frozen corn or corn that's been picked more than two weeks, like you buy in the store that hasn't been. And it will add to the flavor of it, if it's any good at all.

Student: Question. **Reams:** Yes.

Student: Corn that is cut off the cob, do you have to cook it? I mean if it's cooked and hard and cut off or is it supposed to be on the cob? **Reams:** What's you say?

Student: Corn, the frozen corn that is cut off the cob, do you have to cook it?

Reams: Well, I never did, but I never bought it after it was cut off of the cob.

Student: Extra dishes on the job. **Reams:** I never buy it after it's cut off. I buy it on the cob or either cooked, canned or Del Monte. And, by the way, Del Monte is one of the better brands. Le Sueur is another better brand. Oversea is another good brand. LeRue is another good brand of corn. Can you think of another high-quality brand, a really high quality? Yes. These are the highest quality of corn that's on the market today. Yes?

Dan Skow: Referencing a person back here, frozen corn, in other words, off the cob, tells us you prefer, when you're saying you prefer canned corn rather than frozen corn that's cut off the cob?

Reams: That is right. I'll tell you why. Once you cut the corn grain, it loses its vitamins completely in about four hours. It's very flat. Either get it on in the cob or in the can. If you cook it immediately after you cut it off of the cob, it's okay. That is, if you soak it. For instance, if you buy on the cob and then soak it for two hours, then cut it off the cob, it's fine. But the more you soak it after it's cut off of the cob, the worse it gets because the juice runs out into the water. Yes?

Student: So in home preparation understanding, would you say that it would be better for us to either freeze it whole on the cob or can it off it?

Reams: That's right. That's right. Yes?

Student: Soak fresh corn? **Reams:** No. Right off the stalk, no, it don't have to be. If you bring it right out of the garden, no, it does not have to be soaked at all. In canning, somebody have a question?

Dan Skow: To get this clarification or something then when, for instance, if you freeze corn on the cob and you stay there in the freezer too long it'll dehydrate. That's what you soak is what you're saying.

Reams: That's right. I've taken high-mineralized corn and put it in the freezer for two years. Under test conditions. But when you take it out of the Ziploc packages, it looks just like it's ready for the garbage can. It doesn't look fitting to eat. It's shriveled and drawn up and terrible looking. It's not black or anything like that, just dehydrated. You soak that in water for two hours and it's as filled out again, as if you'd just took it off of the stalk, and it's just as good. It'll taste just like you brought it right out of the garden. It is absolutely, fabulously good. But if you cut that grain and try to restore it after it's been cut, the more you do to it, the worse it gets. Unless you want to add eggs to it and some hamburger and then bake it for about an hour, some a lot of good herbs, you know. And then eat all the herbs and throw the corn away. Yes?

Student: Do you blanch the corn that's got to be cooked?

Reams: No. I do not blanch corn. I even leave it in the shuck, but I take about half the shucks off, and put it right into a Ziploc bag without blanching it or anything, just like it comes from the stalk. Yes?

Student: How do you microwave then after you soak it, time of corn?

Reams: I never use a microwave on corn like that. I boil it for about 3-5 minutes, depending on what kind of corn it is. But, generally, three minutes is enough if it's been soaked in cold water for two hours. And then sometimes you'll find the corn is hot, so hot you can hardly eat it and yet inside the cob, it'll still be frozen solid. That still, it does make a difference. The corn tastes like it ought to taste, there's excellent. Any other questions about the corn at this moment? It's a rich source of manganese and, not only that, it is one of the highest sources of mineral, all mineral, that there is today, especially calciums. Yes?

Student: How is the white corn? **Reams:** White corn is more nutritious than the yellow corn. Much more nutritious. Also there's another dish that's very high in mineral. Did you have a question?

Student: Are you thinking, can no use after pouring the, take the grains in frozen, they say that or have to work then before we eat and we soak them for two hours?

Reams: No.

Student: Recopies (Spanish).

Reams: Right. Right. Also there's black-eyed peas that is an excellent source of mineral, excellent source of mineral. Now the fresh ones, that is, right off the bush or vine, is better than the dried ones that are soaked and cooked. But, if you must soak them, try to sprout them a little bit for two or three days before you cook them. And then they're very rich. But there's ways to serve and to cook black-eyed peas so that they're delicious, and there's others they taste like wood chips. So, don't try to prepare peas quickly. It's something that needs a lot of cooking. In fact, you cook it 'til the soup turns black, whether it's fresh or the dry ones or the cans.

To cooks: You might also take that package of black-eyed peas and start soaking those, and we'll prepare those on Wednesday. Just plain water.

So, are there any questions at this point?

Student: If you soak those peas today, do you have to change that water before Wednesday? **Reams:** Oh yes. Do not change the water two or three times.

Student: You just say once in 24 hours and once at 12 hours? **Reams:** Under six hours, should be, except through the night. Every six hours that water should be changed.

Student: All depending upon the day when you do it.

Reams: At room temperature. Soak them at room temperature.

Student: If those black-eyed peas have been too heated to dry them and it killed its inert factor, would they not go rancid before they would sprout because there's too many husks to kill?

Reams: That's right, but they'll still swell and it cook quickly.

Student: I know, but it's because of today, which is Monday morning, and they had been dried, say not by natural drying methods but by high heat and it killed the germ manufactured in them would those black-eyed peas not be rancid by Wednesday morning?

Reams: If you keep changing the water, no. Keep changing the water, no, they will not.

Another dish that should be considered a lot is cornbread, too much wheat bread and not enough cornbread or rye bread. And someone asked, how much bread should we eat? Well, I'd like to see it limited to two slices of toast a day or less, but many times we go a month and only use a half-a-loaf of wheat bread. Only in a month, we use a half-a-loaf of wheat bread, toasted in a whole month, because there's other things that has mineral in it that you should use a great variety of foods. Remember this, the more bread you eat, the less variety of foods you can take in and digest. So, too much of any one thing robs you of a great variety of foods. Now, a horse can live on grass all of his life, and a goose can live on grain. A horse can live on grain all the days of his life, but a goose will starve to death on grass. And we are neither a horse nor a goose. We need a good variety. We can't just live one thing, a great variety of foods.

Now here's another rule to follow. Remember that energy comes from carbohydrates. Muscles come from proteins. Fat comes from fats and so does cholesterol, because cholesterol is nothing any more than a fat. Yes?

Student: Why is bread toasted? **Reams:** Bread is toasted so it won't form glue to stick to the walls of the colon. Otherwise, you just formed a glue there. We used to take flour and water. That's the way we made our glue to make our kites. When I was a kid, we couldn't buy glue. So we just took flower and water, made the glue and held the kite together. So it'll do the same thing, untoasted bread will do the same thing to the colon. Now bread toasted in an oven is better than those singed in a toaster. You ladies who have toasters, some of you I think you think your husbands is God because you often set a burnt offering before him every morning trying to get the toast just right. Also, cornbread, when it's made well, it keeps well for two or three days, or even a week. And a lot cornbread, rich in mineral, can be used to put the soups over in the evening meal. Yes?

Dan Skow: Is there any difference between degerminated cornmeal and germed cornmeal? Well any you buy in the store now is all degerminated.

Reams: That's less manganese. They take that out to get the oil out of it, the germ out of it. A little less manganese. Yes. But the white meal, I haven't seen any of the white corn meal that would be degerminated yet, have you? Only the yellow. **Dan Skow:** The yellow says it may not fit. **Reams:** Yes.

Now, let's get back to our carbohydrates. Yes? **Student:** Do you need telepathy? No copia. **Reams:** Yes. A little later. Carbohydrates is energy. What time of the day do we need the most energy?

Student: High up. **Reams:** In the morning part of the day, that's right. In the morning part of the day, that is, if we work through the daylight. Now if we work

at night, that's a different story. So, therefore, we should eat most of our carbohydrate in the early part of the day. I'm talking about healthy people now. But there are people who are in Range C, D, and E who need carbohydrates in the evening because of low blood sugar. But don't say, you have low blood sugar. Just say, your numbers indicate that you need carbohydrates in the morning. Don't say you have low blood sugar or high blood sugar or this that or the other.

One good question to ask everyone is, are you on any kind of medication for diabetes? Because that makes a world of difference in making a diet. And my advice to you is never, under any circumstance, give to anyone, a diet that is on insulin. I wouldn't touch it with a ten-foot pole unless I had them in a retreat where I could control everything they did. I'll tell you why. If they've been on insulin a year or more, it stores up in the muscle like salt does in salt pork. And then you'll have them for a week or two just doing fine. They're not needing any insulin or anything remotely like it. And then, all of a sudden, the body chemistry will turn loose an oversupply of insulin out of muscles, and what happens? They go into a diabetic coma, and then you're to blame. So just don't get yourself in that position. That doesn't mean they're going to die, but it means that they have to go to the hospital to have it re-adjusted for their body chemistry. That's a job for a retreat, not a job for the average person out trying to make a diet to fit anyone.

I wish every restaurant I've run into in the United States would take this course and just forget the numbers, because he's got to learn how to prepare something besides hash browns and eggs, and store-bought waffles. Today you hardly have to look at a breakfast menu at any restaurant and you know what's on it, before you even look. And most of the time, is there fresh fruit in season? Sorry, we're out. We don't have it. In Florida, you can't hardly get a glass of fresh orange juice. You get cans, but you can't get fresh orange juice for breakfast. Are there any questions to this point? Yes?

Student: You say onion soup is good for, is that good for everybody or just people who are acid? **Reams:** No, I know people that's highly allergic to onion and can't eat it at all. Absolutely cannot eat it, just as poison to them as some other foods are to other people.

Student: Okay, does it benefit or like when you fix a (cough) tea, if you cook the onions does that be beneficial or do you have to cook them separate?

Reams: You may. No, you can cook them together.

Student: Okay, what if you fried onions? Is that good? **Reams:** It's okay, yes.

Student: Now I have another question on the manganese. You mentioned that squash is high in manganese only if you use the seeds? **Reams:** Yes.

Student: Okay, is that true with grapes too? **Reams:** No. That reminds me in the morning devotion. It said, Eat only the fruit and the seed. Does that mean you shouldn't eat seedless grapes or seedless oranges?

Students: No. Yes. **Reams:** I have some saying yes and some saying no.

Student: Seedless, higher or low in manganese. **Reams:** That's true, they're lower in manganese. The seedless fruits are a lot lower in manganese, that's true.

Student: But you ask too much. **Reams:** But does that mean we shouldn't eat like navel oranges that are seedless? Or Hamlin oranges, they're seedless? Connors grapefruit, they're seedless? Ruby Red, they're seedless, almost so? Does that mean certain seedless grapes, like the Niagara? Does that mean we shouldn't eat these? Yes?

Student: Same thing is between wide variety of systems, kind of goes from storage foods too, it would be okay to eat those because you don't eat food from them, typical allergy.

Reams: It's speaking about kinds, there of fruit. Now there are certain fruits of things that do not bear a seed, certain trees that bear fruit that doesn't bear seeds. So, they come up by stolons from the root of it, from the root. So therefore, those are not to be eaten. There's a type of cypress tree that that category comes into. There's also a type of pine tree that that comes up from the root. In fact, it's call New Zealand pine. It comes up from the root. It doesn't have any kind of a seed on it. So those are not good for food. And there are plants and trees that produce fruit but you cannot eat. It is very poisonous. For instance, the clarin oil. It's a tree bearing seed in pods, looks like grapes, but you can't eat it. It's a deadly poison. There's also the cashew. It produces a fruit looks something like an apple with a nut growing out of the end of it, and that's the cashew nut that we eat. But the fruit itself is toxic. We can't eat that. So we have to learn what the Scripture is talking about when it's talking about trees bearing seeds and those that's not bearing seeds. It's according to the classification and not the specific tree. What about animals with webbed feet, like a duck and a goose? Are we supposed to eat those?

(It's a no-no.) That's a no-no. That's right. It's a no-no. They have webbed feet. Duck, and goose, is a no-no. In fact, I never tried to eat a goose but one time. I was just a boy then. I was at someone's house that killed a goose, and it was so greasy, just dripping it. I couldn't eat this, just like eating pure fat, to me almost. So try to look and see all the way through the problem as to the kind of food they're talking about and not just one specific tree. I believe it's time for a break for a few minutes.

Bonnie, how many prunes are in here? **Bonnie:** 102. **Reams:** 102, okay, we can get along with that then. 102 prunes.

Let me ask you a question. How many has ever watched popcorn pop? All of you have. What makes popcorn pop?

Student: unintelligible. **Reams:** Well, other corn has moisture in it too, but it won't pop. Why does popcorn pop?

Student: It explodes. **Reams:** That's right, but you can heat other corn too, just as hot and it won't explode. What makes it explode? You've been eaten popcorn all your life, don't know what makes it pop. What makes it pop is the water is inside of the cell like a little rubber ball that squirts, instead of the outside. In

other corn, the moisture is on the outside of the cell, more so than on the inside the cell. So, in other words, popcorn is a simpler corn. It's nearer the cell than the other corn. It contains less mineral and so forth. It's almost nothing when you eat it. It's only the salt and the butter on it that makes it worth eating. Otherwise, you wouldn't eat it.

Now, let's take meat. When you cook it, what happens to meat when you cook it? What chemical change takes place? There's a chemical change that takes place when you cook meats, over vegetables. What is it?

Student: Your protein. **Reams:** The protein is more concentrated, yes.

Student: Change water out. **Reams:** That's right. The water comes out of it. It dehydrates. And that's what makes the difference between raw meat and cooked meat. Did you ever see a piece of eel? You can cook it perfectly done, and brown, and beautiful tonight. But tomorrow morning, it'll be raw again, just as raw as it was the day before, because it picks up moisture. It's a high carbon food, and it picks up moisture. Now there is some no-no's about meat. After the blood has been removed and the fat taken off as best you can, the meat should be cooked well done, well done. Did you ever cook a roast with a bone in it in an oven and you could hardly see the bone when you put the roast in? Yet, when it was done, it looked like it was about all bone, because the meat shrank and the flesh was not enough to cover the bone. So that is what happens whenever you cook meats.

Now, in vegetables. What happens when you cook rice? Does moisture come out of it or go into it? **Student:** It goes into it. **Reams:** Goes into it. When you cook vegetables, they increase in moisture, and when you cook meats, they decrease in moisture content. How much does rice increase in moisture when it is cooked? Do you know? Did you know it's 400% increase? Or four times, either one. Four times or 400% increase in rice between the raw stage and the cooked. It's quite a lot. When you were growing up and mother told you to cook some rice or beans, and you put on some and the pots ran over, and you filled all the pans in the kitchen, and there's still swelling. Remember that? That's something most every child gets into sooner or later.

Now, fowl. What is there about fowl, turkey, quail, and so forth, in cooking it that's different, chicken, in the cooking them from other meats? Something different about it, what is there? I can't figure out how you folk been cooking chicken and turkey all this long and can't figure out the difference?

Student: Why it doesn't decrease like supia. **Reams:** That's right. It does not decrease. It holds its own. That is right. It still holds its own. You know, one thing you needed to learn to do is to see everything you look at. See everything you look at. Train those eyes to see everything you look at.

What about green beans, just taken out of the garden? What happens when they're cooked? Well, they're hard and woody before they're cooked and they're soft afterward. What happened to them? **Student:** The starch is broken down.

Reams: The starch is broken down, someone said. That's part of it, yes. What's

the other part of it? The cellulose, what happens to the cellulose? Something happens to the cellulose. What is it? It takes on moisture. It takes on some extra moisture, it enlarges the cellulose, it takes on moisture. Now, when it doesn't, what happens? It's stringy, woody. It's stringy and fibery, when it doesn't take on moisture. What's hard about this folks? Is this class hard? Was it difficult? What can I do to make it more fun? Yes?

Student: Then it doesn't matter if you raise string less green beans or the other kind, if you just, you know, still get you wanted? **Reams:** What is the difference between a string less bean and a string bean? What's the major difference in it? Of course, you might say the string. Yeah, that's true, but what is it besides the string? The string bean contains more what than the string less? Moisture and something else. Oil. The string less beans contain more oil than the string beans do. **Student:** Makes things softer? **Reams:** Right. The higher the amount of oil, is softer they are. Now what determines how much oil beans hold besides the variety? The variety has a lot to do with it, but there is something else in the soil that has a lot to do, well two things in the soil has a lot to do with whether it holds a little or lot of oil. What is that?

Student: Calcium? **Reams:** Calcium is one, and what is the other? **Student:** Phosphate. **Reams:** Phosphate. Calcium and phosphate. When you can vegetables, listen to this closely, that is raised in soil with low phosphates, then you need to add a little bit of honey and blackstrap molasses. To each two pounds of vegetable, you add one rounded tablespoon full of honey, and do not use the black honey, use the lightest colored honey you can buy, and one level teaspoon full of blackstrap molasses, the blacker, the darker the better. Do not get the light colored. The light colored only has syrup added to it. Yes?

Student: Is there a difference between the molasses of sugar beets or the molasses of sugar cane? **Reams:** Yes, sir, there's quite a difference. What is the difference, the molasses of sugar beets and sugar cane? **Student:** One's bitter and one's sweet, I know that. **Reams:** One's more bitter than the other and one's more sweeter than the other. But what's the real difference? **Student:** The minerals that's why. **Reams:** What mineral? You said the mineral content is different, but what mineral? What's that? What major element is different?

Student: Calcium. **Reams:** Well and is one, but not's the major one. What major element is different? **Student:** Salt wants to grow. **Reams:** No.

Student: Calcium. **Reams:** Calcium, that's one, but there's another major one. Carbon. The lower the carbon, the lower the Brix. Remember that. The lower the carbon, the lower the Brix. What increases, what element in the soil increases carbon in the plant? **Student:** Phosphate. **Reams:** Phosphate. That is correct. It's phosphate. **Student:** Question back here. Yes?

Student: Why isn't mineral today in black strap molasses or other molasses?

Reams: Well, regular molasses many times is not molasses. It's just syrup and they call it molasses. But a lot of people in the South calls all syrup molasses, and it's a trade name. Blackstrap is the drippings from the crystallized sugar that they're going to refine and make white sugar out of, and the blackstrap is the

drippings from that or the beet sugar. The sugar cane is generally anywhere from three to four hundred percent sweeter than the sugar beet sugar. The sugar beet industry is in great trouble today. They're not getting enough sugar out of the beets to make it worthwhile. Were it not that sugar beet pulp was selling at \$240 per ton, the sugar beet industry, would close up within 30 days. If you had breakfast downstairs here this morning, the sugar that was served from the table for your coffee or what not was sugar beet sugar and it wasn't sweet. You put in enough to sweeten it, and it makes a sickening taste to you that you don't want any coffee at all because it's got a sickening flavor, because the sugar beet did not have enough carbons in it to make it

Tape 3 side 1.

sweet to the tongue. Is it possible for a soil to have enough calcium in it for the sugar beet to have enough calcium in it and still be deficient in carbohydrate? Yes, it is, very much so. Very much so.

Now, let's study the leafy vegetables a few minutes, and cooking the leafy vegetables, or the cauliflower and the broccoli. I have, would you bring me a cake tester please May? How many of you have one in the home? Two, three, four. Four people have a cake tester in your home. Five. Did you have one? Five. Well, we've got five pretty good cooks in the class, anyway, if you use them.

There's no way, no way to tell when leafy vegetables, like cabbage, broccoli, or cauliflower, onions, potatoes, carrots, and what not is done without one of these cake testers. Now, if you use a toothpick, it's too big. Now notice closely here. I'm going to try to stick it in my finger. You notice what happens. I'm pushing straight down on it. It bends, and that's what will happen when you start to put it in the vegetables. It will bend if it won't go in. But the moment that this will slip through by using about a half a pound of pressure, going through, it is done. And at that stage, do not leave it on the burner. Take it off instantly. After cooking with a gas stove, you can turn it off. But it's a good idea to take cauliflower and broccoli out of that water right then because that water, hot water, will continue cooking until it's soft. Now, if you take a cabbage right out of the garden that's growing and flush and beautiful. And you put it in hot water, you quarter it and put it in hot water for three minutes, you can put this, slide right through, and it's delicious. And it tastes like fresh cabbage, only it's soft. It's not mushy, it's not gooey. It's just crisp enough, not hard crisp. Just delicious! And cabbage cooked like that, with no seasoning, no seasoning at all, and then take it out, add a little butter or mayonnaise or seasoning of your choice, salad dressing of your choice. There's not anything any finer for nerves, people with nervous problems, for low calcium. Well, don't say nerves. Just say, people with low calciums. If they've got low calciums, they're nervous, period. You've got a short fuse. Or if they've got low sugar. Again, either they're nervous because not enough calcium there, even though it appears to have too much, you've got too much of one kind and not enough of another.

So, this cake tester will be a life saver to you. And we're going to give each one in this class one of these before you go home. So what I'm saying to you is hang it up, don't lose it. Don't lose it, and don't bend it. Don't pry a lid off of a jar with it. I had some for the Mexican to use and that's the first thing that that did it. It liked like a worn-out T-shirt. Because it's a cake tester and all foods, that is except grits or rice, they don't need one, ordinarily on cooking most vegetables, like fresh broccoli, fresh cauliflower, fresh cabbage right out of the garden. Three minutes is the amount of time to use. But let's suppose that cabbage has been laying in the cellar for a month or two. Then you take it and you quarter it, then you're talking about 40 minutes simmering before you can get this cake tester in it. But when you do get it in, it tastes just as good as if it had just come out of the garden.

So what I'm saying, if you use a cake tester, don't think because something's been in the water three minutes it's tender, or 30 minutes, it's going to be just right. The cake tester will tell you when it's just right to use. We're going to cook a pile of vegetables here tomorrow and use this cake tester. And when it's done, the vegetables will have no seasoning in them at all, and yet when these vegetables are cooked, they're going to taste like they're seasoned because we're going to put vegetables in a pot in such a way that the aroma from one vegetable to another will become the seasoning and take the place of salt, honey, teriyaki, and what not. Without using any seasoning at all and it's fabulously good. It's delicious. Yes?

Dan Skow: I've got a question. Suppose the housewife gets it all prepared and he doesn't show up. So before you put that steamed vegetable on hold to maintain the flavor, the other half, which ever one isn't cooking shows up and sees.

Reams: No. All you can do is put it in a microwave for about a minute when he does get there. And for that, a microwave is marvelous. And while I'm on the subject of a microwave, too, if you have one, buy a Geiger counter to tell whether or not it's leaking. They're about \$30 a piece. If it's leaking, call your repairman. If it's not leaking, it's all right. Now, in using your microwave oven, use it to heat things mostly in. I don't like bread cooked in a microwave oven. You can do it by turning it on and off, on and off, on and off. I just don't like bread. The only meat I like cooked in a microwave oven is lamb. It will do the most fabulous job for lamb that you've ever seen. But I wouldn't give you two cents for any other meat that you try to cook in a microwave oven. It just doesn't bring out the flavor of beef or chicken or things like that. It'll tenderize them enough to eat but you lose its flavor.

Now I want to give you a rule in cooking turkey and chicken. If you buy your chicken or turkey, let me tell you something to do. In a large container, a large container that is for the turkey or one that you can cover, barely cover it in water. Suppose you're going to stuff it for Christmas or Thanksgiving or what not. Put about a tablespoonful of thyme in the water that covers it and bring it to a boil for about three to four minutes before you stuff that turkey or before you cook that

chicken. And after you do that, you'll know why I said do that. Even if you're going to fry the chicken, put it in a container with the thyme and boil it three or four minutes. And then just pour the water off.

Student: Into that? Thyme. T H Y M E. Then take some olive oil and more thyme, take about a level teaspoon for a big turkey, take a level teaspoonful of thyme, or a little bit more than that, rounded if it's over a 10 pound turkey, and olive oil, and make a paste out of it. And baste that turkey inside and out with thyme. Then put your dressing in for stuffing the turkey. And it is fabulously good because it takes the animal odor out, away from the turkey or the chicken. And it is really, really, delicious. It's gourmet.

I also often add mint to the thyme with the olive oil. Add mint to it and use that. Also use a few drops of mint in the stuffing. You don't want the mint flavor to dominate, but you just want it in there. It gives it the nicest aroma without recognizing mint or it doesn't taste like a chicken or a turkey smells at all. It just does something beautiful to the aroma of the cooked meat.

Also in preparing stuffing for turkeys, it's a good idea to use some apple as well as celery and other things in the stuffing. Most of the time I recommend Pepperidge Farm stuffing, just add water, cornbread, and stick it in, or pepper and what not, and call it a day as far as the preparation is concerned. But try to prepare it so that your stuffing will not be any more than 15-20% bread. That is, wheat bread. You can use cornbread, also a tablespoon full of pignoli nuts will certainly add to most turkey dressings. And also celery, some green pepper, and corn meal. So make the dressings taste good, but largely vegetable. In Pennsylvania they have a way of taking barbecued turkey and stuffing it with sauerkraut. And it tastes just like pork and smells like pork, and I hate it. I just can't stand the odor of pork cooking, and that's a great Pennsylvania Dutch dish that I dislike extremely. It just tastes like pork, and I can't stand the taste of pork in any shape, form, or way. If you've been a pork eater in the past and you stay away from it two years, I imagine you can't stand to smell it cooking.

There's also a good thing to do is to add to stuffing and the many of your vegetables when you cook them, is to add some BacoBits, the imitation ones that are manufactured without any animal meat in it. Just BacoBits. To two pounds, you'd add a rounded teaspoon full to two pounds of vegetable. And in the vegetables you buy in the stores, it's a very good idea to add to each two pounds, a tablespoon full of honey, a teaspoon full of blackstrap molasses. Brer Rabbit is an excellent kind of blackstrap molasses to buy. Then use your other spices, a little bit of BacoBits, a little bit of Mazola oil, or Crisco. You may use the Kum oil, which is a sunflower oil. Those are good because they require a small amount of solvent in order to break the oil down. And it tastes like the real, natural vegetable oil that should be in the vegetable. This makes it a marvelous, marvelous dish to serve.

Student: Is safflower oil all right? **Reams:** No. Safflower oil is not all right. Safflower oil is just fine for making your salad dressings, but safflower oil is too hard to digest and it doesn't break down. Also, if you add to two pounds, about

three or four tablespoon full of the honey, any part of the oil, about half that much honey, and not enough to taste, but enough to make the vegetable taste like it should taste. If it's done at the proper time, from a garden or in the field. Is there any question to ask up to this point, before I take up another subject now? Yes?

Student: Helping focus preparing goods, canned vegetables or frozen. **Reams:** Frozens are fresh. All Spice always add a little All Spice. Just a pinch of All Spice to your vegetables when you cook them. It adds a whole lot to them, but not, never enough to taste.

Student: When you're steaming vegetables, how can you add the salt to them?

Reams: When you're steaming vegetables, you never add salt to it. You let each individual put his own on. There again,

Student: What about the molasses and the honey? **Reams:** You don't. When steaming them, you don't. **Student:** Just for boiling them? **Reams:** Yeah, that is when you have them in the water. Many times we use the same water over, two or three times. Put it in the refrigerator and use the same water over. That ought to keep from wasting the honey and the materials that's in it.

Student: What did you confag my dinner? **Reams:** Sir?

Student: What are the easiest oils then? **Reams:** There's three oils that are easy to digest. The corn oil, the either cold or the regular pack, one's just as easy to digest as the other, the olive oil, the sunflower oil. Coconut oil is very easy to digest but so much of that is spoiled in the food they soak it.

Dan Skow: Question back here. **Reams:** Yes?

Student: When's the molasses and the honey get added, to which this do the, by adding honey to the water? **Reams:** Add it when you first start. When you first put it on, and then you won't notice that it doesn't need salt. You don't need to add any salt. Now steaming vegetables, mainly the teriyaki and the Maggi and so forth, the soy. Now here's soy sauce, here's the Maggi sauce, and here's teriyaki sauce. If you steam vegetables, it's very excellent to use these sauces on the vegetables on your plate to taste, and they will not taste, they will not taste bland. They will taste salty. These two ingredients, the teriyaki and the Maggi, is made from a sea vegetable. The soy, of course is made from soy beans but it contains a certain amount of vegetable salts in it, but it is not sodium chloride. When you see a sign saying a salt that's not a salt, sodium chloride, that means it's not sodium chloride. Or you see salt substitute that means it's not sodium chloride, but it's still a salt. Now, if they are in the category of D or E, they do not get any kind of protein substitutes, while this liquid proteins that you drink, protein supplements, that's a no-no. They do not get any of that if they're in Range D or E.

This is a steamer for steaming your vegetables. This is for steaming vegetables. But if you cook them correctly with a cake tester, you really can't tell the difference in the steamed ones and the ones that were in water that are

simmering. You can't tell the difference. It's only when you overcook vegetables that you lose the mineral content. Remember that. It's only when vegetables are overcooked.

Now there are certain things that it's almost impossible to overcook. For instance, collard greens. It's almost impossible collard greens. The first three hours or four hours you cook them, it'll smell like something died or dead. It's got a terrible odor to it. Buzzards will sit on the roof and blowflies on the screen, but after awhile that odor leaves and it's a very nice odor. Collards, in cooking collards, if you don't cook them about 10-12 hours, some of them, and we'll give you the recipe for cooking collards in just a little while, you must blend them four days after they have been cooked 10-12 hours, just in a cool place in a container, and they were kind of smooth as velvet. And they are out of this world. They are absolutely delicious. But they're a little woody if you don't blend them for four days. I had people visit our home and we would say, Do you like collards? No, that's for black people. Well, we went ahead and served collards, and they said, this is the best spinach I've ever eaten in my life! They thought they were eating spinach when they were eating collards greens because we had, I had mellowed them that four days. And the farmer today that takes the time to produce collards in 12 ounce packages by the field full and cook them and blend them will be a millionaire within five years and can't supply the market. There's that much demand for them. They're rich in iodine and rich in iron, and the juice of them is excellent on cornbread for the evening's meal, for a soup for an evening meal. So, remember. Collards is one exception, and it's almost impossible to overcook them.

Black-eyed peas should be cooked at least eight hours. And in order to make black-eyed peas taste good, you should add to each two pounds, one tablespoon full of honey, one level teaspoon full of blackstrap molasses, one rounded teaspoonful of BacoBits, some All Spice, and one-fourth cup of either olive oil or sunflower oil or corn oil, and cook 'til they, 'til the pot likker or so they say in the South, all the soup is a dark color. You may have to keep adding a little water to it to keep from cooking it dry, but you will have built a highly mineralized dish that is delicious. So, please keep in mind the fact that it takes a long time to cook collards and black-eyed peas. And that's one of the reasons the northern people have not learned to like them because the ones they tasted were not cooked enough, long enough to be really a desirable dish for the table.

You can also, in cooking green beans, black-eyed peas, or other beans like lima beans and so forth, you can use the same principle in cooking, but use a cake tester on the lima beans to tell when they're done. They'll cook very quickly if they're fresh out of the garden or been sprouted before you cook them. But if you cook them dry, it's a different story. It takes a lot longer. They should soak overnight or two nights before they are cooked. Yes?

Student: Is there any good use for that water that you keep draining off as you wash some of the beans every 4 hours and 8 hours changing water, is there any use for that water? **Reams:** Come again, I misunderstand your question.

Student: When you are preparing beans, you allow them to soak, in the soaking water. **Reams:** Yes. **Student:** Now you're going to take that soaking water and drain it off. **Reams:** Yes. **Student:** So that always going down the drain, could it be used on the land again? Is there any commercial use for it or any reason to do that? **Reams:** There's a little bit of use. Most of it, just a teeny bit of protein that's given up to take on water for its own environment. It's a lot of trouble for what it's worth. Yes? Are there any questions at this time? I'm going to leave it if there's no other question. I'm going to leave the subject now and change it now. I think I've pretty well covered this, the preparation of vegetables.

Student: I heard once that your cooking dry foods. Is there anything to that?
Reams: We're going to come to the salads later.

Student: Does the microwave kill the life in the food? **Reams:** Yes.

Student: Is there anything you can just signify? **Reams:** Well, some people, yes. Go by your numbers.

Now I want to talk about ranges, food for the ranges now. I don't know whether we can complete this, food for the ranges. In case you are ever fortunate enough to find anybody with perfect numbers, what kind of diet would you write for them?

Student: Keep what they've been doing. **Reams:** I'd say just anything you want. Just keep doing what you're doing. Your numbers are perfect. I can't improve on that. Just keep doing what you're doing. How do we know those numbers are perfect? How do we know that that perfect equation is perfect? How do we know those numbers are perfect? How do we know that perfect equation $1.5 \quad 6.40/6.40 \quad 6-7 \quad C \quad .04 \quad M \quad 3/3$ how do we know that is perfect? **Student:** It's your allergy? **Reams:** No. **Student:** Are you certain? **Reams:** Because healthy babies have that number. AAnd octogenarians and older have that number. So they are perfect numbers. Many octogenarians have that number and that's why we know they're perfect. Ends up babies and octogenarians have them.

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Reams: Yes. **Bonnie:** When you going to do? **Reams:** Yeah, we'll come back to it in just a moment. Thankyou for helping me.

Reams: My wife just called my attention to the fact that chestnuts are excellent in filling for turkeys or chicken or stewing hen, and what not. We often get the two drumsticks and make the dressing, and just for one meal and it makes an excellent dinner. Just use the turkey drumsticks and use the dressing around them, and so forth. It makes an excellent dinner, especially for guests that like meats. **Student:** Do you have a second? **Reams:** Yes?

Student: You don't mean water chestnuts. You mean the chestnuts from that tree don't you? **Reams:** That's right. I'm glad you asked about the water chestnuts. When we get into studying our soups, we'll deal with those.

If they are in Range A and their numbers are perfect, say, "Eat anything you want, do anything you want to. Your numbers are perfect." Now, suppose that they've

been very ill for a few weeks. They got to feeling a little better, and came to you. Their numbers were perfect and the eyes were clear. They've been very, very ill for a year or two. What would you tell them?

Student: Make out your will. **Student:** Take one. **Reams:** That's a good idea. Make out your will. That's a good idea, I'd say. I'm just talking about eating, though. Eat whatever you wish, because it isn't going to make any difference. In other words, nature's just giving him a little reprieve for a day or two before He calls him. There's not anything you can do at that stage.

Now, let's talk about the balance of Range A. In Range A, generally I limit them to two slices of toast a day, of whole wheat toast. If they're over 30, I generally say you may have a cup of coffee a day. if they are overweight, I'd say no carbohydrates in it. In other words, you're supposed to take it without sweetener. If they're below 6.40, I generally recommend that they eat, I'm talking about both numbers, saliva and the body chemistry specimen, being below, around 6, that's still in range A, I recommend then that they take things that are rich in vitamin D. What foods are rich in vitamin D?

Student: Skim milk. **Reams:** Skim milk is one, yes. What's another?

Student: Evaporated milk. **Reams:** You're talking evaporated. It has some in it, evaporated milk. What some other things that've got vitamin D in it? What's the real source of vitamin D? Chicken livers, turkey livers, cod liver oil. I prefer to take the regular vitamin D rather than some of the livers, but chicken livers fried with onions are not too bad for a good dose of vitamin D. Fish, rich in vitamin D. How about some sunshine? Get out in the sunshine. Walk in the sunshine. That's the richest source of vitamin D you can get. Sunshine. But, why are you short in vitamin D? Why?

Student: Low in calcium. **Reams:** Lower in calcium, right! Right, so you won't get the calciums up, and I've already discussed foods that's rich in calcium. But no food is rich in calcium unless it's in the soil from which it came. For instance, listen, listen close to what I'm going to say. Each food grows on a frequency. The amount of calcium that is attached to the frequency is not available at all. It's only the excess amount of calciums, that in the food is not attached to the frequency, that is available to people. You cannot eat anything that is on the frequency of another animal or plant. It will not give it up. But it's only the excess, the amount over, that's not needed to form the frequency down to the milli-micron, that is available to you.

Student: Dr. Reams is some of the calcium in bone meal available? **Reams:** Right. Right. Is there a question about this?

Student: Is there a difference between pasteurized milk and non-pasteurized milk? **Reams:** Sure there's a difference. Is there a difference between pasteurized milk and non-pasteurized milk? Yes, there's a difference. Yes, there's a difference.

Student: calciums in excess. **Reams:** Will I repeat the statement? Yes. The calciums that are on the frequency of any animal or plant is not available to any other digestive system, but all of its excessive calciums are available. Right.

Student-1: Someone had a question on the bone meal in another question?

Student-2: It wasn't a question, but a statement.

Student-1: Well, what was it?

Student-2: Since bone meal was part of the under product it's happening available normally is very, very limited.

Student-1: Limited in what?

Student-2: The message to honor it's already synced.

Reams: That and availability because it's attached to the frequency. it's attached to the frequency. You cannot eat the frequency of another plant. It cannot be done. It's only that part that's over that we can digest.

Student: Is that sooner after decay? Is that crucial then? **Reams:** Listen, that's always true. After decay, it wouldn't make any difference. The parts caught to the frequency cannot become, if you did then, things could destroy each other completely. You may have something become extinct that's not destroyed.

Student: It's attached to itself. I finally see it.

Reams: Yes. Any questions?

Now, we're going to move farther away from this frequency. This statement I made is true whether it's coming from meats or vegetables. But where does the food go that is on the frequency that we eat? What happens to it?

Student: Assimilated into the system. **Reams:** What's that? **Student:** It suddenly got into the system. **Reams:** No. It passes out. It's the stool. It's the urine, a part of it. It passes out of the body. That's the part that's on the frequency. Dust thou art, to dust thou shalt return. And that's another step, in returning to dust.

Now let's take also Range A that is not perfect, that's very close to perfect. Then a person can do pretty much what they wish. But now, at this stage, in writing a diet for someone, you should consider the profession they are in. If they are a logger, doing very heavy manual work, they need more meats than office workers. Wherein office workers would only need light meats, once or twice or maybe three times a week at the most, these heavy loggers, working where it's very hard muscular, or athletes that are training where the training is really rough and they're trying to reach that goal of accomplishment first, then they're going to need more meats. But also be sure that the proteins stay down, the total of the proteins stays down. This is Range A that I'm talking about. Not too difficult to do. Is there any other question about Range A? Yes?

Student: How can you tell what range a person is in when actually they're in three or four different ranges? **Reams:** How do you tell how strong a chain is?

Student: By its weakest link. **Reams:** Right. **Student:** So if someone has one number in Range D, you couldn't. **Reams:** They're all in Range D. Right. That's

a very good question, been asked many time before. But no chain is stronger than its weakest link. So whatever the farthest number from perfect is, that's the range they're in. Have you heard it said, "A change in one number is a change in all numbers"? Whenever you decrease the amount of meats that someone is eating and they're heavy vegetable eaters already, what do you do? Well, you introduce them to the soybean products. **To worker:** Well you bring some over please. The soy, just two or three different kinds. **Reams:** The soybean products. For instance, just sprouts, vegetable sprouts. We're going to teach you how to cook those. So when you're taking it away from people that are used to eating meat twice a day or three times a day, then they'll begin to eat these foods. Here's the franks, the beet franks. Here is the nut meat, the Nu-meat made from peanuts and soybeans and so forth. So this is what you do. We'll tell you more about these in the next two days. Yes?

Student: Your talking about meets in the diet. Is there a difference between the different races and their in Range of A from the analysis, they truly impact?
Reams: Their professional wise, yes, and also their weight, their weight.

Now we're in Range A still. There's one more factor that's very important in Range A. Now, suppose that in Range A that they were above 6.40, and above perfect all the way across. Suppose they were in Range A and above the perfect, but not yet Range B. What differently would you do in a diet with those that were just opposite that? What would you do? One thing is, you would not give vitamin D. You would decrease the bread. If you'd increase the bread below, and decrease it above perfect. You would cut down on the cheeses. Would you change the cornbread any? If it was below or above, or would that be the same? In Range A? I asked that question one time to a group, and they said, "Do you have to think to ask hard questions like that?" Well, it's problems you're going to run into. Would I change the amount of cornbread they ate? Or could it? It would not. But only those products that's made from wheat. Cornbread will not form a glue. Corn products will not form a glue. Wheat products will form a glue. If they were below, would you recommend wheat spaghetti and macaroni? Below perfect in the Range A scale? Cheese? Yes, you would. But if they were above perfect in Range A, you wouldn't tempt them. Any questions at this stage now? We're in some pretty hard stuff right now. I don't know whether you know it or not.

Student: You said that under harder labor you might increase the meat, but still, your total protein content you don't want too high. **Reams:** No, according to the numbers. The go by the numbers.

In Range A, now we're in Range A. We're still in Range A. We're going to come to that problem, heavy workers in other ranges too. And we're going to see what we can do there. It's different from what we're doing here because you do different things. Why is it important to consider the range in which anyone's body chemistry is in? What makes the difference?

Student: Their ability to digest what they're eating. **Reams:** Right. It's their ability to digest what they're eating. The farther they are from Range A or the perfect, the more dilute is their gastric juice. And the more dilute their gastric

juice, the less mineral can the body take out of the foods we eat, and therefore draws heavier on our lungs, decreasing our oxygen, which it automatically decreases our calcium availability only the more. So we're caught in a vicious circle there. And the idea is to see that circle in the numbers and break that circle with diet without ever telling them they've got a ingrown or earache or what not. Don't tell them. Just say, "I'm giving you a diet." That's all. This is for the club instance. This is the club that I'm talking about. I'm not talking about what you do in testing with RBTI and that. I'm not talking about that. That's a different course, a different subject, different things all together. But this course is dealing with tailor-making a diet for a person's family.

Now, a mother that was fortunate enough to have everybody in Range A in her family would be a very fortunate mother. Very fortunate, because she could just feed them a great variety of foods and they would enjoy them. In all probability, that's what she's doing. But the children under 12 years old, would they be getting any animal meats? **Student:** No. **Reams:** No, they would not. Would they be getting any nut meats and eggs? Very few. What did I answer question just now?

Student: Pignoli nuts. **Reams:** What was the question?

Student: What about pignoli nuts? **Reams:** Pignoli nuts are very soft, easy nuts to digest, and very rich in turpentine. A little bit too much is very hard on the kidneys. A few is excellent for kidneys but too much is too much. So go light on the pignolis.

Reams: What's that? **Student:** How much is too much?

Reams: The numbers will show you that. Yes? Do you have a question?

When you are dealing in numbers, do not try to make those numbers come out to anything. Let them come out to whatever they will, and you make a diet accordingly. If it shows that you have a person in Range A today and B tomorrow and B the next day and C the next day, what are you going to do? You have a person in your family, but this is the way the numbers are do, make a diet according to the numbers in the range they are in that day, until you get them in Range A. Is that hard? It's a lot of trouble, it's a lot more economical than doctor bills though. Very soon you'll have all in Range A.

Now, today you're going to go home and you've got all these ideas in your head and you start doing it. And Johnny said, "I don't like olives." What are you going to do? Well, at four years old, Johnny should be introduced to olives with Suzy. And just put a half an olive down at their plate. They've already told you before they didn't like them, so put a half an olive down. Okay, "Before you have any further food tonight, that olive, or today at noon, that olive's got to go." They can sit there 'til the meal is over if they want to. But when the meal's over, put it away. The next meal there's sat that olive again. And they don't get anything between meals. And believe me, that olive will go down. And in two or three days, they like olives. But any child that tells you they don't like something needs some further training. But you don't have to use force. Just leave it as a matter

of choice. Teach them to eat about anything and everything there is. If there's anything that will create doctor bills faster than people who cater to their whims of their tongue, "I don't like this. I don't like that." And I have tested adults. When I get through I made them a diet, and they said, "Doctor, how did you know every food I didn't like?" In other words, they were just eating what they liked, and you've got to eat a great variety and learn to like all of it. And that's what I said we're going learn here. We're going to do quite a few things here, and most of them is not made so you like it. Some of you will, some of you won't. But it's made because it's rich, rich in mineral.

Now let's take up Range B. Range B. Range B is only an exaggeration of Range A above perfect, just above perfect. Now, in Range A where they would be permitted a little bit of salt, in Range B is no salt, is no salt in Range B, bland diet except when you use your soy, Maggi, honey and blackstrap molasses, All Spice. You can cook without it. Do you realize that all vegetables and meats have vegetable salts or meat salts in them? And I've seen people empty the salt shaker before they ever tasted the food. And they'll never stay perfect salts, 6-7 C. Yet I've seen other that touch no sodium chloride and yet their numbers stayed too high all the time, even in the danger zone. Why? Because the body did not have the what in it? What did it lack? Just throw it out? A displacement? What did it have like? Calciums. Calciums. When the calciums get out of ratio, all other elements will get out of ratio. So please keep the calciums as high as you can. What calcium is the easiest one of all calciums to digest by all people? **Student:** Calcium Gluconate. **Reams:** Gluconate. There are two kinds of calcium gluconate. What kind are they? And there's major kinds. Well, three kinds, there's three kinds. What are those three kinds? One is from corn, sold by Shacklee, one is a mined product, sold by Daily, the third one is the one from milk, skim milk. Well, any milk, but skim milk has more in it than the others. Or yogurt has a lot of calcium in it too.

Student: What about powdered milk? **Reams:** Powdered milk has a lot of it in it too. That's the same as skim milk. Powdered milk has a lot in it.

Now in Range B, what is happening to the digestive system? The gastric juices is weaker. But because they're weaker, what else is happening? **Student:** Things are slowing down. **Reams:** Slowing down, getting slower and slower and slower, that's right. Now the temple is becoming more dirty, not as clean. So what's the first thing we need to watch after in Range B? **Student:** Water more. **Reams:** Water. Water, water, water, water, yes. Now, how can you get your children to drink water? Okay, take a container according to their weight and put that much water in it. "Okay, this much water has to go before breakfast, this much has to go before lunch, and this one before the evening meal."

Tape 4 side 1.

That's the way to get them to drink their water. Now, they generally, have to be about school age at that time. When should you start a child on drinking water?

At what age? **Student:** Baby. **Reams:** There's a lot of difference in age in babies. At what age baby? Two weeks. At two weeks your baby should be started on water.

Now, let's suppose that the mother's milk is agreeing with the baby and really, they have enough liquid, so then you need to get a soft nipple that actually you won't have to suck, but water just will come out, slowly drip out, and teach the baby to take the nipple because he's rather selective about which one he likes the best. So then, after a few days the baby will learn to draw on that plastic or rubber nipple.

Now, I would suggest that there are two or three things you can do, but one excellent thing to try is, is to try the Eagle Brand condensed milk according to direction. Try that and see if that will get the baby to drink it, the water. And then cut down on it, every two or three days, cut down, until the baby's only taking the water. This will get the baby started, and that's something that works very good. Or, if the baby's having a problem with the breast feeding, then use the Soygen or Soymel, and use a little corn syrup in it, the white Karo syrup in it just enough to make it taste. And generally, that will solve the problem.

Now, at four years old, a child is beginning to get large enough to know, to be obedient, to become a cog in the wheel, and probably they're in Range B. And now what do you do? In Range B, there's something special that you do to children that are in Range B. Okay, I'll tell you what it is. Give them goolosh, okra and tomatoes, cooked together into a soup, blended down. That's a marvelous laxative. Second thing that you can do is to, if it's necessary, give them a half of a Feen-A-mint to chew. But be sure they're drinking enough water then. Be sure they are drinking enough water, if they [don't] drink enough water they won't get up in Range B. They won't get up there, if there's enough calcium in their diet too. The third thing is you may give them a laxative, such as Castoria. Likely that every family needs that when they're raising children. The fourth thing is an enema, to wash, to give the child a good cleaning out. And I have never seen a hyper child that wasn't in Range B or C. Get the colon cleaned out and the next thing you'll be doing is examining the child's back to see if they're sprouting wings, because they'll be so good, you can't believe it. But whenever they're constipated, the food's digesting too slowly. Believe me, they're a handful to take care of. Yes?

Student: May I ask about this, newborns that are not able to have their mothers milk carried out, what about skim milk? **Reams:** I would suggest try soy first. I would try the soy first. I have never seen a child that soy milk disagreed with. Yes?

Student: Are these soygen soy milk perhaps preferred over the formulas that they have? **Reams:** Yes. **Student:** Why is that? **Reams:** Because I've never seen these disagree with anybody. And I've seen all kinds of formulas disagree. Yes? **Student:** Sexually? **Reams:** Yes.

Student: Dr. Reams, would goat milk be all right? **Reams:** It agrees with some children but the thing about it is, many times it's very difficult to get, or almost impossible. If it's available, it's all right to try it. But I've seen that fail a lot of times too. But I've never seen the Soymel, Soygen fail yet. It probably will someday, but so far I haven't seen it fail. Yes?

Student: Question? The breast milk is about ---- child, first they do taken off or because we completely fascination into the healing point geniosity? **Reams:** Yes.

Student: so much sir. **Reams:** Or something else that would agree with it. Actually, a few children that, well before soy milk 'cum available, it's only been available about 15 years now, before that, I've seen children that any milk, goat's milk, skim milk, mother's milk, and what not, didn't agree with them, and they had to raise them on puréed vegetable broth, carrots, green beans, things of that nature. Just cook it and boil it in the water, and then I mean boil it for 3 or 4 hours in the water until it almost comes to pieces, and just leave in the water and they come right out. I've done that, but that was before Soymel and Soygen became available. Yes?

Student: My dad's 79 and we could mention about any kind of milk. So my grandmother, she washed of the rice. **Reams:** Yes, that's good. Many times water from rice or something of that nature. Vegetable, rice is considered a vegetable. So what I'm saying is this will often work, but that was before Soymel or Soygen became available. But since it's become available, I haven't seen it disagree with anybody.

Student: Does the Soymel or Soygen have all the nutrients that your baby needs? **Reams:** It seems too, for the first six months, and then that time you start giving them a little fruit juice and puréed vegetables and so forth of that nature.

Now let's take the child from 4 to 8 years old. Now there's certain things that you must not do at this age. One is, well, watch the numbers, but all fruit and vegetables are practically no dry cerials, if they are in the B Range. If they are in the A Range, they may have dried cereal, if the numbers are below perfect. But if they are above perfect, no. They may not have any nuts meats until they are eight years old. And to your surprise, when they get eight, they won't like it. And when they get to 12, they won't like the taste of meat either, but they may learn to eat it later because the gastric juice is just then strong enough to properly have meats. Any questions? We'll take up the next age in just a moment.

Let's take up the age from 8 to 12 now. Here is something that, here's where you'll really begin to bring in the soy meats. They're going to really need it at this stage. A little introduction between four and eight is okay, but here they become extremely active, very active. And they're going to need some of the soy meat products that we'll show you about before the class is over with, just sufficient now to say soy products, soy meat products. After 12, they're as practically the same as any adult, meats according to their number and according to the job they have. School work is very hard work, if they got a good grade, and it's a lot very tiresome work if an all bad grade. It tires you out just as fast with a bad grade as

it does with a good grade, probably faster because you don't understand what's going on around you. Any question now?

At this age, 12 years and up, we should continue to eat the high amount of carbohydrates in the morning and all the minerals and so forth, but your big meal should be the middle of the day and not in the evening. And that's true of all ranges. I should have mentioned in Range A and B, children under six months, do need to eat between meals. They eat between meals because their, it just doesn't carry through from one meal to the next. Even is the child doesn't appear to want to eat between meals, he should be doing a little bit of food between meals because his base exchange is more rapid than that of an adult. Therefore, he needs the extra amount of energy enthusiasm, vim, vigor, and vitality.

In Range B you use cream of wheat, oatmeal, All-Bran, 40% Bran, millet in the soup, fried okra, we'll show you how to cook okra a little later, steamed okra.

Student: It was under what age when you need the between meals? **Reams:** Under four years. **Student:** Under two years old. **Reams:** Four, under four years, and not all children will need them, but some of them will.

You're going to have to do a lot of homework on this. Well, this study here, you're going to have to do a lot of homework on it to be able to use it intelligently and quickly and accurately. In Range, we're repeating, in Range B, you use oatmeal, cream of wheat, cream of rye, cooked, oatmeal cooked. And, let me tell you something about cooking oatmeal. The way to cook oatmeal is to stay away from these 3-minute oatmeal, 2-minute oatmeal, 1-minute oatmeal. Stay away from it. Get the old-fashioned, uncooked oats because this oatmeal that is 3-minutes has been, all the mineral practically has been washed out of it. There's nothing left hardly to it. Get the old-fashioned Mother's oats that have not been pre-cooked and bring water to a boil. I add a tablespoon full of honey to a pint of water boiling or before it boils. Then I add a teaspoon full of honey to that water, a little All Spice. Sometimes if I've soaked raisins overnight and they're soft, I'll put those in the water and bring it to a boil. And the minute it comes to a boil, or a few minutes after, it don't have to be right on the minute. Then take a spoon and stir it until it becomes thick, right, real thick. Then put a lid on it and set it off of the burner for five minutes. Do not let it cook any more after the last five minutes, and then serve that oatmeal. It's not stringy, it's not gooey, and it's a marvelous laxative. But if it gets stringy and all that, it's lost too much of it. But this way you've got your mineral, and it is excellent. Is there a question about it?

Student: How about soaking the oatmeal overnight first? **Reams:** If you soak the oatmeal overnight first, all you need to do is just heat it the next morning. It don't need to be cooked at all. Yes?

Student: What you think then, go with oats first? **Reams:** Yes. Groats is the same. Any questions?

Student: Our rolled oats could have been a little bigger than I think, but your going to have soak them overnight, you can't just start turn into a boil and dump them in. I don't think they are just good for eating. **Reams:** But the rolled oats.

Well, these you can. See it? Oatmeal has gelatin in it. And in this gelatin, it is what the liver will take and make a coating for the colon. Now, however, that will not take the place of colonics or anything else. But it does have a coating in it. Also gelatin, Knox gelatin, added to any fruit juice, or agar-agar added to any fruit juice, will make a marvelous Jell-O, gelatin that is available to you. And it makes a fabulous product that prevents a slower digestion. It speeds up digestive systems.

Pardon me quite a bit, if I have my eyes closed. These lights almost knock my eyes out, they're very weak. I'm not sleeping, I'm just trying to endure these lights, please. Anyone have a question at this time?

Let's take Range C now. This means that the gastric juices are still weaker. Now we've got a double problem here in Range C that you didn't have in Range A or B?

And what is that? **Student:** Are you more active? It's different what's different?

Reams: Yes. You've got another problem, yes, you are more acid. So your food's digesting too fast. And what else? **Student:** Not fungus or bread?

Reams: What's that? **Student:** A lot most toast and protein? **Reams:** You're not getting the proteins you need, yes.. There's something else too it's happening. You're not getting the amount of oxygen you need either. When food digests too fast, you don't get the oxygen even though there's nothing wrong with the lungs to do that. Why? Now, why? I've given you that rule once this morning, and what is it why? When foods digesting too fast, what is the major element that you did not get enough of?

Student: Calcium. **Reams:** Calcium.

And when you don't get enough calcium, you don't get enough of what?

Student: Do you pick up sweets. **Reams:** Oxygen. Oxygen. So therefore you're starting a vicious circle that you can't get out of unless you watch it closely. You're not getting enough oxygen, and the longer, when it first starts, it's very easy to correct. But if it's been that way three or four years, it's a real job to correct it, to get the body again to accept enough calcium and other minerals that you won't need to take any more calciums. It doesn't help much. You've got to take a gluconate that will try to slow things down now, to prevent the rapid loss of the calciums that are present. Any questions at this point?

Now, at this stage it's very serious. Now, then, at this stage, I would suggest that they begin to use cheddar cheese, no wheat products, no animal milk products and cornbread, and cornbread. And these cheese crumbles here are for people's bread in Range D and E. They're excellent because it slows it down. Now you might find a person now and then that has pockets in the colon. You don't have to diagnose or anything else, but they'll tell you that they are constipated or that stool when they are in Range D or E. But then you say then, after they tell you that, "but don't you have a lot of loose bowels too?" "Oh, yes." Well, then, at these pockets, in there has these balls that form, and that's what comes out. It's probably very large. And they stop up the first, second, third sigmoid and can't get through. They think they're constipated, but that's because that ball of stuff forms in there. And why does that ball form in there? They don't drink enough water. They don't drink enough water. So, be sure in every case that they drink enough water. How much water should they drink? Or liquids? Half their weight

in ounces, half their weight, called ounces, they should drink each day. And the first day they drink it, it's not going to clear it up.

Also, I'm going to give you a rule now. Please remember this. If they are in Range C and over, all right, in Range C, D, or E, send them to somebody for help. I'm talking about you're at the, in other words, they are people are doing their own test, they come to visit your club meetings, and their numbers are in C, D, or E. They must then go to a tester in the field, or someone, a doctor, under doctor's supervision, medical doctor's supervision, in order to get help. It is beyond the point for you to try to write a corrected diet for them. Please remember that. C, D, and E, they must go to someone in the field familiar with making a diet for people with those problems. In most cases, they need to be in a retreat for three weeks or so, in order to get their body chemistry back into Range A. If you try to get a person who's in C, D, or E back into Range A by a diet, they generally go into a, something like an alcoholic goes when he sobers up or a person that's on pot goes through when he sobers up, withdrawal. He goes through a withdrawal, and he'll land right straight in the hospital. And then, what'll they say? "Well, I took so-and-so's diet, and it made me sick." Well, then, you're asking for trouble for yourself. So the thing to do is to, is to let somebody else who is under the protection of, now this is at the club meeting. And if were the one to do the test, then just say, "You need to come for an appointment" or name somebody else they can go to for an appointment in this field. But, please, don't try to correct a diet without getting them in Range A. They must be gotten into Range A, in order to correct their diet. Yes? You have a question?

Worker: Was on a red scale preventing? **Reams:** About five minutes. Yes?

Student: When do you allow have meats in managing foods too? **Reams:** Depending upon, are they allowed to have meats in C, D, and E? E, no. In Range D, it depends on their reserve energy. The reserve energy is determined by how long they've been in that range. If they've just gotten into it, yes. But if they've been in it quite a long time, it's very restricted. But C, then it depends on what their occupation is and what they do and so forth and so on. But don't take meats away from them without giving them soy meats in its place. Now you're going need to pay close attention when we teach how to cook soy meats, because if you don't know how to cook them, then they're just about as delicious as dog food, and some people never learn to cook them. But they are delicious if they are prepared well. Are there any questions? You may go to lunch.

Dan Skow: Pass out, he's been talking about ranges, and some of you may not be completely familiar or your memory needs a little jarring, so I went home quick over noon hour, and I run off what the ranges are or where they are when he talks about Range A, Range B, Range C and D. So hopefully that'll give you, be a little helpful to you or at least some help to you, so you've got that to refer to and look at. Then there's another request some of you, I guess. I don't know whether you're all familiar with this, is the main book. That's explains a lot about some of the stuff we're talking about as far as the chemistry of the equation and stuff he

talks about in Range A, B, D. And so, if any of you are interested in that, you can see me after class or something. And will say, I figured everybody knew about this on really. This is the original book that caused a lot of, the thing there, both the field and kind of stories. And on the back end of that, he talks about sugars, you know this morning he asked about like adding molasses and stuff to foods, and honey, and this type thing. Well, in the back of the book, if you have a refractometer at home, it tells you what good produce is suppose to have for sugar contents. It's written in the back of this booklet. And if it isn't there, then what you can do when you cook and make your steamed vegetables stuff, that's when he's talking about adding molasses and honey. You can bring it up by adding that to the water, then check it with the refractometer, and you can get it up to where it should be. So there's some of these I have around here too. Okay.

Reams: If food has the correct amount of sugar in it and you added any molasses or honey to it, it would ruin the flavor of it. So, you need to know what the sugar content of the vegetables are you're cooking, before you add anything to the pot that you're cooking them in. Notice about ranges. Bonnie called my attention to something that she thought I said this morning. And I kind of said it that way. I was thinking one thing and I said something else. But I'm going to say it correctly this time and if you have it any differently than this one please correct it to this what I'm saying. From perfect to Range C, food digests slower. From perfect to Range D and E, it is too fast. And this I said it correctly this time. That's why I intended to say before.

Recorder operator: Stop please.

Tape 4 Side 2.

Please put a star by that to show that that is the correct one. And that's what I was thinking earlier today.

I'm going to repeat this, under no circumstance in teaching people how to make a diet for individuals, you are not to think in terms of maladies, constipation, diarrhea. You're not to think in that terms at all. That is for the RBTI people who have studied it and continued to study it and to make their profession. But as for the clubs, in which every home I hope some day in America will have the system in order to keep their families well, I hope they will understand this very simple plan that we're presenting you to stay healthy and remain healthy. So please don't try in this course or in the clubs to teach them that. If you are practicing RBTI diet and having your clients come to you, that is the time that you should act according to your teachings in RBTI. This is not RBTI class. This is a cooking class. Please do not confuse the cooking classes with RBTI classes any more than you would with the agricultural classes. It is absolutely, entirely something different. However, there is no conflict in any of the three.

There are limits at which you go in order to do your duties well, do your work well. You will constantly run across people who want the whole course in 15 minutes for 25 cents. And to those people, the best thing to do is to say, "Please, I'll advise

you who is a teacher of the course. Please get in touch with those people. But as far as this course goes that I'm doing, there are limits that I can go in teaching you because it is not as simple as it looks." So, do not say it haughtily or catty. Just make a statement like one child to another, and if we all adults, act like children more, we'd all get along better because if we get something that we can't stand for a few minutes and take our red wagon, go home, and tell the Lord about it instead of telling mama about it, and in the afternoon we can take our red wagon and go back and play with no hatred.

Now, you can do that providing you are, you have or you are cleansing the temple. But if the temple is pretty dirty, you just collect more dirt. Like things attract each other. Dirt, more dirt, or delta cells, collect more delta cells. I shouldn't even use the word "delta cells" in class, it's a no-no to even say delta cell. But as you are learning the RBTI, you're going to have to wean yourself from certain terms in the club. I said it in order to help you try to learn how to say what you want without using RBTI terms.

The faster food digests, which is in D and E, the less energy you get from it. You actually get more energy from it when it digests slowly. But in its extreme stages, not a lot of difference.

Now, notice that when food digests too fast in D and E, you use the very opposite foods as B and C. You use the very opposite. So, you might have a person that at one week at your RBTI that it's too fast, the next week it's too slow. And they say, "Well, you told me to do so and so last week. This week you're telling me to do something that's different." Yeah, because their body chemistry changes. Change what you say as often as your body chemistry number changes, even in the family.

Now, in the RBTI we measure energy, but in this we do not measure energy at all. We simply go by the numbers in making a diet. The only purpose of the numbers is to make a diet, and there's no other purpose for the numbers in the clubs but to make a diet for it. Well, at first they're not going to understand the why and the wherefore, but one thing they're going to quickly learn is that it works, that it works. I had a parent bring a 17-year-old daughter to me that had terrific abdominal pains, and she's had them for two years. And well, her food is digesting too slowly and I didn't even tell her that it was. I simply said, "Get some colonics." She was in high Range C. If you, in the clubs, say that your numbers indicate you need a colonic, then you're practicing medicine without a license, and then somebody's going to tear it up. Then you do is be careful who you tell it to, and be careful they come to you with references. Be careful that you're under a doctor's supervision when you say that. Do you see what I'm saying? This is not some information to give out. But when they come as an individual by appointment to you, or to a tester in that area, who is working under legal supervision, then it's all right to say it. All you're doing is making a diet to fit their numbers, as fast as their numbers change.

Do not, I repeating again, do not make diets for diabetics that, who are on insulin. That is a no-no. Another good one to stay clear of is somebody that's on the

dialysis machine. Stay away from those people. And if they want to come in the club and learn what they can and make their own diet, it's very good. But under doctor's supervision, there's quite a thing, bit you can do for people on the dialysis machine, provided they still have a kidney left to work with. Sometime they remove both kidneys and there's nothing to work with. There's not much you can do on that. But if there's a kidney left, there's a whole lot that can be done. Are there any questions at this point right at this moment? Is there a question on the ranges? Do you understand what the ranges are now? Yes?

Student: Each diet test equally on if you don't be ready for it? **Reams:** Sir?

Student: You know if they come in the D and E range, if it works that strictly through their diet, they would feel better? **Reams:** Yes, sir, if it's administered by somebody that knows what they're doing. But that's not a proper for a parent to try. They're going to need more help than what they can do themselves. They won't do any harm, but they're going to need a lot more help than just what they can do. Your body chemistry will not readily change from one range to another without carrying you through a withdrawal. And withdrawals are pretty rough, pretty rough ordeals to go through. Are there any questions at this moment?

I was asked this morning why fowl, when cooked, does not shrink. The reason it doesn't shrink is that a chicken doesn't have any kidneys. Fowls don't have any kidneys, they don't urinate. And therefore, the water content of their flesh is stabilized. And don't let anybody tell you that the skin of the chicken is their kidneys, it's not so. It is not. Don't let anybody tell you that it's not all right to eat the skin of a chicken. It is alright to it. It's rich in vitamin A, and it's all right to eat it if you want it. That's just a fad that's passing. Possibly put out by the chicken people to get you to throw away more chicken so you'd buy more chicken. Any questions?

Student: Does that include all birds that we eat? **Reams:** Yes. Yes. Ducks are a no-no. You're not supposed to eat quackers. Well, somebody's going to say, "Doctor said not to eat crackers," but I didn't say that. I said quackers. Any question at this stage?

Now, most people that can eat meats eat too much meat. And when they eat too much meat, they don't eat enough vegetable. It's very important to eat lots of vegetables, well-cooked. But the way most people cook vegetables, I don't blame them for not eating them. I wouldn't eat them either. They boil them until they're dead, and I don't like to eat dead vegetables. I don't mind eating dead chicken, dead cow, but I sure don't want to eat dead vegetables. Do you hear what I'm saying, talking about? Vegetables should still have quite a bit of life in them when you eat them.

Now I want to talk about raw vegetables for awhile, raw vegetables versus cooked vegetables. There are certain vegetables that are very delicious when they're raw, and actually, they're best when they're raw. First, there's tomatoes, is one. Now, tomatoes grown on a good soil are absolutely delicious, but on a poor soil, they will make sour pickles ashamed of themselves. They're so sour, they burn your mouth. They're highly acid. So a good tomato is a marvelous berry to eat. By

the way, tomatoes are berries. They're in the berry family. You eat them raw. And people say, "Oh, tomatoes are in the nightshade family." Well, probably berries are too, but you're still can eat them. If you read enough health books, and do everything that they tell you, or try to do everything they tell you, you would starve to death, because every one of them is down on something. So, go by your numbers. Forget your fads. Yes?

Student: When you say go by your numbers, I need to ask you this question because of a BTI advocate at a computer. If someone is supposed to be sick but on food samples to your crop, does that also mean tomatoes? Since they is, you know, in the berry tag? **Reams:** Not generally because even though they're in the berry family, they are a much lower carbohydrate. You seldom find a tomato over 9 Brix. However, you may find a little Christmas tomato up to a 10 or 11. But anything that will cause that to go higher after 4 o'clock in the afternoon is a good idea. But that's not a club question. That's an RBTI question.

The cucumbers, for instance, they're better raw than they are cooked. They're delicious pickled though. Cucumbers. We're going to show you something about a cucumber though, when we serve it, how to peel a cucumber. You know most people don't know how to peel a cucumber, much less serve it. A cucumber sliced around and around in rings is hardly fitting for human consumption. Slice it the long way, and it's delicious. It's all the difference in the world. It tastes like a cucumber. Sliced long ways than sliced around and around. It's hard and woody if you slice it around and around. With practically no flavor to it, unless you pickle it, and then you've got the pickle flavor and a sponge to carry the pickle juice, and that's what you enjoy, but you really lose the flavor of the cucumber. A little simple thing like that so many people do not realize. Also, take off the outside layer, the epidermis, skin of the cucumber, and leave the dermis on, and you will not taste it afterward. Or wash it clean and eat skin and all, and you will not taste it afterward. You will not burp it up later. Also eat the seeds of cucumbers. I've been to places where they took all the seeds of the cucumber out and threw it away, even nice young, tender cucumbers. That was the most valuable part.

Also eat bell peppers, rich, rich, rich source of vitamin A, very rich. Also keep the seed and add to soup for manganese. Excellent, excellent foods raw. Radishes, excellent, excellent foods raw. Okra, the small green pods up to three inches long, is an excellent food to eat raw.

Student: Except the seeds? **Reams:** What's that? **Student:** Wouldn't you affect the seeds? Interested in a few. **Reams:** Bell peppers. **Student:** For food. **Reams:** Because what? **Student:** Yeah, the seed is. **Reams:** Oh yes, the seeds of the bell peppers. Yes. The seeds of those are excellent, excellent in soup. They're rich in manganese. Also celery, raw celery, is excellent, excellent foods. Easy to digest, breaks down easily. It's a good idea though to take the fibers off of celery. We'll show you how to do that when we are dealing with celery. Take the fiber off. Also in cooking celery, the leaves of celery, so many people throw away the leaves of the celery. That's just as good cooked as any other part of the celery.

Lettuce, escarole, romaine, anything with a yellow color is rich in vitamin A, and it's an excellent thing. Vitamin A does so much for us in many, many different ways, which you were taught in RBTI. Is any other raw breaks where we eat that's excellent around? Parsley, yes. Parsley, and also onions. The raw onions, especially the scallion. Yes. Parsley's one of the richest of all in vitamins. Parsley is very rich in vitamins. Yes?

Student: Asparagus? **Reams:** Some asparagus, but asparagus is very, very rich in arsenic. So be very, you're kind of limited on that asparagus.

Student: carrots? **Reams:** That's too hard, unless it's grated. Carrots, unless they're grated, are too hard for most people to eat. You get very little out of them unless you chew them almost to a milk.

There's one more I wanted to mention here, a second ago. Onions, oh yes. Eat the top of the onion as well as the onion, the green leaf of the onion. Eat that. It is absolutely delicious. Learn to eat the top of the onion as well as the onion itself.

Chives, now that's pretty heavy stuff. Chives. A little bit of chives goes an awful long way. So it's better in soups. Let it cook for a little bit.

Student: How about raw cauliflower? **Reams:** Raw cauliflower's getting pretty hard. You can chew it and crunch it, but even, unless you've got a mighty good digestive system, it'll come through undigested.

So those are the raw foods that are best. All the rest of the raw foods, or all the rest of vegetables, are better cooked until you can just barely penetrate easily with the cake tester. And most of those, if you do that, still have the raw flavor. They're just past the crunchy stage that most people consider health foods, which are not health foods, they're unhealthy foods and they don't satisfy you, as a whole. Some people they apparently do for awhile, but you try living on them all the time and see how hungry you can get. All the rest of the foods you. Yes?

Student: What about sixth sense about somebody involved? **Reams:** Yes. **Dan Skow:** Then there's that one tuber I know we had in Mexico that one service like the meat was all white, and it represents... **Reams:** Yes, a jicama. That has to be cooked though, really, to be at its best. And then there's yucca. It's good cooked, but it's not good raw. Sugar beets. **Student:** We have a question. **Reams:** Oh yes, thank you for helping me.

Student: I should say it that usually Artichokes, where do they fall? **Reams:** In the potato family. I mean in food preparation, the same as potatoes. **Student:** But not raw? **Reams:** No. You can grate them, and they're kind of nice.

And also, parsnips, grated, is very good, but otherwise they should be cooked. And that's one thing that most people don't use enough of, is parsnips in they're cooking.

Aside to helper: And by the way, we're going to need a package of parsnips. And that was good. That's fine. We're going to need some parsnips. Yes?

Student: What about kohlrabi? **Reams:** It's the same as a turnip, in the turnip family, potato family. It has to be cooked. You can grate it, same as a turnip, and get it down. It's all right, a little bit of it occasionally, but it's at its best whenever it's cooked somewhat.

The sugar beet industry is almost on the verge of bankruptcy because the sugar content is so low in the beets. They're not getting enough sugar out to make it worthwhile to gather the beets any longer because the calciums and phosphates are too low in the soil. And if it were not that beet pulp for dairy cattle was about \$240-\$250 a ton, they'd already be out of business. The molasses from sugar beets is not as good as that from sugar cane, but it's better than nothing. Are there any questions at this moment before I take up some fruits. Yes?

Student: Avocados? **Reams:** Oh yes.

Student: You said that asparagus is said to be weakly minimum, how often do you choose a week, asparagus? **Reams:** Asparagus. Well, if you have a high urea, about four times a week. And that's the two added together. But if it's down, anywhere from 12 to 20, maybe once every two or three months. Yes. Any questions?

Student: I'm sorry. I didn't quite get the answer for the asparagus. How often do you eat it? **Reams:** If the urea is, say, 22 or above, constantly, then two or three times a week, four times a week.

Student: And if it's 12-20? **Reams:** What's that? If it's lower than less, if it stays a 12-20, maybe once every two or three months is enough. But you could have it every week if you wanted. It wouldn't hurt anything. Just don't use it too often, unless there's a reason. Yes?

Dan Skow: What's should we be doing to lower the ureas? What effect does it have on the system doing to the cells, to cut that down? **Reams:** Well, when the urea is high, the heart beats too hard each time, very hard, and it becomes very tired. And then, as you begin to eat the asparagus, the heart will start to, if you don't do anything else but eat the asparagus, the heart will be able to skip beats, which is, you won't hardly know it, it'll skip it, just rest a beat or two, but it will also be strengthening the heart muscles. Then, if you bring, you should, at the same time, take steps to bring, the urea down through water, by drinking a normal amount of water. If you drink your water and use the asparagus, you will rebuild a heart, even after you had heart surgery or a heart attack. If enough people, long enough, ate asparagus, let's say, once a week, all their life, they'd never have to have heart surgery unless there was a genetic problem.

Student: We have two questions. Is the frozen kind that's all right? **Reams:** Yes. Frozen, canned, or fresh asparagus is okay, yes.

Student: Is it all right to eat asparagus raw? **Reams:** Yes, but with great caution, great care, because there's a little bit more arsenic available in it raw than there is cooked.

Student: We have another question. **Reams:** Yes. **Student:** Does the blood pressure start coming up when a person starts eating a lot of asparagus? **Reams:** For some people it does and some it doesn't. **Student:** Would that be a problem? **Reams:** Blood pressure's always, high blood pressure's always a problem. It's generally linked to calciums though. Yes?

Student: What causing blood pressure to go up? **Reams:** Lack of calcium in your diet.

Tape 5 side 1.

As you form these clubs, there's a whole lot of things that you wish to do. One is hypes. Well, anything that you can work up to do for entertainment. I know one person that has formed her own club, dietary club, and has had no training in the RBTI or in the field of health, really. Her husband was accidentally killed, and she's only about forty one or two, in a car wreck, and she has a big family of children. So, she rented a little spot about 10 feet by 45 feet long. She started a health food store. She didn't know beans about health foods, nothing. But she orientated it toward weight, and she's in a very small town. And back in the back rooms she had these bicycles you kind of ride and these round joggers, these bouncers, that you bounce up and down on, and she formed a club. And she had training as a girl's coach in school, a high school, and she began to use these methods that she learned in coaching and exercising. And in the winter where they had a lot of snow and ice, slick, you can't walk, but she charges so much a month to teach them exercises to bring their weights down. And she's doing a fabulous job, absolutely a job that you can't believe. And now that she's out to get a much larger place because as she's teaching this dancing, actually it's dancing on these, what do you call these? **Student:** Rebounders. **Reams:** Rebounders, yes, on these rebounders. And she's put on demonstrations in the high school, and she's got more calls than she can possibly fill. She makes more with training these girls, actually, than she does off her health food store. But it's all a part of using your head to put your club together, to make it highly profitable to you. She has made it highly profitable, and she has become the talk of the county, and two or three counties adjoining, because of what she's done for people in losing weight. And then so many people have been helped otherwise.

So use your head. Put a club together. Make people enjoy it. They'll tead a path to your door. Be useful and please keep your calciums up so they won't get on your nerves. Be sure that your fuse is not too short. Be sure that your own sugar is high enough because they will call you all hours of the day and all hours of the night to talk, talk, talk, talk, talk with you. So, if they like you, then your soul isn't your own and they will kill you if you let them. So there are times that you just have to do the best you can do for yourself to survive. Are there any questions at this stage?

Well, we're going to take up fruits. You've heard it said that if your body's the least bit acid, don't eat citrus fruit. Why all the shouting? If you're in Range A and

your body's slightly acid, you may eat citrus fruits. If you get down to D, and all your numbers are about as far as they can get out, then I would restrict the citrus juices somewhat and substitute it with grape juice. But I would also take away the apple juice. It's very, rather caustic. Pineapple juice would be highly acid forming.

Now I want to tell you a little trick in these three things. Get an 8-ounce glass and fill it half full of any of the juices I've said, grapefruit, orange or pineapple, or apple. And then take one level half-teaspoon full of, or maybe a fourth teaspoon full and put it in that, and stir it. And it will boil, it will fizz. Let it set about 10 or 15 seconds, and the soda, that cooking soda, that is not used up in the acid will settle to the bottom, and then you can drink it. And you'll have an alkaline vitamin C. It's very good.

Student: Thinking passion fruit. **Reams:** Yes. 8-ounce glass or 10-ounce, for that matter, 12-ounce, whatever, you half-fill it full. Half-fill it, not full but half-fill it with pineapple juice, orange, or grapefruit, or apple juice, just half-full. And then add a level half, or maybe a fourth teaspoon full of soda. Or you can put a level teaspoon full in, and it won't change the flavor at all. There'll just be more sediment in the bottom after about 10 or 15 seconds, after you stir it. Then drink it while it's fizzy, and you've got an alkaline vitamin C. Yes?

Student: Why stick to the casian sauces? Yes, it's a good idea if your body's extremely acid. You can also, in the same respect, use acid tomato juice the same way. But you sure have got a bum drink, but it works. It gets the vitamin C in it. It's not too good. You also may have V-8 without the soda. That's not too acid. Grape juice is very good.

Peaches are best in season. Or, in the advanced course, you're going to learn something about peaches that we don't have time to get into in this course, peaches and all of the dried fruits. We're just not going to have time this time to get into the dried fruits because they require demonstrations. There are some fruits that, that if they have a very high pH, you should not eat. Figs is one, blueberries is another, kiwi is another. Those three foods, if you have an extremely high [urine pH].

Student: What was the question? **Reams:** Kiwi. **Student:** What's different with Kiwi? **Another Student:** Kiwi has seed. **Another Student:** Seed less. **Reams:** Yeah this is the Kiwi. **Another Student:** K-I-W-I? **Reams:** Yeah. **Student:** It's the humic Kiwi seeds that your concerned about? **Reams:** That's why you can't eat it. If you take the seeds out, then you may eat it. If you take the fig seed out, you may eat the figs. Or the blueberry seed out, you may eat the blueberries. But it's those things that add to the compaction in the colon, those seeds.

Student: What would you consider a high pH? **Reams:** Range B. B Range, B, C Range.

Student: Aren't you better at the top isn't it? **Reams:** It shouldn't. Maybe you need to work on your diet. Maybe you need to work on your own diet somewhat.

Now here's another thing about fruit juices. If you are in the range of B or C, one of the finest things you can do is add agar-agar to fruit juices, Knox vegetable gelatin to fruit juices and make a jell-O or a gelatin. And it will do a lot to eliminate the problem of a high pH. Yes?

Student: Is it just as beneficial if you just take an envelope and dissolve it in the, let's say, six or eight ounces and drink that rather than waiting for it to gel?

Reams: No. It's all right either way. It's all right either, I prefer it, though, in the jell-o form. I like it very much in the jell-o form.

Student: Could you get too much of Knox gelatin if you took it once or twice a week? **Reams:** If you have a 5 pH, no. If you're in Range B or C, no. Any questions now about any of the fruit that I haven't named here?

Dan Skow: What about apricots? **Reams:** They're almost a neutral. You generally can eat them up. All I've ever eaten them is when I'm neutral. I guess the soils are highly acid. Have you eaten any tart, the ones that were really tart? I haven't.

Dan Skow: Benefits sample over something else or a specific number status?

Reams: Well, they do have a little bit more vitamin B-17 in them, a little.

Dan Skow: Did you mention anything about pears yet? **Reams:** Yes, pears. That's right. A pear a day will keep colonics away. So, a high pH is a lot of pears. Range B and C, pears. Lots of them. But D and E, no pears.

Dan Skow: Make any difference whether they're Asian or not? **Reams:** Yes, it does. You get much better benefit from the fresh ones. Any other question now about the fruits?

Dan Skow: Did you say anything about apples yet? **Reams:** The apples, I said, were high acid, highly acid in there forming, like the raw citrus. And use the soda in the juice and so forth.

Student: About cherries? **Reams:** Cherries are highly acid.

Dan Skow: About plums? **Reams:** Plums is almost a neutral. So are prunes.

Student: What about pineapple? Does it have gas and acid? **Reams:** Pineapple is highly acid. I'm glad you mentioned pineapple. A lot of people don't eat enough fresh pineapple. Even though a pineapple is acid, they've found a terrifically high amount of calciums in it, a very high amount of calciums in it. I wish we had a good ripe pineapple here. If we had one, before we leave here I'll show you something about how to use white sugar and make out like it was the poison some people claim it is, and put just enough on it, just about enough on it, and very lightly, almost mist it on pineapple and let it set overnight. And that sugar/sucrose will penetrate all the way through that pineapple and you've got something that's out of this world. But the sucrose has become a glucose and it does not have the same effect as a sucrose would have. There are places and times to use a little bit of white sugar and white flour. And failure to use those probably will only cause you to miss a lot of good gourmet eating. Yes?

Student: But not ways said that keep believing in vegan to get huge energy. And use the refractometer to see how it catches. Humanly fake it and adjust the adjust taste brix? **Reams:** I don't know. **Student:** Then if you put acid in, it should recycle the liver. **Reams:** That's right, if your body is quite acid. It's very high in calciums, but, for instance, it does have an answer to that. At one time I thought I found that pineapple was like lemon, It tasted sour but it was an anionic thing, but it isn't, it's cationic. But it's still very high in calciums.

Student: So if you're low in calciums and you need it quickly, have it this quickly? **Reams:** Yes. For instance, this morning Dr. Skow asked how, by taking a little vinegar with a low pH, "Did you know that it could make the body alkaline?" Why does it do that? Why does it do that?

Student: The part disability is gone soon? **Reams:** No, the thing about it is the vinegar penetrates the undigested calcium and breaks it down to energy where you can use it. And that's what pineapple may have done in your case, but it isn't a criteria that you can say that would work with everybody every time. It just happened to work with you. Yes?

Dan Skow: You going to compare the fruit versus the fresh frozen and the canned? Can't get the fresh, which one's the preferred, frozen, quick one, the twelve gage can. **Reams:** Yes, the best canned fruits is Del Monte, Oversea, Le Sueur, those are the best quality canned fruits. Now the best quality are canned fruits. These fruits from Del Monte, these companies have to meet a standard in order for them to can them. The best of canned fruits is better than the worst of raw fruits. Or the same thing is true of vegetables. However, the very best of them is dried, dried fruits, but a dried pear, will not rehabilitate itself. It's like a hard rock and it stays that way. But apples, peaches, grapes, will rehabilitate themselves.

One of the finest fruits that there is for manganese is pomegranate. Pomegranate. Yes?

Dan Skow: I guess I probably, I mentioned about the pears frozen, fresh, and canned, so to speak. When have you told me that you can't get a fresh orange, frozen better than canned orange. Is that correct somewhere off? **Reams:** Well, I was speaking about, minerally speaking. Vitamin, let's talk about vitamins. The fresh has always got the best vitamins in it. But minerally speaking, I was speaking about minerally just now. Now I'm talking about vitamins. The vitamins is always best in the fresh fruit, but the minerals is a different story altogether. Is that what you're talking about?

Dan Skow: Yeah, it's all I've understood in the past is first but frozen orange juice better yet than the cans up on the shelf? **Reams:** Oh yeah I see what, yes, yes. It's a much better juice than the dilute juices inserted on the shelf. Much better. So always try to get the frozen orange juice, grape juice, tangerine juice, anything that you can get frozen in the concentrate form. However, many times they say add three cans of water to one can of concentrate. Many times it's much better if you add the fourth can. The only problem is the pitcher won't hold it.

Strawberries is a no-no, unless you peel them, if you have or if your body chemistry is in Range B or C. But you can always peel strawberries. The seed is on the outside. B or C is a no-no in strawberries.

Now, one more thing, and I'm pretty well going to wind up on these ranges, and that is, if the numbers are farther out of kilter, off of perfect, regardless of what range they may be in, and you have a low urea, below 12, and you have a saline reading that is in the C or D range, you will find that that person has a potassium deficiency. Foods rich in potassium are bananas, celery, fish. Those are the three main foods for potassium.

Student: Is hominy fitting here for low potassium? **Reams:** What's that?

Student: Hominy fits in there. **Reams:** Yes, hominy is a good thing for low potassium. Yes, hominy is, thank you for calling my attention to it. Hominy is very good. So those are things that you take when that urea is below 12. If you have a reading in which the Brix is below 1, the saline is below 5, or 5 or below, and a urea below 12, you have no picture. You have a body chemistry that is going through a withdrawal. And do not try to make a diet for a person in withdrawal. Wait 'til they get out of the withdrawal first before you make a picture of it to make a diet for it. Are there any questions at this stage? Yes?

Student: Do you even speak in fashion with the melon family. **Reams:** The melon family, I'm so glad you mentioned that. The melon family, well the cantaloupe, is very rich in A, so is the honeydew melon and the muskmelon. Watermelon is rich in nutrient that's need for the kidney tract, for the kidneys and bladder. Anything that's causing a problem there, watermelon is very good for it. Many people that are diabetics can use watermelon juice and they cannot use any other kind of carbohydrate. But let diabetics alone, do not touch them. Yes?

Dan Skow: Say anything about eggplant? **Reams:** Eggplant is a vegetable, and we're going to start preparing one now in a few minutes, preparing an eggplant. It is a valuable and the prepper, well it's rich in manganese. It has some calcium. It's also rich in iron. It's also good in gravies, it's also good in soups, it's also good in casserole. And it's at its poorest when it's fried. Yes? **Student:** Can it be eaten raw? **Reams:** Well, it can be, but I don't advise it. Are there any other questions?

Student: Yes, I have a question. In the seed berries, back when you was in the seed berries, if you juiced them and strained them, so would batch your paste like a Jell-O? **Reams:** If you can strain out the seed, yes. Yes, if you can strain out the seeds, you can. Yes. Any questions now? Yes?

Dan Skow: Is there any benefits, there are from any kind of special diet, like blackberries and boysenberries? **Reams:** They also have small seeds in them, too.

Dan Skow: Say that dietary-wise, would be helpful too? **Reams:** Vitamin C, is rich in vitamin C and mineral content. Yes?

Student: So, in the pomegranate, it has a lot of seeds. Does it have to be juiced in order to be used in a diet? **Reams:** Well, those seeds are big and you chew them up and generally you spit out the seeds. Yes?

Student: Small for the seed, but are you talking about the pH range of B and C before you eat them or any range but B and C? **Reams:** For small seeds, it's B and C. **Student:** pH range or any of them? **Reams:** No. Yes, the pH range. The pH range, yes, only. B and C, do not use anything with small seeds in it because they'll only add to the compaction.

Tape 5 side 2.

Where's our helpers in here? **Dan Skow:** Yeah their still not gifted. **Reams:** Okay. Let's start showing you how to make a salad. Yes?

Student: I'm interested on the blackberries and raspberries, what range?

Reams: They are also have small seeds in them. You may have mulberries though.

Student: Mulberries? **Reams:** Yes. **Student:** Pretty strong. **To helper:** Let's start making a salad there. **Helper:** We're cleaning radishes right now. **To**

helper: Okay, cleaning radishes then, washing them off? Okay, I'll talk to them about making salads. **Helper:** We'll be ready in about ten minutes. **To helper:** That'll be fine. **Helper:** Okay.

Reams: Let's discuss making salads now. Salads, also, should be eaten before any other part of the meal. They should be eaten first. All of the salads should be consumed first before the main meal is started. In making salads, one of the things to remember in making salads is this, use a great variety of leafy vegetables. I recommended one time to a lady who was a very sick person to eat salads, never thinking anything about it. And when she came back in two weeks I said, "Well, dear, I told you to eat salads. Why didn't you eat salads?" She said, "Doctor, I ate two big salads every day." I said, "Tell me how you made these salads." She said, "I took macaroni and cheese and spaghetti and mayonnaise." I said, "Well, that's not salad." I said, "Salads are leafy vegetables." "Oh," she said. "I hate those things." I said, "Honey you're going to have to eat them or die." And you know, she did eat them, and she got well. But she had made salad out of tomatoes and about everything except leafy vegetables.

So, when I say salads, I'm talking about leafy vegetables. I'm not talking about entrées and hors d'oeuvres and so forth. So use a great variety of green, leafy vegetables. I wake up two or three years ago in the early spring of northern Saskatchewan, up near the Arctic Circle. It had only been warm about two weeks. The ice had been melted about two weeks but the dandelions were out. You couldn't buy a head of lettuce up there at the Indian trading post, nothing green. So I went out and gathered dandelions, and we had the most wonderful salad you ever saw. But the people up there had never heard of eating dandelion, even the flowers of dandelion. Also, there's the blossoms of squash.

Helper: cucumbers thin, how to make it right, really nice. **Reams:** No, no, no. I'll show you how to do that here with the cucumbers. Do not slice them that thick.

Helper: You don't want them in the salad? **Reams:** I want some, but I don't want them sliced. Okay? Bring the cucumber out whole, and I'll show you how to peel it with a potato peeler. Okay?

Also, I despise the way that most restaurants make a salad. They cut the lettuce up in bites as big as cow feed. And you try, you've got a little salad bowl, you try to take a knife and cut it, and it will slide all over creation and get all over the table. And if you were, if you were not embarrass proof, you would certainly be embarrassed. So why can't they cut it into little smaller pieces, so you can at least get two or three pieces of it in your mouth without being a great big chunk?

As I was saying, up in northern Saskatchewan, the people never heard of eating dandelion. Now, then I mentioned naturally eating the blossoms. Well, pumpkin blossoms are absolutely excellent. Nasturtium blossoms, sweet peas, the blossoms are absolutely delicious, mustard blossoms, turnip blossoms. Potato blossoms are all right, but they're kind of bitter. You know, the blossoms that come up on the top of the potato vine. They're very good at dinner, but just a little bitter. So plenty of all blossoms, added to your salad, is fine.

To helper: Let me see that potato peeler. Yes?

Student: Orange blossoms in food, are they safe? **Reams:** Yes. Yes, even orange blossoms. The petals of orange blossoms are delicious. Okay.

Student: When's the best time to eat dandelion? **Reams:** When it's on the table. [Laughter]

Student: Don't they get too old or anything? **Reams:** Okay. Oh, yeah, they get too old. When it gets sleek. As long as they're fresh, the dandelion blossom is excellent. And so is the violet blossom.

Student: Okay well what about the leaf. Is it something you want to get in the ...? **Reams:** Well when it's young and tender. It gets woody if it gets too old, the leaf does. But they'll put out young, tender leaves all summer long.

Now, a cucumber, this part of a cucumber, right next to the stem, is very high in alum. If you need alum, then you can eat it, but it's bitter. And in a cucumber, you just peel it like this, very thinly.

Helper: This is the stem end you want? **Reams:** That's the stem end, yes.

Dan Skow: Did everyone get that? He's talking about the stem end for high in alum. Alum, A-L-U-M, I believe. **Reams:** That's right.

Dan Skow: While he's doing this, I've got to tell you a story about the cucumbers. He was here about four years ago when I had a bunch of my clients visiting me, when I was a veterinarian, into my home one evening, and he was

telling us about foods. And one of the fellows there, his wife always cut the cucumbers in circles, you know. And he would just get severe indigestion, and belch and everything else, and there was no way he could eat them. He was telling us about this. Anyway about how to prepare cucumbers. And when she cut them just the opposite way, he eats them just fine and never had a problem with them since. That's an actual true story. **Reams:** True story to cut the cucumbers.

Reams: Now, then, if you want to cut them up in little blocks like this, it's okay. But its flavor's best whenever you serve it in strips like this, or even make it thinner, thinner strips. And let the people take the strips off, like this. The cucumber's much more flavorful like that. Now you see I only took half the skin off that I was taking off if I'd a peeled it.

Dan Skow: Then when you put them in salads then, you just slice them this way after you've cut them that way? **Reams:** Or you can if you want, or you can leave them in little longer strips. I like them in little longer strips, about an inch long. They're prettier that way.

Student: You don't eat the skin part? **Reams:** You can if you want to, but a lot of times, when they come right off of the bush, they're delicious, but after a week, it's rather woody, if you're having to buy them.

Student: What about the varieties that are called burpless? **Reams:** The burpless, the only difference is that the chlorophyll goes all the way through the cucumber. It's a very high hybrid cucumber. Oh, I've seen them 30 inches long. But the stem is all the way through, the chlorophyll is all the way through. It's the chlorophyll that prevents you from burping it later.

This all this eggplant. And you want to go just beyond that skin. You don't want to try to peel an eggplant as thin as you can peel it. You can tell when the knife is running just under the skin. You can see it, too, on the eggplant. **To helper:** Soak this in salty water. **Helper:** How many are we doing? **Reams:** All of them and we'll be through with them today. Make a soup out of it.

Dan Skow: Do you want to repeat what you did now, just specifically what?

Reams: On fruit juices and squeezing fruit juices, they lose half their vitamin content within four hours, even though they are in the refrigerator or iced. And in eight to ten hours, they have lost all of the vitamin. That's why the fruit juices, after it's been squeezed for awhile, for a period of hours, taste so flat.

We have just sliced the, cut the salad with a meat slicing machine to make it thin and small, and to keep the pieces from being big and chunky. And that will not lose the vitamins of that because it's only a few cells that is cut, compared to the billions that are in each leaf. And it makes salad much more tasty. Then we have just peeled an eggplant, sliced it, and are soaking it in salty water for 20-30 minutes. And in 20-30 minutes, as you look at that water, it's going to look bloody to you, a red, bloody color. Then we put the eggplant into the blender with just enough water, distilled water in it. Too kind a whip it just a little bit. That way it won't tear it all to pieces, just to break it down, pretty good. Then we'll add

mushroom soup to the eggplant and cook it then for about 24-30 minutes. And you have, it will be one of the finest tasting soups that you've ever tasted. That's a good evening soup, and you might call it the soup of the day. Today will be the name of it. Tomorrow the soup of the day might be something else. So it makes a very delicious, very nourishing soup. Yes?

Student: What about when I'm soaking mine? It floats to the top. Should you put a plate on it to hold it under there? **Reams:** If you put it in the blender here, it doesn't. After a few minutes of boiling it, it all goes together; you can't even find it.

Student: I mean while I'm soaking it. **Reams:** Oh, yeah; oh, while you're soaking it. Well, yes. I just push it down two or three times, though. If it floats too high, then you better put something on to weight it down.

Student: Why, why do you soak it? **Reams:** To get the acetic acid out. It has too much acetic acid in it.

Student: Do you rinse it afterwards then? **Reams:** No, it's generally all right just when it comes out.

Student: Is that the reason you throw the seeds away? **Reams:** Well, the skin's are all right, but it takes, the reason. Well, let me say it this way. If you soak them, it takes at least two hours to soak the skins. Not only that, there's practically nothing in the skin. It is in the fruit itself. Not only that, you've got to whip it to a milk, and then it's bitter, unless you cook it about two hours. So we just generally destroy that because it's too much extra trouble.

Now, if you get the real little ones, right off the plant, that's not so. But if you get the ones long enough, it is. But it'll take a half a bushel of little ones to equal three or four big ones. You can also take eggplant and prepare it just like we're preparing it and cut in little strips about an inch long and add corn and some eggs and cornmeal and some can cream, All Spice, a little Crisco in it or sunflower oil, and make a casserole out of it. And it is out of this world! It is a most, most delicious eggplant casserole. You can also add some mushroom stems or pieces to it or the mushroom soup and it makes a fabulous dish, especially for people whose body chemistry is in Range C, D, or E. It is one of the lighter foods and requires very little digestive juices to break it down.

Dan Skow: Do you want to repeat that last statement for him? **Student:** How do you make casserole? **Dan Skow:** Tell her how you start making the casserole.

Reams: Oh, how to make the casserole. You take the eggplant and soak it, just like we have up to now, and you cut it into little strips, about an inch to two inches long. And then I add cream style corn and some cornmeal. You can also add a little bell pepper if you like, All Spice, and sunflower oil, and some eggs to it. Whip the eggs, really whip them up where you can whip it in and not ever find the pieces of egg after it's baked in the casserole. And it'll be a little on the soupy side. You can also add some mushroom soup or/and the mushroom stems and pieces, and make a casserole that is absolutely fabulous for people whose body

chemistry is in C, D, or E. It's a very easy food to digest. You can also add a little canned cream to it, if you like it a little lighter color. Yes?

Student: So by canned cream, you don't mean condensed skim milk or condensed ...? **Reams:** No, I'm talking about the Pet milk or the Carnation milk. Yes?

Student: Could you add fresh cream? **Reams:** You could but that would make it quite rich. You only add just a very little of this other, very little. You could also, here's another thing that you can do. This is for people in excellent, in good health. Take a parsley. I mean, 10 or 15 or 20 pounds of parsley, and wash it and boil it 'til you only have about two quarts of the juice left out of all that parsley. Then take the parsley and add, you can add a couple cans of mushroom soup. And then bring that to a boil. And then take the eggplant, cut it into small pieces, about an inch-and-a-half to two inches long by 1/2 to 3/4 inches wide, and just bring that to a boil, 'til it's just to a boil. Then simmer it slowly, barely simmer it for about 20 minutes. And when you taste this, you will think you're eating oysters. They taste like oysters. It's slick, you almost have to tie a string to it to taste it. Of course, in that casserole too, you can always add a teeny bit of onion top or chive top, in the eggplant casserole. And, by the way, you can always top the casserole off with wheat germ, that is, provided the people are allowed wheat. A little bit of wheat germ on top is not going to hurt anything, to give it color.

To helper: Do you have the, do we have a pot that we can fill it completely full of water? A big one? That one, what's in that one? **Helper:** One that large? **Reams:** Yeah, that large.

What we're going to do now is take a canned corned beef. Now, remember that canned corned beef has the blood taken out. It's soaked in salty brine for six weeks. That's what makes corned beef, corned beef. Then it's washed and then it's canned. Corned beef, it has the blood soaked out of it. So we're taking canned corned beef, now it does have the fat in it. But we're going to take the fat out, too, here right before your eyes.

To helper: Yes, that's fine. Just set it right down in the container and fill it full of water.

Now that also has potassium nitrate in it.

To helper: Set, set those up on the end, set them up on the end, the big end. And pour that in gently so it won't

And then we'll bring that to a boil. And just simmer it then for a half hour. Then we pour this water off and then you use

To helper: That's a 3-gallon container, is it not? Is that a 3-gallon container?

Helper: 2-1/2 **Reams:** 2-1/2. **Helper:** Like this? **Reams:** Yes. **Helper:** Four gallons **Reams:** Four gallons? Well, good. Then fill it up to within about three inches of the top.

You use one gallon of water per can of corned beef. And it takes that much water to get the potassium nitrate out of the corned beef. And then drain this off and put it back in the freezer until it's chilled thoroughly through. And then tomorrow we're going to steam some cabbage and have this corned beef with the, with the cabbage. Cabbage is very rich in vitamin A and chlorophyll. And we're going to take this corned beef and cabbage, and also coleslaw, and show you how to make calciums available to you. Cabbage is rich in calciums, and it's an excellent dish. That's why Jigs was always so calm, he eats so much cabbage at Dany Moore's house. And his wife was so high strung because she didn't eat it. Yes?

And Lyn owes him quite a favor. Yes? **Student:** You said you're going to cook it once. **Helper:** Just like dandelion. We're going to cook it through the boil.

Reams: We're going to boil it to take the fat out and the saltpeter out of it, potassium nitrate. **Student:** How long does it take? **Reams:** It takes about an hour. You simmer it, and when you see what comes out of it, you'll wonder if corned beef is any good. But tomorrow when you taste it, you'll know. You'll know it's worth it. A lot of people just open the corned beef, eat the grease and all. To me that's, well, unthinkable.

We're already soaking the grits to cook in the morning. They have to be cooked for two solid hours and stirred about every two or three minutes, the grits. And we're going to have grits and eggs for breakfast in the morning, and some soybean sausage, soybean bacon for breakfast tomorrow morning, plus an herb tea, plus possibly a sample of juice from honeydew. It'll just be a taste, though. Are there any questions?

Dan Skow: Do any of you doctor up bacon? **Student:** He's doctoring up corned beef I think. You taste on bacon. **Reams:** Yes, sir. We feed the dog on him. And then use the Stripples. I'm going to show you the Stripples in the morning. Have you ever eaten Stripples? Well, you'll think you're eating bacon, looks just like it but tastes better than bacon. We're also going to show you how to make gravies, tomorrow of different colors, and how to make it to apply it on asparagus, what to ... Tonight, we're going to make one for asparagus. We're going to have some asparagus tonight, and we're going to make some butter cream gravy, right here on the stove, with what we've got on hand, that is excellent.

Student: Partial parsley, how much water do you add to bring it down to a ...?

Reams: Probably add about two quarts to start with. When all that evaporates and cooks out, you just have the, the extract of the parsley left, the water cooks out.

Something about onions that will be well worth remembering, and that is a big onion, cut it in half, just cut it in half, and put it in a, turn it on a plate downward and put it in the refrigerator overnight. And the next day slice it in slices that you'd like to serve it on hamburgers or what not, and soak it in ice water for 20 minutes before serving. And then put it on a plate and serve it. And it's about as delicious as apple. It is the most delicious onion you have ever eaten. It is

fabulously cooked like that. And, believe it or not, it takes out half the gas, if onions trouble you in that respect.

Dan Skow: Do you want to repeat that again? I think someone missed it.

Reams: Yes. Onion, even if you don't have time to soak it, cut in half and put it in a refrigerator turned down on a plate overnight. And the next day, if you don't have time to soak it, just rinse it off and slice in thinly, and it is delicious. It's quite, it's still very oniony, but if you soak it then, slice the whole thing, put it into ice water with ice cubes for 20 minutes or longer. Then take it out on a plate and serve it. It's out of this world, the onion. It is fabulously delicious.

Student: Does it make you quickly slice it? **Reams:** Around. Slice it around and round.

Student: Just to make rings out of it? **Reams:** Yeah. Make rings out of it. Right. Make rings out of it, like you were going to serve it on a hamburger or something of that order.

Tape 6 side 1.

If you really want them deluxe, get some licorice, the fine threads kind, and chip it into little pieces the size of BBs, and put it in the salad. And for a change, it is excellent to put the licorice, and especially if you have the different colors, into a salad. It really sets it off.

Serve and then a sauce over it. Have you ever eaten it like that? Sweet potatoes served with a sauce over it. It is a marvelous food for most any number. Sweet potatoes, you cook them, you can either boil them or bake them until they're tender. Then you make a white sauce and put over them. And they are out of this world, a fabulous dish. We're going to show you how to make it tomorrow. In fact, I'm going to make one sauce tonight, here, for the asparagus. I'm going to make one sauce for the asparagus tonight.

Helper: Do you want the cream of asparagus soup in that too? **To helper:** That's what I, that's what I was saving the juice on Wednesday, to make the sauce with.

Helper: Did you get this off of the cream of asparagus? **To class:** Yes?

Student: Well, like the Beet talk today while it's piercing, or do you test it? What do you suggest? **Reams:** What? Beet tops? I generally cut them up in bite size pieces, even before I cook them. But Beet tops cook real fast, real quickly.

Turnip greens: It takes about an hour and a half to cook turnip tops. And how many eat the turnip tops? One, two, three, four, five, six, seven, eight – about eight of you. Well, why don't the rest of you eat the top? It's really delicious.

Student: Especially with cornbread. **Reams:** Yes. With cornbread they're delicious. Turnip greens are rich in benzene, iodine, chlorophyll, magnesia, iron, those things, are a rich source of the vital minerals needed in our diet.

Student: Do it again, repeat. **Reams:** The turnip greens are rich in benzene, iodine, iron, some manganese, well even a trace of copper even. Did I say manganese the second time? Manganese and iron both. Yes?

Helper: The asparagus is just about cooking through. **Reams:** Okay.

[Loud hum on tape]

To helper: Just pour it in. **Reams:** This is how we just per mix. **Helper:** This isn't the one. **Helper:** It seems like it's pretty full. I think they gave us the leftover.

Dan Skow: Do you want to explain what you're doing now? **Reams:** What I'm doing is I'm sautéing some onion. And when it gets way down low, maybe I've got too much onion. I'll take out some of it according to the amount that I wish to make. But if so, I'll use it in something else tomorrow. But right now I'm sautéing, but I'm only getting one half the heat I need here. It may be breakfast in the morning before you get it, at this rate.

Student: Just the water you have in there now? **Reams:** No, it's cooking oil. **Helper:** Corn oil. **Reams:** It's corn oil I have in here. Enough water will come out of the onion. **Helper:** He has about a half cup of corn oil. Just what he requested.

Reams: We should check the oven. Turn it on and see if it's going to get hot for tomorrow. If it don't, we are going to be in a mess. If that oven doesn't work,

Helper: When you going to make a special dressing for the salad? Or just a bottle? **Reams:** Just a bottle.

Dan Skow: If you want to come over here, we'll show you what he means about the color of the eggplant solution. Maybe it's old hat to some of you, some of you maybe no. **Reams:** That's right. That is the bitter withdrawal from that.

Reams: I didn't know that, but surprising **Dan Skow:** This is where you're taking the acetic acid out when we got our stuff? **Reams:** That's right. **Dan Skow:** Just go around and get over the there.

Then caramelize is thick, you add water. To make the right thinness, you add cold water. Don't ever add hot water to it. And after you brown your flour, 'til it's slightly brown, or real brown if you want a deep brown gravy, then add our cold whatever it is to it, and then you add your water 'til it gets the consistency or thickness that you want. **To helper:** You can turn it off here now. It's ready to go off. **Dan Skow:** You want **Reams:** I'm making it here now, in just about a minute, not quite ready yet.

Good foods that are high, high in mineral for, this is an example of any evening meal for people who are in Range D and E. This is what it is. It's not, you haven't come here for a feast, or like you get at the Waldorf Astoria. You're coming here to learn how to prepare food for people in different ranges. And it isn't going to taste good to some of you. But some of you will like it, some of you won't. If every one of you tells me you love it, I bet somebody's lying. [Laugh, chuckle] I know you wouldn't do that. So if it don't taste good, just say, "I don't like it." But teach your taste buds to like it. They can be trained to like things just as well as your arms and other muscles can be trained. On your tongue you have about 284 taste buds, and they're going to rebel against anything that's new.

Dan Skow: Would you review how you put that white sauce together so that it's on tape? **Reams:** Yes.

Dan Skow: Listen up! For all of you now, real quick go back. He's going to review quick how he made the white sauce, okay? Get your pencil and papers, and get it down. And then you're going to go back and eat the salad, as soon as we finish this.

Reams: There's many, many different ways to make white sauce, but tonight I took about a half a cup of Mazola oil. I took some onions, very thinly, and sautéed them, in order to give it some flavor, depth, until they were just done. I took white flour and added to it, until it turned slightly brown. When it does that, it will not become a glue in your intestines. It's just like eating toast, so it will not be glue in your system like other wheat products will be. So, then, after the flour was browned, I added the juice that came out of the cans of asparagus, I stirred it until it was thick. Then I added canned cream to give it color. After that I added just a trace of Lawry's seasoned salt. It has many, many different kinds of vegetable salts in it. And you can add All Spice to it. You can add a little honey if necessary, I didn't. It's going to taste a little, a little bland to you tonight, but you may add some extra salt if you want.

Now, I could have made it without the onion just as well and quicker. And I could have added cold water instead of adding the juice of the canned asparagus, and it would have thickened just the same. I could have a brown gravy, or I could have a light gravy. If I want the gravy light, I add a little canned cream 'til I get the color. Or, if I wanted a brown gravy, I'd leave it without adding the canned cream. If you do not add something that has salt to it, it will need a little bit of salt, just, just to start it. But most people will like it more than that. Now I could have also added soy sauce to it, but then it would have been too brown; I did not want it brown. I could have added some molasses to it. That would have made it too brown. I could have added some honey to it, but it would have made it too sweet. This is the way you season it to suit your taste.

Dan Skow: You want salad? Help yourself. There's a plate back there, and your dressing. When you get done with that, come up here and you'll get a piece of toast, asparagus on it, and then the white sauce over the top of it. That's the way it'll be served.

Dan Skow, the next day, Tuesday morning: We will start in this morning with the devotions and hope every one of you had at least something to eat. How many of you noticed last night that you weren't hungry about ten o'clock? A few of you did. This is a subtle way to run a weight watcher's program. When you get adequately mineralized food, you have no desire to eat between meals. You basically meet the body's needs. Now some of you will take more than others and that's the key to the whole thing. You never have to mention anything about weight of any kind. You just tell them to follow and do certain things, and a lot of the times you'll arrive at your genetic weight. That may not be the weight you want to be, but that's the way you were made. And you can starve yourself down to a thinner weight, but that's not the way it was intended. So, that's something

to keep in mind. When you begin to understand that, it's a lot easier. So, I'll turn it over to Dr. Reams this morning and he can lecture a little bit and then ...

Reams: Who does this? You're going to drop mango face.

One of the things that I noticed, anyway, when you travel and stuff, and Dr. Reams is on the road a lot, it's difficult to find well-mineralized food, and so you end up eating excess amounts, and it makes it difficult to maintain a good physical condition as well as health. And another thing I want to undo is that many people, and some of you may be vegetarians in here, and I've been in a lot of human classes, and when they're usually some of the sickest people that we see or face. And it's not that they don't have maybe necessarily the right ideas, it's just a misunderstanding, that no matter how much of those vegetables you live on, there is no way in earth that your body can healthfully survive on it without knowing how to really remineralize some of the foods, which is unfortunate. When you read that little book, *And a Farmer Want to Know*, look at them charts in the back, and you go around and start to check some of the vegetables in your area, you'll begin to understand that it's absolutely impossible. And I think when you become aware of that, and begin to understand that, then be awakened to the fact, then you're going to have to do something different than you've been doing to maintain good health. Okay. **Reams:** Thankyou.

One day God answered a prayer to Paul, to go over and preach to the Greeks in Greece. Well, the Jews looked upon the Greeks as outcasts because they used unclean meats, they worshipped idols and heathen gods, and they were looked down upon, something like some white people looked upon the colored people 50 years ago. They were considered outcasts. So God told Paul, to go over and preach to the Corinthians, which were Greeks at Corinth. Well, Paul didn't want to go, but he went anyway. And on his way he had a vision of a table set before him with all kinds of unclean meats on it. And God said to him, this is a parable I'm telling you, it's a parable that Jesus told, also that Paul told in the Corinthians. Jesus didn't tell it, but Paul told it. He said, "Lord, must I eat unclean things?" And God said to him, "What I have cleansed, let no man say is unclean." But He didn't tell, in the words of scripture, He didn't say eat it. He said, then he showed him that it was a parable that the Jews thought that the Greeks were unclean. And if God cleansed a Greek, he would be just as cleansed as a Jew. And it's a parable.

Now if you take things out of context, it sounds like that God was telling Paul to eat unclean things. But don't take it out of context. If you're going to take scripture out of context, then I can prove by the Bible that you should commit suicide. Because in one place it says, "And Judas went out and hanged himself," and in another place it says, "Go, thou, and do likewise." So, if you take things out of context you can make it be anything you want to make it. And that's what a lot of people do to justify the eating of the unclean meats. If God said they're unclean, then they're unclean. Over in the book of Timothy, First Timothy, Chapter 4, you'll find these words: Now the Spirit speaketh expressly that in the

latter times some people understood, shall depart from the faith, giving heed to seducing spirits and doctrines of devils, speaking lies and hypocrisy, having their conscience seared with a hot iron, forbidding to marry and commanding to abstain from meats which God hath created to be received with thanksgiving of them which believe and know the truth.

Now, what are those meats that God said were all right? In the eleventh chapter of Leviticus, you will find those meats that God said were all right to eat. But now listen to this next verse, listen at that. It says, "For every creature of God is good and nothing to be refused if it be received with thanksgiving." It didn't say eat it there. It didn't say to eat it and he's talking about, here and in the next verse, he was referring to meats that were offered to idols or sacrificial meats. That was the big argument of the day, and that's what he was talking about, because no Jew, as Paul was a Jew writing to Timothy, would think about eating anything unclean. But it was a big argument in the Church. Should they eat meats that were offered to idols? If you went into a home that were not Christians, and they offered you meat that had already been offered to idols, was it wrong to eat it? Some said yes and some said no, and Paul said, because a Jew wouldn't sell an unclean meat, some of the Jews were not Christian Jews, they did worship idols. And they did not, they said it was all right to eat those things if they were the things that God had blessed.

Over in the book of Revelation, next to the last verse in the Bible, there's a verse there that I want you to remember. It's a very important verse, and it says this, notice that the chapter has 21 verses. It's the 19th verse. "And if any man shall take away from the words of the book of this prophecy, God shall take away his part out of the Book of Life and out of the Holy City, from the things which are written in this book." God has not given anyone a right to change it any whatsoever, now He said this. Now, listen, listen to this closely. If anyone changeth, who has his name in the Book of Life, his name shall be taken out of the Book of Life. "Once saved, always saved", is that possible? I'm just asking, I'm not answering you. He said here though, if you were saved and you changed the scriptures to fit your ideas, then your name would be taken out of the Book of Life. I'm not saying that anyone ever did it, probably no one ever has. I don't know. But I want to say that that reading to you the scripture, and I believe that God's smart enough to say exactly what He means without anyone trying to interpret it, other than to explain the meaning of words.

So you see, God had much to say about diet throughout the Bible. In fact, it's the best health book that was ever written. And if you'll follow it, you won't go wrong.

You know, I can ask you some questions. I want to ask you two or three questions this morning. And I want to see hands. I'd like to see everybody vote, regardless of, I want to see your vote because I want to see how you're thinking. My first question I want to ask you is this. If you believe the sun's going to rise in the morning, hold up your hand. Do you believe the sun's going to rise in the morning. I see some people that don't hold up their hands. Okay. Now, I'm

going to ask you another question. Do you believe that Jesus is coming back again? Hold up your hand if you believe it. I see some hands not held up. Good.

Well, I'm going to tell you I don't believe either one of them. I don't believe the sun's going to rise in the morning, and I don't believe Jesus is coming again. I KNOW it's going to rise in the morning. I KNOW He's coming back. There's a world of difference. The rising of the sun has nothing to do with what I believe. If it depended on my belief, it couldn't make it. There's no way it could make it. But I know it's going to rise. If the coming of Jesus depended upon my faith to believe it, He wouldn't make it back. But He said He's coming back, and I know He's coming back. Get the point? What you believe has nothing to do with the facts. But what you know are though, as truth tested with time or can be proved by numbers or by math is facts. See the difference? It has everything in the world to do with your faith. Your belief will not accomplish miracles, but what you know will accomplish miracles. It does make a difference in the accept.

Someone said what you really know in the spirit in the essences of the power of your prayers to be answered. That's great! That's great stuff. If you just believe your prayers are going to be answered, they won't be. But if you know they're going to be answered, they will be answered. To know something in regard to what I'm speaking of, is to put your prayer in action and when your prayer is in action, that is faith at work. Faith at work. Actually, if I should ask you what is the meaning of the word faith? There would be many different ideas about it, but Paul said in the book of Hebrews, Chapter 11. Faith is the substance of things hoped for, and the evidence of things not seen. That's not a conglomeration of words which don't mean too much to us today. It takes almost a lawyer to figure out what he's saying. But if you do say it this way, it means a lot, which is not changing a thing. Faith is absolute expectation. Faith is absolute expectation. It says exactly the same thing in just a few words. One is in the Old King James English, and the other is in a modern version, right up to date today. Faith is absolute expectation. **Recorder operator:** Stop Please.

Tape 6 side 2.

So, as to your faith, so it shall be.

Now, I want to say some things that you can very easily put brakes on your faith that will prevent your prayers from being answered. Most of you have, at one time or another, been guilty of putting brakes on your faith just before you receive the blessing. How do you put brakes on faith? How do you stop the blessing? Okay? When you ask God for something, He's going to give you a test to see if you're worthy of having it. How many of you, when you have a flat tire, are in a big hurry to say, "Thank you, Lord, for this problem"? A few of you can. Well, if you can't say, "Lord, thank you for this problem," you're putting brakes on your faith. You're standing in the way of your own faith being answered. If you can say, "Thank you, Lord, for this flat tire, this old tire blowing out. Thank you for getting rid of it, even though it's a brand new one on its first trip, it's still an old

tire if it's blown out, it's no good. Thank you, Lord, for this problem that You gave me. Now I'm going to get a good tire in its place, how beautiful!

One morning, I came back into an airport to be taken out to a retreat in Georgia, some five, six, seven years ago, maybe ten, nine years ago now, and the man that came to pick me up at the airport that morning, the first thing he said to me is, "Dr. Reams, somebody stole our pickup truck last night." I said, "Praise the Lord." He almost jumped, it struck him like a thunderbolt. A few minutes later he said, "Dr. Reams, did you understand what I said a few minutes ago? Somebody stole the pickup truck last night." I said, "Yes, I understand that." And I said, "Did you hear what I said? I said, 'Praise the Lord.'" He got quiet as a mouse, and we rode about 30 miles, and he said, "Dr. Reams, I've never told you a lie in my life, and you don't seem to believe that somebody stole the truck last night." I said, "Yes, I believe it. Now listen, my friend. That truck's insured. It's got 100,000 miles on it. Now God's going to give us a new one for the old one. So I said, 'Praise the Lord.'" And, you know, He did. With only \$1,000 difference. A brand new truck for the old one and it was practically worn out through the back roads of the Georgia mountains. If you will only think to say, "Thank you, Lord, for the problem," God is strengthening your faith. What does He give you problems for? To Strengthen your faith. And if you can't say, "Thank you Lord for that problem." Then you are putting breaks on your faith.

One night a year or two ago, Bonnie and I were traveling back from California, east, coming through the state of Kansas, and there the service stations are 100 miles apart or more, and we had been traveling about all day and didn't fill up with gas. So it was just before dark, and I said, "Honey, we've got to be out of gas. We haven't filled up since this morning." And I can't see the gauges to read them. I can't drive because I can't see over 40 feet ahead of the car. And she looked, she says, "Oh, no. We've got a quarter of a tank." I said, "No, honey. We don't have any quarter of a tank. We're out on out now. Got to be, with all these hours that we've traveled. We've got to be out." And we're traveling in a Lincoln automobile, which gets about 15 miles to the gallon. We'd come over 300 miles. And I said, "Turn off at the first place that says 'gas.'" So, in just two or three miles, it said, "gas, food, and lodging." We turned off and about a mile down a little, narrow road with weeds very high on each side of the road, there was a service station hid in the grass. It said "Closed, 18 months." Motel, no gas, nothing, closed up.

Well, it also had said a little town three miles farther down the road. So we started down the road and got almost about a quarter of a mile, just out of sight of everything, grass higher than the car, the sun was just setting, we didn't know a soul, and we were out of gas on a road so narrow, you had to get half the car off for another car to pass. And there we were, out of gas. And I said, "Praise the Lord," and got out and raised the hood. And she was about to cry, she felt so bad. There we were in the boondocks of Kansas, the sun was setting, getting dark, grass higher than the car, and me saying "Praise the Lord" because we was out of gas. And she goes, "Have you lost your head? You going crazy?" "No," I said. "The Lord's strengthening my faith." I said, "Honey, somebody will come along,

and we'll have a wonderful time." And she was still just about to cry because she hadn't learned to exercise her faith.

Well, about 10 or 15 minutes, it just seemed like no time, a patrolman drove up, highway patrolman. And he says, "Are you having problems?" And I said, "Yes, sir." He said, "I haven't traveled on this road in 18 months, and I don't know why I'm on it today." And I said, "I do, because God sent you out here because I was out of gas." And he just laughed and he said, "I'll go get gas for you. The nearest station is 19 miles." And he went and got the gas for us and brought it back and took the can back. Of course we paid him for it. But while he was gone, I met two farmers that couldn't grow alfalfa over a foot high, and talked to them about producing more times of alfalfa per acre, signed up both of them for the agricultural class, and they came to the class.

So what I'm trying to say is God is ready to turn your adversities into blessings if you'll only let Him. Let go and let God have His wonderful way. Let go and let Him have His wonderful way. And, you know, living a good Christian, moral Christian life, is the easiest thing on earth! It's only the resistance that's difficult. The more you resist, the tougher it gets, the harder it gets, the more impossible it gets. But if you just let go and let God have His own way and just say, "Yes, Lord." It's easy. Then, "I'll do what You want." But, anyway, that's what it would take to make you the person that God wants you to be, and it will also determine how brightly your light shall shine in this dark world.

Thank you, Lord, for teaching us to cleanse the temple, cleanse our thinking, and to study to show ourselves approved unto Thee, a workman that needeth not to be ashamed, rightly dividing the word of truth. Help us, Lord, to be like a tree planted by the rivers of waters that will bring forth its fruit in its season. And whatsoever we do, in Thy name, may it never perish. Bless every person here. May they go back strengthened. May they go back armed with truth that they might make, highly mineralized diets to prevent illness, to make healthier families, happier families, families that can live more economically, families that are equipped to listen to Your still small voice trying to penetrate through to them. Now bless us this day, Lord. Give us the power to say the things You want us to say. Give us the strength to say it, and may the energy from these foods that we take in Thy name last until Jesus comes. And we shall give you all the praise. In the name of Jesus, I ask it. Amen.

I want to tell you something about the pile of grits that were prepared this morning. They were soaked for about almost 24 hours in cold water. There is a fine grind of grits and a coarse grind. I would suggest that you always get the fine grind in buying them. If you get 3 minute grits and 1 minute grits, cook them as if they're, they never had any minutes on the package. You cannot, there's no grits on the market today that will cook in one minute or two minutes or three minutes. Even though it says that on the package, it still takes two hours to make them creamy. And until they're creamy, they are not done. If you put grits in your mouth and they scatter like sand, then they are still pretty rough and hard to

digest. This morning, in that 12 quart container, I had about 10 quarts of the grits and water together.

... [Conversation with helper]

Then I started this morning, just before seven, and we cooked them two hours. After one hour, I added two small cans **To Bonnie:** Hand me, Bonnie, hand me this can of corn right here, please? That just can of corn right there. There's part corn. **To class:** I added two cans of white corn. Now generally at home I put them in a blender and just break it down to the size of the grits. But this morning I left them whole in order for you to see that they were in there. The flavor was about the same. This gives the grits a more fresh taste. It just adds something extra to them. I also used about one small rounded Tablespoon full of ordinary salt. I used one half cup of Mazola oil. I used one fourth cup of honey, one tablespoon full of blackstrap molasses, one level tablespoon full of teriyaki, about one half teaspoon full of vegetable salt, one rounded teaspoonful of blackstrap molasses, and that's it. I cooked it until it was creamy. I had to add water twice because it got too thick, and it wasn't yet creamy. You generally can figure it like this. One cup of grits, level full, and three and a half cups of water will generally give it the right consistency, not always, but it should be creamy. Is there a question now you want to ask about the grits? Yes?

Student: Was it the total amount of grits in discussion? **Reams:** We had two round, 1-pound packages with what we had in the about 10 quarts of.

Student: How's lactic still ... ?

Reams: Yes, were not a teaspoon full. Yes?

Student: How can you cook for two hour before you eat breakfast? I mean you could be that nature. **Reams:** Well, no, I can't. I ate a banana before I came in here. Okay? Does that answer your question?

Now, I'm glad you asked that question. You're bringing up something. You're going to have women that are pregnant that have morning sickness, and I'm going to have to talk in two languages this morning, RBTI and diet. The cause of morning sickness is low blood sugar, but don't tell anybody if you're teaching a class. But tell them what to do about it. "Oh, you have morning sickness?" "Yes." "I'll tell you what to do about it." Okay? Your numbers denote that you need a diet like this. Take a piece of toast and toast it well. Don't singe it in a toaster, or use zwieback. You buy zwieback, you know, from the store, and set it aside of your bed. If you wake up through the night nauseated, then just nibble on that zwieback until it goes away. And, generally, in three or four minutes it will have passed and gone. And then, in the morning, you generally don't have the morning sickness until after you get out of bed. So, just lay there and eat one those pieces of zwieback, slowly, oh 10 or 15 minutes, and then lay there 10 or 15 minutes, and then you can get up. And you will not notice your morning sickness, unless you have some other problem like a cramped intestine or gallbladder malfunctioning or something like that. The ordinary morning sicknesses, this will prevent it. And these other cases are extremely rare, extremely rare. Yes?

Student: So if you got morning sickness a bit in the afternoon, you just simply missed it? **Reams:** Right. It's low blood sugar even then. Okay? Or drink some fruit juice, something on that order. Now is there any question up to where we are right now?

Now I'm going to take up something else. I prefer bread toasted in ovens over toasters, because all toasters do is singe them, and in an oven it toasts them. It's kind of crisp.

The soybean bacon this morning is different but, the first time you taste it, you might not like it, but after a few weeks eating every now and then, you will learn to like it very much. And it is so much better for you than pork. So please forget about pork and start obeying the Lord. If you're going to eat pork now and then, and say, "Oh, nobody's looking. Nobody's going to know I ate this pork." Well, you're only fooling yourself. You're playing Russian roulette. You are forgetting that God is looking at you. And the point is, the important point is, is the Lord might be saying to you, "Why can't I trust you? Every time I turn my back, you've got a piece of pork chop on your plate."

Helper: I'm about to make cut strips so that might be one. **To helper:** Okay.

So the Lord needs to be able to trust you, whether anybody's looking or not. This Stripples can be fried in Mazola, or it can be baked, or it can just be put into a microwave for a minute or two, and it becomes very crisp. Anyway, it is excellent. But I prefer it with a little bit of oil in it.

Also, it is not the oil that causes cholesterol. It's the salt your body retains that causes it. There was a saying, once upon a time, a hundred years ago, throw away the frying pan. Well, about the only thing they had to fry with was pork fat, and it was a good saying in its day. But today, we have wonderful, pure, easy-to-digest vegetable oils, and we need to bring back the frying pan, and use more oil in cooking and less salt. And then we'll have a low cholesterol. Now the amount of cholesterol that's in the blood has nothing to do with how much cholesterol is in the vessels. But how much salt that's in these tests, these tests indicate, has everything to do with the amount of cholesterol. So, don't tell anybody you got too much cholesterol.

Just say that Dr. Reams said or Dr. So-and-So said that a high salt is the cause of a high cholesterol. As long as you quote somebody, it's legal. But if you say it as if it's your own, it's illegal. I'm not trying to get any glory, I'm trying to keep you out of jail. When I went to college for two reasons, mainly two reasons. One was to learn what to charge and the second was to how to stay out of jail. Well, I flunked both of those courses. [Chuckle] So, some of you didn't have to go to college to learn that, but I was so dumb I did go.

So, the thing about it is, also, look at every adversity that you have, try to find something beautiful about it, something to laugh about, something to smile about it, something to appreciate. And if you can't do that, remember that your calciums are too low. [Chuckle] Take some of your own medicine. If your fuse gets too short, your calciums are too low, or your blood sugar is too low. So, this is how to

learn how to cook to get more mineral in your food. And believe it or not, grits is one of the great sources of calcium, and so is rice. Rice is a great source of calciums. And one of the things that you can't hardly buy today, or can't hardly find in restaurants today, is grits or rice. You can't find hardly either one of them. They don't have them. They don't serve them. If the potato crop in this country should be 100% failure, 80% of the restaurants would go out of business. They wouldn't have anything to cook. [Chuckle] Yes?

Student: Which does wild rice fit in? **Reams:** Wild rice is the best for the health food store. A terrific profit they make off of it. For instance, a lot of wild rice is grown on soil that is very poor, very depleted in mineral. And actually, there's not that much difference. I prefer to take the white rice and add the mineral to it that I know is in it, like your All Spice, which is made of many, many different spices, your teriyaki, or Maggi, or your soy, and your Mazola oil, some honey, some blackstrap molasses, and you'll have more mineral in the white rice than you'll ever get in the wild rice, at a whole lot less price. Many times I've cooked the white rice, and it's as brown as the wild rice, and people said, "This is the best wild rice I ever tasted." I don't tell them any different. They think they're eating wild rice. But it's the white rice made brown by adding the mineral that should be automatically in the rice. But you should never add enough of the condiments to be able to recognize any one of them. It still tastes like rice. We're told in this country that bread is the staff of life. But do you know that there's more rice used in the world for food by far than wheat? We're told that potatoes are a great source of food the world over, but rice is far ahead of both wheat and potatoes. So rice is a much better food than most people think that it is, and so is corn and corn products.

Student: What about brown rice? **Reams:** It's about the same, just a different variety honey. Oh, there's a little difference. Yes, there's a little difference, but it depends on the soil it's grown in, how much mineral's in the soil. If it's depleted, it's depleted. It brings a higher price, kind of like a brown egg and a white egg. If the chicken's fed on the same food, there's not that much difference. It's, the nature of the chicken is to put some blood in the calcium that makes the egg brown. Yes?

Student: How can you add calcium to your cooking? **Reams:** How can you add calcium to the cooking? Well, I added it to the eggplant last night. How many noticed it? Well, in making bread, which has already got some calcium in it, you add baking powder. And if you use buttermilk or whey or grapefruit juice, then you can use some bicarbonate of soda, cooking soda. Both of those are rich sources of calcium. In order to cut the acetic acid in the eggplant last night, I used a small amount of cooking soda, and it smoothed it up quite a lot. So, those are the two primary ways to add calcium to your diet. Yes?

Student: Do you like to add bone meal or calcium gluconate? **Reams:** No, only in milk, powdered milk. A lot of the dishes you use powdered milk, which is rich in calcium gluconate. Yes, in that form, I do, but only the calciums that are found naturally in foods. Any question at this point, that we've covered up to now? Yes?

Another thing today that is excellent in cooking that we used to cook years and years, years ago, a lot of, was what we called stir frying. There are certain vegetables that are excellent stir fried. One is Chinese cabbage, or regular cabbage, stir frying them. What you do is to add some oil in a frying pan and cut the particles up rather small and just fry them until, you keep turning them, almost have to stir them constantly. Also celery is excellent, but it takes a lot longer time to cook the celery as stir fry. Also, by itself, mustard is excellent stir fried. So are turnip tops, excellent stir fried, until they are tender and soft, and they are delicious.

And we do not have enough oil in our diet today. And that is why people have colon problems is there's not enough oil in their diet and too much salt. I don't mean necessarily that you add the salt to the vegetable. But the body is so low in calcium, it cannot throw out the excessive salt. Any questions? Yes?

Student: What else did you add to the eggplant last night that would help our system? **Reams:** Oh, yes. To the eggplant last night I added a half a cup of honey and one eighth cup of blackstrap molasses, a half a cup of Mazola, a rounded Tablespoon full of veggie salt, a level teaspoonful of All Spice.

Tape 7 side 1.

I believe it was four cans of mushrooms relative to all those ordinary sized eggplants like we had, a can of mushrooms to each one. And we had, I believe, four cans of mushrooms added to it. Yes?

Student: Do you know that you're getting too hot? **Reams:** If you keep stirring it and don't permit it to scorch, it won't. It's all right.

Student: If it gets it too hot for that, you won't any idea? **Reams:** No, you can't get it too hot, really. Yes?

Student: Does the soup change texture as you cook it interval? **Reams:** Yes, it gets smoother, more like velvet. It should have been cooked another half hour. It should have been another 20 to 30 minutes under salt solution. It would have been better but we didn't have that much time. It wasn't bad like it was. It gave you an idea. Yes?

Student: Back to the stir-frying, do we same as through as with, through the cake tester for cake testing on the vegetables? **Reams:** No. You can tell when it's done. It'll be soft. You can't tell with a cake tester on stir fry when it's done. Also, I want to call your attention to a rich, mineralized dish, which I mentioned yesterday, I'm re-mentioning it today, and that is baked sweet potato with a white gravy over it. Makes a delicious, highly mineralized dish to serve.

Student: Same one you used on the asparagus? The same white base? **Reams:** Yes, the same white gravy that we used on the asparagus. And it's also good just served on toast. You can also take onion, one of the best thing to do is to take two pans and take hamburger that has had the blood soaked out, and we're going to show you in just a little, very little while now, how much blood is in hamburger.

Also we're going to show you how to take it out, then after the blood is out and it's rinsed and the fat taken off, then you put the hamburger into a pan and do not have it in patties or anything. Just cook it until it's done, and little particles are small ground particles. And when it's, when it's done, then onion, it it's done, you put the two together. In the pan that you just took the onion out of, brown some flour or cook some flour as was shown you yesterday in the gravy for the asparagus. And then add to it, cold water. And then, just as it starts to cook, then you add the hamburger and the onion. And you have a very rich gravy you can serve on toast, biscuits, or whatnot. And it's all made with clean meats. It is fabulously delicious.

You also need to use one teriyaki, a little Maggi, and a little Worcestershire sauce on it. I'd like someone to bring the hamburger from the refrigerator and the meat. I want to show them what it looks like, how bloody it looks. And one person, after looking at it said, "I've been a buzzard all these years and didn't know it, eating all that blood." And there's the blood you've been eating. Do you see that? And God said don't eat it. I need a spoon to stir this with, just a little bit. It's okay.

Student: Just because the blood digests, it circulates just like the other. **Reams:** Yes. That's right. It digests too quickly. **To helper:** I need a spoon here. And this has to be taken back and rinsed until if the water does clear and then soaked in fresh water. And you run this through a colander until it quits dripping and then you wash it with pure water.

And then a little later we'll show you how to take the fat out. **To helper:** Does somebody want to do that one? **Helper:** Yes.

This one looks as bad. You better come by and look at this one. I can't very well show you what it looks like. That's blood that's in there. Now, after you pour this water off and soak it in fresh water, there'll be that much more blood come out of it. And we've been eating all that junk and wonder why we have doctor bills to pay. **Helper:** Is that rotisserie roast? Is that like it? **To helper:** This is just steaks and all that. We're going to make a stew out of it.

Student: Salt water? **Reams:** Yes, there's salt water in it.

Student: How much salt? **Helper:** A fourth of a cup to two quarts of water.

Reams: That's right. Now, we just rinse this off and then we put it in, in water. And tomorrow we're going to make an Irish stew out of it, show you how to make an Irish stew.

Helper: Do you need us in here right now? **Reams:** No, not now, there's not that need right now.

Did you see it? **Students:** No. **Reams:** Oh, she'll show it to you. And it improves the taste of meat to get the blood out of it. If you ever take blood out of meat and it doesn't taste any taste, there's no taste to it, there wasn't any taste to it with the blood in it either. For blood has no taste to it.

Student: Now you said you'll rinse that several times? **Reams:** Yes. This meat will not be served until tomorrow. It'll take that long, it takes about 48 hours to prepare meats, other than except fish, to cook. Yes?

Student: Is that just meant as plain water? **Reams:** Just plain water is all it is, with salt in it. Yes. Did you know you've been eating that much junk? I see people shaking their head, they didn't know that. I'm going to ask you, are you going to do it again? I see them shaking their head, say no, they're not going to do it again. [Chuckle] That alone was worth everything you spent to come to the class, to know how to cleanse the food that you eat. The Bible says the disease of the animal is in the blood, and in another place, it says it's in the fat, in the fat and in the blood. Yes?

Student: One of the saltwater solutions that you run it through? **Reams:** Just one salt solution, yes, just one time.

Student: Soak in plain water? **Reams:** Yes, until you soak the salt out.

Student: How many hours in the salt solution? **Reams:** The same number of hours in the salt that you have in the fresh water, in the freshwater as you do the saltwater. The hamburger, we could have done in two hours, but with other things that we had on, we let it soak overnight. The roast like they have, or the thick steaks, it takes overnight, at least 12 hours. We had about 18 hours, which is better.

Now, in grinding hamburger or beef with the fat taken out, for hamburger it is better to have it only ground once, instead of twice. It's better tasting hamburger to only grind it one time, instead of twice, that is, when you have it ground at the butcher shop.

What is the best way to serve oysters? **Student:** Probably to the cat. **Reams:** To the cat, that is right. To the cat, that is right. That's exactly right. [Chuckle] Serve it to the cat. [Chuckle]

Student: You told us about it yesterday when you pour some salt to the water, we salted the, we saw it better. **Reams:** Yes, one-fourth cup of salt. That is the Morton salt, the one that's not iodized, to two quarts of water. The iodized salt doesn't take as much blood out as quickly as the other does. Yes?

Student: How do we know the meat is from healthy animals, when they buy that much? **Reams:** Okay, someone asked a mighty good question. How do you know that these, well, let's take one meat at a time, how do you know that beef is from a healthy animal? There's a way to tell, if anybody can tell it. Okay. The whiter the tallow, the healthier the beef. The whiter the fat, the healthier the beef. If you see beef that has a, even if it's in the muscle or what it's marbled on, if it's off color, it's from a sick animal. And never buy it, unless the tallow is white.

Now how do you tell from a chicken, whether or not the chicken is healthy?

Student: It's yellow. **Reams:** It's yellow, the fat is yellow, that or an orange color, deep orange color. Like a yellow, it's very, very good. How do you look at any egg and tell whether the egg is from a healthy hen or not? **Student:** The

yolk says that. **Reams:** The yolk tells you it. The yellowness of the yolk or the deep orange color in the yolk will tell you whether it's a healthy hen that laid that egg. If it's a beige color, the hen isn't too healthy.

Student: What about fish? **Reams:** Okay, how do you tell when fishes are healthy? What color is the fat of fishes? Black. It's black. If they've got a lot of black fat in them, then it's a healthy fish. Yes?

Student: On the fat, chickens is yellow? **Reams:** Yes.

Student: What happens if it's white? **Reams:** I've never seen it white.

Student: My mama's told me great about chicken. **Reams:** There's something wrong with the chicken in their oxygen. Chicken I have never seen. Even in birds, live birds, it's still orange color.

Student: What about lamb? **Reams:** Lamb is white.

Student: Would the turkey be yellow too? **Reams:** I'm sorry. I didn't hear your remark.

Student: Would turkey will it attain as yellow as a partridge? **Reams:** Yes. Yellow also. Yes.

You know good beef is quite high priced today. As far as the U.S. grading of meat, there's no U.S. Prime anymore. It's all U.S. Choice, which is second rate meat. But there is a prime meat, if you know it when you see it. It's a meat in which there is no fat webbed through the muscle. The muscle is solid. The fat is marbled on the outside. And I said to the class early this morning that in this country top quality beef costs you 3.40 or 4.40 or 5 dollars a pound. That's the best of beef today. But in Japan, it's 15-20 dollars a pound. In Europe, it's seven and a half to ten dollars a pound. Can you tell me, in the history of the world, when beef was the highest? **Student:** Cow jumped over the moon. **Reams:** That is right, it's when the cow jumped over the moon. [Chuckle]

Student: Does unmarbled meat it leads to a bull rather than steer? **Reams:** No, it's the same on both. That's in class to start the ball at this point.

Student: Why is the meat unmarbled? **Reams:** What's that?

Student: Why is the meat unmarbled in top grade? **Reams:** Why is meat unmarbled? Or why is the fat scattered through the muscle? Who will answer me that question? There is what lacking in the diet of the animal? **Student:** Corn?

Reams: Well, what's in corn? **Student:** Calcium. **Reams:** Calcium. The calcium deficiency, that's right.

Student: Is that what causes marbling? **Reams:** No. There's plenty of calcium when there's marbling. Lack of calcium causes the flesh not to marble. It should marble only.

Student: Then the higher grade has the marbling? **Reams:** Yes. Yes?

Student: But you were saying marble around the outside of the muscle, not within the muscle? **Reams:** That is true.

Student: I think that a lot of the home ec classes the marbling is taught by all the way through the meat, then that's supposed to be good quality. They have so much effect. **Reams:** That's right. That's right.

Student: What causes the marbling throughout the meat? **Reams:** Lack of calcium in the diet. I heard this story ... Yes?

Student: How often we should eat meat or wheat? **Reams:** How often should we eat meat or wheat? The numbers will tell you. If you're in, I gave you that information yesterday, according to ranges. Remember that? It is in yesterday's lecture according to ranges.

I heard the story a few years ago about a Maine potato that went out to Idaho to seek her fortune. And after about six months, she came back. And her mother said, "Well, did you find yourself a husband?" She said, "No, no, I didn't find me a husband. I'm going to marry Yancy Caltenborn". The mother, with tears in the eyes, said, "Oh, dear, dear. You can't do that. He's only a common tater." [Chuckle]. Any questions now?

What is the benefit of pickles in diet? What happens when you eat pickles? I'm not talking about kosher pickles now. I'm talking about ordinary pickles, either sweet or sour pickles. What, what happens?

Student: Calcium more plentiful? **Reams:** Makes calcium more available, yes. But you can overdo it. You have to go very careful in eating the pickles. Don't eat too many at one time. You can throw it so far over until it won't make any difference. It'll do harm. Yes?

Student: Was this donation a pickle? **Reams:** Recipe for making pickles. Yes. Take ordinary vinegar, apple vinegar especially good, dilute it four times. Add work honey, blackstrap molasses, All Spice, a little bit of sage, a little bit of cloves, and then bring that vinegar to a boil and pour it over the pickles in a jar. Seal them and freeze them for about a month, and they are delicious.

Student: You said freeze them? **Reams:** No. Just keep them in a cool place. You don't have to freeze them. Just let them cool. Now, there's another recipe I want to give you that's excellent. Use lemon juice instead of vinegar. Just use lemon juice, and sweeten it accordingly to taste. Use the same herbs in it. And, by the way, you can also add a little mint to it.

Student: In cutting the pickles, do you usually elect to also in the, you know, I mean the how you covered yesterday as a perfectly round? **Reams:** Yes.

Student: Does dill have any advantage? Dill? **Reams:** Well, when you say dill, some has a little bit of salt and some has a whole lot of salt. It's kind of like the green olive. There's so much salt taste to the olive, you don't taste the olive very much. Some people claim a terrific benefit in using salt, kosher, over the sour. And those people are people whose body is highly alkaline and then the body's, then your vinegar will do a better job. But if your body is extremely acid, the lemon juice will do a better job. Yes? Somebody has some question?

Student: How do you know your lemon juice are good? **Reams:** It must be squeezed fresh. The canned lemon juice will not work.

Student: Pure natural juice or do you dilute with water? **Reams:** You don't dilute it with water. No. You only heat it for 30 minutes and pour it over the pickles. Sometimes it's a good idea to soak the pickles overnight in salted lime water. And that makes it a little bit more tough or a little bit more crisp. Are there any questions? Yes?

Student: How do you take in lime water? **Reams:** Well, in adding the lime water, I add about a pound and a half to two pounds of calcium carbonate to 10 or 15 gallons of water. It's time for a break.

I'm going to give you a brief summary that is going to be extremely important to you in making diets for anyone. And when you boil the whole thing down to just a few words, this is what you can go by. The making of diet, you compare or consider opposites. For instance, what you want to know when you make a diet for anyone. Does this person have too much carbohydrates or not enough carbohydrates? Is the pH too high? Or should I say are the pHs too high or too low, or are they too low?

Suppose you have a urine specimen, that is high and a liver pH that is low. In that case you use a little vinegar in order to bring the liver pH up. In that case the person is troubled with gas in the colon. In that case you try to avoid radishes, cauliflower, cabbage, and onions.

In case if the liver pH is high and the body pH is lower, they have a tendency toward indigestion. In that case they have to eat a lighter diet in the evening and a little Zest tonic after dinner and supper, or a little wine, Manischewitz, medium dry Concord, providing that they've never been an alcoholic in their lives or never had to go to AA anonymous. They may have those two things, but if they have been an alcoholic or have had need to go to AA for alcoholism, it is a no-no. Then you substitute fruit juices for wines.

You want to know, in making a diet for a person, whether the salt is too high or too low. You must remember that sodium chloride is only one kind of a salt. There's over 50 different kinds of salts in our ordinary food, organic salts, vegetable salts. If the body becomes too low in calciums, the salts accumulate, unless you drink an awful lot of water. People with a carbohydrate reading of 5.50 and over, generally drink an awful lot of water. And those are the kind to send to other people to get help, they are borderline diabetic. I'm asking you to, don't try to do very much for them because they can't assimilate it. **Student:** Posture motion? **Reams:** Sir? **Student:** I think you are moss covered. **Reams:** 5.50 on up. Yes.

The next thing you want to know is what about the albumin. Is it too high or too low?

Tape 7 side 2.

The next thing you want to know is what about the urea? Is the nitrate nitrogen too high or too low, or is the ammoniacal nitrogen too high or too low? If you find a sugar reading less than 5.49 down to 2.0 and a salt reading that is high, in Range C or D or E and a high urea and a high albumin, you're going to find a person that is not drinking enough water. And stress the importance of drinking water. I would suggest that, as dieticians working this plan, that you never, under any circumstance, at any time, put anyone on a fast. That is not your job as a club. That is the duty of someone who is able to monitor very closely what they're suppose to do.

Now this is the essence, in just a few words, of what this entire test denotes. The rest that we're teaching you is what to do about it, how to correct it. Are there any questions at this point? Yes?

Student: Now if you're talking about the salts too high, then they just need to drink, when you went up say you need to say the salt is too high or too low you have been you have been too high, they just need to get back to drinking the water, and if they're too low, they need to be take calciums? **Reams:** Right, but if the, the carbohydrate is 5.49 or less, then they drink more water. If it's above that, they're generally drinking all the water they can hold already. That's why I say, don't try to correct a diabetic because you've got too much confusion, what's good for one part of their problem is bad for the other. And you've got to know exactly when to switch back from one to another, and they do need to be in a retreat for that correction. Are there any other questions?

Anyone wishing help with their numbers, providing you have done the test yourself and they are less than two weeks old, if you wish to make an appointment for this evening, I charge \$30 for that, for each individual. If we make the test for you, then it's \$50. I want each of you to know because it takes time and effort and so forth to do that. So, please keep this in mind. And if you do wish it, then we'd be glad to help you.

I'm going to take some pineapple now and show you how to prepare pineapple so that it will be quite a delicious for your dish, this having to eat. The first thing about a pineapple is just touch it and give it a twist and this just twists right out of it. Now, this top of the plant, most people just throw it right away. But I generally don't throw mine all away, if it looks as good as this and it's green in the middle, I pull these leaves off the bottom like this, it's easier said than done. Now now I'm going to get a pretty nice looking top. Then I take the scissors and cut these dead parts off. I put this into a pot, keep it wet, and it's a very beautiful cactus house plant. If you can keep it warm for 18 months, where it's got plenty of root space, you'll have a lovely pineapple.

She's brought me a pair of scissors. Good. Just trim the top of it off. And the newer leaves that come out, the new leaves that come out, they are the pretty points on it, and you don't have to trim those off. You see the difference in the looks of it? If anyone wants this for a souvenir, I have no objection, unless somebody wants to auction it off. [Chuckle]. And here's another one, if someone wants to try to do it them self. How many of you have ever prepared a pineapple

and found it all brown inside and threw it away? That's when it's best, unless it tastes like wine. And it won't hurt you, even if it tastes like wine. But don't throw them away because they've turned red or brown inside. They're just mud ripe then, and they are delicious.

Helper: Do you want this in a dish? **Reams:** Yes. Lay it in a dish and sprinkle it very, very lightly with sugar. I want most of it together. White sugar. Just a minute, no. No, wait a minute. Put them there first in there and I'll show you it's just as good as any pineapple.

Why can't you use honey on these? You can, but it burns your throat. A brown spot, just beginning to show up here, I've seen it almost as red as, well, maroon colored, and it's still all right to use it. Well here you see it on the inside, in fact it's better like that. It's ripe. Spot, even if the whole pineapple is that color or a little darker, unless it's strong wine, soured. It's delicious. Don't throw it away.

In Georgia, and a man had about 10 or 15 papayas in the vegetable compartment with black spots all over them. And I said to him, I was teasing him, I thought he knew the difference, I said, "Do you understand, to me at least, the papayas with the black spots on them, for half-price? He said, "I'll do better than that, I'll give them to you for one fourth price." Well, I could've bent over backward almost, because that's the way they're supposed to look when you eat them. Well, from there on, I bought all of them at one fourth price that got like that, he saved them for me. And that's just the way I wanted them. If I could have bought them greener than that, I'd have waited 'til they got like that to, before I'd use them. So sometimes you can do that.

I was out in Hot Springs, Arkansas, with a friend, and we went into a market there. I saw two bushels of grapefruit sitting there on the floor, but their shells were just like wood. It felt just like a piece of wood if you picked it up. And I said to him, "Well, I'll give you 50 cents a box for these grapefruit," and they were about a dollar, two for a dollar. And he said, "Okay, you bought them." Well, they were the best! I took those grapefruit, the two bushels of them, and they were delicious. Top quality fruit won't rot, they'll form a shell like wood around it. But it was delicious! So the people I was with thought I was crazy, buying junk, trash, that they would consider trash, but when they tasted them, they said, "That's the best grapefruit I've ever eaten in my life." Sure they were the best, or I wouldn't have bought them. So many times, unless you know what top quality produce is, you can be fooled on it. [Chuckle] Yes?

Student: If you can discuss that about quince and other stuff like quince?

Reams: Yes. For instance, there's one, and this one, if it sat on the table for two months, the skin of this fruit would become like wood. And it's only the good grapefruit that will do that or the good oranges or the good cucumbers or the good squashes will do that. The poor ones will rot. The low quality produce will rot. Squashes will do that, the poor ones will rot. The low quality produce will rot, but the rest will form a very hard shell. Haven't you noticed a pumpkin, how the shell forms good and hard around it? Or a Hubbard squash, or some of the other squashes, and yet, the acorn squash, and then you cut them open and bake them,

and they're absolutely excellent. Well, that's a very important thing to know, because a lot of these produce men do not know top quality produce, and housewives won't have it. So they've got to throw it out, even if they did know it, because the housewife doesn't want it. And they overlook the best there is in the store at a real bargain, at a real bargain. How many of you learned something? Good. Yes?

Student: How can you tell a good pineapple that's run in a store back when you buy it? **Reams:** You can tell a good pineapple by its color. Even though it's green, there's a variety like this that begins to show yellow spots in the, in the side of it. If you'd have asked me that before I cut them open, I could have shown you. Also, they're just a little bit soft. Also, if the same pineapple ripened on the pineapple stalk or on the cactus, it would be yellow. But once you pick it, it won't be yellow. It'll be, it'll remain green to a certain extent. But if one is discolored, not a beautiful pineapple color, smell it to see if it's soured. If it's soured you may throw it away or squeeze the juice out, and let it go ahead and turn into either wine or vinegar. But if it isn't soured, it's perfectly delicious to eat.

Now, bananas, I want to talk to you about bananas. How many throw a banana away when it turns black? When the bananas turn black, you throw them away? That's when they're best. What you do with a banana when it turns black, unless it's soft and mushy and spoiled, I'm not talking about the ones that's sour, but a lot of them are not soured. Here's some beginning to turn black, and in another day or two they will be black. And the thing to do with them is, we used to take bananas, well, that's some pretty crooked one to demonstrate it, but one like this and just cut this end off, and stick a wooden stick up in this banana after it's turned real black and soft, soft all over. Put it in the freezer and freeze it, and that's all. And that summer, well this was in the winter months, in the summer we just stuck them in there today and use them tomorrow, but in the winter months we stuck them in, and we had banana popsicles. And then we put them under the faucet just for a moment, after it comes out of the freezer, just for a moment after it comes out of the freezer, and then the skin will lift right off, peel right off. And you've got one of the most delicious, all-fruit, banana popsicles you've ever tasted. It is absolutely delicious.

Also, if you want to get a little more fancy with it, you can take this banana, after it freezes and then peel it, and then roll it in powdered coconut, well, it's not exactly powdered but cut real fine. And then while it's still cold, dip it in carob. And it will form, it will form, it looks like a chocolate coating around it. I mean, real quickly. The banana's cold enough that it'll form a real thin coating of that carob run and look like it's chocolate coated. That is, of course, I have to speak to you that it's frozen in the coconut. And then, here's something else you do. Just the instant you take it out of the carob just roll it, while it's still hot, in wheat germ, and then wrap it, put it back in the freezer, and you've got something to serve that is beautiful, marvelous-tasting, and very, very easy to digest.

Dan Skow: Do you want to demonstrate your gourmet banana serving? **Reams:** Yes.

Student: Do you split it? It won't freeze? **Reams:** Yes. Also, bananas are better whenever you, if you're going to serve bananas on a dish, instead of cutting them around and around like most people do, you cut them up in thirds. And they're much more flavorful. You see this side of the banana here? Just getting ready now, just getting ready to make a good Popsicle. What you do is just begin to mash some banana slightly and divide it into three sections. This one is just a little ripe side to do that with. They need to be just a little greener to do a beautiful job of it. There's the three sections of the banana. You see? And they're much more flavorful in eating a banana to break it into sections this way than they are to cut it round.

Dan Skow: If you ever get a banana, I've got a lot of fun with this as an introduction to the subject of talking about food like this. Take a banana, and you're sitting in a group or crowd, anyway, you take a, not quite that ripe, and you just squeeze a little bit and it'll open up. Into three sections, and you just keep looking up, then you've opened up a automatic conversation, never fails.

Reams: Look at that. You see how it's in three sections? Now bananas are much more tasty served on a plate like this when they are cut round and round rings. Now if you make banana pies, put them in the pie like this, cover them with some coconut, then wheat germ. We're going to make a pie for tomorrow in about 15 minutes here, a fruit pie. And I think they're delicious. It's made out of fruit with the crust was made from graham crackers that are already in the pan, and we're going to make a pie out of it.

Dan Skow: Taste it after while when you eat.

Reams: So there's so much to learn about fruits and the picking of fruits. Now, if you were going into a market and going to buy a grapefruit, and you buy a sheep nose grapefruit, you're going to find one with a very thick skin. But you pick out a flat grapefruit, and you'll find one with a thin skin. Now, in picking a wall fruit, put three or four on the scale and then put three or four more on the scale. Buy the heaviest ones, okay? Regardless of whether they sell by the pound, or whether they sell by the piece or not. Also, pick them out and hold them in your hand, and if they're light, put three or four on the scale of the light ones. Then pick up three or four of the heavy one ones and put on the scale, and you'll be amazed that you'll never have any more dry oranges or dry grapefruits. They'll be excellent.

Each year, from the first of March to the first of August, grapefruits are at their best. They are naturally tree ripened. From September the first to about March the first, most of the time, unless the grower knows exactly what they're doing, they're too tart. And at that time, it's best to eat some grapefruit but take a little soda, after the grapefruit is cut, and just about a half a minute before you eat it, and take a spoon, a quarter teaspoon full, and rub all over the top of the grapefruit, and then eat it. And it tastes like a carbonated drink and you get, and it's not tart, and you get, instead of putting honey or sugar on it, it tastes sweet, like a carbonated drink. And you are getting a rich, rich source of vitamin C

immediately. I don't know anything that will chase a cold any faster than either onion soup or grapefruit juice, freshly squeezed with the soda in it. I've seen a knockout a very bad cold in one night.

Now, one more thing. If you know that you are taking the flu, and you can tell flu when it starts because it hits you like a snap of a finger. I mean, it's like that. It's real quick. You'll feel good and all of a sudden you're as sick as a dog. And then that's the beginning of an attack of flu. Now, if you keep in your home, the Adrian champagne and will pour out you about a 6- or 8-ounce glass and sit down and sip it slowly for, for not very long, two or three hours at the most, it will knock that flu completely. You will not have it, it'll knock it completely and keep sipping it 'til you feel well.

I was on a plane from Orlando, and it'll be less than three hours and it's not enough alcohol in it for you to notice, I was on a plane with appointments in Washington, from Orlando to Washington, and the plane had just got in the air when the flu hit me. I was as sick as a dog. I just felt like I was going to die there almost. So I had the stewardess to bring me some champagne. And I sipped it until I got to Washington, and I felt like a million dollars. It took about 2 1/2 hours in those days for the plane to fly to Washington because it was before the jet planes were invented, and they had the old-fashioned propellers, which were a good plane. And I like them better today than I do the jets, but the jets will get you there faster, wherever you're going. Maybe eternity.

Helper: We thank Uway for this cabbage that you to demonstrate. **Reams:** I want to demonstrate here, too, how to shred cabbage real thinly. Now, how to shred cabbage real thinly, either for sauerkraut or for just coleslaw. Core out, because if you don't, it's in great big pieces in the, in the slaw and/or in the sauerkraut and you don't want that. If you're cooking it is very good to have it in there. it keeps the cabbage quartered together. You set the rip of cabbage in like this. Now the first pieces that come out, the first pieces that come out is not very good, but as they fit this frame, sliding back and to, it's very, very thin. So, if somebody'll get a plate, I'll show you how it's done. Then I'll show you another way now. They can be back. Now this is when the preacher comes, you can do it this a way, only use the top of the cabbage, and steam this part. A demonstration to show you the difference. Now, even this will make an excellent sauerkraut.

In mixing a sauerkraut, take a stone crock, like the old-fashioned churns that Grandma used to have, and put it about eight inches deep in the bottom of the crock, and mash it down. And then put a, a pretty good, I don't mean a heavy layer of salt, but a good layer of salt, just on there, plain, Morton's plain salt, not iodized salt.

Student: What about canning salt? **Reams:** That's too strong. That is too strong, yes. I like the plain Morton's, really, it's better than the stronger salt because you can get it so salty that you can never get it out. And if you get too strong a salt in it, it takes too much moisture out. And then put another layer, about 4 to 6 inches deep, put another layer of salt and pack it down, another layer of salt, and another layer of cabbage and so forth, until you get right to the top.

And then put a heavy weight, 20 pounds, 30 pound weight on it. And mash it down, but don't close the top because this juice, salty brine, runs out of it over the top. And whenever it gets really strong, I mean about so strong it just about take your hat off when you get around it, then you drain it. You drain that salt off of it. And, generally, I take some salty water and rinse it just one time, but with a salty water. And then I just take that sauerkraut, put it in packages, and put it in the freezer. And it is delicious sauerkraut, that is, if the cabbage is good cabbage to start with. Now that makes a lot of difference. Poor quality cabbage makes poor quality sauerkraut. But it is absolutely delicious. And the sauerkraut that is made into these strings is a far superior sauerkraut to the one that's chopped. It just doesn't do the same thing to it at all. In buying canned sauerkraut, look to see if it's in strings, and it's better than the chopped. Sauerkraut is very good for people whose body chemistry is in Range upper A, B, and C. Upper range of A, all of B, and all of C.

Tape 8 side 1.

Someone asked about the salt in sauerkraut. No, it's not excessive because it's washed itself out. Sauerkraut is not really salty food at all if it's made correctly. Now, when you serve your sauerkraut, it's a mild laxative. It's rich in vitamin A, and also you may serve it with a salad dressing of your choice, or you may use it on veggie links. Let me show you the veggie links. Or you may use it, these veggie links are, are soybean wieners, and you serve these in a bun, like a whole wheat bun, and serve them just like you do a weenie. You can toast it, then you can use the sauerkraut, a little mustard, and they're out of this world. There's a little secret, though, in preparing this recalf, and that if you'll cook it in sauerkraut for about 30 or 40 minutes, just bring it to a boil in sauerkraut, it makes it far superior. Then, if you wish to take it out, and the children wish to put it on a stick and toast it, and then put it back in the bun, it is fabulous. Or it is delicious just cooked in the sauerkraut and served as a meat on a dish. It is a fabulous, fabulous food. Yes?

Student: What about preparing, what about preparing commercially made kraut? How can that be made accessible to and feed five? **Reams:** Well now, that's a good question. Let's talk about the sauerkraut that you get in the gallon cans that are shredded for restaurant use and so forth. This is a good way for even a family of two or three to buy the sauerkraut by the gallon. You take that sauerkraut that's bought from the store by the gallon, and you pour the juice off into a jar separate. And then rinse that sauerkraut off with just plain water, and then add about the same amount of water that you have drained juice off of it. Then put it on the stove and bring to a boil, add honey, blackstrap molasses, and All Spice to taste. And you've got an Americanized sauerkraut that is absolutely delicious. If you people have a craving for pork that you cannot get around, you've just got to have it occasionally, get smoked turkey and cover it with sauerkraut in a bowl with a lid on it, and steam it for 40 minutes, and you've got your pork. It tastes just

like hog meat. I cannot stand it but a lot of people have got to have it, and that's the way to get around it. Smoked turkey with sauerkraut tastes just like pork, ham, or well. If you like pork and like the odor of it, you've got it. It taste like pork. It don't even taste like turkey at all. Yes?

Student: In some parts of the country you can actually get a thing called a turkey ham, and it's even shaped like a little ham. It's made out of turkey, and it tastes like ham and we served it to people that thought we were crazy, you know. And they wouldn't take more than one helping because they thought we were serving them pork. **Reams:** Yes. Well, I don't want anything that tastes like pork, because I don't even like the odor of it or the taste of it. But some people do like it, and so that's that.

Also, one thing, if you grow regular bell peppers in your garden, I've got a secret for you. Let them get red. The red bell peppers are better flavored than the green ones. If you would grow a highly organic, no, not organic, highly mineralized pepper, and then you stuff it, it'll look just like you picked it off of the bush after it's stuffed. It will not wrinkle and shrink up and look like something, like an accident or something caught in a place to happen. What's that?

Student: A real Stuffing? **Reams:** What's that? **Student:** A good stuffing.

Reams: Oh there's jillion stuffings you can make for bell peppers. You can make a rice and hamburger stuffing, or you can make a veggie burger stuffing, or you can make a bean stuffing out of beans. You can make an all vegetable stuffing with a little cornbread in it, meatless stuffing. There are so many things you can stuff a pepper with. And then be very careful, listen to this, whenever you cut the top out of the pepper at a slant. You can put the stem back in there and the cap where you took it out at the top. And if it's top quality pepper, you'd never guessed it being stuffed. It looks just like you picked it off the bush and serving a pepper right on the table. It's got as good of a color. It's not lost its color at all, and it's fabulous. It's deliciously good. I recommend in stuffing pepper that you always use, if it agrees with you, some onion. It helps it terrifically. Yes?

Student: You going to figure like green peppers, do you leave the seeds inside or not? **Reams:** I always take the seeds out and put them in the stuffing.

Student: In the stuffing? **Reams:** Yes.

Student: So the seeds should not be thrown away. **Reams:** That's right. The seeds from peppers should not be thrown away.

I want to give you another recipe that we don't have time to prepare this time, at this meeting, but you can prepare it at home. It was one that I was raised with. And after I became a man, Chinese restaurants began their, became scattered about through the country. Well, I always wanted to eat at a Chinese restaurant. Well, one morning I stayed at a motel, and I got up and looked out across the street, right across the street, I saw the great, big, blazing name of a Chinese restaurant. So, I think, "Well, I won't be here for dinner, so I'm going over there for breakfast." So, I went over there for breakfast, and they give me this menu with all these Chinese words on it, and I didn't know a thing about what any of

them meant. So, I asked her, "Is this was a breakfast menu?" And they said, "This line is a breakfast menu." So, the first thing on that list up there was Wong Foo. I said, "Okay, I'll take that." And here's what I got, what I was raised on. They took some vegetable oil and fried onions in it, sautéed them until they were just well done, slightly on the brown, beginning to be brown a little. They took rice then, cooked rice, and added it to it and fried the rice in the onions. And then they took three eggs, whipped them up in a blender, or whipped them up, and then stirred the rice and added the eggs to the rice and onion, very slowly, and stirred it, and cooked it, 'til each grain of rice stood by itself again. And that's onion, rice, and eggs and that's Wong Foo, and it is a delicious breakfast dish. It's very satisfying, and it'll hold you to noon, even if you work ever so hard. Wong Foo, It's rich in sulfur, it's rich in calciums and in vitamin C. That, with a half of a grapefruit served, is excellent.

Also, another excellent breakfast to have occasionally is an all fruit breakfast. I'll give you an example. Start off with a half a grapefruit. And when you're having citrus fruit or other fruits, eat your grapefruit first because it's a little bit more tart than the others. Then if you're having an orange, eat it second. If you're having grapes, eat it third, or a peach. Then you may eat the others in any order you wish, and they'll be sweet. But if you start off with the sweetest one, then the grapefruit will be so tart you can't enjoy it. Eat your pear about last. And believe me, Americans do not eat enough pears. I'm talking about fresh pears. They do not eat enough. One pear will equal a full glass, a 6 ounce glass of prune juice. And people, in the range of B and C, need a glass of prune juice every morning. The weight under 80 pounds needs four ounces, 80-130 pounds needs six ounces, 130 pounds and above needs eight ounces of prune juice in the morning. I mean every morning and then an eight ounce glass of water right after it or a short time after it. And then at breakfast time, if your numbers are still high, by the way, a pear is excellent. Any questions at this point?

To helper: Derrice. **Derrice:** Yes. **Reams:** It's about time, you can begin to start the okra now. Are you doing that now? **Derrice:** Yes.

Reams: Now preparing some okra, we've often cut okra, cut in rings, she is adding to it a trace of salt, a very small trace of salt and also meal, white cornmeal. She's rolling it in the cornmeal and it, it can be quite a bit of cornmeal left over because when it starts to cook, it'll pick up more cornmeal. And we're going to cook that until it's crisp. And it'll be clammy for a while when you start to cook it, and then it'll all turn loose of each other and form little crisp pieces. And it is very, very, very rich in manganese, and it's one way that people can learn to eat okra.

Also, I'm going to give you a recipe for preparing zucchini squash so it'll taste like meat. Take your zucchini squash and cut them in half. Put them in an iron skillet or a heavy weight skillet, fill it about a third full of water, not enough to cover the flesh side of the zucchini, you turn that upward. Do not cover it in water, only about half covered in water. Be sure you have a lid for the skillet. Then put a lid on it and steam it. If it just comes right out of the garden, about three to five

minutes is all it will need. But if it's two or three weeks old, it may need 25 minutes steaming it, to tender it. But just when the cake tester goes in, it is just right to serve. And try, try to arrange it so that you can serve it hot, and believe me, if you've added nothing to it, no salt, no nothing, and serve it just as it comes out of the pan, and it tastes just like meat. It's delicious. That's zucchini squash.

Have you seen the white squashes with the scallops around them, the big ones about so big, it's white? Slice those in rings, so that they're round and then flour them. Slice them kind of thin, flour them with white flour, and fry them quickly in a hot oil, around 400° oil, until they're brown. Lift them out and serve them within a half hour, and they are crisp, and they're far better than eggplant. They are highly satisfying. You've added nothing to them at all. Just the squash as it is.

There's a squash, another squash that's about so-big that's got a, it looks like a navel on the bottom of it, another little squash trying to come out middle of the bottom. It's called a delicious squash. Cut that squash in quarters, put it in the oven, and bake 'til the cake tester just slips in it, and take it out and serve it. And it is absolutely out of this world, nothing added at all. It tastes almost like pumpkin pie, it is so sweet and so good and so delicious. You don't need to add anything to it at all. It is so delicious. Yes?

Student: What is the name of the last squash you were talking about? **Reams:** It's called delicious. Hubbard. Hubbard. The one before that was zucchini.

Student: The skins left out in these? **Reams:** Yes, skins are left on.

Out of the delicious, you just dip it out of the skin. It'll be too hard to eat. Just dip it out of the skin. But the white, it's called, used to be called a white patty pan fried. You eat the skin and all. It's delicious. It's a, it's a marvelous squash to eat. Yes?

Student: When is the best time to harvest zucchini? When they're little or when it's stress pattern? **Reams:** Well, it depends on what the market demands. If you're going to keep them in your cellar, it's best whenever they're about sixteen inches long. They won't keep if they're too small. They've got to reach a certain stage. But don't wait 'til they're 24 to 30 inches long because then you've got hard seeds in them. Watch the seed. Cut one open and look at the seed. When the seed is still soft, and large as it can get, the better it is if you're going to put them in the cellar. Is there a question at this point? Yes?

Student: Think you could get to your recipe for cornbread? **Reams:** Yes. We may give you a recipe for cornbread tomorrow. Yes?

Student: The white squash, did you fix it the same way as the Hubbard squash? **Reams:** No. The white squash you fry. They're the best fried. If you try to boil the white squash, they're kind of watery. Yes?

Student: What about spaghetti squash? Did you fix that? **Reams:** Oh, yes. Let me hold that one up for just a minute or two, though.

The yellow crookneck squash, if you take those and well I just block them up in about four pieces, regardless of whether they're big or small. Cut the blossom end off and the stem end off, and then steam them slowly or boil them in just a very little water slowly, until you can make purée out of them. Then add some cinnamon, a little bit of honey, blackstrap molasses, some All Spice, add a little coconut if you like, a little lemon juice, and make a pumpkin pie. It is delicious. First like, it's a squash pie, but tastes just like pumpkin. And also, you can use some ripe apple in it. With some apple that's mashed up real fine in it. It makes it excellent.

Someone asked about the spaghetti squash. That's an excellent squash. There are a number of different ways to cook them. Some people put a hole in the side of them and just cook them whole, until you can stick a cake tester into the soft part of the flesh through the hole, don't try to stick it through the skin. And then take it out and let it cool a little while, and cut it open. And you have an excellent spaghetti in the center of the squash, but you've also got the squash to eat also, which is very good. It's more of a novelty than anything else, but it is good.

Student: Do you cook it in the oven then or on top? **Reams:** You can boil it on top the stove, you can put it in a microwave, or you can put it in the oven, anyway you wish to cook it.

I'm going to call your attention to something about the microwave. How many do NOT have a microwave? Well, quite a few of you. Let me give you some things and don't you forget. Don't ever try to cook an egg in one, in the shell. If you do, it'll blow up, and it's all over that stove. And you've got it inside, and you've got one job of cleaning it up. Don't try to cook a potato without punching it full of holes. If you do, it's going to blow up and you'll have the inside of your oven plastered with potato, baked potato. So, whatever you cook in a microwave oven, be sure you punch it full of holes, with the exception of meat, and you won't have to clean it up out of your oven. If you buy a microwave oven, and get one with a rotary in it that the table turns around and around and around. And it does a better job than those with stationary cooking. Let me explain to you what happens when food cooks in a microwave oven. If you have a chain of dominoes, a line of dominoes so long it's standing end on end, and catch this one. Each one was attached to the end that fell over. Well, what happens, that electron is striking the electrons in whatever you are cooking. And they're bouncing together so rapidly until they create friction, and the friction is what brings about the heat within the dish that you are cooking. So -

Helper: Dr. Reams. **Reams:** Yes. **Helper:** It's if you take rubbing your hands together. **Reams:** Right. **Helper:** The motion causes the heat. **Reams:** That's right. Same way, the heat, the friction is what caused it. So actually, there's not anything in the electrolysis of the oven that can hurt you whatever. If it leaks out, that ionization can do some harm. But please don't do what a lady did the other day. It was in the paper. She washed her poodle and put him in there to dry. [Chuckle] She was going to dry him quickly, she did.

Helper: Dr. Reams, how brown do you want this? **Reams:** Oh, real nice, it's not half brown yet. **Helper:** Okay. **Reams:** But you can add a lot more in the same pan and brown this way. It's not brown at all yet.

Are there any questions? Yes?

Student: Does a microwave do something to the food that people in certain ranges may not be able to get good flavor from their foods? **Reams:** Not that I know of, except the things that, let me say this one, I don't see how it can to any harm to any mineral in the food, it does vitamins, it does release the vitamins many times. But, it's just certain foods I'm not willing to change my taste buds to match those of the microwave oven. I prefer them cooked otherwise.

Student: You were going to give us the method sequence of sweet potatoes and the white sauce and we got the white sauce last evening, but I wondered if there was anything you would go about doing different with these. **Reams:** Think I gave it to you this morning.

Student: But we got sidetracked before we got into the details of the sweet potatoes. **Reams:** The sweet potato baked or boiled and then cooled. And then the white sauce put over it is delicious. The sweet potato, either boiled until it's soft when you put a cake tester in it or baked, then peeled. It's delicious with a white sauce on it.

Any time you cook carrots, if you cook parsnips with them, you'll improve the carrots, or potatoes, for instance. Also, if you take the raw parsnip and shred it, it's delicious in a salad. But don't chunk it up, it tastes terrible in chunks, but shredded it's delicious. You only need about so much water in the bottom, and then your parsnips right on top. And just cook it slowly, 'til you put a cake tester in it, whether it's for two people or ten meeting of people. And it's delicious. Parsnips are quite sweet, very sweet, whenever they're cooked.

Student: Is it all right to fry them? **Reams:** Parsnips? Oh, yes, you can fry them, if you like, but it's like frying carrots. I really prefer them steamed. You can, it can be done, yes. You can fry a sweet potato, also, but it's more chalky and crisp than it is really a gourmet delicious. It's best baked or boiled.

Student: Can standup the carrots and the parsnips when you? **Reams:** No, you can improve that, but you can make it digestible by cooking it correctly.

Student: What's the minerals in parsnips? **Reams:** Well, there's iron, benzene, I know the name of it and can't recall it at the moment, 47, atomic number 47. I can think it in math, but I can't say it in English right now. What is that mineral that Japan based to us in water? It's one of the latest cancer cures they claim, you know. **Student:** Germanium? **Reams:** What's that? **Student:** Germanium? **Reams:** Germanium and selenium. Selenium is the one I was thinking of. Selenium. It's rich in selenium. Selenium, atomic number 47. Selenium is right.

The thing I'm going to call your attention to that so many people do not

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Reams: could be a lot better and also, do we have an orange, too? **Helper:** Yes. **Reams:** I'd like a lemon and an orange. I'm going to do a demonstration here.

Helper: I think the lemons are gone, Dan. **Reams:** This is not a lemon.

Helper: No, I thought you wanted an artichoke. **Reams:** No. **Helper:** Oh, I'm sorry. **Reams:** No, a lemon, and an orange. **Dan Skow:** I don't think we have an orange here. **Reams:** Okay if we don't. Anyway, this lemon will do.

Now, I want you to watch this closely. See that citric acid? Now, what I'm trying to show you is this. I need us some paper towel here. Here's some right here. Take this, and do it like this until you work that citric acid out of it. And then you do it this way, fold it this way 'til you get the citric acid out of it. It's a little bit of a job to get the citric acid out of it. Then you take the skin of a lemon and the juice of a lemon and put it in a blender and blend it all together. And you make a lemonade out of it with a little honey, and it's one of the finest, natural laxatives you ever took in your life.

Now, here's a grapefruit. I'll use an orange first, I'll take an orange. You can do an orange skin the same way, but you can just peel an orange skin. Just, after you take the citric acid out, just chew the orange skin and eat it up immediately. It's very good. It doesn't have a bad flavor at all. It's kind of like a kumquat, you eat the skin and all. Especially if you eat it with an orange, once the citric acid, if it's got much in it. See?

Student: What about the chemicals on the outside this orange? **Reams:** There's not enough to hurt my dear, they are there. That match burned twice. Just take the citric acid out of it, and you just chew the peeling and eat it. It's very nice and it's very good flavor. But with this acid in it, it burns your mouth, but with the acid out, it doesn't burn your mouth.

By the way, when you're cooking and burn your finger, put it in ice water. Or wrap it in some, or cover it quickly with, whether seems to be burned much or not, with Crisco, and wrap it around tightly with a napkin so that air can't get to it for 30 minutes, and it'll take the burn out of it. If you have children that are small, one of the first things that you should do, before they even start walking, is to take them in your arms. **To helper:** It's not done enough yet. Take them in your arms and take them to the stove when it's just warm, and won't burn them and you know it won't burn them, let them touch it with their hands. You put your hand on it, that is, that you put your hand and they put, waah! That hurt bad! And they remember that, and they won't never get around that stove because they think that they're burned terribly bad. But you have taught that child that that stove is hot, and that way they're not going to get anywhere near it or pull any pot or anything on it off onto them. Another thing to do is to take some water that is just, actually a little on the cold side and have them pull that off of the stove on them one time. And believe me, that's the last time they'll ever pull anything off a stove, either hot or cold. And let it go all over. It won't hurt them

at all, but you have taught them a lesson that they'll remember when they're a grandma or grandpa. Yes?

(...) I didn't understand the question.

Student: Laxative, you said that you just give laxative based on that would be the crust of the lemon and the orange. **Reams:** Yes. **Student:** where's mostly located, outside the crust or inside it? **Reams:** It's all through it. On the white inside, this is what we call now the rag of the orange, this part we call the rag. It's between the skin and the orange itself. That part of the orange has calamel in it, calamel. And it's bitter, but it's a thing you can get too much of, if you're not careful. So I'm going to put this piece of orange skin up over here, and you may come by and taste it a little later. Chew it, it don't taste bad at all. Take a grapefruit now and show you.

Student: What part is good it? **Reams:** All that part's good laxative. **Helper:** We have some questions, Dr. Reams. **Reams:** Yes?

Student: What's it for, this calamel? **Reams:** Calamel is a blood cleanser.

Student: Blood cleanser? **Reams:** Yes. **Helper:** We have another question. **Reams:** Yes?

Student: The bioflavonoids are in the white, aren't they? **Reams:** Slightly, but most of it's in the juice. **Helper:** Another question. **Reams:** Yes?

Student: That Crisco, does it have animal lard in there, or is that pure? **Reams:** It's all, Crisco as far as I know, is all vegetable. I don't know of any Crisco that has any animal fat in it at all.

Is that grapefruit? **Student:** Dr. Reams? **Reams:** Yes. **Student:** Are you talking about burns? If you got burns, you can also take urine and dip it through a cloth and get cloth that captures the urine that people's got. **Reams:** Well, I think the remedy is a bad as the disease. [Chuckle] Yeah, probably does. Yeah.

This grapefruit has a tight core in the middle. A lot of them are big enough that you can stick your thumb in the middle. What does that mean when it's got a hollow in the middle?

Student: Poor is the minerals. **Reams:** Yes, but what mineral? **Student:** Boron. **Reams:** Boron. That's a boron deficiency whatever it had. But this grapefruit has almost perfect in its boron content. Now I just wanted to show you that.

Also notice, when you look at a fruit, if all the slices plugs about the same size that means a highly mineralized fruit. Also, when you look at the stem end, there's a calyx on the end of an orange. If it has five points on it, good prominent points on it, it's highly mineralized. But it's only got two or three, it's a very low mineralized, low quality orange. In the same way with a lemon. You should see five calyx. In this one you only see four and they're only half size, so it means it's a poorly mineralized orange. See, there's a slight boron deficiency there. See the hole you can see in the middle. In harvesting hay for animals, notice to see if the stems are hollow. If they are, they have a mineral deficiency. You can offer hay

to a horse or a cow that have hollow stems, along with another handful of hay with the stems that are solid. And, you know, they'll take the solid ones over the hollow stemmed. They can tell the difference, and they haven't even gone to college. Yes? [Chuckle]

Student: Okay, does it make any difference how many seeds they have? Does the number of seeds in it have anything to do with the quality or what they're like?

Reams: The number of seed doesn't have anything to do with the quality of seeded fruit. But seedless fruit it does, even the varieties that doesn't have any seed like Hamlin, Navel, Marsh, have no seeds in them, and they are lacking in manganese, otherwise, everything else is the same. Now, the number of seed largely determines the variety. For instance, a thoroughbred Duncan grapefruit has 47 seeds in it. I mean every one of them will have 47. And if it has more than that, it's not a thoroughbred. If it has less than that, it's not a thoroughbred. And it doesn't matter whether it's a seeded tree or a seedling tree. A seeded tree is one that has been budded, in other words, you bud it. A budded tree instead of a seeded tree. Or, one that has come up from the graft root and it is a seedling tree, it has not been grafted. The reason for budding citrus trees is if they're not budded, it's nine years before they come into production, with the exception of lemons. And if they've been budded, we can bring them in the fourth year from the seed or the third year from the bud. Yes?

Student: Does the color have anything to do with the quality of the citrus?

Reams: Yes. The lower your carbon content, the greener color the fruit has. And the lower the phosphate content, the lower the carbon content. If the soil is high in carbon and high in phosphate, the fruit will not turn green again after it has once turned a beautiful orange color. But if it is lower in those, during the winter months they will sweat the chlorophyll out, but the next summer it'll turn green again because it's deficient in carbon and phosphate. Yes?

Student: Compared with deeper corn from deeper yellow, right, to taste the home bought. **Reams:** Of white. **Student:** Of citrus from corn to onions.

Reams: The question, I didn't understand.

Student: Okay, some lemons have a pale yellow and some of them have darker yellow. Did that indicate? **Reams:** The only thing that that indicates is the one who has the darker yellow was picked nearer maturity. The lemons are all picked at the same time, the tree is stripped clean and a lemon is an ever bearing tree, and lemons under a certain size, I think two hundred forty four lemons, are kept. But the ones smaller than that are graded out, and do not get out to the public.

Helper: Want to check the vegetables again? **Reams:** Yes.

I want to give thanks unto the Lord for this day, this food. We ask You, Lord, to bless it as You blessed it on the Sea of Galilee, in the name of Your father. We ask You to touch us by the Holy Spirit as we bind together. May our Holy Spirit come into us as we partake of this food so freely given of You to us. And may it bless us and give us energy to do Thy bidding, and may the energy last 'til Jesus comes.

In the name of Your Precious Son, the Lily of the Valley, the Bright and Morning Star, I ask this. Amen.

Dan Skow: Three announcements to start the afternoon. Right now at our ... [loud machine noise] making our corned beef for a [loud machine noise]. Now this evening, we have a real specialty. [loud machine noise] with the Vitamix [loud machine noise]. We have a demonstration of the Vitamix. [loud machine noise] He's going to make some bread, I guess and some. [loud machine noise] right after he, Dr. Reams gets done. [loud machine noise].

Helpers: You spilled the water on the – yeah - Oh, that was last night – or yesterday – forget it. **Reams:** Take my dirty dishwasher. [loud machine noise]

Reams: Gather at this time how to cook vegetables without any seasoning. This is one way, but there are other ways that can be done. The first thing we did was to peel them, the amount of carrots that we'll need to supply the group that we have or there about. And clean them with a wire brush or you can peel them real thinly. The next thing you do, you put those in the bottom of the pot and then just bring the water covering up to about the top of where the carrots will be after the carrots that in the pot, which is not very much water. You stack them in about as tightly as you can. Then you cover them with about two to three inches of, we like the whole beans, the pole beans if you can get it, with just the stem ends off or the strings off, the whole beans without, without snaps. Now we could not get those here, and we had to use the frozen ones. It makes it much easier to handle and to serve with the whole beans. The next thing you do is to cover the entire thing with onions. I like to get the small onions and leave them whole if you can. We couldn't get the small onions, and we had to sectionalize them today in order to have enough to go around. Above the onions, you peel parsnips, and today we used two full packages of parsnips on top. And then we steamed those for about three hours, or boil them at least for about three hours on a high heat. Of course, we've got a stove that it would be low heat on most people's stove, but on this one high, well, no, it would be a medium on most stoves. Then the last hour we put in the potatoes on the top, and we steam those until a cake tester would go in the potatoes and into the other vegetables. They were just done. Were the carrots crunchy or just the right softness? Just the right softness. So, that is what I mean by cooking things done but not crunchy, but not overcooked. And that is all there was in it, there was no salt, no seasoning of any kind was added, just that. And it blends together in a beautiful dish. And this is called a Swiss vegetable dish. That is the name of that dish that is prepared like that. It's one of the way of the Swiss use in cooking vegetables. Is there a question now about this? Yes?

Student: These people that cook three hours, I thought that we're supposed to cook our food a very short time? **Reams:** I cook them 'til it's soft, when a cake tester will tell you that. Yes?

Student: Burnt tomatoes and.. **Reams:** The cake test, no it does not until, if you had a cooked that any longer, it would have, begin to lose its flavor very rapidly. But just when that cake tester will go in, is the time to stop cooking it. And it's a,

it's excellent. Now, you can even do a better job on that if you have better vegetables. We just had what you could buy at the store. The only thing that we had that was really top quality here today was the carrots, and also the parsnips. Those two were tops. The potatoes were second quality and the beans were fourth quality. That lowered the overall quality of the finished dish. But nevertheless, it wasn't a bad dish. I didn't taste it, but I smelled it. And if I'd have eaten it, I'd be asleep now. So this is the way I stay awake, I stay hungry to stay awake. Okay? Now is there any question about how you put the cake tester in, and you felt it, and you know how to evaluate it?

How many of you would like to receive a newsletter once a month with cooking hints in it written by Mrs. Skow? Okay. Leave your name and address and \$30, and you'll get one. That's for the year.

Now, question Number Two. In the, let me, before we do that, this will also be suggestions, coming along with the newsletter, how to form clubs in your area, how to go about it, and what to do to form these clubs, these cooking clubs. And you're going to be amazed how easy it is, very easy it's going to be to do. You going to also have things to sell and also, I think we can work it out for you to be the agent or I think, through Bob Pike, to sell refractometers and to teach the people to do the test at these meetings. And also, I would suggest this, that after the first one or two meetings, or the first meeting at least, when your organization is put together then, in a week later have your first official meeting. This first meeting is for your organization, and how many and who's going to be there. And then require people that's going to be there to register in advance, so you know how many are going to be there. And I'll tell you why. And then prepare the dish that you're going to serve, or the dishes you're going to serve that evening, paper plates and everything else, and take it with you. And you can charge something like five dollars a month, which includes the samples of the food that you are going to have. But you pre-prepare that at home and take it to the club, and have it served hot. And I think it will be, now, you don't want to go through as many things as we do, only two or three things. You can have it so they nibble at it, but let me tell you something about people. If they've just eaten a big supper and then come to this meeting, if you had manna, it would be the worst stuff they ever ate in their life. You want to catch them, if possible, when they're hungry and then any food tastes good. And this is very important in forming these clubs.

The third thing is make it, make it fun to be there. Not a serious meeting like a funeral, but make it fun to be there. I would suggest, too, instead of you, if you are a tester, selling the minerals, like many of you do, if you really want to be a tester, and a successful one, do not sell any vitamins or minerals. But go to your health food store in your city, and get them to handle them for you. And this is not a command, it's only a suggestion. And then, in return, they are to send people to you and to recruit members for the club, and kind of put the health food store or stores in your area to work with you. And it will be great. But most health food store operators are so small that they feel like if you sell one bottle of anything, they're going to go bankrupt or something. So, it is very important, if you are a tester, to have them send you people than it is to make a few dollars off

of the vitamins and minerals. Of course, if there is no health food store within miles and miles and miles of you, there's not much you can do. But, I would say that it would be very nice, if they were even 50 miles away, to have them handle the minerals, and anyone in that area that comes to see you, you send them to that store. And that way you can get a lot of benefit and do a lot of good. And many times, if they like and want to learn how to prepare food to be healthy, they do not mind driving 50 miles there and 50 miles back once a month to learn how to keep their families healthy.

Also, if you are an RBTI operator, please don't see how many minerals you can sell them. Sell them the bare minimum that you can sell them. Please, about four or five at the most, is enough to sell them at one time. I know one tester that actually, so they tell me, sells a wheelbarrow to each client to carry the vitamins and minerals home that she recommends. [Laughter] This is what they tell about. I don't know. I haven't seen it. But really, don't try to see how much you can load on. Try to do the ones they are actually deficient in.

However, that has nothing to do with this club except, if you will.

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Whatever it takes, you will make it highly successful and profitable to run a health food club. And I doubt seriously if they ever want to handle any of the instruments, a refractometer, a Solu-Bridge, or what not. I doubt seriously if they want to handle it. Or, if you get 50 or 60 people at the club, then I'm sure that Bob Pike will be glad to come down, and show them and teach them about how to do the test and also sell the instruments. And also you'll probably work out a small commission by so doing it. "A workman is worth of his hire." And I've been told in my life, and I believe it, that your paycheck is God's report card. When you go to school you work for a grade, but out in life you work for a salary. And your salary, that you take home pay, is God's report card, how well he is pleased with you. I don't know whether that's true in every case or not, but I've been told that.

One more thing I want to call to your attention is that in organizing these clubs try to find a convenient meeting place. You can first start in your home, to start with, maybe just for the first time or so. But after that, get a meeting place. Many times there's a church that you can get one evening a week, and they'd delighted to have you, to bring people in, especially if you go to church and there is a recreation room, dining room, or what not, so long as you keep it clean, leave it clean, and also I would pay them something for the use of the meeting place. But whatever you do, the purpose of the club is to make a profit. Yes? Somebody else said it? Okay. Is there a question at this time? Yes?

Student: You said that the main shift of the club then is to actually teach cooking techniques to cook? **Reams:** It's a lot more than that. Is the purpose of the club just to teach cooking cabbage? No, the purpose of the club is how to learn to make a tailor made diet for your family in order to keep them healthy. It's a health club made and designed to prepare foods so that they taste good and are good, are highly mineralized, and also to keep your family healthy. It will be

amazing at what you're going to learn about the families. Now, also, I would not, at any time, evaluate anyone's numbers at this club. They must come to you at your office or your home. Do not evaluate the numbers there. The idea is, as far as, all you can do there is to do what we're doing here in class, make a diet for the range in which they are in.

Now, I would also, suppose that you charge "X" number of dollars if they come and you do the test, and so forth, if they were a club member, I'd give them a discount. And that way you'd get a lot more club members and a lot more satisfaction from it.

Dan? Where is Dan? **Student:** He's out. **Reams:** Okay. He called my attention to something to bring to the class, and I've forgotten what it is. You know the three signs of old age. Forgetfulness is the first one, and for the life of me I can't remember the other two. [Class laughs.] **Student:** Here he is. **Reams:** What was you asked me to call my attention to?

Dan Skow: How to effectively mineralize food on appetite in the meal and most go through how you varied in vegetables then. **Reams:** I did that already, outlined the vegetables. **Dan Skow:** Then how in building it and building together is in the building diets older people and weaker people and difference in they need more frequent by it selves and speaking like. You got into any of that now on it. **Reams:** Okay, good. That's a good. I thank you. **Dan Skow:** And then calories are ineffective in the mineralized food and appetite and weight gains, in this type thing and how it indirectly can, that's the main I was saying. **Reams:** Good, fine.

One thing I want to call your attention to and if you are RBTI or if you're in the club, people coming, it's very important for you to know whether people have false teeth or not. Now, you don't have to ask them, "Do you have false teeth?" No, but you say it this a way. Here is a salad for people who have good, strong teeth that can chew it. Here's green drink for those who can't chew a salad. And a lot of people have false teeth that fit so badly they cannot chew a salad, and they don't know how to make a green drink. And we're going to teach you something about making a green drink. If they don't do it tonight in the meeting, we'll do it tomorrow, when we demonstrate the blender.

Also there's quite a difference in preparing food for babies and senior citizens. A lot of food is prepared for babies and senior citizens must be puréed, must be very, very fine. And also, babies will take whatever you give them. But senior citizens that's been used to having a lot of meat, it's kind of hard to wean them off of it, even though they can't chew it, you have to grind it up, so they can roll it around and roll it down, something like the cow does their cud. So, try to remember all these little points in preparing food for groups of people. It's also a very good idea to put on demonstrations of how important it is to take the blood out of meat. And it would be all right to have everything prepared for the evening, except just one dish you're going to cook right before them or finish right before them, so they can see how it's done. And it's very important to use the Bible as your health book, as one health book. And if anyone wants to argue with

God, that's his problem. We have no argument with anyone who wants to argue with God or sign boards. We are only telling how to make a diet according to their numbers. And if they do it, it's okay. If they don't do it, it's okay with us. In other words, they're just more anxious to see St. Peter than they make out like they are, or whoever they're going to see whenever they get there. Also, it would be excellent to get ministers' wives especially in these cooking classes and if you give it to them at half price, they'll bring you quite a lot of people in the club. However, they ought to be so tickled over it, they'll pay you twice the amount.

This is not anything pertaining to RBTI or other club, but one thing rather some way disturbs me, and that is how many people think that they've got to be paupers in order to be Christians. That's not so. The Christian people should be the wealthiest people on earth, and the happiest people on earth. And they will be, providing they obey the rules, which I'm going to tell you more about tomorrow morning, how to live to be very, very old it's in the Bible, and how to live and be wealthy. It's in the Bible. It's a part of our health program. Ministers that are beggars, I believe that God is ashamed of them. God doesn't expect his children to be beggars.

I was trying to get a bank loan some few weeks ago, which I did, and they asked me for references. And I said my father is a rich Jew. They said, "That's all we need to know." They didn't ask any more and didn't say any more. They just gave me the loan. Now I don't know what they'll do when they find out what it means. [Class laughs.] So, did you realize that you, too, are the child of a rich Jew? Jesus Christ was a Jew, and you're one of His children aren't you? So you came here, maybe didn't know how wealthy you were, but now then you're all the child of the King, and you're a prince or a princesses. So you're going to go away from here very wealthy people. That's worth coming to the club for, just to hear just what I've told you, that you've got another thing here. That's worth just everything you paid to get here and to spend here and to get back on. You really are. You know, the Bank of Heaven can't be broken.

There are three things required in order to use the Bank of Heaven. First is you must be born into the kingdom and entitled to the use of that bank. They're very particular about who does banking there. The second thing is you must make deposits there. And the third thing, in order to draw money from that bank, you must use the signature, your signature, of your faith. When you do this, all things shall be added unto you. The earth is yours and the fullness thereof. Isn't that beautiful? Isn't that wonderful? But people in ranges of C and B, upper B and C, they can't think like this. It turns that thinking off. In D and E, you can't think straight. You need somebody to help you think. And you will find, as you go through life, that most people will do anything in the world if you'll just do it for you, if you just do that thinking for them. "Oh, I'll do anything in the world, but please don't make me think." And when you are teaching a club like this, a health club, you are thinking for them. You are making diets for them. You are solving their dietary problems.

Well, many times I heard mothers say, "I don't know what in the world to cook. I don't know what to cook." One family came to me a few years ago, and every one of them were that close to being a very dangerously high diabetic. And I said to the mother also, and the salt was dangerously high, which that mean they were eating pork and potatoes. And I said, "If you want your", and their family was forever at a doctor, all of them were on drugs given by a doctor, all of them were hypertension, and I said to the mother, "And I want you to not feed these children any more potatoes at all, nor any more pork." And she started to crying like I had beat her with something. And I said, "What are you crying about?" She said, "What else is there to feed them? What else is there to give children?" She was serious about it. She didn't know there was anything else besides potatoes and sowbelly. Terrible! People want to learn.

I had another parent bring me two boys, the parents bring me two boys one time, 10 and 12, hypertension. They wrecked my office in five minutes, had it turned upside down. I knew the boys had a problem. They had been expelled from three schools that year, and the family had moved four times in order to get them in another school so that they could go to school because they were expelled from these schools. This time they were told if you are expelled from school because of behavior, you will be taken away from the parents and sent to the state reform school. And that was the condition the people finally lived in when they moved, when they came to see me. And they had just moved to the fourth place.

When the test was run, I said to the mother, "These are the most two undernourished children that I have seen in a long time. They were not underweight, but they were undernourished." She said, "That's impossible. That's the most ridiculous thing I've ever heard in my life. We live next door to a hamburger stand, and the children have an open account." I said to her, "Mother, you just said 'Amen' to what I said. In other words, a filling station isn't a home." I said, "You're talking about a filling station. I'm talking about diet. Do you want to keep these children?" Both parents said, at the same time, "Yes. That's why we're here." And they were in their mid-thirties. And I said, "All right. I'm going to, do you work?" I said that to the mother. She said, "Yes." I said, "You just now quit your job then." She said, "You mean I can't work?" I said, "That's right. You can't work for awhile, 'til I teach you how to make a diet for these children. So I'm going to write out a diet, day by day by day, for the next seven days, and I want you to give, to feed these children exactly what I write out here. I want you to pick them up at noon, take them home, and take them back to school. I don't want them to have a diet at school for awhile." And she did just exactly that. The next week they were back. You know, those two boys sat like little gentlemen. They were not hyper anymore. And I did that the second week, and I did it the third week. Well, the third, the end of the third week or the beginning of the fourth, I said, "You don't need to come back any more now. You know what to do for these children. So, but remember, a filling station is not, a service station is not a good home diet."

The little boy, 10-years old, or nine and a half, he said to me, "Doctor, I want to ask you a question." And I said, "Yes, son. You may ask it. What do you want to

know?" He said, "Before I went on my diet, my teacher was an old haaag. And boy, he could say "hag" too. But since I've been on my diet, I've got the best teacher I've ever had. How did my diet help my teacher?" And he was serious about it. He wasn't realizing, he didn't realize that he was the problem.

But this is what diet can do for you. It can build you a million friends or a million enemies. And this is what you need to tell the people at the health club that you form. Bring other people in to lecture or let some kind of agreement or fund or something. And some lecturers charge for their meetings, and find out what it is after you get established, and they will help build your club for you. And some of them just take up an offering, and that's all right if they do it that way. But that offering doesn't have anything to do with your club membership. Now what the purpose of this class is to help make America the healthiest nation on earth. Five years ago it was the sickest nation on earth, probably is yet, but it's a lot healthier now than it was five years ago, a lot healthier. And it's up to you as individuals to do your part, to do something for your fellow man. Are there any questions? Yes?

Student: What if they pop a question at you, when you tell us that we are going make a heck of a more productive place in that news we are preparing, what we paid you, you guarantee this? **Reams:** Sure, if you want to tell them. Sure, if they go by the numbers, yes. God will do His part if you do your part. And if you wait so long, until your body will not respond to any diet that you have, that you can give, you've waited too long. But remember this, the best diet on earth, tailor-made for an individual, is not a life insurance policy for eternal life upon earth. It's to make the way for a joyous, happier, and healthier. Now, since you don't have any questions, I'm going to ask you some. What about barbecued clean meats? Are they all right, or are they not?

Student: If the blood and fat's been taken out and the pork fat. **Reams:** Yes. If the blood and fat's been taken out, someone said yes. Yes?

Student: By barbecued, do you mean just with the sauce or like charcoals on the grill? **Reams:** Either way. Generally with the grill, but you can either use wood or hickory or oak or charcoal or what not. Personally, I like the hickory wood the best. What about barbecued meats? Are they good for you or not?

Student: No. **Reams:** Somebody said no. You tell us why.

Student: Well I know they will digest just fine, maybe quicker, but we get the same effects listening to, with the, with smoking cigarettes or of that nature which we get the charcoal in it. **Reams:** Well just because it disagreed with one person, are you going to tell me that nobody should eat barbecued meats? **Student:** No, but I warn that what they should be aware of what they can do, what you can't.

Reams: How are they going to know what they can do? **Student:** God made everybody with a certain amount counts for a awareness of what's going on. I know of any number of people that go to a hamburger place and they insist that, like in our area we have Ponderosa, you can't get Ponderosa except they charcoal over an open fire, but if you go in there and ask them for it, they'll put it in a pan, and you can take it and digest it, but if you put it over charcoal, you can't.

Reams: Yes. Well, did you ever consider using your numbers? Because a lot of times they make people sick and they're not aware of it. **Student:** Right.

Reams: You go by your numbers, is that right? **Student:** That's right. **Reams:** Go by your numbers, that's true. That's what I was trying to bring out. Go by your numbers. [Chuckle] Thank you for helping me. Go by your numbers. Go by the numbers. Anybody have a question about barbecued foods?

Student: Take hold to the part of making sure they're done, right? **Reams:** Be sure they're well done, yes. The other day I ordered a T-bone steak in a place, I mean a small one, and they brought it to me that I've seen some steers just wounded that lived that was about the same as that raw piece of meat they brought me. I've seen wounded that got well that wasn't hurt any worse than that one was. [Chuckle] What about it folks? Come on, tell me.

Student: Go by the numbers. **Reams:** Go by the numbers, that's right. Go by the numbers. But what about it? Is it as wholesome as it would be stewed? Or is it as wholesome as it would be cooked on a stove? Or is it as wholesome as it would be if it were dried and then recooked? Which way do you get the most mineral out of it is what I'm trying to get at? How do you get the most mineral out of it?

Student: You don't want to treat the bowels to hesitate, you know, that may be hard on the body. Dried out in order to treat the bowels hard, that's not taking the place. **Reams:** That's right. It can be overcooked. That's right. Don't overcook it. Do you know? Yes, go ahead.

Student: By what you put on that meat. **Reams:** That's it. Exactly. **Student:** Eggs for putting in the calcium and so on, the things into our kit. **Reams:** Right, right. It largely depends on the sauce that you put on that meat as to how well it's going to digest when it's barbecued. The barbecuing dehydrates it, and if you put on a good sauce that will blend in with that meat, it will be much more tasty and much more digestible.

Now let's talk about some barbecue sauces. This is what I'm coming to. But if you're going to use a charcoal to barbecue, you start at least an hour before you barbecue it and have nothing but red charcoals, as red as fire. No flame at all, just red hot coals, and you will not get any bad effect of the charcoal. But if you just light it and expect to cook on it right then, well, it's not so hot, especially if you have used lighter fluid.

Student: What about the gas grill I have the charcoal on? **Reams:** Well, it's the same. I don't like the gas at all because, I don't like those at all, whether it's natural gas or whether it's butane or so forth. I prefer hickory wood, is what I prefer, and it can be bought to do it. Now, I want to give you the recipe for a very good barbecue sauce that you make yourself. And you can keep it from one time to the other, but let me warn you and tell you that if there is children, please barbecue them the steakettes or the linkettes or something that is not meat, for children up to 12 years old. They get the soybean meats barbecued if they use about the same barbecue sauce on them that I'm recommending for the meats,

meats for the adults and vegetables for the children. Some people say, "Well how can you eat meats before your children without giving them to the children?"

Tape 9 side 2.

The point is, the children are told from infancy that meats are for big people and these things are for little people. And, of course, little children thinks that their parents are gods, and there is no way for them to make any error or mistake, and they believe what you say, providing that you keep them well nourished and do what you say. Never, never, never put yourself in a position that a child can believe that you will not keep your word to them.

Now, the recipe for the sauce.

One fourth pound of Mazola margarine,

1 tablespoon full of soy sauce,

1 tablespoon full of teriyaki,

1, let me say this, a few sprinkles of thyme, pinch of thyme, also,

a little pinch of sage,

a tablespoon full of honey,

a teaspoonful of blackstrap molasses,

All Spice, [max 3-4 pinches]

and one half Cup of tomato ketchup.

You may also put this into your Vita Mix and add about 1 Cup of onion. And whip it up until it's a sauce. Then bring, whip it up real good and, a cup of chipped onion,

then bring, oh, yes, about two ounces of lemon juice,

about two ounces or three, two or three ounces of Manischewitz medium dry Concord wine.

Put on the stove and simmer for about 20 minutes. Put it into a container then, and you have so you can dip the brush, barbecue brush, into this, and marinate the barbecue with it. And it is out of this world!

Oh, one more thing that you can also add on beef is Worcestershire sauce. Now this is for beef is what I made it for. It's for beef, not, not turkey or fish, but beef. This was made for beef.

Student: How much of that red sauce? **Reams:** What's that? Tomato ketchup, a half a cup of tomato ketchup. You can also make it very good by adding a tablespoon full or two of Heinz sweet pickle vinegar instead of the lemon juice. But use one or the other, but not both. You may add, also, to those that like it, some cayenne pepper, that is the red pepper, not the regular cayenne but the red pepper, powdered. Do not add too much that you lose the flavor of the meats. Barbecued beef, twice a month, should be about the maximum. Are there any questions?

Student: How much All Spice? **Reams:** Oh, just a, just a three or four times, just a maximum of three or four pinches. Now, I want to ask you a question. This

is about breakfast. In what range would you serve dry cereals to people? This is in review now. In what range would you serve dry cereal to people? Like shredded wheat, Wheaties, Wheat Chex, corn flakes, so forth. K, whatever it's called, K.

Student: D and E. **Reams:** What's that? **Student:** D and E. **Reams:** Someone said D and E. How many agree with that? Two people, three people agree with it. What about it? Is that right, D and E? What does the dry cereals do? Do they speed up digestion or slow it down?

Student: Slow it down. **Reams:** Slow it down. Well, in what ranges do wish it slowed down? **Student:** Start to agree. Stop and choose. **Reams:** What ranges do wish it slowed down in? What ranges does the diet digest too quickly in? **Student:** C, D and E. **Reams:** D and E. Well, my, you're stumbling over that one. Do you remember that? D and E, food digests too fast, dry foods digest too slowly. Now, what other foods are a no-no for Ranges D and E? Acute D and E cases, what are some anna no-no's?

Student: Apple cider. **Reams:** Yes, apple cider. Apple cider, that's one. Yes?

Student: They shouldn't have juice. **Reams:** Yes. Citrus fruit as it comes off the tree, yes. What else? What?

Student: The meats. **Reams:** Cut down on meats, way down or none at all, yes. That depends on the reserve energy reading. Ah, what else? Yes?

Student: Pears. **Reams:** What? **Student:** Pears. **Reams:** Pears, that's right, is a no-no in D and E. Pears is a no-no in D and E. Yes?

Student: Prune juice. **Reams:** Prune juice is a no-no in D and E. What about okra in D and E?

Student: Fried Okra? Is frying safe? **Reams:** What's that? **Student:** I'm not sure about that. Is fried okra okay, but boiled or steamed okra not okay? Is there a difference in your fat meals? **Reams:** There is a difference, yes. You were right. The fried okra is okay, providing that you practically use no oil. You almost fry it without oil, practically mist the oil. Any foods that is very oily is a no-no in D and E. There's something else that I told you that was very important in D and E that was a no-no. **Student:** Gelatin soup? **Reams:** What?

Student: Gelatin? **Reams:** Gelatin is one, but that wasn't the one I really warned you about.

Student: Something well to use Colonics if you were held ended. **Reams:** They do not need colonics in D and E as a general. **Student:** Even more shall help. **Reams:** Yes. Sometimes it's don't do it. If it's colitis, they do need a colonic, but if it's not colitis, they don't. But your test will show you whether it's colitis or not, if you know how to interpret your test. What about milk and wheat? That's a no-no. Animal milk and wheat products in D and E is a no-no. What about cheddar cheese, in D and E? (...) Yes, it is, it is.

What about whole wheat bread? In D and E, what about whole wheat bread?

Student: It's a no-no. **Reams:** It's a no-no, that's right.

Where are you folks? You ought to have this like the snap of a finger. We're reviewing now.

What about cream of wheat? **Student:** That's a no-no. **Reams:** That's a no-no. That is right. Cream of wheat's a no-no.

What about Wheat Chex? **Student:** No-no. **Reams:** What about shredded wheat? **Student:** No-no. **Reams:** That's right.

I'm finally getting the idea across that wheat is a no-no. Wheat is a no-no with a D and E.

Now what about cornbread? **Student:** Yes. **Reams:** Yes, cornbread is very good.

I ground some whole wheat berries in this machine, and I was going to make a loaf of bread with yeast in it. And I made it, oh, within 20 minutes, put it in the oven to rise, just was just barely warm. The telephone rang, and I was on the telephone for about an hour, and then I had an appointment I was late to. I just checked out and went, forgot about the bread in the stove on warm. It rose as high as it could and fell. So I kneaded it again when I got home, and tried to rework it. Put it in the stove and it wouldn't rise. It baked as hard as a brick. It was hard. You couldn't slice it with a bread knife. So I took it out to the carpenter shop and I sawed it with a power saw. I mean I sliced it with a power saw. I brought it back in then and fried it, and everybody that tasted it once said that was the best bread they ever ate in their life. [Laughing] So never give up. [Laughing] Never give up. [Laughing] If you're going to use that for a concrete block to build a house with, it was the hardest loaf of bread I ever saw. But it all turned out, everything I did seemed to be wrong because I forgot it. But after I fried it, everybody really liked it. It tasted like Alaska sourdough, and it was really different but very good. [Laughing] Somebody have a question? Yes?

Student: So with people with empty flavors with wheat next to be or the path of wheat bread allergy and you're using rye where, or your baking rye for them, you could pop a rye bread for the fields, is it possible to use some wheat then?

Reams: But generally when I take them off of wheat, I take them off of rye too. It's too close to it. Yes.

Can people in D and E have cream of wheat? **Student:** No.

Reams: Can they have oatmeal? Can they have oatmeal? **Student:** Yeah. Yes.

Reams: Yeah, they can have oatmeal. From just the urine.

Now, I want to call your attention to something. I want you to remember it. About 50% of the people have a degree of allergy toward garlic. Unless you're making a diet for an Italian, I'd advise you to leave it out. Garlic. A lot of people are allergic to it to a degree and don't know it. It triggers off more allergies in people than you could ever dream of, and a lot of people think that it's good for them. There are other people that are allergic to eggs. Now eggs are very high in

sulfur, especially if they're two weeks old or older. So, be careful in making diets for people that are in the C, D, and E range if they have cooked eggs in them.

If you had a person come to the club that less than 30 minutes from the time they ate food and it went right through them, what kind of diet would you give them? I'm talking about an adult diet, either male or female. **Student:** Give them some charcoal. **Reams:** Say you give them charcoal. What kind of diet would you give them? I said the food they eat would go through in less than 30 minutes.

Student: Something to slow down the digestion of the food. **Reams:** Someone said something to slow down the digestion. Someone said cheese. Personally, I wouldn't give them any diet at all. I'd say, "What you need is someone that is a tester, and you need their skilled help. It's a lot more than we can give you in the club here. What we can tell you to whom you can go to in this area, who is nearest you, that can help you." But this is not the purpose of the club, is to make a diet that will cure any malady. So please remember that. You are not making a diet to cure any malady. You are making a diet to fit the body numbers only. I'm trying to drive that home. I just caught you off your guard just now. You do not make a diet to cure any malady. You do not recommend any food, mineral, or supplement to cure any problem. You only make a diet to fit their body chemistry numbers. Please remember that, if you want to stay out of jail. If you do land in jail, it's no disgrace, to join the club. Start a revival meeting and they'll throw you out. Yes?

Student: So in D and E you can eat cereal, but it can't be wheat, right? **Reams:** That's right. Yes?

Student: So are we talking about the pH exclusively or ? **Reams:** Yes. Yes?

Student: When you were talking about the pH, do you think only pH of saliva or pH urine is also? **Reams:** Both. **Student:** What causes when it shows when high and one low? **Reams:** We covered that this morning, my dear.

Dan Skow: Do you want to review that forking? **Reams:** Who will tell us in the class what we said this morning? Somebody, I hope that somebody got what we said about it. **Student:** You'd think so. **Reams:** What's that? **Student:** We talked about the meat one. **Reams:** I know, but I talked about pH, and what they meant when one was higher than the other, and vice versa. What did I say about it? You want do it? **Student:** I'll try. **Reams:** Come up. Come up here to the front where you can use this microphone. Okay? Good, I wanted to see, check to see if somebody got it. Speak right into the microphone.

Student at mike: Okay. If you have high pH over low pH, use vinegar, and you avoid radishes, cauliflower, cabbage, and onions. Okay? **Reams:** That's correct.

Another Student: High pH or low pH? **Student at mike:** Over low pH, so your saliva pH. **Another Student:** So you're thinking only on saliva pH? **Student at mike:** No. **Reams:** Say which one. **Student at mike:** Your saliva pH is low, is acid, and your urine pH is high. **Reams:** That's exactly right. Go ahead.

Student at mike: Okay, if it's reversed, with low over high, then - **Reams:** Which one low now? **Student at mike:** The urine pH is low. **Reams:** The urine

pH is low now. **Student at mike:** And the saliva pH is high. **Reams:** And the saliva pH is high. Then what? **Student at mike:** You need Zest Tonic or wine after dinner and supper. **Reams:** Yes, and what else? **Student at mike:** If you're alcoholic, you can substitute fruit juices for that. **Reams:** Yes. There's one more very important fact about that. What is it? **Student at mike:** You eat lighter meals in the evening. **Reams:** That's right. Why? Because they're subject to acute indigestion, and heart pains, and heart palpitations, and burping, a lot of burping. Okay? Thank you. You remember that now? I'm not trying to be mean. I'm trying to help you to be able to reproduce what we say here in class.

How do you know whether or not tomatoes is good for anybody without using their numbers? Without using any numbers?

Student: You can tell by the pulse rate? **Reams:** Someone said that you can tell by the pulse rate. There's another way to tell though. Still no idea? The idea is that generally if tomatoes disagree with anyone, or citrus either, it causes welts to come on the face or neck. Yes?

Student: Well, what would be a good way diet for people in D and E? You covered the no-no's, but what is really a good diet? **Reams:** The people in D and E is very light foods, easy digestible. Lots of vegetables, very little meat. The sweets according to their carbohydrate reading, and so forth. Lots of fruit, lots of watermelon. Vegetables cooked done but not overcooked. Meals regularly. Drinking water according to their weight and carbohydrate readings.

If you have a person whose body is retaining too much moisture and they're overweight because of this, what is the first thing that you're going teach them to look for in their test?

Student: Salt kind of rich. **Reams:** Salt is correct. What is the second thing you're going to cause them, to have them to look for?

Student: Sugar/salt ratio. **Reams:** The sugar/salt ratio, well, there's not really any ratio but there is a place for each, yes. There's something else specifically that you're going to look for them to do, and what is that? You're going to see that certain things are not in their diet. And what are those things that you're going to see that's not in their diet?

Student: pH test. The pH kit. **Reams:** Well, no. Nobody eats the pH kit. You use the pH kit to determine what their diet shall be, but what are you going to give them for a diet their body is retaining too much water, moisture? Yes?

Student: Watermelon? **Reams:** Watermelon is one thing. But what are you going to have as a no-no?

Student: Celery? **Reams:** What's that? **Student:** Celery? **Reams:** No, I wouldn't say celery, maybe on a few rare occasions. But there's some no-no's here. What are they? Okay. It's Lipton's, Nestle, or Tetley tea, chocolate. These are four no-no's for anyone in A, B, C, D, and E.

Student: Will you repeat those, please? **Reams:** Yes, I will repeat them. The no-no's for body retaining too much moisture in A, B, C, D, and E is chocolate,

Nestle, Tetley, or Lipton's tea, Chinese tea you can also add, and many times carob. Those are no-no's. Now the yes-yes's is to drink more water, even though they're overweight, well salt is to be considered decreased also, low intake of salt. But watermelon is excellent, most fruit juices are excellent, according to their numbers, water, lemonade. About 40% of the people cannot drink lemonade, so in that case, you have to use other fruit juices or vegetable juices. They don't necessarily have to taste good, but have to be prepared fresh each time. Those are for people that are overweight. And this is one of the better things that you need to consider is getting people that are overweight back to normal weight.

Tape 10 Side 1.

Recorder operator: Okay. **Reams:** Overweight people, may have baked potato, four times a year. When they have French fries, the potato, about once a month, because potato turns to sugar and puts on weight.

Dan Skow: Okay some of them have carbonated on the sugars or prepared with the effectiveness of the digestive juices are about to shut down sugar ranges. July diluvement, have you done any of that? **Reams:** No I haven't shoot that second away to be in this We covered that before anyhow .. Yeah, the same as here.

As soon as we can. **Dan Skow:** Yeah, I know. But which one created more sugar and which one has created less sugar in the system? **Reams:** Well anything that has starch in it. Any of the foods, like breads create more sugar.

Dan Skow: Well any of them. Just take your sugars and double the ranges in groups you do and what groups you wouldn't. Your fruit juices have high sugar, you still don't need some that are dilatable, I would say sometimes. **Reams:** Yes, Yes. A lot of fruit juices don't have any sugar added but they are concentrated

down until they have four times as much natural sugar in them as they would have if they were fresh. **Dan Skow:** And some reduce a lot faster. **Reams:**

That's according to the individual and the time of year. In the winter time, they reduce a lot faster than they do in the summer time. **Dan Skow:** Why don't you

go into that. **Reams:** Right.

Let's go to the carbohydrates now. The carbohydrates do a lot of things. In some people they turn to alcohol, and they're too hot all the time. In others, they, they're not turned to alcohol, they turn to other things or to nothing or just pass out as carbohydrate overflow through the urine, which is leaning toward a diabetic. And people need more carbohydrates, the healthy people, in the winter than they need in the summer because it is cooler and it creates more heat. All of the calories of heat in your body comes from carbohydrates. We said that at the beginning of the class yesterday.

So, let's take, for instance, you'll see canned juices in the store, and it says "No Sugar Added." You will see a canned concentrate that says "No Sugar Added." Let's suppose, for argument's sake and discussion, that the Brix was 12 on the fruit juice when it was made into a concentrate. But when it was finished as a concentrate, it was 48. Yet it said, "No Sugar Added." Is that a true statement? Is that a true statement that no sugar was added?

Student: Definitely. **Reams:** Aha. Where did the increase come from? What's that? **Student:** Dehydration.

Reams: That's right, a decrease in the steam, the moisture, that was taken out, increased it. So, you can have things that are far too sweet for you with no sugar added and it should be diluted down until the Brix are between 10 and 12 for home use. And you'll have your refractometer to evaluate this with.

Also, in fresh fruit you've got one thing to consider, you have a ratio between acid and Brix. Divide a into b , and you'll get your ratio, acid into Brix is the ratio that determines whether it tastes sweet or isn't sweet. If you have a ratio of one to 14, 1 Brix and 14 acid, then, or 10 Brix and 14 acid, it's going to taste tart to you.

Where's you just have it opposite, 14 Brix or even 12 Brix, and a 10 acid, it'll taste slightly sweet to you. But if you have a 1 acid and a 12 Brix, it'll be very, very sweet to you. So it depends on the amount of acid that's in the fruit as to whether or not you know the, whether or not you like it or dislike it, whether it's sweet or sour.

Some people can digest one kind of carbohydrate better than another. That is why people that are diabetics and are not aware of it yet, or have a tendency toward being a diabetic, needs to be in a retreat so they can find out which carbohydrate they can take and which one they cannot take.

Also, when the body is deficient in carbons, it also becomes deficient in vitamin A. Vitamin A and carbons are closely related because carbons in the body determine the amount of body moisture. So, please keep your carbohydrates up in the range where they should be, 1.5, Range A, and the other numbers as near perfect as you can, and your body will get the most mineral from the foods you eat.

Remember I told you that 80% of our food comes from the air. We can only get 20% at the table. 60% of that 80% from the air comes through the lungs. And whenever we have trouble getting enough mineral because of variety of diet, then we find the lungs will be called upon to supply the mineral deficiency. When this happens, the cell dehydrates in the lung, and it is emphysema. So, do not get caught in a vicious circle with a high emphysema and a low calcium. Please keep those things high and prevent it.

Your calories or heat depends on your carbohydrate intake. Most weight on people is gained from foods taken in after 4 o'clock in the afternoon 'til 7 o'clock the next day, because they don't burn it up. The best time to take your carbohydrate diets, in your fruits and your sweets, is early in the morning, with the exception of watermelon. You can take that any time of the day and it will not accumulate in your system.

I had one case, or two cases at least, two or three months apart, one was a 6 weeks old baby, the other was a three and a half year old baby. And it looked like death itself. Both of them, I had them at three months apart. One family didn't know the other, but it looked like a child as near dead as it could possibly be and still live. Both of them, their carbohydrate was dangerously high, dangerously high, up around 10, 9 and 10. The doctors could not give either one insulin because they were too near dead to take it. So, for a week I tried to find one carbohydrate that agreed with these children, or one food. I couldn't find a thing that agreed with them. In the meantime, I was not using any white sugar. At the end of the week I told the mother, there's no hope for your child. It's going to die. You just well as follow the line of least resistance. Give it white sugar and fix its food, and it won't make any difference to the child from which source it comes, and just be patient. The end will be in another few days.

You know, we put that child on white sugar, and 24 hours that sugar had dropped to normal. I had two cases of it, three months apart, and both of them identical. But these two children could not take anything but, but the white sugar. And, both of them are big children now, this was five or six years ago when this

happened. And they're doing well. I hear from the families once or twice a year and just doing fine.

So, you know, a lot of people are down on that which they're not up on. Most people decides to become active in the health field, looks like a good ship to get on. Well, the first thing they do, they get down on this and down on that, and they become an expert because they're down on white sugar, white flour, and coffee. They are really an authority. They know all the answers without any numbers. You're not in competition with those people. Pray for them that they will continue to study to know more and more about diet, until they can become very valuable to the human race.

Dan Skow: Tell me a little more about making V-8 juice. **Reams:** Yes, about how to make V-8 juice. Yes, the main stable factor in V-8 juice is juice from good tomatoes, possibly canning tomatoes, the juice from good tomatoes. Then you add about 10% carrot juice, 10% apple juice, 5% pineapple juice, **Dan Skow:** And the spices. **Reams:** I'll explain that. One more juice. The other is about 5% cranberry juice, and 2 or 3% of pomegranate juice. It's not all made like that but originally it was. **To Dan Skow:** What juice did you say? **Dan Skow:** hmm? **Reams:** other said. **Dan Skow:** oh, you have some spices you had left. **Reams:** Oh, yeah, some spices. Generally they add a little bit of lemon juice to it, very small amount, a little bit of Karo syrup, the white Karo syrup. They add also some extract of clove, and that's about it. **Dan Skow:** Did you about canning tomatoes? **Reams:** Huh? **Dan Skow:** Did you say anything about canning tomatoes, you know what

Reams: Also, I'll tell you something about canning tomatoes. Actually, tomatoes, to make tomato juice at its best is to get red, ripe tomatoes off of highly mineralized soil, in canning tomato that really tastes good, and in a blender, you may put the whole tomato and chop it up and freeze it. Or you may put it in the Ziploc bag with a little bit of moisture in the bag so it will freeze and freeze the ripe tomato whole in the freezer, then take it out and put it in the blender, and blend it. And it's the best tomato juice you've ever tasted in your life. If it's highly mineralized when you put it in, it's all right to blend it first and then put it in or, to put it in whole and blend it when it comes out. It's absolutely, fabulously delicious!

Dan Skow: Tell them about the skin lift off. **Reams:** Yeah, oh yes. The skin of the tomato, you dip it in boiling hot water, about one and a half minutes, and lift it out, and the skin comes off of the tomato. If you don't do that, it'll be very difficult to squeeze the juice out without having pieces of pulp in it like rags. It's also a good idea to add a little salt to that when you use this formula that I've just given you.

Dan Skow: Question over here, Dr. Reams. **Reams:** Yes? **Student:** What was the proportion of the tomatoes in the V-8 juice? **Reams:** About 70%.

Student: If you ran out of space and you've got lots of tomatoes to can. Is it how, explain about like raw putting the tomatoes whole in a jar and making the tomato inside a liquid then. Is that acceptable? **Reams:** Yes, that is.

Dan Skow: People add celery to it. **Reams:** Oh, you can add celery to it, but personally, my experience in adding celery to it, the celery seems to get stronger and stronger, and the tomato juice seems to get weaker and weaker after it's been frozen for awhile.

Dan Skow: When, if the mineralization of this thing had worked, what numbers range would you use it in in other words? **Reams:** Oh yes, tomato juice made from high quality sweet tomatoes can be used in Range A, B, and C, and very lightly in D and E. Another thing that they often use in V-8 juice is a little bit of cinnamon. I forgot to tell you to add a little cinnamon in V-8 juice many times, and a little salt. Yes?

Student: I was looking if you use any green peppers? **Reams:** It's seldom do they use green pepper in juice at all. It creates too much gas in most people.

Student: Ready for break? **Reams:** Yes, it is time for a break.

Student: When preparing those tomatoes, do you have to cut any part out in the top of the stem? Do you take more than just the stem off? **Reams:** We're just cutting the stem out, just the top stem and the burr at the top.

Dan Skow: Question back there. **Student:** When you freeze the tomatoes whole, you cannot burst the former, the skins melt to seeds. It must be. **Reams:** What did he say? **Dan Skow:** When you freeze the tomatoes whole, you don't take the skins. **Reams:** No, no, you do not take the skin off if you're going to go through the blender. The blender chops the skin up 'til you can't even find it. And if you're putting it in the freezer, the tomatoes whole, you leave the skin on. And it comes out, you puts in the blender to make tomato juice, you can't even find the skin, in a good blender. It's time for a break.

Dan Skow: For the next hour, hour and a half here before we have our evening meal, we're going to be going over condiments. Basil, chives, this type thing, where to use them, when not to use them, if there is an indication based on these, that sheet I passed out to you. And then he's going to also cover herbal teas, when they would be highly suggested and when they would not be highly suggested. That's what we're going to cover for the rest of the afternoon. So, if you're thinking in terms of you've got a particular type of condiment and you'd like to know or have some questions about it, why kind of zero in and keep it confined to that area, if at all possible. Okay? And if he doesn't mention one, let's get the question up here. Okay?

Reams: If I skip one, let me know. In the meantime, I did not mean to pull any fast trick on you this afternoon when I asked, when I asked you, I did not mean to pull anything fast with you when I asked how many wanted to use those and then told you the price. I didn't mean to do anything that would disappoint you or surprise you. But today, with printing at what it is and the amount of labor it

takes to get a newsletter out and in the price of the postal rates to get it there 12 times a year, believe me, it really costs a pretty penny to do it. And also, Mrs. Skow has agreed to sponsor this, but she's a very busy housewife and it means a secretary a good bit of the time in order to put this thing together, proofreading, telephone calls, and everything else. So, anyone that really means business and wishes this kind of help, please see Jerry Freedenstein about how you wish to pay for it. Okay? And he's been told to do this but it's something that, after you form a club, I believe that we can give you a small commission on each one you sell. And that alone should give you a free one. And it may be that it is possible after we get as many as 500 membership, to supply you with some older copies at actual cost, which would be probably 20, 30, 40 cents apiece, after the 500 copies or a thousand copies. I don't know just what printing is, but for the first thousand it's a whole lot, but after that, it drops quite fast. Then we can give you a chance to buy a few, to hand out to get more members in at a very reasonable rate. But getting started in something like this, it costs a little fortune. And if you never put a newsletter out, you got an experience of something to live for 'til you do.

I want to talk about condiments now. There are some condiments that is a no-no. For people in the C and D and E Range, and one is nutmeg. Nutmeg. Another is the black pepper, the old fashioned black pepper. Now today they call all peppers cayenne pepper, whether it's red or whether it's the old fashioned black pepper. The old fashioned black pepper came from a nut something like a nutmeg and it was ground, and it was very hard and it's got very sharp edges on it. And anyone with a digestive problem, it simply caused hemorrhaging, especially people with a problem in the lower colon. So, I'm kind of puzzled how to say it without diagnosing, and that'll be rude, a crude, well a pain in the rear end. You know what I mean? Bleeding. Now I haven't diagnosed anything. I could call it by its medical name hemorrhoids, but I was trying to avoid that because I'd be diagnosing, you see. So, another thing to avoid in that case is popcorn, nutmeg, black pepper, and popcorn, and all nuts of any kind, all nuts but not nut milk. But nuts of all kinds. People with that kind of a problem, a pain in the rear end, is a no-no. Now, if you do not have that problem, then you may have these things if you like and they will not do you any harm, but the small particles will get lodged in the areas where there is a weakness and cause infection. So it's a no-no.

Also, in Ranges B and C, the spearmint or peppermint tea, herb tea, is a very good one. It's very difficult to get, distinguish between your herb teas and your condiments. They're almost the same thing. So I'm going to be dealing with both as we go along, both your herb tea and your condiments. It aids in digesting food.

Also, the people that have problems in sleeping, there's a number of things that you can do, and one is to make a lettuce cocktail in the blender and drink it before going to bed. Put some pineapple juice in the blender and whip up the whole stalk, whole head of lettuce, stem and all, and make it taste good. And it's the opium in the lettuce that'll make you sleep quietly all night.

In the making of soups, there's no end to what we can do in soups with condiments. Well, let's take vegetable soups. Most vegetable soups today should

have vegetable seasoning or a vegetable salt, meaning many different minerals in it, if you use salt in it at all, blackstrap molasses, a little honey, oregano, bay leaves. I do not like bay leaves used as a whole in soups. I have seen too many people get strangled on the leaf, especially those with false teeth. They miss it and it gets stuck over their windpipe, like a plaster, and they almost smother to death, choke to death. It's almost impossible to get out. It may not kill you, but it sure will make you miserable for hours. So I would suggest that you take your bay leaves and boil them down to only an ounce or two of liquid, and then you can add a little, well, bourbon, just enough, about 35% bourbon whiskey and preserve it and it keeps for years. And then just use a few drops of basil in your soups. It makes a good flavor to it, and the bourbon don't hurt it any.

The pickles, in making pickles in which you bring the pickles to a boil, you may use the basil leaves. In the meats that you cook, a teeny bit of sage often helps, sage is an excellent thing to add, and also thyme, T-H-Y-M-E is in meats, also, in most meats, a teeny bit of red wine.

Tape 10 side 2.

Recorder operator: Okay.

Reams: A teeny bit of red wine in most meats will help a lot, but do not use those with fish or on fish but you may drink it while you eat fish, if you like.

Also you have the celery salt. That will add a zing to most gravies, celery salt, and there's another. Chives or minced onion will add some zing to most gravies that you make.

Student: What about dehydrated onions? **Reams:** That's excellent. Dehydrated onion is one of the condiments.

Cinnamon is excellent on squashes when it's cooked. And these that I've just mentioned may be used in most any range. Cinnamon is very good used on the cooking of squashes. Also, sometimes a little bit of cinnamon is excellent in soup. But don't put enough to taste, just enough to give it a little zing, but not enough to taste or smell. It's also excellent used on candied sweet potatoes, in cooking the sweet potato and then putting honey over the top and then, then add some wheat germ, and we'll add the wheat germ first and then the honey, and then add the, add a little cinnamon to it, and it really makes a very fine candied sweet potato after it's baked in the oven for awhile.

Horseradish is an excellent source of condiment. I want to give you a number that are to be used with meats or fish. There's horseradish mustard, hot peppers, fresh green hot peppers or the powdered or the dry peppers powdered, those are excellent things to be used in the preparation of meat, as well as minced onion or dried onion or chives, also, papaya, papaya powder. And also one thing that is a must in preparing meats is meat tenderizer. It comes from a papaya plant pectin and it tenderizes meat. What it happens, it causes the meat to give up the moisture equally. And it's almost impossible to use too much of it.

Student: Question. **Reams:** Yes? **Student:** When you were talking about the gravy, you mentioned something about the fish. What was that? **Reams:** Fish, I said there was something you don't use on fish. Red wine, you do not use on fish. You may drink it as you eat fish, but don't put it on fish. It ruins the flavor of both of them.

Most people do not eat enough mustard, which makes vitamin C available to you, and can be used in any range in small amounts. It can even be made into a plaster and put on your chest in order to make vitamin C available to you. Horseradish and mustard, green hot peppers, hot pepper skin, Tabasco sauce, is all rich in benzene. Also, the hot peppers is excellent on vegetables like turnips, mustard, green beans, lima beans, mixed vegetables. It's excellent, and most people do not use enough of the hot sauces on the vegetables.

Then there is, there is cloves. Clove also may be used in making pickles, maybe in making your pies, especially your mince pies. Cloves and, what's the other, very similar to clove? **Student:** Ginger? **Reams:** No, clove and a, looks something like a clove, it's a round bead.

Basil is excellent in soups, also in meats. Basil is excellent used in each. Dill is excellent in pickles. Use your dill in the making of your pickles and your relishes. What are some other condiments I haven't touched on?

Student: Jalapeno Peppers. **Reams:** Yeah. Yes, the hot peppers, either raw or dried, whipped up into a relish or as a dry powder, those are excellent sources of food and also as a regulator for your blood chemistry.

Blackstrap molasses is rich in iron, and it builds the liver. It should be used freely in cooking, but never enough to taste. And there are many, many herb teas. Now, the nettle tea – yes?

Student: What about cardamom? **Reams:** What's that? **Student:** Cardamom. **Dan Skow:** Cardamom. **Reams:** I don't know. I'm not familiar with that one. I'm not familiar with that one. Yes?

Student: Jellies and jams, do they have any place in condiments at all? **Reams:** Yes. We're going to take up jellies and jams tomorrow. Yes. Yes?

Student: When you say those items are blood regulators, what do you mean by that? **Reams:** Helps to build blood cells. There's all kind of blood, not cell, but blood mineral. Blood actually doesn't have cells. It has what? **Students:** Corpuscles. **Reams:** Corpuscles. You remembered that. That's good. I'm proud of you. I'm going to keep you.

Nettle tea, nettle tea is also excellent in making vitamin C available to you in vast amounts. It does not have much vitamin C in it, but it is terrifically high in a catalyst that makes vitamin C available to you.

Dan Skow: Mint tea. **Reams:** Yes, mint tea is excellent in so many things, gravies, meat, but it is especially good with lamb. It's also good to add a little bit of it in making up the barbecue sauce especially, just a little bit in that goes a long

way. I know what I was thinking just a moment ago, catnip tea makes you sleepy. It's called "Sleepytime Tea", catnip.

Pero. P-E-R-O is a substitute for coffee, made out of various grains and one of the best substitutes for coffee that I know. Pero. P-E-R-O.

Student: What about the Postum? **Reams:** Postum is also very good. Postum. What's some of the herbs?

Dan Skow: Comfrey. **Reams:** Comfrey tea, yes, comfrey and alfalfa tea is to be used wherein the carbohydrate reading is 5.50 or above, regardless of the range they're in, unsweetened.

There is also a lemon peel that you buy, which is excellent to add into a bunch of things, especially icings for cake or cookies.

It's ginger. Ginger can be used in many different ways, to make the gingerbread cookies, to make the ginger cake, or to be put into your bath water. A rounded teaspoonful of ginger in your bath water really gives you some zing and vim, vigor, and vitality. Ginger. You know what it did to the dough, and it made the gingerbread man so active. Well, it'll kind of do the same thing for you.

There's also spinach extract that you buy, which is very rich in chlorophyll. And then you can buy the liquid chlorophyll, which is excellent to be added to most any soup. But if you're not careful, you'll come up with a green soup, which there's nothing wrong with it, except most people don't like to eat soup that's colored green. **Dan Skow:** Question back there. **Reams:** Yes?

Student: Is there good and bad chlorophylls on the market or are they all the same? **Reams:** No, they're different, but I haven't found any bad one. I haven't found any bad ones, some are stronger than others.

Student: How long do they keep? **Reams:** I don't know. Yes?

Student: What about red star captive paprika? **Reams:** Paprika, that is an excellent thing to use. We use that on most everything like we do, like we use, that one we use so much on practically everything. Whenever we use All Spice, we use paprika.

Vanilla flavoring, I advise you to use the old-fashioned one with 35%, I suggest that you use the, what was the subject I just talked? **Dan Skow:** Vanilla.

Reams: Vanilla, pure, the one with 35% alcohol. You only use a few drops of it, but it gives everything a zing.

There's also lemon, orange, all kind of flavoring.

Also there's a drink called papaya drink. They have a concentrate and they also have a papaya juice, both of those are excellent, excellent in people who have digestive problems.

There's also grated orange peel, fresh orange peel can often be added to your jams and jellies, or to sauces that you make and give them an extra zing. You just grate some orange peel right off of an orange. In that case, you don't have to

take the citric acid out, but if you're going to chew the skin I advise you to take it out. Yes?

Student: Did you mention lemon peel today at all? **Reams:** Yes. Lemon peel is excellent just for flavoring, for flavoring, yes.

Student: What about maybe coconut in cooking? **Reams:** Coconut is excellent in cooking, especially in nut milk, it is excellent. So is the coconut oil, providing you can get it fresh. It melts at room temperature and when it gets stagnant, it tastes like soap.

Student: What about the coconut milk from a fresh coconut? **Reams:** Well, you've asked a very wide question there. If it's just come off of the tree, it's excellent if the coconut's ripe. But if the coconut gets very old, sometime the milk gets very strong, and it's not palatable. But, yet many times the coconut meat is delicious.

Also there's maple flavoring, maple flavor called mapleline. And if you don't watch when you buy maple syrup, unless it says pure maple syrup, and watch out that that's not a trade name, they take two cups of white sugar, one cup of water and they dissolve that white sugar in that two cups of water and then they add one level teaspoonful of mapleline. And you have a maple syrup that's very good, tastes like it, looks like it, pan like it, and it would be a little bit difficult in a laboratory to say which is which. But if you have a sugar problem and your tests are 5.50 or above, that is a no-no, but maple syrup, a little bit occasionally is not.

Chocolate is always a no-no. Yes?

Student: Would the opposite be true if someone reacts to, **Another student:** no, I said may affect like that, **Resume 1st student:** if someone reacts to maple syrup in using this kind of effect go by the numbers? **Reams:** That's right, then go by the numbers.

Also, in your condiments, there is maybe a hundred of them all together. Learn to use them and use them wisely, and it will improve your cooking terrifically. Most housewives do not know how to use over six condiments, including ginger, vanilla flavoring, and so forth. They do not know how to use the condiments. It is excellent when used properly. **Dan Skow:** Question over there. **Reams:** Yes?

Student: Did you say anything about carob? **Reams:** About what? **Student:** Did you say anything about carob? **Reams:** Carob, actually, is a subs of St. John's bread, made from the locust tree bean, made from the locust bean. And I haven't found many cases that people that had a kidney problem where it did not aggravate the problem. It is a good substitute, though, for chocolate milk occasionally, but I would not advise it to be kept up all the time. It tastes like chocolate, looks like chocolate, but it has a very fine powder that seems to plug up the capillaries in our blood stream. Yes? Yes? **Student:** I have no question.

Reams: Are there any more condiments I haven't covered? There's a bunch of them, just help me remember them.

There's also sour weed condiment. It's called sour weed, and it's very, very good. There's also a dandelion condiment that's very good, rich in chlorophyll. Those are mostly for meats and soups.

Cloves is excellent but before you ever do anything with a clove, you ought to just take two or three of them and just put them in your mouth and chew them up. And then you'll know where they fit mostly.

Student: What kind of tea you would advise for the D and E range? **Reams:** What kind of tea would I, for D and E Range? Well, I would use the, this is tea you said now. In the D and E range, they could easily be a diabetic, so you have to be very careful about some of the things you use there in that range in teas. But one is catnip you could use very well, **Student:** Catnip. **Reams:** catnip, yes. Another is Sleepy time Tea, another is, **Dan Skow:** What about peppermint or spearmint? **Reams:** Well, it's best in C and B, it's to speed up digestion. Nettle tea would be fine in that realm, nettle tea, nettle tea. **Student:** Comfrey? **Reams:** Comfrey, providing they were diabetic, but if they have low blood sugar, no. They could be in D and E with low blood sugar, either is strange. Yes?

Student: Could you juice these nettles like spinach something like that on your blood? **Reams:** I don't know. They sure burn you if you touch them, they really burn. **Student:** Well colomar, it takes two different parts.

Reams: Even so, you have your cornstarch. That is used very excellently in thickening most any kind of fruit juice or what not, then your pie.

And then you also have arrowroot. That is excellent in making cookies and in flavoring cookies, and it's also an excellent thing for babies to eat, in milk a little flavoring of the arrowroot. Cookies is excellent.

Of course, then, you have the cheeses. When about everything else fails to constipate you, then I would suggest using cheese. But if you're in the D and E range, it is a must. You must use cheese, especially the cheddar cheese. There are few people that cheese does not constipate. Therefore, you may eat it.

Another thing that I consider a condiment that is a no-no for children until they're eight years old is nut butters. Do not give children nut butters until they're eight years old because they cannot digest it. Peanut butter, when everything else fails to constipate you, you eat peanut butter and it will surely work. If you're in D and E, it's a no-no [no-no for children, but ok for adults in D and E]. **Student:** Question that. **Reams:** Yes?

Student: Do you know about Jason Winters Tea? **Reams:** Yes. **Student:** Is it any good? **Reams:** A lot of people swear by it. It's very good. I understand that it's done a lot of people a lot of good. It's worth a trial in any range. Yes?

Student: Is in fact that peanut butter, if you make a butter, a nut butter out of boiled peanuts, then we can take it right? **Reams:** For adults, yes. **Student:** Even for children under eight? **Reams:** Eight years, no, only eight years and above. The only way children can have peanuts under eight is to boil the peanuts until they're soft. **Student:** And then if you made, blended that up into a butter,

then that would be acceptable? **Reams:** Yes. Well, actually, you can hardly call it a butter. I'd call it a spread, call it a spread. Yes?

Student: What about chamomile? **Reams:** Chamomile is an excellent tea. It's a Sleepy time Tea. It's to help you sleep at night. Chamomile is an excellent tea.

Student: Let's go back to the peanut butter. Is there any advantage in raw peanuts where you eat ground peanuts? **Reams:** I don't think so. They're not quite as hard, but it takes about the same strength gastric juice to digest them. Yes?

Student: Did you say nut butters are a no-no for D and E? **Reams:** Nut butters are a yes-yes for D and E. **Student:** Not for children less than eight. **Reams:** Right.

Student: So does that mean that nuts can be taken by people who are, who have Range D and E, but not for one in the Range B and C? **Reams:** That's right.

There are teas that are excellent, excellent to take because every herb is rich in a different mineral, and you get a lot of mineral in homeopathic or naturopathic doses in your herb teas. So, never, never, never neglect your herb teas. They are excellent, and most people do not like to drink them. We have, we grow a bit of our own herbs, like peppermint and spearmint. We grow that. It grows bountifully.

Then there's watermelon seed tea. I haven't mentioned that one. That was for any urinary tract problem, that is when the kidneys are not turning out enough water, or you have kidney stone or what not.

If people, also you might take in here olive oil. Olive oil is at its best in any place you can use sunflower oil or corn oil. It's a very easy oil to digest. Olive oil that is good is tasteless and odorless, like the other oils. The oil that is best for making your salad dressings is the sesame oil. It makes very excellent, excellent salad dressings.

Also yogurt, mixed with mayonnaise, makes an excellent salad dressing. And in this salad dressing, by all means add a few chives, some of your powdered condiments like paprika, minced onion and so forth. It is excellent.

Dan Skow: Something like kelp in there too? **Reams:** Kelp is very high in salt and iodine. Yes, you may put some in, but my advice is to stay away from sea salt. It is a no-no for all people in all ranges. Sea salt. It contains seven different kinds of salt, and if one of them doesn't get you, the other six will.

Tape 11 side 1.

Reams: Okay, let's do lower. **Recorder operator:** Okay.

Reams: Chaparral is an excellent tea. It's a mild laxative and it makes vitamin C available to you.

There's also a yellow root tea, which is a blood purifier. It's high in sulfur but it is a no-no in D and E. It makes your body too acid. It is a yes-yes in Range B and C.

Dan Skow: And Goldenseal tea. **Reams:** Goldenseal is also the same. Goldenseal is a yes-yes in B and C, and a no-no in D and E. Yes?

Student: Did you say yellow root tea? **Reams:** Yes.

Then there's artichoke powder. Artichoke powder is excellent in seasoning of soups. It's excellent.

Also, I suggest in the making of soup that you save each year your nasturtium seeds. They are excellent in soup. Nasturtium seed is excellent. Yes?

Student: Honeycomb good to chew, regurgitate? **Reams:** Yes, honeycomb is good to chew providing you don't have dentures that it sticks to and you can't get your mouth closed or open, and you have to go to a dentist to get him to pry your mouth open. But it's also people with ulcers, peptic ulcers or duodenal ulcers or other kind of ulcers, it is one of the finest things if you chew it to a milk and that you can use on ulcers or burning stomach. I'm not saying anyone has an ulcer, but if they have burning in their stomach, it's one of the finest things they can use. Yes?

Student: So this honeycomb, you don't necessarily have to pay much attention to the carbohydrate range? **Reams:** Oh, yes, you have to watch that very closely. A lot of times the carbohydrates is too high, and they're highly allergic to the honey because it cuts off the supply of insulin. Then we wash the honey out of it and just give them the wax. Yes?

Student: What was the yellow root tea high in? **Reams:** Sulfur. It's a no-no for D and E range.

Student: Also goldenseal? **Reams:** Yes, also goldenseal.

Ginseng. Ginseng is a laxative. It is almost a must for people in B and C range, and in many cases with people with advanced cancer that they know about, it is many times very beneficial. Then you also have your B17, B15. That is made from powdered kernels of peaches, apricots, prune seed, the kernel of it, and even found in nuts, Brazil nuts, pecans, and so forth, but in lesser amounts. We're going to show you tomorrow how to make B17, so that you can build, make your own everyday if you like, where you can have 2500 mg per eight ounce glass.

Dan Skow: What time do you want to eat? 5 or after 5? **Reams:** Anytime, that's fine. **Dan Skow:** Okay, let's call early.

Dan Skow: Is there any more questions on the condiments that you can think of? Yes? **Student:** I use summer savory that's in the beans and it does something to keep your gas from forming. Do you know what action that is?

Reams: Yes. The question is she uses a substance that decreases the gas in beans. It's probably a base of bicarbonate of soda, possibly some citric acid added

to it, and that causes the bean to digest slower and it doesn't form the gas. The quicker the bean digests, the more gas it forms. Yes?

Student: Got Chili powder. Who's going to risk it? **Reams:** Chili is an excellent, excellent mineralized condiment. And of course you know how to use the chili powders, but it can be used in any range.

Student: Is it diverse? **Reams:** Similarly it can be used in any meats on soups that have meats in it.

Dan Skow: Give them a recipe on how to make something equivalent to Tabasco sauce from your garden. **Reams:** Yes. Okay, how to make Tabasco sauce from your garden. There's a number of ways it can be done. You can take any of the hot peppers and I think you add lemon juice instead of vinegar. Put them in the blender and blend them up. Add some honey, blackstrap molasses, some All Spice, some cloves, what's the one so hot, that flavor? I mentioned it a few minutes ago, little round one. Clove is the round one. What's the other one, it looks like a turtle's foot. Anyway, bring it to a boil for 30 minutes, put it in a bottle and you have a hot sauce to be used on beans, turnip greens, any leafy vegetable that's cooked. And it's delicious, absolutely delicious.

Dan Skow: Did everyone get that now? **Student:** No, can you repeat that please? **Dan Skow:** Right, do you want to zip for everybody? **Reams:** Any hot pepper that you have growing in the garden, put some lemon juice in the blender and whip it up. **Dan Skow:** Hold it up. Does everyone got that far now? A variety of peppers from the garden, okay, hot peppers. **Reams:** Hot ones, the hot ones. **Dan Skow:** Put them in a blender, add lemon juice. In other words you're going to purée or blend them down to a good consistency. Okay? **Reams:** Add some honey, blackstrap molasses. Yes? **Student:** Can you use a little garlic in that too? **Reams:** Garlic is a no-no, unless that you know it's for individuals. Do not put it in food that everybody's supposed to eat. **Dan Skow:** Does everyone got the peppers, the lemon juice, the blackstrap molasses, and the honey? Okay. **Reams:** Cloves, yes. **Reams:** What's those little things I had the name of a few minutes ago? **Dan Skow:** Can't say I remember. **Reams:** You can use a tiny bit of dill, too. Honey, blackstrap molasses, paprika, a trace of tomato juice, and boil it for 30 minutes. Put it in a bottle and shake it up.

Here's another thing you can do. I'll give you another very short, quick, fast remedy. Take tomato juice, squeezed and strained, fresh, ripe tomato juice. Add horseradish, put it in a small bottle, shake it up. And you've got a hot, hot sauce. In fact, if you don't believe in hell, after using it, a few drops, you'll be a convert because it is hot. Yes?

Student: Do you use that on meat or what not? **Reams:** Vegetables. You can use it on meat if you want to. It'll cook it again. **Dan Skow:** Question here. **Reams:** That's the one to use whenever somebody comes that you don't like and wish to never see again. Yes?

Student: Curry powder. **Reams:** Curry powder, so many things it can be used in, practically all meats, all soups. It can be use in certain dressings that you

make, especially in stuffing for Christmas turkey or chicken or any stuffing curry powder will fit in.

Student: Saffron. **Reams:** Saffron, any fruit cakes or cakes that you make, especially with nuts and citron and so forth, it is excellent. Yes?

Student: Going on back to your cheeses, and you talked about cheddar and such, I'm wondering and you fact that seventy seven, I'm wondering if, does cottage cheese and the go get and farmer cheese also fall into that category?

Reams: No. Cottage cheese does not fall in that realm. It falls into the realm of yogurt, and can be taken in most any range wherein that the body is alkaline, C and B, it may be taken. But if their in, I beg your pardon B and C. But D and E is too acid for. Cottage cheese is too acid for. Now, another thing, if you really want to get stopped up, you're at already C and B, you want to take some macaroni made from wheat, or spaghetti, and make a cheese casserole with cheddar cheese and all the good herbs that you can add to it. And believe me, you'll be stopped up. You do that for dinner and have some peanut butter for supper and dry cereal for breakfast, and then wonder why you can't go. Miserable, lips poked out expecting somebody to step on them, crabby, short fuse, on top of that, you didn't take your calcium tablets and your blood sugar runs too low, and if you should die, you wouldn't have enough friends to bury you. [Laugh] And wonder why you have such a bad time. Then you need a colonic, you forgot to eat your pear. You didn't drink enough water. You're so stopped up, you didn't have any room for it.

Dan Skow: Any more questions now on condiments and herbal teas? If you think of some during the night, bring them up in the morning. Next one we cover green beans. Use of them. **Reams:** Tomorrow morning. **Dan Skow:** Okay, we'll do that in the morning. Okay, this is going to be it for today. We're going to proceed to get our meal ready, it's five o'clock. Now, tomorrow, here's what we're going to talk about. So I want you to be thinking about some questions and stuff. One is green drinks, because we've got a whole list here now. I sat over here and got it worked out. So if you have any questions about green drinks, what to put in them, how to put them together, what not to do, that's going to be one thing. Nut milks are going to be discussed. **Reams:** And made.

Dan Skow: And made, okay? Breadless sandwiches, some of you may not be familiar with that, but that's a whole area. You have some pretty unique ideas of that. Everybody's wondering what are going to have, or something for lunches or this type thing, and he's done some very unique things in making breadless sandwiches. So he's going to tell us about that, okay? Candies for children as well as adults, jams and jellies. I would appreciate if you would think of these things or something so when we, you can think of some questions ahead of time. I'm trying to get us something. Ice cream preparation, how to make a good ice cream, okay? Jell-O's, I guess we covered a little on that, we might cover a little more on that, different varieties and this type thing. Soups, think of some things in there you might want to know about. He's got a basil soup where you make a base stock soup, then after that you add different things to make it a different kind. Yes?

Student: Are you going to talk about different types with almond spiriment?

Reams: Yes. **Dan Skow:** And we'll deal that a lot with the nut milks and that area there, okay?

Now, there's another one, vegetable cheeses, making vegetable cheeses, we'll be going through tomorrow.

Pies, preparation and this type thing, some things about pies and what might be all right and what's not so good.

Cookies. And a kind of a general topic you might want to bring up is foods you don't like. Okay. **Reams:** That's a very interesting one.

Dan Skow: The reason I mention this now is to give you what we're going to be covering tomorrow, and you know what we've covered up to now, so if you have a particular area that you don't feel has been covered or you want to know something about, you can be thinking about some of them, questions can come up tomorrow. Okay? Now, is there any questions?

Tonight, Mrs. Poke's is going to begin with her Vita Mix machine and have a couple of demonstrations with the use of that piece of equipment. Dr. Reams happens to use that piece of equipment quite extensively, especially when there's unhealthy people in the house. **Reams:** I think I sold 10,000 of them for them.

Dan Skow: Because, I don't whether you've gathered this or not, if you're not feeling well, in other words you chop the food up more. In other words, and one way of looking at it, the sicker you get, the more you chop the food up, so it's easier to digest. That's just a concept or a principle, in other words. So you can eat it in a chunk. If you're not feeling so good, you can chop it up in smaller pieces and finally you get it down to a cream style or equivalent to a fine powder, that ratio. You just got to keep that in mind. So the sicker you get, the more you've got to chop the food up.

For instance, the salad. Everybody says, you know, you go to a health food convention and all of this stuff and you hear about how wonderful salads are. Well, salads for some people are terrible. And all you have to do then is keep this principle in mind, if the person's weak, if he's in D and E range, pretty bad. You just put the salad, instead of serving the salad like you normally would serve it, here you put it in a blender and purée that thing down to a liquid, and then give them the salad. Put the dressing right into it, then drink it. Okay? Do you get the concept and the idea? Otherwise, the salad's worthless to the person, it just goes right on through. Okay?

Oh, some of you asked about the salad dressing we had for dinner. That was one half, I should have had you come up here, Eugene. You come up here. By golly, you tell them how you made it. We'll get you in on the thing, too, here. **Eugene**

Reams: It was 50% of your Kraft Mayonnaise. **Dan Skow:** Tell them specific kinds and stuff. **Eugene Reams:** Kraft, and today it was 50% plain yogurt. But you can either use plain yogurt or buttermilk, it doesn't make any difference, or you can mix them. And then you season it, today's had a seasoning of, it was one

Cup of mayonnaise, one Cup of, not one cup, it was two Cups each of, it was a pint of mayonnaise, a pint of plain yogurt with a level Tablespoon of paprika, thyme, and basil, a level teaspoon of each one of those three. If you have a garden, you have fresh carrots, you can take the carrot tops and mince them very fine, and per cup, you can put two rather heaping Tablespoons of minced carrot tops. And it makes it very, very good. We didn't have any carrot tops today, so we went without it.

Dan Skow: Any questions now? **Student:** One teaspoon of what? **Eugene Reams:** One Tablespoon each of those three herbs that I mentioned. **Student:** Okay, what were the names of the herbs? **Eugene Reams:** Thyme, paprika, and basil, one level Tablespoon of each.

Reams: Good morning. I've been stressing the last few days cleansing the temple by being obedient to God about the clean and unclean meats, the fat, and the blood. I do not believe, nor either is it said in the Bible, that eating of the unclean meats or the fats or the blood will keep you out of heaven. It will get you to where you're going a lot quicker and a more hazardous trip, a lot more suffering, and so forth. It will also be a bad example for others that are watching you. It will also affect your faith, your thinking, your outlook on life, your friendship with others, and so forth. It'll put you in a position that you will have a tendency to be God's assistant judge of others. God has never appointed anyone as his assistant to judge anyone. Be not guilty of judging another. I had a field one time in which I had a lot of nut grass. And I bought some hogs and put them in that field of nut grass, to get the nut grass out of the field. And I don't know whether you know what it is or not, but if you ever try to get it out of a field, you will know because it is very difficult to get out. But hogs can get the last nut of it out. It has one nut down on the bottom that just keeps sending out stole after stole after stole and some of them are as deep as 18 inches down in the ground. Well, so people that knew that I did not eat pork and did not advocate eating pork told everyone that I was raising hogs to eat, that I was a hypocrite. Well, I raised them to get the nut grass out, and when I got them fed, I sold them to the Egyptians. There's no harm to spoil the Egyptians, so the Jewish people say. If you want to eat pork, why it's available, but I don't think it would ruin you to sell it to somebody, if that's what they wanted.

If you want to live a long, happy life, the recipe for that is in the Bible. It's in the 20th chapter of Exodus, and you will find these words, "Honor thy father and thy mother that thy days may be long upon the earth, which the Lord God giveth thee." I know people that break every rule of health I mean completely, and yet live to be a ripe, old age. And I do not know a biological reason for that to happen, but there is a theological reason, and that is because they honor their father and their mother. If you want to shorten your life, just dishonor your father and your mother and that will shorten your days.

The next thing I want to mention to you is how to be wealthy. He who has good health is wealthy but yet there is a reward beyond good health, and that is to be blessed financially. In the third chapter of Malachi, beginning with verse eight, it

says, you will find these words, Would a man rob God? And the people said, Lord, wherein have we robbed Thee? And the Lord said, "Ye have robbed Me of tithes and offerings. If you will give Me a tithe of your earnings, I will open the windows of heaven and pour out such a great blessing until it cannot be counted. Neither shall the moth or the grasshopper devour your crops."

Now God made that promise to sinners and saints alike. He promised long life to sinners and saints alike, if they would do certain things. Some folks want to ask this question, Am I suppose to tithe my net profit or my gross profit? Which do you want God's blessing on? If you believe that God will give you back the money you tithe, then tithe, but if you don't believe it, don't tithe because you won't get it back. You must believe that God will keep His word, that much is required. God will keep His word if you will keep yours. The tithe should be taken out first. I hear people say, "Well, I never have any money left over to tithe." The devil will see to that. But give your tithe first, right off of the top, and God's blessings will begin to pour in from the most unexpected ways that you can think of.

Many times it's advisable, or sometimes it's advisable to keep your tithe until you can find what God wishes you to do with it, but don't spend it. The devil will see that you get broke when you do this, and you will be tempted to use the tithe money. And if you do, you've lost a blessing. That money is not yours, it belongs to God. It is not for the purpose of building cathedrals, buying busses to get people to church. It's not for the purpose of advertising. It is not for the purpose of building gymnasiums and so forth at the church or through the church. That kind of thing is done with gifts. Tithe, you owe. The money above tithe, about 10%, which is a tithe, is how much you love the Lord, the gifts above the tithe. And through that the church can attend to its insurance, its maintenance, its building new projects, its looking out to its young people and the others that need to be helped. But the tithe is to pay the salary of anyone that is in fulltime gospel work.

If you continue, if you are still short changed and don't have enough money to meet all your bills, don't blame God. Say, "Lord, what have I done to offend you." Give Him everything you've got, everything, and the blessings will start to flow in. So, be benevolent.

Tape 11 side 2.

Be a doer of the word and not a hearer only. Be a constant lifter upper for your neighbors instead of a tearer downer. Be sure to look for the best in everyone. Ignore the uncouth, ignore the ungodly part of an individual, ignore the slang, but pray for the individual that, whose progress is limited by such handicaps.

Today is the last day of our course here. And one thing I'm going to admonish you to do when you go back home is to continue this morning devotion in a little quiet place, where just you and the Lord or your family can gather and worship. And what it will do for you is beyond words. It's also nice to have devotions with your children and grandchildren.

I remember one morning we were having devotion, whenever my children were small, and my baby daughter had just gotten a kitty cat. This was a small kitten. And while we were having that morning devotion, this kitty would climb on the screen and meow and meow and meow to get in. He could hear us and could see us through the screen, and he climbed up on it, but he couldn't get to where we were. So, after we finished our devotion and we knelt down to pray, we started with the youngest child to pray first. So she bowed her head reverently. This is what she said, "Dear Lord, bless my kitty and help him to be a good kitty while we're having devotion." That kitty dropped from the top of the screen to the floor like he'd been shot, like a snap of your finger, and he never said another cheep. Well, that's an answer to prayer, folks. She believes to this day, she knows to this day, to this very day, that God answers prayer.

God answers every prayer, but if you want your prayer answered, do not tell God how to deliver the goods. Just ask Him the things that you need to work with, to help yourself and others, and to be an example. It does not take a college degree, it does not take a high school degree, in order to be a blessing to your community. And those require someone who is patient, someone who turns out the goods, and someone who loves others. The more you love others, the more God will love you, for the same measure God measures love to you. Is it possible? It is possible to love others and your love for others must be great in order for the love of the Lord, or our Father, to measure out love to you. We're like a faucet, we cannot divide with anyone except the overflow. We must love ourselves first and the Lord, and then when we're filled up and running over, the overflow can bless many people. That kind of a condition only comes from, comes from people who obey the laws of health, who obey, get plenty of rest, who are an example, who do not mind being bothered, who are minutemen for God, who give God a few minutes of their life everyday, are people who pray without ceasing. They're people who honor their father and mother. They're people who tithe. They're people who God can trust. And God is searching today for people that He can trust. He needs them for leaders just the same today as He did 2,000 years ago.

Thank you, Father, for being with us in this meeting this morning, guiding us and directing us. Hear our prayer, O Father. May we be found working when You call. Bless this class today and each day that they are, have been here. May they pick up the wee bits of wisdom needed to make them a great leader in their community, and to give You, Father, all of the glory. This I ask in the name of Your lovely Son, Jesus. Amen.

A few days ago I said that there is a difference in diet for black people or dark skinned people over light skinned people. Dark skinned people pick up more energy from the sun and from light than light skinned people. They lack and need more chlorophyll. They need less meats than the white people. They need a cruder diet. They need a higher mineralized diet. And the person that prepares a TV dinner designed as wrong as it is and made for the black people can become as great as the man that made the Chun-King Chinese food, La Choy. So, they need things like turnips, legumes, rutabagas, sweet potatoes, corn, mustard, dry beans more than the green, but they do like the fresh lima beans. They like it very

much. Some of them like coffee, some don't, bread, wheat products, and so forth. So those are the kind of diets that you give colored people, black people, dark skinned people. They do not care a lot for gourmet sweet pies and so forth. They like a little ice cream occasionally, but they're not much on the eating of sweets because their dark skin causes the sweets to turn to more alcohol in their system. And consequently, makes them not afraid of work. In fact they'll lay right down and go to sleep by it. They are not afraid of it at all. So try to give them foods that will bring the best in them out. They also have a tendency to eat pork and some of them are vegetarians. Some of them only eat the clean meats, and they are healthier and happier than most any other of the black people. In India, they do not eat any animal meat at all, well, some of them don't. The Hindus do not eat any meat at all because they are afraid they'll be eating their ancestors. They think their ancestor way back was a cow or horse or maybe a fly or a frog or what not, which is their belief. They have great wisdom in their teaching but a test will not bear out that fact. Up to this point now is there a question about black diets or dark skinned people diet? Yes?

Student: What should they stay away from, high proteins? **Reams:** Well, go by their numbers. You just have to go by their numbers, the same as anyone else. Yes? Yes?

Student: You said that they don't need as much meat? **Reams:** No, they do not need.

I think it would be well at this time to demonstrate how to make a green drink. As soon as some of them come back in and we've got something green, we'll make a green drink. **Helper:** I need to wash the greens first. **Reams:** Okay, well we'll take up another subject and come back to that. **Helper:** Tell me what you want. **Reams:** Spinach, lettuce, Romaine, apple, pineapple juice, celery, those are the things we'll need for. **Helper:** Do you want to wait until after lunch with that? **Reams:** Yes, we can do that. We can wait 'til after lunch for that. **Student:** Doc? **Reams:** Yes?

Student: She talked about ... [unclear] **Reams:** About the same. **Student:** It's a glass of wine? **Reams:** About the same, yes. The darker the skin, the more energy they take up from the sun and the air. **Student:** So that's about ... **Reams:** Yes.

I'm going to talk to you now for quite a little while about preparing foods for freezers. One of the finest things to do is to, when you get home, is to get the book on blanching and burn it. It ruins more foods than any other thing that I know of. Once you dip that food in hot water, it shrinks it a little, but it also opens up the pores of whatever it is that you're blanching so that the vitamin escapes.

Student: What is that called? **Reams:** Blanching, just dipping it in hot water for a few minutes. Then, if you want to prepare food for the table, cook it exactly like you're going to serve it on the table, slowly and cook it just to the right stage that you're going to serve it on the table and freeze it in that stage in pint or quart containers or even in larger containers if you have a large family. And then

whenever you serve it, all you have to do is heat it in a microwave it just takes a few minutes, four or five minutes and it's ready to serve. Or in an oven, just put it in an oven and, or on top of the stove 'til it thaws out, bring it to a boil, and it is absolutely delicious. It tastes like it just come out of the garden. This is also true of beans, green beans, lima beans, lentils, or okra, do not cut either end off of the okra that you freeze and it's best to freeze okra in a Ziploc bag or a bag that can be closed and left closed until you are ready to serve it. Yes?

Student: Do you blanch okra first? **Reams:** No. You cook it done. Cook it well done. Season it with your honey, All Spice, blackstrap molasses, everything just like you were going to serve it on the table and then freeze it. And it is fabulous.

Corn, take it just like it comes from the stalk, the sweet corn or top quality field corn, and take about half the shuck off. Put three to four in Ziploc bags or more if you want larger bags, and put it in the freezer and freeze it solid, no blanching, no cooking, or anything. When it comes out of the freezer, soak it in water for two hours or more. And it will be as full and as bright and also the silk will be gone. And the silk that is under the shuck when it's frozen and you take it out and put the ear of corn under this cold water, it thaws the shuck out real quickly. Peel it, you take a brush and that frozen silk brushes off quickly and easier. It's easier to get it off at that stage than it is any other stage. Is there a question at this point, up to this point?

Also the English peas, shell them and do not cook them or anything. Just leave them whole, and they are delicious. English peas frozen and cooked on top of the stove until they're tender needs very little seasoning. If you follow these rules you won't miss the seasoning of foods at all, unless it's casseroles or stew and onion and that nature. Then, of course, you will need to add the condiments according to the flavoring that you desire in whatever dish you are preparing. Also, fresh green peanuts, boiled until they're soft. Put a little salt in the water, takes about four hours to boil them real tender, the ones that are fully developed. And they are delicious when they are boiled soft. They so satisfy you that you don't care for the meats at all.

Fruits, dry them. There are fruit dryers out on the market that teach you, shows you how to dry fruit. You can dry it in an oven or, if you're out where there's lots of sunshine, you can dry it in the sunshine. Even though there's a lot of flies, you can put certain types of netting over it, so you won't have a fly in any of it.

Student: An officer from the state has said they can not be concentrated in the state. They often try. **Reams:** Well, I wouldn't advocate drying pears anytime if, because we can always buy pears twelve months a year. Yes?

Student: Can you dry blueberries or raspberries? **Reams:** Yes, you can dry blueberries, raspberries, peaches, apples, grapes into raisins. Dries beautifully well. Are there any questions now about preparing food for the table? Yes?

Student: The green beans you should take the ends that pulls off? **Reams:** Yes. Yes. **Student:** But keep them whole? **Reams:** I don't see very many pole

beans growing up in the north, but pole beans are better flavored than the bush beans.

I have not learned any way, yet, to freeze cucumbers, if they're any good, but you can pickle them. You may pickle them.

I want to talk to you awhile about candy, the making of candies. Now, the best way to make candies for home use is to get, well I like the electric grinder, Sears has them, and grind raisins, seedless raisins, grind lemon peel, grind peaches, dried peaches, dried apples, dried apricots, and the nuts. Try to have, try to have the ingredients that you need on hand before you start. Also, fresh coconut adds a lot to it. I take one of the cans that we made, we made it by grinding a number of fruits together, as I just told you. Then, we generally add some powdered milk to it or you can add arrowroot or cornstarch. Then you add enough water to make it moist and then you can eat it at that stage. It would be very well, to blend them according to the flavors you wish, or to add fresh coconut that's been ground also. Blend them in whichever way you like best. For children over eight, you can put the nuts in them. Generally, that's all that is needed to complete the flavored taste desired. But out of the category wherein that it is apt to spoil, it's a good idea to, as soon as you take it out and roll it into pieces, or press it into pieces, or make it into cookies, to put it in the freezer and freeze it. Freeze it. You also may add honey to it. You also may add blackstrap molasses. You also may add the condiments or what not, to make it taste as you desire. And then, after it's frozen solid for a day or two, you may take it out and dip it in carob. And it looks like a chocolate bar, and the children really love it. And it's out of this world! Are there questions about candies now?

You may also use honey grahams. They are also excellent or just the graham cracker. You may just take, for children eight years old and older, take nut butters and some of the dried fruit and make into a nut bar that is absolutely fabulous when it's made into a date bar or a nut bar. You can call them anything that you wish in your state. Whenever you cross state lines, then it is necessary to consider the laws of the state that these commodities are going. Most of the time that information is easy to get from the Department of Agriculture in your state, and they will tell you what is required. Do not use very much white sugar and so forth. I believe we have some strawberries and a pineapple that have a little sweetening on it. Do we have somebody that can bring out a little taste test of a pineapple with the sweetening on it? Do we have somebody to bring the pineapple out? Cut a little piece so each person can have a little bite, just to see what it tastes like? Yes?

Student: Question on mixing all the dried fruit here, something first before you can clean and grind it? **Reams:** No. **Student:** Rot. **Reams:** Right. You can also add carob, ground carob, shredded carob to make an excellent filling for candy. [To helper:] Just cut in little strips and pass it around. We're going to give you a sample of pineapple, just a bite, but I think you'll be surprised at how good our pineapples are from Hawaii.

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Reams: Questions at this stage? Sir? **Student:** Apparently less that natural taste you don't personally baking them last night, now I'll help you. **Reams:** You won't need to bake them, no. **Student:** Going to be frozen right now. **Reams:** Yes. Well, this morning we had prunes soaked for two days in four ounces of fresh lemon juice and 36 ounces of water. It should've had another day to be like fresh prunes almost. They were unusually dry dried prunes when we got them. But, if you'll do that, it'll be an excellent dish and much better than cooked prunes. Also, if you'll get the ones with the seeds in them, these had seeds in them I believe, did they not? It's better with the seeded ones. But still, they need about three days and nights before they'll fill out and they'll keep two or three weeks in your refrigerator and be delicious. Absolutely fabulous to eat! Any questions about? yes?

Student: Why do you prefer the prunes with, with seeds? **Reams:** I prefer the prunes with seeds because it has more vitamin in it. It hasn't been cut or bruised. It's just been dried.

Student: Isn't that true when you put something in the refrigerator, you leave the seeds with the part you eat? **Reams:** That's true, yeah. It be ready in just a moment.

Student: Doc, checking though what about butter, how do you feel about that?

Reams: Well, people in Range A, they can have it. B, C, D, and E, I do not give it to them. That's animal butter I'm speaking about. I do give them vegetable butters.

This morning, I'll also give you the recipe on the cooking of the grits. We cooked the grits yesterday morning, as you were told, I believe we told you how they were cooked. And then we put them in a pan and let them get chilled, so they looked like hash brown potatoes. And then we moved them to another place without satisfied with the service we got after the other places. So we are now establishing a retreat where we can do it like we want, it makes it go. But, if you ever have anything to do with a retreat in the preparation of foods, it's 50% of your success, 50% of your success. Yes?

Student: What is on this pineapple? **Reams:** All that's on this pineapple is a very thin, almost misted, sprinkling of white sugar, that is all, just barely a trace on it. It tastes like it's been saturated, but it was less salt than you would ordinarily use on a tomato, by volume. You put more salt on an ordinary tomato than you would the pineapple. It tastes pretty good? Can you taste the sugar on them? **Student:** Tell me why. **Reams:** No, you taste the pineapple.

Student: How long do you have to put on the sugar on the pineapple? **Reams:** Thirty minutes or more. To mix dried fruit in making of candies is absolutely unlimited. You can just mix them all kind of ways, according to the age to whom they're made in behalf of. Remember this, two pounds of white sugar a year will do an awful lot of pineapples, and won't hurt anybody. It'll do an awful lot. I

would also suggest that many times, after taking the frozen fruits after they've been rolled in the freezer out and dip them in carob and roll them in wheat germ or coconut and they are delicious. Wrap them in aluminum foil, and they are good for months and months and months and they do make something marvelous to take on a trip with you to eat to chew and munch on the first day.

Dan Skow: It was too specific things? **Reams:** Examples is to take raisins, powdered milk, well, in children over eight some peanut butter or nut butter and coconut and you may add a little milk to it, either skim milk or can milk to make it moist. Roll it and freeze it, and then put the carob on it very thin. Dip it quickly and it'll be thin. Dip it two or three times and it'll be very thick. Then, while it's still moist, roll it in coconut or wheat germ or both.

Dan Skow: Generally understand now what, how he's going about that? Okay. I want to try it making so we can pick up on it. The way I understand it here, you take raisins, and you've taken a mixture of powdered milk, the nut butter, and milk and making a moist paste, a little thinner, and then roll your raisins in that, then you roll them in coconut. Is that correct? **Reams:** That's right, when you grind it in a grinder, to make the best of candies. It's excellent year round.

Dan Skow: Then after you grind it in the grinder, then you make it into little balls then isn't it? **Reams:** Balls or patties or cookies or what not, and it's delicious. You can also use sometimes, I recommend using get some ginger crackers and make a flour out of it, finger crumb flour out of it and dip them in that. That gives them a little zing. It's something different. They're excellent when they're prepared like this. We made all of our candies for our children from day one, and when they got started to school, they saw children with bought candy and they were so sure that that candy was so superior to their home candies 'til they traded with the other children. And immediately, you know a child says what he thinks. He say, "You stinker. You gave me your old bad candy for my good candy." They liked the fruit so much better than they did the bought candy. It hurt the feelings of, of course, the child because the child didn't know any difference. And, of course they went home and told their mothers. The mothers called up my wife, "Where do you get that kind of candy that your children got? Where do you get it?" And we gave them the recipes about thousands of times for mothers to make candies so they wouldn't have to buy the mostly white sugar candy. One thing that I noticed in the north that's not in the south is the terrific amount of candy every store has, terrifically high amounts, about 10 or 15 or 20 times more than you'll find in any store in the deep south. They get terrific amount of candy. Well, carbohydrates are all right. In the winter you need more than you do in the summer. It's warmer down there, you don't need so much in the winter. But, I still can't comprehend a community using as much candy as stacked in that store. I've seen a few tons of it stacked in the store, and it's continually being refilled and replaced.

Dan Skow: Can you give one of the candies that's make out of sweet potatoes and be specific? **Reams:** Oh, yes. You can also make candy out of sweet potatoes. You can make it out of squashes. You can make it out of pectin. They

make a delicious, where you simply add coconut, cinnamon, you can also add cracker crumbs, the graham, or the ginger cracker crumbs, or you add the straight ginger, blackstrap molasses, a little honey. Then, it's a good idea to have potato baked and spread this mixture over the potato and rebake them until they're kind of crisp, in sections. Then take them out and roll them in this mixture that you've only used a trace of on the potato before you baked it because in order to get the material to stick to it after you get it baked. So then, as it's baked to a degree of whatever fineness you want or tenderness you want, you take it out and then you add these condiments, carob, arrowroot, graham cracker, and coconut.

Dan Skow: Everyone pick up on that now? Sometimes he suggests to me is you take, bake them. It's important to bake them instead of boiling them and stuff. It brings out the flavor in them a lot better. **Reams:** Yes. **Dan Skow:** And then you can actually mash them into little candy-size pieces. Now if you get good sweet potatoes, now one thing when you buy them, you might to bake one or two and try them. Because now if you get good ones, they're very, very sweet without doing anything else to them. When you get some of them, then you can take and bake them, make sure you bake them slow so that you get the maximum breakdown of your starches, so you get plenty of sugar taste to it. The other one is you could use is the, to check them with a refractometer. I think there's in my little book, there's a level that good sweet potatoes should be. And then you can roll them in coconut when they, in moist. You may have to add a little moisture to them. But if they're good sweet potatoes, you won't have to. **Reams:** That's right. **Dan Skow:** Then you can roll them in coconut and you then set them in a freezer, like a pie pan or cake tray, this type thing or else you can wrap them in cellophane or in Saran Wrap or this type thing and they'll keep for a long, long time. Then you take them out and eat them. **Reams:** You can also use some banana in them, pineapple in them, and when they're frozen they keep beautifully. But the particles should be very, very small that you want to use with that method.

Dan Skow: Would you differentiate between using raisins and? **Reams:** Yes. Oh, yes. On children, if you give them seedless raisins, it should be only seedless, they should be soaked until they're soft. Soak them in the refrigerator in lemon juice, lemon juice the same ratio, four ounces of fresh, the squeezed lemon juice, to 36 ounces of water. And they'll drink it, don't worry. They will drink it. Use your imagination. Throw your mind in gear. See what kind of a concoction you can come up with. **Dan Skow:** One thing in the raisins now, the reason he emphasizes soaking them and I've run into this when I've given talks and talked to families who think that raisins are good for little children, if you watch the stool on most of them they go right on through. **Reams:** Right. **Dan Skow:** And that's why, even when you're making these candies and stuff, it would be best if they're soft and were soaked some, if they're going to be for children under eight years? **Reams:** Six. **Dan Skow:** Under six. **Reams:** Under six, yes. Are there any questions now about candies?

You can also, let me tell you an incident that happened in the south Pacific. Over there, while I was in the hospital after I was injured, I got back to consciousness

but I was paralyzed from the neck down for two years and then four more years before I could walk, but that's neither here nor there. But there was thousands and thousands and thousands of acres of coconuts, two or three feet deep. Anywhere from ten feet wide up the seashore to five miles. And nobody was doing anything with them. So, a lot of the patients could walk around and do things and was wanting something to do. And the nurse had to have a stove in there that was keeping things sterilized on, but she was only using a little part of it and a bunch of it wasn't used, and it was hot, very hot weather. So I asked one of the fellows there one day to bring a gallon can from the kitchen over. I wanted to show him something to do. I could just talk in a whisper. So he did and then I asked for a nail, an 8-penny nail and he brought that. Then I told him to drive that can, take the bottom out and drive that can half full of holes from the inside to the outside. And he did everything I was telling him to do. And then I said, open a coconut and then take it and grate it on this homemade grater that he had. So he did grate it until he had four or five gallons of grated coconut. I went, looked up that coconut grinder – szip-szip-szip, szip-szip-szip-szip [chuckle] for hours and hours and hours. We had plenty of Australian cane sugar. So I had him take the same amount of cane sugar that they have pineapple and put it together, stir it well, and bring it to a boil on the stove for three minutes and then take it off and pour it in the pans about like the grits were poured in this morning. And, about two hours later, you have the most delicious coconut candy you've ever tasted. In about a week, I think there must have been 40,000 cans of coconut being grated and all over that, there was around 40,000 men that had been hurt and wounded in this hospital over there. It covered acres and acres and acres and this is what a lot of them did for recreation.

Dan Skow: You got another one? I've got a couple other of the candies here.

Reams: Well you go ahead.

Dan Skow: Another recipe that I've found that I use a lot when I give demonstrations talks, anyway, that works real good for candy, and that's one, buy rice polishings to flour. That's an excellent, excellent source of B vitamins, broad-spectrum B vitamins, just in general. And then get soy flour and sesame seeds and you wouldn't use the sesame seeds if you're in Range, I think, was it D and E. Now, what I do is use a ratio of three Tablespoons of rice polishings, three Tablespoons of soy flour, and three Tablespoons of sesame seeds. Now you get them together and you stir them in a bowl and then you add corn oil until, I've got to think of a good way to explain how it, until it, it's almost runny. Now you want it so it's actually almost to the thin side. Then when you add honey to it, it'll thicken back again. And you add the amount of honey to your taste buds, in other words, what you like. And then, when you finish that up and the final thing if you want to do, for some of you that are really bent on the health food thing is to roll it in just a little bit of wheat germ.

Student: I think the taste of or Quality of taste after it taste of one. **Dan Skow:** Now this is one you want to make, make and eat, right away. It doesn't seem to keep too well or it dries, what happens, it dries out after it sits for awhile. But if you work with that, you can get that to the point, and what some families do, I

know I learned this from a lady in one of the classes one time, anyway. She has the three bowls sitting out, and the soy flour and the rice polishings and the sesame seeds in the bowl and they just make their own when they come home from school for lunch type thing. And that works out quite well. They can sweeten them, each of them to their own taste that way. But the key is the corn oil is very important anyway so that you eliminate a common American problem. Yes?

Dan Skow: If the other, the sesame seeds, really, if there's a problem of digestion problems, only just leave them out. Just use your soy flour and your rice polishings, and you may take. One way you can beat that game is to take soaked coconut and put in it so it's softened, and put that in place of the sesame seeds, so they can get some digestion out of it. Yes?

Student: Did you say corn oil or corn flour? **Dan Skow:** Corn oil.

Student: Bwana another way that how you hold this of just cannot hold more than one week. If we freeze this you cook anyway? **Dan Skow:** Storage of this product I don't think is too good, from past experience. It just doesn't keep. It should be, when you serve it or have it, anyway, it should be made up and used within, I'd say, 45 minutes, because it has a tendency to dry out. Now is there any other questions on that that the, he's going to take a few minutes here and get the cornbread started on that, so. Purchase the wheat germ, the best thing to do on that is you should purchase that fresh. It goes rancid on you pretty easy. That's one of the difficulties of it. Anybody handling it in the average community across this country unless you're in an isolated area where there's a lot of use of it, it's difficult to buy it fresh because it only lasts so long. And then they've got to throw it out if there isn't a high usage rate in the area, it has a tendency to go rancid pretty fast. It should be refrigerated, but even under refrigeration it doesn't hold up that well.

Dan Skow: What we used to do in this area, the health food store, they have it on, under refrigeration. And we just buy it that way and keep it in the refrigerator. As far as whether you use that, I don't think it's going to make any difference myself. There'll be some people definitely say it does but I don't get that hung up on them things. Yes?

Dan Skow: The question was asked, is there any candy recipes with mint in them. Oh yeah, I'm sure there is. Most these things you can add variety to them. The idea is to get a basic concept of starting out with something. Now one of the things I'm going to mention to you, when you're making vegetables and this type thing, and I think is, when I've been with him in a retreat, I tell you what I observed. He's always got a molasses bottle around. I think we'll see we can't get that down on a news letter, or have on the shopping list of what, what normally he has around. He's always got a bottle of Lawry's Seasoning Salt around, that's a universal thing. Lawry's Seasoning Salt, yeah. It's actually an herbal blend, is what it is, with salt in it. He's always got a bottle of Worcestershire Sauce around. He's always got a bottle of teriyaki sauce around,

and some form of honey, a bottle of All Spice, a jar or whatever you want to call it.

Dan Skow: That's the one that's preferred because it's blended the way he wants it. The allspice in the market is actually a brand name of a specific herb, and it's not a blend of anything. So there's a complete difference. There's a ratio, I don't know, do you have any idea, Pam, how many different herbs are in that? 64?

Student: Okay, I asked him about the garlic and for arthritis okay it's ½ of 1%. Garlic can cause quite a reaction for some folks. **Dan Skow:** Anyway, the reason he uses that for just basic minerals. That goes pretty good on a poached egg, I'll tell you, just a light seasoning. The key is of that you don't use a lot of it, but you use just a little bit of it. Oh, and the other thing you've got to have in the house when you're around him, when you're cooking the stuff, he has a bottle of Tabasco sauce and usually some kind of cooking wine, horseradish, garlic cloves, olive oil, did I mention that one? And of course, there's the universal corn oil bottle around. Now, then there's the specific herbs and spices that you can add to, some of your thyme, paprika, some of them. Them are basic things, and what he does with them, he uses different amounts of them when he makes soups, white sauces, breads. Now the thing about it is he never puts a lot of them in. And when he makes this here, this is what's so difficult to keep up with him, how much of what he puts in something because I sit and watch because he shakes. And when he gets it so it tastes good, well then it's like the cauliflower soup we had the other, or the eggplant soup Monday night. There was a lot of things in that thing, and there was Worcestershire sauce in there, teriyaki sauce in there, a lot of honey and molasses. Oh, then the other thing he always has around too, you've got to have around and that's Pet milk. Or Carnation, the canned condensed kind. That's always a universal thing. And he uses that for color, to counteract the molasses.

Now did he give you any formulas on how to make oatmeal or breakfast cereals? Now, okay. We're going to work on that a little bit and let him rest a little bit, because I know them pretty well. I cook breakfasts.

Okay. I think, well maybe. Okay, fine. Go ahead. Okay. Ah, is there any questions about these specific ones now? The key thing of it is there, now, like a, on the Worcestershire sauce and teriyaki sauce, he uses a lot of that in soups particularly, to add flavor and this type thing is the main thing, but particularly the teriyaki sauce for some of your vegetable kelps and this type thing, your extracts. And he picks up on some of your tissue salts that way. Yes?

Student: I need something frankly on the All Spice. If it's not typed would you find out where to go? **Dan Skow:** No! The allspice you find on the grocery shelf is a specific herb. It's usually a little round berry, you know, if you see it whole. Otherwise you can grind it. It's not a blend, in other words, of anything. He has what he calls, they used to make a product where they used to have what it was true all, what they call All Spice, in other words, it's a variety of different spices blended together in a certain formula.

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Dan Skow: And he's given that to Dr. Manthei, and Dr. Manthei is now making it, and you can purchase it from them. It's called impossible products, in other words, it's impossible to get. Okay? Yes?

Student: You can't buy the All Spice impossible products, from him? They don't sell any products any more? **Another Student:** You can buy it. **Dan Skow:** There, there's a few places you can. There's what they call an all spice blend, but you don't see that up in this part of the country at all that I'm aware of.

Student: That's the one he uses all the time? **Dan Skow:** The one he's using all the time now mainly is the, what he gets is what **Student:** Dr. Manthei's. **Dan Skow:** Dr. Manthei's making. That's what we got up here. We've got a bottle of it. If you want to see the address and stuff on it, well that's where you get it from. **Student:** Thank you. **Dan Skow:** Yeah, the bottle's sitting there on the stove. Yes?

Student: How do rate the Tupelo with other honey like wild ones products? **Dan Skow:** The darker the honey, the stronger the digestive system you need. In other words, if you're in Range A, you can use any kind of honeys. The Tupelo honey, that's the one, that's what he uses for people with joint problems. I think it is. **Student:** Spell it. **Dan Skow:** Tupelo, T-U-P, I think it's -E-L-O. Tupelo, "T." It comes out of Florida, most of it. It's actually the, the honey for the queen bee. It's a little richer in pantothenic acid. Royal jelly I guess is the same. If you notice the darker the color of the honey, unless it's filtered anyway, if it's unfiltered honey and the darker the color there is in it, there's more mineral in it, but for some people they react to it more too. The lighter colored honeys, if they haven't been filtered, are generally a milder taste to them. There's a whole area of honeys, as far as where they come from, you know, what plant they're from, like from alfalfa, red clover, and then you on down the line, any number of them. Anything, questions now about the uses of them, these basic condiment structure? Now they're all variables and I, I wish, I'm going to see if I can get my wife to try to get some specific amounts of what he uses in some things and play around until you get something that tastes pretty good. She's pretty good at that, really. If she isn't, her mother is real good.

Student: She cooks like she does. **Dan Skow:** That's right. That's why it tastes good because she does it until it does taste good. Now, I'm going to give you a basic formula for breakfast cereals, for making hot cereals. **Student:** Oatmeal. **Dan Skow:** Well it doesn't make any difference, it can be oatmeal or any of them. I have it perfected for oatmeal, but you can perfect it for any of the rest of them too. Now, if you're going to start out with the grains that are the whole grains yet, they haven't been rolled or processed in any way, like oat groats, wheat berries, rye berries, this type thing, they haven't been processed, only they've been dehulled, and that's all. Everyone with me now? Now, there's a

basic rule of thumb, it's one part of the cereal to five parts of water. That's basically a fixed rule. One part of the berries or, and then five parts of water, so one cup and five cups if that makes it simpler for you, okay? You soak until tender, that's usually overnight. One way to speed it up is to bring it to a boil and then take it off and leave it set. Now, to that you can add approximately, when you make up a serving for an individual, about, that depends a little bit on how big a bowl too, my wife and I, we don't agree on size bowls, my size and her size are entirely different. But, I don't know, I guess for an average serving, I don't know, I'd say an eight-ounce serving, I don't know what an eight-ounce serving is. I think I usually have 16, I don't know what I make it, whatever the pan fits. I've got a little pan over there, I should show you. Maybe I'll get what I, what I use. This is for me for breakfast. I don't know how much it holds. I never measure either, I just pour in water. Anyway, I usually use about a Tablespoon of corn oil, but for most of you probably about a good teaspoon would be plenty, about an eighth of a teaspoon of molasses. I use one shake of Lawry's Seasoning Salt, five drops of vanilla extract, the good stuff, not some of that cheap imitation stuff, the real thing. This is a formula for one person, that's as close as I can get.

I made this one night at a cooking class here in town, and I had the ladies almost in hysterics. First of all, a lot of them know me as a veterinarian, and they didn't know my other side, I guess. But anyway, and so I started in and I looked over the crowd, well there was 25 people. So this pan's this big, put in this much water, and everybody was just, just, you know, they wanted to know exactly, you know, how many drops, right down to the drop, you know. I don't know, I just pour it in and it looked about right, and you pour the oatmeal in, you know, and you stir. Come out, and they just shook their heads, cause it come out just the way it was supposed to, but it's hard for me to know exact measurements. But I'm trying to put it down and give you a range to start with. Yes?

Student: You said that we soak the things over tonight's leave, okay then what else happens? **Dan Skow:** You leave it in the same water. You know, when you soak them overnight like that, I think all you have to do is when you got, some of the grains are, the drier they are, the longer you've got to soak to get them soft. Then you add your corn oil, molasses, honey, if you want to, or maple syrup. Now when I started out before now, I had one teaspoon of Mazola oil or corn oil, okay, one-eighth a teaspoon of molasses, five drops of vanilla extract, so you get that down. That's for individual eight ounce serving. You got that? Now, to that and one dash of salt, in other words, just one flip quick with the Lawry's Seasoning Salt in the normal size bottles we got around here. And you want, now that's just the simplest formula and you, you warm that, and then you can put, if you prefer, skim milk over it, that's fine. Well, the next thing you want to do is, the best thing you can do is, if you have the time anyways, is to make almond milk and put on it, instead of cow's milk. And that makes it super delicious, it gets quite rich.

Now the almond milk, so you have the milk to serve on it, this isn't the same one we had this morning, this is a different one now. You take blanched almonds, in other words the white ones you buy in the store, Fisher, you know, containers. And the best way to make that milk is to set them in water overnight in the

refrigerator so they soften, because most of you don't have, you're going, otherwise you're going to have to have a Vita Mix to have enough power to grind that down to make a milk now, to make a real milk. Now in that milk, what you do, is you take and you start, what I do is I put it in the blender with the water, and you can do it two or three ways, anyway, but we're going to go through one way, and that is to, you add enough water so you can get it to a paste like consistency in the blender. And then what you do then is you thin it to the consistency of milk. You just keep adding a little water until you get it down to about that consistency. You may have to taste it once in awhile, there's no, there's no hard and core or fast rule in that. I'm just giving you the concept of what you do. Now, to get it to taste just about like milk, then you get the vanilla extract bottle out and somewhere in the area of around a teaspoon or so of that will get you, start to get you the flavor of milk, of what you're used to. And then, you get out the, the honey and the molasses bottle and you work them until you get it to taste like milk and that's you're milk. And you may have to add a little bit of salt. But you can get that sweet and stuff so that it'll be just about like milk. So now, if you like, if you like thick cream on your cereal, you know how to do that now? Just don't put as much water in, okay?

Student: How much almonds?) **Dan Skow:** I start out with one of these, well, it was four ounce packages but now they're two and a half ounce packages. Well, they used to make it four ounce, now they come in two and a half ounce so they can keep the price the same.

Student: Okay, four ounces of almonds will make how much milk? **Dan Skow:** You're probably going to get out of four ounces of almonds, you're probably going to get somewhere near a quart. **Student:** Can you use unravaged? **Dan Skow:** You can use the whole almonds too, but you don't want to use the ones with the skins on. The way you get the skins off is you boil them and then the skin will come off. **Student:** You want them off? **Dan Skow:** The reason is the skins are a bit difficult for the digestive system and they don't grind down to make a nice, white milk. Yes?

Student: Do you make the soybean milk the same way too? **Dan Skow:** Yes. Yes. The question was asked do you make soybean milk the same principle? Essentially yes. Yes?

Reams: How long can that keep? **Dan Skow:** Oh, it'll keep three or four days or more in the refrigerator. In fact, longer than that. I don't have around ever any longer than that, I don't know. Now that formula I gave you on almond milk is quite often used in areas of the world where there's no mother's milk and a child is, you know, they make, they actually make almond milk. And that's what they feed them. They live on that. They don't have the privilege of having some of them other things added to it. It'll sustain lives. Yes, Pam?

Pam: This is also good, but when you've got some left over you put in the freezer and then take them out and thaw to have a little bit, it's like ice cubes in October. **Dan Skow:** I hadn't thought of that one. Sounds good. You can add eggs to it and make ice cream.

Student: So the groats, do you cook it in the same water that you soak it in all night? **Dan Skow:** Okay, now I've got to back up. I got, did we get the whole formula now, your parts of water now, and you added your corn oil, molasses, salt, and vanilla extract, okay? And all you do, is when that stuff is soaked until it's soft anyway, all you do is basically warm it up.

Student: So you in oil today and overnight too? **Dan Skow:** You can do it either way. Now, if you buy old fashioned Quaker oats that's already a rolled oat, I'll tell you how he, how, because you make that different. **Student:** Okay. Wonderful. **Dan Skow:** First thing off is you measure out your measured amount of water, whatever you're going to serve. Then you put the equivalent for making it for four, five people, use the same thing again, I use your teaspoon of corn oil, if there's severe constipation problems, use more corn oil, is all I can tell you. Put your salt in and your vanilla extract in, and then what you do then is that you bring that solution to a boil. It's got to come to a boil, this is very, very important. And then you take your old fashioned Quaker oats and you dump it in then. Now if you dump it in before, you'll have slimy oatmeal. It'll be gooey and sticky, and it'll and just exactly what it does, it sticks to the inside of the colon, so it. And you bring that to a boil and you stir that and you pour your oats in. And when they get in and they get well soaked anyway, you can just set it off, put the lid on the pan, and leave it set for a few minutes, and it'll cook completely through. And you'll have a very delicious item. I haven't found anybody that doesn't like that.

Now, to make some variations of that. One thing is, if you put more molasses in, my boys I have to fool them once in awhile because if they see it's black or dark colored, they obviously won't eat it then. So what you do then is you get the Carnation milk out and then you can make yourself some really rich oatmeal. And you, you pour the Carnation condensed milk in until you get it to the, the proper color you want it. And that works real well and that covers, completely covers up the taste of the molasses. The thing about that is, is you've completely re-mineralized that complete food, that oatmeal. I mean, you've got everything in there when you've done that.

Now, some other things you can do. You can add soaked raisins to it. That's one variety from that basic formula now. Another thing you can do is add soaked almond slivers to it. And boy, I'll tell you, I don't know about, about you, but that really adds something to it to me, for me anyway. And then if you want a, if you want a real one then is it, I've got a friend that's been in the class anyway, he has these Grade A fancy pecans and you can add that to it as a, as a, as a real delicacy when you can get that done. I'll tell you that, that is real eating then! I should bring a few of them down here, they're big. I better not bring them down, they've been there. Now did you get that idea as a, as a basic concept in, you know because what it boils down to is now, I will tell you this here, from my experiences I know for like, you take even Malt-O-Meal that you buy, or Cream of Wheat, and you do that to it, you'll find that it's, that it's far, far better, it may not be according to the book but you can start out that way and then start to train your family to move more in a direction you want to. But if they're used to your Cream of Wheat or Malt-O-Meal or this type thing and you start adding them

things to it, you'd be surprised, you can get by with that pretty good. But warning, one big warning. Go easy on the molasses when you start that, real easy. You want to add that molasses when you get done so you really can't taste it. Now if you happen to get too much molasses in, get out the condensed milk and counteract it fast. Now, is there any questions on the basic concepts of making cereals then, hot cereals?

Student: You read molasses in your list with quarter ounce amounts in. **Dan Skow:** Yeah, eighth of a teaspoon per serving. Now you, you ladies must remember one other thing that I must tell you that men and women taste the same identical food but it tastes completely different to each one. Now men and women are not the same, contrary to popular opinion. To prove the point is, is that, that the taste buds of men have 24 points on them and women have 26. Theirs is a completely different in the ability, how they taste things. This is why there's war in a lot of households because you've got two solutions. Either the man gives up and just finally resigns himself to eating it, or if he takes a stand, the cook leaves, so.

Student: Does mean that the women has better sense of taste than men? **Dan Skow:** No, they just taste things differently. [Chuckle] Most men have lost their sense of taste because they give up on it, because it doesn't do them any good anyway, because she's going to cook it the way she likes it, no matter what, so. **Dan's wife:** Is he talking about me? **Dan Skow:** I wouldn't live long if I did that. **Dan's wife:** I think I missed something. **Reams:** Is the talk about you? **Dan's wife:** Yes, he is and I shouldn't walk with him. Or try to make him vitamin C so I could find out what it was. [Laughter] **Dan Skow:** Now one of the things that, I'll just point out to you that I have done a fair amount of counseling with people on diets. And I'm just going to give you a few little insights of what you can see. I can almost predict what's going on, unfortunately, good or bad after I look at a set of numbers. And that's just suppose you have a husband that's in the E Range or near the E Range and you've got a wife up there in the low, or down in the bottom there, of the C Range. What it really boils down to, it takes an act of God for them to live under the same roof. There is no way they can survive. And you can't believe how many times I've run into that. And I mean, they may be the finest people in the world, but when they're in them two ranges, essentially what they're doing, they're fighting for their life just to survive. And as a result of it, they're fighting with anybody around them. **Student:** Basically, they don't know what's needed. **Dan Skow:** And so, if you're going to be bound and determined, you know, if you're, you're up in the C Range there, low C Range anyway, and he's down there in the E Range or near that, when you get down there you're in bad shape.

Student: Which one do try to help first? [Laughter] **Dan Skow:** There's just absolutely got to be two different meals prepared. That's all there is to it. Two different concepts, it just has to be in order for survival. It's an unfortunate situation. In other words is, in the morning for breakfast, just to give you an example, to get an idea now what we're doing. I'm, I'm maybe try, try to play with a few of these for you, to give you some concepts. Would you serve him

grapefruit juice or grapefruit? Does everyone got that down? Do you get the idea now? What would you serve him? Somebody says prune juice. That's [laughter] the best way, if you want to get rid of him, that's a good way to start. [Laughter continues.] Now we're just limiting ourselves to some kind of a juice now. He's got to have some liquid to drink now for breakfast. What are you going to do with him? What could he have for a fruit or a juice? Somebody says cranberry, I don't think so. Okay. Someone suggested the juices with soda in. Now there's somebody with some real insight now. Because what you could do is you could serve, you could both have grapefruit juice now, but in his you'd have to dump some baking soda in it. You get what we're meaning now, the difference now? Okay. What other juice would you, could you give him without putting the soda in it?

Student: Grape. **Dan Skow:** Grape juice. Okay, there we go, or grapes. Okay? Would you want to use them for yourself? Would grapes or grape juice be acceptable if you were in the low C Range there? Anybody want to take the risk of being wrong or right? In reality, the best I know anyway, grapes can be almost in any range, can't they Don? **Reams:** Oh yes. **Dan Skow:** Okay. I was, I want to make sure, but I think I know pretty well. Okay? Now, he says variety. Now what are we going to do now? We've only got grapes for one morning of the week now. What are we going to do about the next morning?

Student: But then we can choose any juice and put the soda in. **Dan Skow:** That's one thing to do, yes. That's correct, if you're down there in the D and actually E Range. I'm trying to point out to you that there is a difference in what you do about preparing a diet, and this is what really gets me uptight. I'll tell you something. If you go to one of some particular, I'm not going to mention any names. I get in trouble every time I do that, but particular people that make these diets out, you know, and are going to give everybody grapefruit juice. That's one of the latest fads now, you know, for diet, loss, or weight loss, this type thing. If that poor guy is down there in the D and E Range, I'll tell you something, you're just making him meaner than all get out. You're making life really miserable for yourself and him too.

Student: How much soda we put there down into this? **Dan Skow:** A quarter to half teaspoon is generally enough, up to a teaspoon. Basically, what you're doing, the extra will go to the bottom and that soda amount will vary with the type of fruit you buy, so it's hard to tell how much. In other words, the more acid the fruit, the more soda it's going to take. Okay? I'm sorry I can't give a specific because the food's that inconsistent. Yes?

Student: In the E range you wouldn't give them wheat without the facts. **Dan Skow:** Okay. That's now, I'll cover that in just a minute. What about now, just for the juices now? We're just going to have a menu for, now we're going to make a menu now for two different people. I'm trying to drive home a point to make you understand why it's important to know some things. Yes?

Student: What about apple and pineapple juice? **Dan Skow:** The question was asked about apple and pineapple juice. What about the apple juice?

Student: No. **Dan Skow:** You wouldn't use the apple juice down in the D and E Range, for all practical purposes. **Student:** But does soda work? **Dan Skow:** You could with soda but it's less. Probably better off not to go that route.

Student: Question. **Dan Skow:** Someone mentioned fresh carrot juice. I don't think you can rule that out, but I think, he might of needed it, in fact. Why?

Student: If sugar is not too high. **Dan Skow:** Now we're down in the D and E, so sugar's not too high. Dr. Reams, what about peaches? Are they a mild one, they could go either way? **Reams:** They are variable. Some are very acid and some are not.

Dan Skow: In other words, if they're a good, sweetened peach and don't taste too acid, they'd be all right in any range. **Reams:** Oh Yes.

Dan Skow: Okay. That's something you really got to watch out for. Okay?

Student: What about papaya? **Dan Skow:** Papaya? I think that'll fit just about any range. **Reams:** Across that range. **Dan Skow:** Okay? There's one there. In all ranges, okay? Melons, they'll fit just about any range. Pears, there's a good one now. That's a good question to bring up. That's how we're going to get a point driven home here now. Would you feed that person in D and E Range pears?

Students: No! **Dan Skow:** Okay, get the message. You understand now? Pears, what do they do to you?

They cause diarrhea. They can. In other words, they wouldn't be recommended for someone in that range. Now if you were up there in the B and C Range, would a pear be all right? Okay.

Student: There's someplace in the D and E Range, your constipation plays a wellness storm. **Dan Skow:** I would suggest that you not mess with them. They got a real problem. I think they're beyond dietary help. I think they need to see somebody else. Okay? Does anyone have any questions? Now, we're just preparing breakfast now, here know. Any questions now just on what you would serve with having them in the bottom ranges here in D and E versus the B and C Range? In A Range, forget it. Eat what you want to eat. Okay? Yes?

Student: By a general rule, does this mean that D and E range can stay less sour and B and C more sour, or more? **Dan Skow:** To a point, that's correct. Now, to really understand what I just talked about here in the last ten minutes, you need to read my book. I'm putting my commercial in. On pH and energy because that's the whole story and that's the whole name of that book. There's 30 pages of it in there, and that's all you're doing. All you're doing is working opposites constantly. If you're one way, you get the opposite to counteract it.

Tape 13 side 1.

Dan Skow: Now do we have any questions on juices now? Okay. Cereals?

Reams: What is the question? **Dan Skow:** Wait a minute. Yes?

Student: Is there a difference between the fresh squeezed fruit juices and juices you buy in the store? **Dan Skow:** The question's asked, is there any difference

between fresh squeezed fruit juices and juices you buy in the store? You bet. There's a lot of difference, in my opinion. The mineral level won't make much difference. Either it's there or it isn't there. The vitamin level, there is a tremendous difference. Always, it's a rule of thumb. Whatever the fruit is, the first one is, the best is to buy it in its wrapper. **Reams:** What about Tang also while they are on juices. Tang, Tang Trillium juice. **Dan Skow:** Nobody can use that at all. **Reams:** Huh? **Dan Skow:** Do you use that? **Reams:** No. Tell them about it. No, no. [laughter] **Student:** Why that looks familiar.

Dan Skow: Question. He said something about Tang. Would you use Tang? [Chuckle]

Student: Fresh apple, would you use for D and E, fresh apples? **Dan Skow:** The question's asked about using fresh apples for D and E. Preferably not. Yes?

Student: Does he always keep your pulp in the juices squeezed? **Dan Skow:** Question asked about keeping the pulp in the juices when you squeeze them. I try to. You need that fiber as much as possible to a point. **Student:** What is it?

Dan Skow: If you're down in that D and E Range, though, and you're making the juice up, purée it. If you've got a weak digestive juice, then you're not going to be able to handle it very well. Yes?

Student: In the juicer that uses centrifugal force, does that kill the.. **Dan Skow:** Question was asked about using juicers with centrifugal force. There's many books and there's as many opinions as there is people, and all I can tell you is this. The one's that don't use centrifugal force, the juice will stay much nicer and much fresher much longer in the refrigerator. So there's obviously a difference, because if you use a centrifugal force juicer, I know this from personal experience anyway, it doesn't last very long to maintain its flavor and taste. That I do know. Beyond that I don't know and I'm not going to get into it. There's people that have strong, strong opinions, on both sides of the fence on it. And the weaker you are, the more susceptible you'll be to these things. And the stronger you are, as far as I'm concerned, it isn't going to make any difference. Yes? Eugene, you may have a comment or two on that. You've worked with that more than I have by far, but.

Student: I just want to ask a question, I think, that's not been brought up yet. Only to enlighten those people who have not thought of it. They go a certain range by the lowest test they are in, correct? **Dan Skow:** Correct. **Student:** Now, if you have a person who constantly has pH's in the D, E range, but your sugars are constantly in the C range, would you change these to the C, B type because the sugars have that value? **Dan Skow:** Okay. The question has been asked now. It's a good question. I think I know the answer. If the pH's are your main thing to watch really, most time, in most situation but there is a curve thrown in here, which is a good one. If the pH's are down there in the D and E Range and the sugars are up there in the B and C Range, for purposes of this course, the solution is that you don't work with that person. Now, one thing you can do, that I would do anyway. And I'm going to get corrected on this but what I would do on that situation, I would take my grape juice, if I had that one, and

dilute it with more water. That's what I would do. What would you do? **Reams:** I would send them to a retreat where they could handle that kind of a situation.

Dan Skow: Well that's what I essentially said. **Reams:** One, one day they'd need a food, I mentioned this already the first day, one day they'll need one kind of food and next day they'll need the very opposite. And, because the two foods that they need are the two problems they have that need the exact opposite foods to handle them. So that's why we send them to a retreat, because they cannot do it at home. That's why C, D, and E goes to a retreat.

Dan Skow: Most people, in reality, that I find anyway, that I've dealt with, most of them hang in that B Range pretty tight, as a general rule, in this part of the country. Now I, there's another person here that I think he has a lot more of them in the D Range. So it'll be quite a variable from area to area. Okay, any more questions about the juices? I'm surprised you don't have more questions about it because I've got a lot of them.

Student: Take on whole class E, where you could give for the D and E Range, what type juice? **Dan Skow:** Okay, that's a good one, because I was going to finish on that here yet. We tell you to eat a lot of variety. Okay, now we boil it down to grapes now. We suggested that as one of them. Not grape juice, but grapes. If you take a person in that range with concentrated juices, dilute them with water, and especially with children. Now, I don't know if you're aware of it or not is, but there is a lot of different kinds of grapes, though uptown up here right now, you've got a selection of red grapes, black grapes. So one morning you can have red grapes and one morning you can have black grapes, the next morning you can have green grapes, one day you can have seedless grapes. Huh? The blue grapes, we've got five grapes now. We've got breakfast for five mornings now. Now when you go to a fresh produce place, where you can, you can pick out, you can just put them all in the same bag, and you can just have one, one little sprig for each morning then. That's five different kinds now, and they're all mineralized differently. **Student:** Different place for something that is important.

Dan Skow: The question is, I was going to break for checkout. I think maybe we ought to. Time's getting away with me. I'm getting kind of interested in this now, get you to thinking here a little bit. Cherries, that one I think is going to be a little bit like the peach. The real sweet cherries that are not tart, I think they'll fit most anywhere. If they're real bitter and sour, better keep them for the B Range. Okay? Let's take a few minutes break. Some want to check out quick here so.

Dan Skow: Want to take your seats everyone? Starting here. We talked about cereals, what you could use where and when. Where would you use oatmeal, properly prepared? Where wouldn't you use it? We were talking about breakfasts before the break now. We went through the juices, and when and where you would use it, juices and different ones. You got that idea down now? One thing I want to emphasize on the fresh fruits like your peaches, nectarines, apricots, cherries, them types of things, if they're real bitter and sour, they shouldn't be used in Range D. If they've got a real sweet taste and non-tart, they can be used in any range. Okay?

Dan Skow: Cereals, now let's get to oatmeal. Is there a range you would not use it in? Oatmeal you should be able to use in any range. Okay?

What about rye cereal, flaked rye or rye cereal? How many of you have ever had rye cereal? It's pretty good, if you know how to fix it. But I'll tell you one thing, if you fix it the way most of them fix it, you'll never eat another bite again. The key is to the fixing rye is getting your proportions, especially the oil, this has been my experience anyway, to get a very good and delicious flavor to it, and be real careful of how you use molasses in the rye cereal when you make it. Now the main one I've worked with is with the flaked rye. It's just dehulled and just very touch of the roller, they call flakes. And that there you prepare similar to the one I gave you the formula for oatmeal. You put your condiments in, in other words, and bring it, the water to a boil. Now the thing with that is, to bring out that flavor, you've got to really play with the molasses and corn oil. And the real thing that I find it really makes it so you bring the flavor in is, you're using the condensed milk. Now, the one thing when you serve that on your family, if you're going to really get real technical that is, you need to really watch the pH's because the rye, for some people, will just drop them pH's right down to the bottom right now, and other people it'll bring them up.

Dan Skow: Now, how are we going to do this? You know, we talk about this pH thing and some of you haven't had any exposure to it, but we've got a real simple method, rather inexpensive and I'll pass this around. This is some pH tape. Now it isn't the best system, but it's the best we have. I think they're two and a half or three dollars apiece. I don't want to get in trouble here. I mean, I don't sell them. I just, two-fifty. In bulk they're cheaper. But the key of this is now to check it anyway, and it goes from a real light yellow to a real dark blue. And it'll give you a fairly good idea. In fact, I can generally zero in about as good with this here as most people can with a pH meter. And it, you can buy this quite often in drug stores across the country, but there happens to be a person here that has a setup specifically for the ranges that fit these charts here. Pike Lab Supplies in Strong, Maine, RFD 1, Strong, Maine. What's the ZIP code? 04983. It's Rural Route 2 now, I guess, huh? It was 1, least I used to write.

And you can use this, now, in using this, how and when should you use it? It should be used, probably the best two hours after a meal or two hours before a meal, and not after you've eaten the candy bar or something else. And the best thing to do is, if you have eaten some recent, you want to get a vague idea, rinse your mouth out with distilled water first, and then check it and that'll give you a fair idea. Now I've used this a lot, and I just carry them in my pocket all the time. I use them for a lot of other things that I've learned to use it for, but you can check your saliva pH right away. You can tell what you should eat for dinner if you're traveling. Other words is, to put it real simple is, if the thing is real pale yellow, which is, which would be down in the D Range, of the pH's anyway, you wouldn't have grapefruit in a restaurant. You would order grape juice. Okay? Just to give you an idea. So, this is something you can get. To the best of my knowledge, there isn't anything illegal about this yet. There probably will be. But ah, now, this one little thing for two and a half dollars can just about run you for

what you need to know for this course and for what you need to know for basically menu planning for the family. That's about the only investment you really need to make. And you can do a lot with this. Now you're not going to solve all but that isn't the intent. All it is is just to help you plan diets. And this can be of a great aid. And the thing about it, this is the irony of it, is the simplicity and the cost.

Dan Skow: Now, there is one other thing that would be helpful, but you shouldn't be working on them anyway, but is the investment in refractometer. And I think this one here is the economy model. I think, isn't it? **Student:** Well these costs though would be expensive. **Dan Skow:** How much? This is a hundred and fifty, **Student:** Yes it is. **Dan Skow:** Oh, okay. I've lost track here. Mine, when I bought it was four hundred, so they've changed in price. We've got, we sold enough of them nationwide on different classes, the price has come down since they originally started out. And this is what you can check the urine, to see what, whether you're in Range A, B, C, D, and E. Don't refer to it to anybody as a sugar reading, just refer to it as a refractometer reading. You'll stay out of trouble that way, if you're ever talking to somebody about it. It's far more scientific that way. This is a very highly approved piece of laboratory equipment in any lab in the nation, so it's not a ...

Dan's wife Derrice: They use them at McDonald's too. **Dan Skow:** My wife says they use them at McDonald's too now to check their foods. **Derrice:** Pop. **Dan Skow:** Check their pop. Okay. See where they're getting it up to specs. The grape industry uses them a lot. **Derrice:** Wine. **Dan Skow:** In the wine industry, okay? Any questions on this now? I don't think there's any of in here can't afford, after so many waited, you could invest in a piece of this here, all these here. Could be very helpful to you. I think I should have brought this up sooner so you could be aware that it isn't impossible to find out with that sheet what range you're in, so you know a vague idea what to do. It isn't going to break you up in business either. Okay, any questions now on these two things?

Dan Skow: Now, the next question is which one is the most important one to follow? You've got your, there's two pHs, and one is in the urine and one is the saliva. The main one is, for the menu planning, for your purposes watch the saliva pH. The other one's important too. Don't get me wrong, but just to keep it as simple as possible.

Student: Use that. Both join at the bottom. **Dan Skow:** Same feet yep. With my clients in the country once in awhile, I've got a few of them that I've done some things that, that, well, I've got one guy's eyesight restored, and I've got one fellow's plumbing system working. But it's been real handy, when you're out on a conversation where you can pull out a piece of this here, and just have them wet their lips with it, you know. And you can automatically plan a diet for the average person, and do nothing else. Now I realize there's a lot more detail, but you can really help them a lot. Okay, any questions now about the cereals now. Other than the oatmeal, you can look at these other cereals. Oh, wheat cereals like, what would you do in that case? Where would, where would you not use them?

Student: We have to be eating less. **Dan Skow:** D and E. Now you're catching on now. This isn't quite so hard as you thought it was. Okay. I will also tell though that wheat cereals is probably not the wisest up there in the C Range either. In fact, to tell you the real truth of the matter is, for most people, I meet they'd be better off if they just didn't see wheat, period. Any questions? Steve.

Student: What ranges are the rye's listed on? **Dan Skow:** The question is about ranges of rye. Rye you must watch it, in one person it'll really throw them one way or the other. Rye I can't tell you, that's a tremendous variable. There's something, I don't what it is about it, but it'll really shoot you around. But it may be the thing you need to get what you want done.

Dan Skow: Now we haven't mentioned one cereal that many of you don't think of as a cereal. What would that be? Cornmeal. There's a thousand and one ways to prepare cornmeal, cornmeal mush, cornmeal pancakes, cornmeal cereal, fry it. Now, what would you do in the preparation of cornmeal pancakes, for instance?

You might want to soak it, okay? What would we add to it now? **Student:** Soda.

Dan Skow: Someone said some soda, okay. A little pinch in there wouldn't hurt anything. Okay, we're going to go right through the same old formula. Now, there's, here's some, here's some variables to keep, because this applies to all kinds of pancakes or cakes or this type thing. And it gets right down to how you want to flavor it to have it different everyday. But you've got to have the molasses bottle around. You're going to need some eggs. You're going to need some shortening or corn oil or olive oil, some salt, Lawry's seasoning salt. What else are we going to put in there now?

Student: Buttermilk. **Dan Skow:** Okay. Now, if we add buttermilk, what are we going to do about that? What ranges would we NOT use buttermilk in?

Reams: It's a real problem. **Dan Skow:** What? **Student:** Reasonable. **Dan Skow:** D and E. Yogurt, that has a fairly good range in reality, but you may have to watch the numbers in some people. Otherwise, you can use skim milk for your fluid to stir it up, or Dr. Reams used grapefruit juice. Now there's a curve there, and if you go down there in the D and E Range, you wouldn't be using that. It wouldn't make a lot of difference, though. Yes?

Student: Besides, your putting soda in it also. **Dan Skow:** You could counteract that, okay? One other important thing we didn't put in the pancakes or cornmeal we're making a pancake type mix, we didn't put any vanilla in it. Now I'll tell you another thing you, here he'll do, he will slip a little Tabasco sauce in them, but not very much.

Student: Put Allspice. **Dan Skow:** Allspice, yeah, he doesn't go too much on that one. Yes, a question?

Student: Are you going to tell about millet? **Dan Skow:** Millet, that's a good cereal. We haven't talked about that.

Student: Buckwheat **Dan Skow:** Okay, buckwheat flours, any, any of them is fine, your cornmeal, buckwheat, then of course you've got your wheat

pancakes, of course. You've got Bisquick [now a GMO product], which is, I, that's a blend of, I think, a couple different ones, you make pancakes out of.

But the concept, oh, the other one is, how many of you have ever had rice pancakes? Oh, man, I tell you, if there made, they're, I tell you they're out of this world. I tell you one thing is, there's where a Vita-Mix really would come in handy.

Student: Dan. **Dan Skow:** Yes. **Student:** With the millet you have to be very careful because most of what you buy is rancid. **Dan Skow:** Okay, that's a good thing to bring up. We'll finish on the pancake concept here a little bit. You can take most of these grains and make pancakes out of them by adding your eggs, and milk, and then adding some molasses to it, some corn oil, a little bit of salt, and put them on the griddle. Yes?

Student: Will the vita mix tool do up for everything and it's bread and seasoning?

Dan Skow: Yep. To make pancakes, that's the best kind and they're very, very, very sweet just on their own. It's amazing, when you get that. Now, one thing you will find doing that is when you make rice pancakes, I tell you, when my wife came home one day and she made them for the first time, I went, "Oh, brother." That's, that's one thing I just didn't, the sound of it just didn't appeal to me, for some reason. And, I got two little boys at home and I tell you, they took to them pretty darn good, because they're extremely sweet. They've got quite a sweet flavor to them, without adding any sweetener to speak of at all. And they're quite filling. They seem to hang with you pretty good as far as ... Okay, the question's asked. what kind of rice? That's a, I tell you what, there is a tremendous difference in rice, in the quality of it. And it's hard to buy good rice in the average grocery store and the real top quality rice, most of that's imported, to get the real good. And you may just have to try it. Some of them, you make rice pancakes out of them, you'll never eat another one again. Just get a different brand of rice. That's the only thing I can tell you. I wish I could give you some more insight of what to use, but I know there's a tremendous difference.

Student: What those sound like? **Dan Skow:** To find? It's just the idea that you're going to probably have to find a rice you like the flavor of when you make pancakes. Yes?

Student: How much you get? **Dan Skow:** Yes? **Student:** Are you just soaking this rice or are you grinding this rice? **Dan Skow:** Grind it, we've got an Osterizer at home but it doesn't have enough power, really. I think the Vita Mix would get you enough power to grind it really good. We can get by but it's, it's slow. We've got a little bit with them little half-pint cups you put on it. I can sail to China and back by the time I get enough done to serve anybody. But I think we can probably do a little better with them, I don't know. Okay?

Student: There's long rice and short rice. The short rice is more for cooking and less to eat. **Dan Skow:** The long grain and the short grain rice, just depends where it comes off of this, it actually comes off the same stalk. Some of it's at the bottom and at the top, and the difference. Actually, the long grain's supposed to

be better, more nutritive value in it, but I don't know if that always holds true. There's some varieties that are just short grain. The big thing, you know, if you can find out, which you try to do is get a test weight on it. The heavier the weight is, the better it should be. But it makes some delicious, delicious pancakes, I'll tell you. Yes?

Student: Test the rice on the plant on itself? **Dan Skow:** Yes. **Student:** How?

Dan Skow: Now that's another whole subject. You got to gram scale weigh it and put it in water and some of these things. That's out of the realm of this course really.

Okay. Let's see. What was the next one? Pam, you brought up a question. Millet. Now, one of the things we talked about and my wife mentioned something about rancidity in your grains. How can you tell whether they are or they aren't? What's a quick method? Someone says drop in water. That sounds like a good solution. The bad seeds float to the top. If the whole thing comes to the top, you better ditch it. Skim them off. Okay?

Now, when and where would you use millet?

Student: Breakfast. **Dan Skow:** Someone says breakfast. Now, you can use millet in other time. You can use it in soups. It makes good soups in the evening, okay. But, in the morning, what range would we not use millet in?

D and E. Why? Millet contains a lot of gelatin. What are we using that for? To keep the plumbing working. Now millet's another trick to make good tasting millet. I tell you, that's the problem why a lot of these things are not used, because people don't know how to prepare them. That's biggest problem anyway. There it is again, you've got to really work with your corn oils, and particular, I find that with particular with millet, to make good millet. If you had real good millet in the first place, it probably wouldn't be so bad and it wouldn't have as much trouble. Get your molasses in it. One thing with millet, when you're cooking with it, you may want to add with your molasses some honey so you can get a good taste to it. And another thing I find, anyway, is you've got to hit the vanilla extract a little harder.

Student: Whole grind yellow millet. **Dan Skow:** Yes. Question asked about, talking about whole grain millet. Yes, a question?

Dan Skow: That's another one, is cut up dates to add to it. Now, there's a little curve on the dates. Where would you not use the dates? No, this is breakfast. You've got to be a little careful with them if they're good and soft before you use them. That's one thing I learned on that one. If you have someone down in the low D Range, they'll probably go right on through. Just a kiting.

Tape 13 side 2.

unless they were softened or soaked previous to the use. Now this is one thing I'm going to drive home to you, and this is another misconception or misunderstanding a lot of time is, when you have people down there in the D and

E Range, believe me you got to really, really watch the type of food you're preparing for them. And they need to have soft foods that are, that are well softened, either by soaking is the main method. You may have to bring them to a boil, whatever you're using to get it softened up and leave it soak for awhile, but this is extremely important.

Another one you can add to breakfast food cereal is prunes. but they really should be soaked first. Because when they're down in that range, and the pHs get down that low, most of that food's going right on through. It really isn't being used, and this is a serious problem. And this is what gets me uptight with some of these recommendations that certain qualified people make by current definition of the law. I won't mention any names. That diet they prepared isn't going to work for that person, it's just that simple. Okay, questions?

Student: What sorts of body nutrients does vanilla have? **Dan Skow:** What nutritional value does vanilla have? Well, it's an extract of the vanilla bean. You've got some soluble minerals in it. The main thing it does is to bring out the taste in the food. The key with that is never have it so you can taste it in the food, but it does change the flavor of it. It's just a condiment thing, to make things so that they don't have such a bland taste. I've been to some people's homes, you know, and they cook me, you know, because they think I'm really on this health food binge anyway, and they make me dinner. And it's so doggone bland. Everything tastes the same, and there's no flavor in anything and it's the last thing in the world I want to eat. I'd just as soon go down to McDonald's hamburgers and enjoy life. I mean this type of cooking doesn't have to be a drudgery. It can be made to taste good and look nice. Be colorful.

Okay. Now, we've discussed cereals. Now let's get the toasts. We've got to have a complete breakfast here of some kind. We all think we have to have toast, but now we've got some things we can do about them. We can have pancakes instead of toast. That's one thing we can do. Now, I'm going to throw you a real curve, probably upset some of you. Would you ever use white bread? Anybody going to use white bread? Raise your hands. Well, there's a few anyway. Well, you would. Where would you use the white bread? What ranges?

Student: D and E. **Dan Skow:** D and E. Well toasted. Why?

Dan Skow: Not only slow down digestive tract, but the big key is that they'll get some energy out of it that they need bad, which requires little or no digestion. They're fighting for survival. They really are. That's why it's important. I'm glad you people haven't thrown me out yet, but I tell you, you mention that in some circles, and I'll tell you, you bring the wrath of hell down on you.

Student: How does that fit in the gut because you stay away from it. Toast would plug up your gut. **Dan Skow:** When it's toasted, you've changed the, what he said, he's told me that too. You change something. The key is it's got to be well toasted, not just slightly brown. But some of them people cannot handle whole wheat bread. Well, they can't handle wheat really that bad anyway. But I

mean, take the white and just toast it real well. In other words, get it toasted until it's good and crunchy. Okay?

Student: Press the white color and Hawaiian sings. Thank you. **Dan Skow:** Well, the white bread has a lot of soluble sugars and energy in it. That's one thing that person needs. Okay? Now, preferably, what's some other types of breads you could make for breakfast or have for breakfast? **Student:** How to determine it. **Dan Skow:** Huh?

Student: Pumpernickel. **Dan Skow:** Pumpernickel, okay. Fine. **Student:** ... Oatmeal. **Dan Skow:** What's another type of bread?

Student: Love bean soup too. **Dan Skow:** Roman meal, that's a good plan, and mixture.

Student: Cornbread. **Dan Skow:** Cornbread. When would you not use cornbread? It's used in all ranges. Now, how many different kinds of cornbread can you make? Somebody says there's only one kind of cornbread you can make. No, there's two kinds for sure. There's white cornbread and there's yellow cornbread. (laughing) Have you ever thought about that? Which one's the sweeter of the two?

Dan Skow: Now, if you're really going to get technical about the diet, which one would you use where then? Where are you going to need the most energy? Probably going to need it in either extreme. I don't know if it'll make much difference. I was just seeing what you think, it's something to think about. [Chuckle] Dr. Reams, this is a curious question. Would it make any difference what range you would use white, would there be any preferable range you'd use the white cornbread versus the yellow cornmeal? Would it, any difference? Okay. I thought he might throw me a curve. Okay. What other kinds of breads is there? You've got rye, cornbreads. Just remember now, cornbread, if you can't remember anything else, you know, when all else fails, just make cornbread. You'll never be wrong on that one, okay, for what range you're cooking for.

Dan Skow: Rice spread, okay. There's one thing to work in quite nice, there's these, on the market, these rice crisps. They come out now. They don't have anything, they're pretty pure and I tell you, just a light dash of margarine on top, and they sure puts the flavor in them, and they sure taste good. And you can serve them for breakfast.

Dan Skow: The next one is bran, bran breads, okay? Bran muffins, where would they preferably be used? What range?

Student: It's A and C. **Dan Skow:** A, B, and C. Muffins, you can, of course, add your different berries to them and things like that, and you can add nuts and this type thing. Or, if you were going to add nuts to your muffins, where would you not serve them then, what range? Probably D and E. They'd probably go right on through, unless they were well softened.

Dan Skow: Okay. We've got one bread yet that my wife's an expert at making.

Student: Oatmeal is one. **Dan Skow:** Oatmeal bread, there you go. I'm glad she don't make it too often, or otherwise I'd had to have a semi to haul me around. Oatmeal bread, very delicious. At least my wife makes very delicious oatmeal bread. I don't know about you. See some of you don't think of these things. Now I'll tell you one thing. You go up to the grocery store and you start looking around anyway, and now one store uptown, they do carry oatmeal bread. And you toast oatmeal bread and boy, and then if you can add a little apple butter to put on it, oh, my land! And I'll tell you, you'd never want to eat white bread again or whole wheat bread or any other kind, but you're supposed to have variety. Yes? Question back here?

Student: I was just going to say, in some of these cereals, grains and flours, you don't necessarily have to have one hundred percent corn or one hundred percent rye. You can in proportion so they stay together well as you follow this well. **Dan Skow:** Generally, most of them, no matter what ones you buy, they usually put a little wheat or gluten in it so that it does hang together a little bit anyway.

Student: Okay, that was it. Some people that salt it taste good. **Dan Skow:** We'll see if we can't dig up some recipes for some of them, when you get out of that room. I'll make sure my wife gets that oatmeal bread one out for you. Maybe what I should do is have her bake a loaf and she can sell you each a loaf. We can go into the bakery business by mail. I was just thinking here a little bit ago, I should have her make one then send you each a sample so you know what it's supposed to taste like after you get done with your gourmet cooking now. She does pretty good when she makes up her mind to it. Steve?

Student: How about sourdough bread? Turn up waste? **Dan Skow:** Sourdough, that you've got me on now. I don't know. **Reams:** For log rollers. **Dan Skow:** He says sourdough is for logrollers. Okay. **Reams:** Range A. **Dan Skow:** Range A. Okay, is there any other things on breakfast now, did you get a concept now, that there's more than bacon and eggs for breakfast, that you can serve?

Student: When it spills on top of it, for this morning's grits. **Dan Skow:** Oh, recipe for this morning's grits. Okay, first of all, we started out with grits from yesterday morning, when they were made. Do you have that recipe for that pretty well? They were soaked for a day and a half, then he added Lawry's salt to it and whole kernel corn, the white corn. Now normally he drains that, but he just put that in to bring your attention to the fact that's in there. Then he added molasses and honey and oil to it. That's the first day now. Now, what we did with that, he put that on a tray after we finished yesterday, what was left over, and we just cut it into squares after it set overnight and then he made a grits dip. I can give you the formula for that.

Helper: Dan, maybe people would like to come and see what he's fixing with this? **Dan Skow:** Okay. Would you like to here go over it with him then? We can pick this up later. Pick it up after dinner, if nothing else. Okay.

Dr. Reams: There's more than one way to skin a cat and there's more than one way to make a sandwich. We're going to talk about sandwiches that's made without bread of any kind. You can take the vegetable Numete and there's one called Not Meat and slice it thinly, not too thin, it'll break, but half inch thick, lay it on a lettuce leaf, add the salad dressing of your choice or tomato ketchup, very lightly, you can sprinkle some wheat germ on it, a slice of onion, very thin, that's been soaked in ice water for 20 minutes, a very thin slice of apple, a slice of tomato, and add another slice of the Numete meat to the other side. Add, then another Romaine leaf. Romaine makes better outside covering for the sandwich than lettuce does. Lettuce tears easy, Romaine doesn't. And you have a sandwich that is fitting for a king. It's absolutely delicious. Put most any kind of seasoning that you like in there, it's excellent. You can also take the big franks like we have, cut them in half and fry them, put some mayonnaise, mustard, ketchup on them, roll them in Romaine or endive leaves and, with a little pickle, sweet pickle in it. And it is a fabulous sandwich. It is excellent sandwich.

You can also take your tomato with you whole. Don't put the tomato in the sandwich. Take a sprinkle of Vegetex salt with you. Take the Numete Not Meat with the onion and apple in it, and slice the tomato just as you eat the sandwich and lay it in there and it's not soggy. If you put the tomato in early, even with dressing, it gets soggy. Also, you can take celery and take these Numetes, mix it up with some chipped onion, cheddar cheese or any most cheese of your choice, shredded, some bell peppers, some shredded carrot, make a sandwich spread out of it. Use some pickle relish in it and stuff the celery with it, and rolled up in a Romaine leaf. And it is excellent.

You can also take the cottage cheese sometime and add to it, the mixture. Or have a cottage cheese and cheese stuffed celery. It is excellent. You can also get the fried chicken that is in the soy products. Many places where you work they have a microwave oven. Drop it in a leaf, the fried chicken. It's soy product. It won't spoil. And put it in the microwave oven for one half minute, and it comes out a very hot sandwich. And it's very, very good. There are many, many ways you can make sandwiches without any bread.

You can also use the sliced American cheese, a slice of tomato, a slice of onion, a slice of apple. And it makes an excellent sandwich, especially if you toast it about 15 or 20 seconds in a microwave oven and then put it in a leaf. It is excellent. The leaf protects it, and it is just a marvelous sandwich. You can also take cooked cabbage leaves, not ones that's mushy, just barely done, wrap the linkettes in one, add some mustard, pickle juice, and roll it, and have a cabbage rolled leaf sandwich. It is, it is simply excellent. It's a good idea to wrap each sandwich in a separate ZipLoc bag or the little plastic bags or paper bags, wrap each sandwich separate. And you have some sandwiches that is just, can't be compared any time, any place, anywhere. So don't think that bread is the only thing that you can make sandwiches with.

You can also take avocado, mayonnaise, a little chives, and make a sandwich spread, and use that on these Not Meat. And cut it in half, cut the round slice in

half, and fold it over. And it is excellent. It is a fabulous, fabulous sandwich. And it is not constipating. It doesn't stick to the colon. You can always take and have fresh fruit, a banana, an apple, an orange, a tangelo or navel orange, or kiwi, or grapes in lunches and it also makes it excellent also. You can also take the Romaine leaf, takes some dates, raisins, coconut, wheat germ and roll that in the leaf real tightly. Put a little rubber band or something around to hold it, stick a toothpick through it. And you have a dessert with out bread. Excellent, very excellent. You'll be amazed how good it is. Are there any questions about breadless sandwiches? Yes.

Student: Do you think it's necessary that vegetarians eat this stuff? **Reams:** I don't know. I have to go by the numbers.

Student: What would a homemaker know about these numbers? **Reams:** Well, this is the purpose of the class, is to teach the homemaker how to do the numbers.

Student: What you would, what range would be allowed to take these in?

Reams: Range A and B.

Student: A and B? **Reams:** Yes. A and B.

Student: So be a C, D, and E Range, would you recommend meat? **Reams:** You've got to go by the numbers. After that, after A and B, you go by the numbers. A and B, I can tell you right across the board they can have it, but the rest of the time, go by the numbers. Even D and E, it's better many times than bread. But generally in D and E, they may be allergic to wheat. So you may have to use a different kind of bread or cracker or cheese.

We're going to now show you how to make green drink, some green drink. How many of you have ever drank green drink? Oh, I see a lot of you. You know something about it then. But green drink, I generally pour something in to start with, barely cover the blades, well, a little bit more than cover the blades and then I use a

Dan Skow: What is that you're pouring in for colonization? **Reams:** I believe it's pineapple juice. I drop some pepper in, I put some lettuce in, some Bibb lettuce, and some spinach. It's already been washed earlier, a little bit of parsley. Parsley goes a long way. I don't put the celery in until I get it started. That's fine. **To helper:** Is that about everything? **Helper:** It's just some other case of lettuce here. **Reams:** It's just another type of lettuce, okay. I may have to add some more of the pineapple juice. [Vita Mix running.] **To helper:** Ice.

Helper: Just start coming and tasting. There are some glasses here. **Reams:** Let me try one. I haven't had one. I'll take it over here, just hand it over here. Drink a salad. There are many different ways to make green drink. You can use different fruit juices in it at different times, but as a whole, pineapple juice will blend better than others.

The better the vegetables, the higher the quality, the higher the carbohydrate content is in the vegetables, the better the green drink. But, if it's the first time

you've ever tasted green drink and you don't tell yourself it's a green drink, then that'll be the worst tasting thing you ever put in your mouth. But if you tell yourself you're drinking a salad, it's pretty good. But if you're expecting an ice cream soda, it's terrible. Now the advantage of green drink over salads is this. People that have false teeth, many of them, or no teeth or very poor teeth, cannot chew a salad. They can drink it. And another advantage of it is that one 8-ounce glass of it will equal about a half a pound or more of vegetables. So it's a terrific method of getting down a lot of green chlorophyll real quickly.

There are a few no-no's in making green drink, and one of them is cauliflower, another is cabbage, and broccoli. Please leave those things, and onions, please leave those three things out. If you mix those things with the green drink, many times they blow up people like a balloon. So please, you may try it some day, if it don't blow you up, okay, but if it does, just hope no company comes. [laughs] Also, apples is excellent. Apple juice makes a very good green drink.

Dan Skow: What are some of the bases you use for liquids? **Reams:** The bases for liquids that are excellent is water, lemonade, papaya juice, pineapple juice, apple juice. Some people like citrus juice in the salad, tomato juice, yes, in the green drink. This is in the green drink. This is the base of making a green drink. The great advantage of green drink in your system is to give chlorophyll. Chlorophyll will regulate the carbohydrates faster than any other food you can get anyone to take. It is also a marvelous thing to relieve pain.

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Green drink helps relieve pain, and the pure chlorophyll, ground out or squeezed out with a sausage mill and then strained through a tea strainer so you have a pure chlorophyll, is the best painkiller that I know of. It is excellent. It is fabulous. Yes?

Student: You mean like for migraine headaches and stuff? **Reams:** Yes. There's about a hundred and fifty causes of migraine headaches. It doesn't stop all of them but it sure does a great proportion of them. Are there any questions about green drink at this moment?

Dan Skow: Is there any ranges that certain things you wouldn't put in a green drink? **Reams:** No, I can't think of any. Green drink would be good, as we made it today, in any range.

Dan Skow: Would your base be affected by your ranges? **Reams:** No, really it wouldn't because you use such a little bit of the base. Most of the moisture that's in green drink comes from the leaves of the lettuce, escarole, and Romaine itself. It's about 90% water. You go to whipping it up, and it turns to water in a hurry. Yes?

Student: Why should we drink it slowly? Or is that important? **Reams:** Well, generally, if you drink it too quickly and your stomach's not ready for it, it generally has a tendency to nauseate some people, and you want to upchuck it. When you drink it slowly, it generally doesn't happen. It's kind of like driving a car

on a very rough road. If you drive fast you get over it in a hurry. Any questions now about green drink?

Student: Do the carrots in use? **Reams:** No, that's in juices only. Now you may add carrot juice as a base to a green drink. Yes?

Student: Would you think once a day would be okay? **Reams:** Well, it's very good once a day if you have the facility and time and everything to make it. It's very good for most anyone any time, any where, any place, under any circumstance.

Dan Skow: How long will it keep after it's made, the way you made it today?

Reams: It should be used within four hours. The ice makes it last real good for four hours. Even if you put it in the refrigerator, though, after the ice melts, after four hours, it begins to get flat in a hurry. I've had people come for help with their diet, and they did everything I told them except the green drink. "Doctor, I just can't get that green drink down. It just won't go down." Well, I don't know. I haven't seen anybody it wouldn't go down, if you just go at it rightly. Now, in babies –

Dan Skow: What about using, using clover and alfalfa in it? **Reams:** You may use that, if you like. Alfalfa would be all right and even wheat grass, but those things are better used when the pure extract is used, the very purest extract is used. And babies, what you do to get babies to take green drink is often you dilute it about half and give it to them in an enema, in the colon, and only about an ounce. If the baby has a real problem, it really helps, up to three years old. After four years old, if you have other children, all you've got to do with most children is to call it tiger milk. And believe me, if it's tiger milk, it's good for you. It's going to go down regardless of taste, regardless of age. We never had any problem with our children regardless of one year old, half year old, two years old, four years old, because we started them with it and we called it tiger milk. And they just thought the day was ruined if they didn't have their tiger milk. And they said, "The worse it tastes, the better it is for you." If it doesn't taste good it's good for you. Are there any questions about your green drink?

You can also sometimes add a pickle to it, Heinz sweet pickle. You can also, learning to drink it, add a little honey to it, a little blackstrap molasses in learning to drink it. You can also add mayonnaise to it. You can also add, here's another thing for people that just absolutely can't stand it, or think they can't, we add gelatin to it, or agar agar, and celery chips and put a few raisins in it and make a jell-o out of it. And then they think it's delicious. Is there anything else we need to talk about green drink? Yes?

Student: Does this apply for the others also, if they are not able to take by mouth to give as enema? **Reams:** Yes. Yes. Any other questions about green drink before we talk about making ice cream?

Dan Skow: Oh, we discovered one other, it should be up grass extracts and what if your ... middle column if you wanted. **Reams:** Yeah, well let's take up grass extracts first. With low blood sugar, the extract of centipede or St. Augustine

grass does the work the quickest and fastest of any of the grasses. The others are good. The chlorophyll squeezed out or ground out of fresh centipede or St. Augustine grass does a fabulous job in regulating low blood sugar. I have seen it corrected within three weeks time by using four ounces of this twice a day with adults and one ounce twice a day with babies. Babies who have convulsions, one ounce of those two grasses put into two ounces of water, actually does a fabulous job in preventing convulsions. Also, your next best thing to use for pain and also high delta cell counts is clover, extract of the white Dutch clover. Any clover is all right, but the white Dutch, it has the darkest green chlorophyll of any. Results like to use the stems, the flowers, the blossoms, the leaves, all of it. And it does a fabulous job, but it tastes the worst of all. It is so strong, until it'll knock your hat off, almost and that's the way you need to take it. Sip, sip, sip, sip, sip it. That's the pure, raw extract. That is not used in green drink.

Dan Skow: What's the amount? **Reams:** Four ounces. Once, twice, or three times a day for an adult. If I have an adult that was in Range D, I would use it as much as three times a day.

Student: Is that liquid a day? **Reams:** Yes, you make this yourself.

Dan Skow: What kind of equipment do you use? **Reams:** You need a sausage mill, old fashioned sausage mill. Grind it through it, squeeze it out and it comes through as a puree, raw puree. Then, a tea strainer, run it through a tea strainer, and press it out with a fork. Do not use the fiber. You only want the juice. A tea strainer has, or should have, a one hundred mesh screen.

Since we're talking about tea strainers, I'm reminded of a child whose mother was sick, and she was told to go make some tea for mother. So she went and made the tea for mother, the old-fashioned Lipton tea. And when she brought it to her mother, her mother said, "Oh, dear. It looks so nice. I didn't know you could make it without any leaves in it."

She said, "Oh, Mommy. I strained it through the flyswat." [laughter]

Her momma said, "Oh, dear, dear child."

"Oh, Mommy, don't worry. It was the old flyswat. It wasn't the new one." [laughter] Yes?

Student: Are we supposed to wash the vegetables we buy at the store? **Reams:** Yes sir, wash the vegetables that come from the store or your garden, for that matter.

Student: What do you wash them in, soda water? **Reams:** Well, I just, generally just wash them in plain water. But if I have any doubt about them, I use Clorox in the water. I use a capful to a sinkful of water, which is very strong. Then I shake the water out of them and aerate them for five or ten minutes, and then give them another rinsing.

There's a few things that I would suggest that you do not use in green drink and that's radishes or any anything that grows under the ground.

Dan Skow: What about just beet juice? **Reams:** Beet juice is excellent laxative, that's the beet top juice. The regular beet juice is just a good nutrient.

Dan Skow: You wouldn't use it in green drink itself? **Reams:** Yes, you could use it in green drink, if you squeeze it out first, yes. As a raw beet juice, yes.

You could also use watercress in green drink.

Student: You have getting alfalfa green grass in the ... field. **Reams:** Yes. Alfalfa grass is excellent to use for pain. So is wheat grass. Wheat grass makes more vitamin C available. What was the other one? Alfalfa, wheat, yes. You can use them most any time, the alfalfa and wheat grasses, but the teas, the alfalfa tea you do not use. Also, the alfalfa extract is not advisable to use with people with low blood sugar. It's better with people with high blood sugar. Also the tea, or the extract of comfrey, I don't advise it to be used with low blood sugar but it's a must with high blood sugar, especially if they're on insulin, orinate, debinase or what not.

Student: Green bean juice? **Reams:** Yes, also the juice of green beans is an excellent thing to make vitamin C available. It's one of the fastest healing agents there is besides aloe Vera. And by the way, aloe Vera can be added to your green drink. it can be added. It's almost a must in cases of D and E, aloe Vera. You can buy the raw chlorophyll in bottles but it's not as good as the fresh.

Student: Would their pH be 6.4? **Dan Skow & Dr. Reams:** D and E.

Student: It choice juice? **Reams:** Green beans is excellent for anyone having a very high delta cell count. It makes vitamin C available very rapidly, very rapidly. I recommend it highly in the juice or in a cooked, a steamed, or the reason I say steamed green beans is that they're not overcooked. I'd just as soon as have beans cooked in water providing you use the cake tester. By the way, we all hand out this cake tester? **Helper:** Yes. **Reams:** Already did, good. Thank you. A cake tester ahead of me.

So use your cake tester. No top rate cook can cook food without it.

Also, watermelon juice may be used to make green drink and it also may be used in place of water, even with low or high blood sugar. Now, do watch your refractometer. There are a few people that it raises the carbohydrate, but most of them it just serves as water to them. **Dan Skow:** Question, back seat.

Student: There's a fellow out in California that sells an auger that he says, grass is a sheet on a graphic, that they keep that on top of grass. It's made to clean up with practice, can't be still on a sixth sense of gravity. **Reams:** That's good. I need some information on it. Please try to get some for us to put in the newsletter. Thank you.

Radishes, I do not recommend to be put in green drink.

Many times, if you are subject to, or feel like you're taking a cold, you may, or have a bad sinus problem, you may add a teeny, teeny pinch of horseradish to the

green drink. But try, but I mean a pinch. If you don't, it'll lift your hat off of your head, make your hair stand up in the air. **Dan Skow:** Question over here.

Student: Perfect strangers mint servings, Taylor's crazy about this. **Reams:** It's very good. A little bit of that, it also improves green drink. I'm glad you mentioned that. Your mints or the, many of your herbs, will improve green drink. Any question now at this moment? Yes?

Student: If have fresh mint, would you go on a new sprig, if what? **Reams:** If you have fresh mint, will it do what?

Student: Would you use just one sprig? **Reams:** Well, you'd make it to taste, make it to taste.

Jams and jellies. Actually, both jams and jellies ought to be no-no's that are bought, made with all white sugar, preservatives, and everything else. But you can make them in your home. They are excellent. Your preserves made in the home with lemon juice, honey, corn syrup, date sugar, or molasses, sorghum, old fashioned cane syrup, those things are very good.

Student: Do you give a recipe for grape jelly ... ? **Reams:** Yes, grape jelly, use after you squeeze the juice out. There's a number of ways you can make grape jelly, and my favorite way to make it is squeeze the juice out, so you have about six quarts or eight quarts of the juice. Cook it down until you have about two quarts. Then it's very, very sweet. And then add your agar agar. Or you can add your Certo to make it gel, which is a form of agar agar. Or you can use Knox gelatin when it's cooked down that far, and it has no sugar added, only the natural grape sugar.

You can also do orange juice, apple juice, the same way. If you cook the whole apple and keep adding, say you had 20 quarts of apples peeled to make apple butter. Then you should have, after they cook and keep stirring them almost constantly, cook them very slowly or they scorch very easily, then you're going to need 20 to 30 gallons of apple juice to make a top grade apple butter because as the water cooks out of the apple juice, the apple butter becomes sweeter and sweeter and sweeter. That's what makes apple butter delicious. So it has no sugar added. And if you wish to make apple butter not so sweet, just don't add as many extra gallons of apple juice to the pot that you're cooking it in. And it's delicious. You may also supplement and have more apple butter that is dilute by adding corn syrup. It is excellent mixed with apples. I do not like the cane or sorghum syrup mixed with apples because it has a tendency to cause a kind of burning or stinging of the throat when you eat it.

Student: How about maple syrup? **Reams:** Maple syrup is very well, but you've got kind of a crossbreed between apple and maple, and to me it's just a little repulsive. I don't like the two flavors together, but I presume there are people who do like it.

Strawberry preserves are very easy to prepare. Take the strawberries, and say that you have five gallons of strawberries in a container, which is 20 quarts of

strawberries. Cook them very slowly. If those strawberries have a high phosphate in the soil, you won't need to do anything. It'll be the best preserves you ever saw, when it cooks down to 10 quarts. And that's all you need to do. But if the soil has a low phosphate in it, then you're going to need to add some type of sweetening. Most any kind of sweetening goes very well with strawberries. Yes?

Student: Compote is binding that goes in it. **Dan Skow:** Start with 20 quarts and cook them down to 10 quarts, okay? **Reams:** And that's the way you make preserves. But you cook them very slowly so the berry won't tear up. You still want to get an idea of ...

Dan Skow: Do you usually add water to that? **Reams:** No, you do not add water. What I'll generally do, though, is take a gallon of strawberries and put them through the juicer and then pour the strawberry juice into the strawberries. Also, in canning peaches, pears, or anything like that, I do not add water. I can them or freeze them in their own juice, and they are delicious. They're far superior than any canned, syrupy fruit that you want to eat. Any questions? Yes?

Student: Do you always cut them, running up some pears or peaches? **Reams:** You just juice some of the ones that you have probably in pieces or chunks, or you cut a spot out of them or something. Just, just juice that, and then use the fruit of the juice instead of water. Any question now?

Student: Do you do the same with blueberries? **Reams:** Blueberries, I only freeze them, just freeze them, and that's all. Whole, don't do a thing to them but freeze them, and they're delicious. Strawberries are good also, good strawberries, just frozen, are delicious. Don't do anything to it but freeze it.

Let's talk about making ice cream. There's only one way that I know of to make ice cream smooth, and that is it has to be churned with an ice cream churner. There's a small ice cream churn that you can get that fits in the freezer of your refrigerator that churns it until it's very stiff, and then it kicks the fuse off when it can't turn it any longer. And it makes a beautiful, smooth, velvety ice cream. In order to have ice cream smooth & velvety, you need to have, well, if you want to make it a low-fat ice cream with no fat in it use skim milk, or powdered milk, to start with, with distilled water, vanilla flavoring. It takes quite a bit of the milk, though. Actually, if you have skim milk, you do not need the distilled water. You just need the skim milk. You add the vanilla flavoring, cornstarch, arrowroot. You may add a little gelatin to it, a little touch of cinnamon or ginger, not enough to taste, just a touch, vanilla flavoring. You may also put it in the blender and put in two raw eggs, shell and all, the whole egg, shell and all, in the blender and whip it for about three or four minutes, until the shell is absolutely powdered, until you cannot taste it. Then you can take it off. It's a good idea to heat to about, when you put eggs in it, heat it to about 150° for 15 minutes. Then take it out and freeze it, and you have one of the smoothest, velvety ice cream with no additives ever you ever tasted.

Dan Skow: Could you give an approximate amount of your arrowroot in a base formula? **Reams:** Well, I use a rounded Tablespoon full to a quart. Yes?

Tape 14 side 2.

Student: Did you mean that we have a choice of using cornstarch or ounce [arrowroot] or gelatin? **Reams:** Yes, or you can mix the three, or you can use cornstarch, if you like.

Dan Skow: Of that combination, now, you're going to use one Tablespoon in one quart? **Reams:** A total of a Tablespoon of all three of them if you want to, or you just use one.

Student: A total of six of these? **Reams:** Yes. **Student:** Is that perfect to taste? **Reams:** Yes. You also may add honey or date sugar, or Karo syrup, maple syrup if you want it to taste like maple or what not. Now, just after you cook it, you may take some fruit like pineapple, crushed pineapple, or oranges that have been sectionized, just a little grain orange in it, or whip an apple in the blender when you whip the ice cream after it's been cooked. Do not cook the apple. If you do, it'll turn it brown. You may use peach, either fresh or canned. You may use pear. You may use blueberries, any of those things, and make a sherbet.

Dan Skow: Are there any questions on the ice cream, the concept or what?

Reams: Some people like nutmeg in ice cream. If you're not in C, D, and E Range, you may have nutmeg in ice cream.

Student: Is it good for any range? **Reams:** Ice cream is good for most any range, yes.

Dan Skow: Just made this way. **Reams:** Yes. And it'll keep for a month or more in a refrigerator, if you keep it frozen solid. Yes?

Student: Would the ice cream which mix up, kind of, is there what you makes it?

Reams: I don't know. There're some everywhere. There are some in drug stores and discount stores, and everywhere I seen them.

Jell-O. Jell-O's one of the easiest desserts in the world to make. There's two complete kinds of gelatins you can use. Agar agar is one, the gelatin made from animal products, and the vegetable gelatin. The one made from animal products is the cheapest. It comes, it actually is high in phosphate, you get it from cooking the bones of the animal, and it's the gelatin, the suet and you dry it and form a powder and then it forms another Jell-O again. Most of our gelatin's made from beef bones that is, the animal gelatin. In the Agar Agar, dissolve it in warm water. If you put it in warm water and set it aside for a half an hour, it dissolves very easily. But if you try to dissolve it as quickly as you put it in the hot water, it seems to rebel. It's just determined that it's not going to dissolve. It floats on the top like a cork, but you just leave it about a half hour, and it seems to sink. When it sinks, it's sunk. It dissolves very easily. Then add the saturate solution of Agar Agar. Add about, oh I would say, two or three Tablespoon fulls to each cup of any fruit juice and stir it real well. Set it in the refrigerator overnight, and it generally

does a fabulous job that everyone seems to like. And it's a mild laxative, and it's excellent. You may also add to your Jell-O chipped celery, chipped radish, those things are excellent, chipped into Jell-O and served as a vegetable gelatin.

Dan Skow: Any other questions right off the hand on Jell-O?

Reams: Let's talk about soup. Once upon a time there was an old beggar walking down the streets of Ireland, and times were hard, food was scarce. He saw the cook go into a big mansion, and he follows the cook around and he says to the cook, "I have recipe for making soup out of stones. Like I have here. I picked some stones up out of the river, and they're very smooth. And you can make stone soup with them."

Well immediately the cook was interested, and he said, "What will you take for those stones?"

He said, "They're not for sale, but I'll show you how to make soup with them."

So the cook said, "All right. You come in and show me how to make soup with them."

He said, "All right. I'll make the soup with the stones, but you get me a big pot." So they got him a pot. Then he said, "I want it half-filled with water." So they half-filled it with water. He put the stones in. He says, "Bring it to a boil." Then he says, "I want some chipped up meat." So he gave him that. Then he wanted some chipped up celery. They gave him that. Then he wanted some chipped up, cut up tomatoes, and gave him that. And everything he asked for, beans of all kinds, just about, he had a big pot full of stone soup. And the chef tasted it and said, "That is delicious. That is delicious soup." So, then, the old beggar got his meal, and he says, "Good day. You've done such a fabulous job. I will give you the stones." He got a meal by showing him, and he went to the river and got some more stones and headed for the next meal.

So soups to be made all kinds of ways, with almost any kind of vegetables. Then there's stew. What's the, there's two kinds of stews. One is like a broth. It's really like dirty dishwater. [laughing] You can see the bottom of the plate. It's very good tasting, though. I have no objection to it, but at times I like it very much. Then there's the soup with quite a few vegetables in it, different kinds, that's very good. Then there are the stews that are thick, with a, they're not like a soup. They're a stew. They're piled up on a plate, and they're delicious, the stews are. Some people like stews, some like soups, some like broth, but all of it's good.

But let me, I've got a little secret for you. No soup, no broth, or no stew is any better than the ingredients that go into it. If you make it out of low quality vegetables, you've got a low quality soup. If you make it out of highly mineralized vegetables, you've got a highly mineralized soup. But let's suppose that all you can get is low quality vegetables. Then add honey, blackstrap molasses, allspice, oregano, powdered bay leaves, and what not that's in the condiment group, and you have a delicious vegetable soup.

Dan Skow: You legendary on the Worchester and potassium? **Reams:** Yes. Instead of using ordinary salt, sodium chloride, in soups, I advise you to use teriyaki, Maggi, or soy sauce. You may add honey to sweeten it, if it need be, and it is excellent, out of this world!

Now let's talk about soups with meats in them. The best way to put meats in soups is to cook your meats first, put it in containers in the freezer, and then take out the amounts that you want and add the vegetables that you have on hand. And you've got a delicious vegetable soup. You can have chicken soup, you can have beef soup, turkey soup, all kinds of soup you can have if you just put the main ingredients into the freezer and freeze them. Yes?

Dan Skow: What about the bones? Are they good in soup, beef bones? **Reams:** They make the essence for the soup, yes. The bone itself has got a lot of meat on it, and it's got a lot of gelatin in it. It's got a lot of phosphate that we need in our bodies. Actually, it's okay. Any questions?

[Dr. Reams Talking to helper] Or vegetable cheeses. By the way, vegetable cheeses. You hardly ever see them in the north or the south, but certain people make vegetable cheeses that are actually not a cheese, but a loaf. A loaf, the way, well, here's the ones made out of peanuts. It's like a wreath, yet it's just ground, like peanuts ground up and pressed. And then you can take most any kind of vegetable, spinach, artichoke, beans, navy beans, lima beans, black eyed peas, anything, but you should make each thing according to its kind. And cook it for hours and hours and hours, until it's thoroughly done through and through. They should be soaked until they sprout, if it's dry seed. Then take those and run them through a food chopper. Grind them to a powder, not a dry powder, but to a puree and then they should be ground, they should be so dry 'til you can put them in a loaf, a square loaf, a mold or something of that nature, and put it in the freezer. And it is fabulous. You can cut it into sections where you have servings. Each section is a serving. And then wrap that and replace it into your freezer. And you have a vegetable cheese that's out of this world. And collards can taste like spinach, and spinach can taste a whole lot, well, fresh vegetable, even though it is pureed.

Dan Skow: Do you have a specific recipe, like to make a spinach vegetable cheese? **Reams:** Spinach vegetable cheese, yes. Get your spinach fresh out of the garden. Wash it. There's two or three ways you can prepare it. One is to put a very small amount of water in a container and cook it slowly until the water practically all fills up, and then evaporates away. Then, take that out and grind it, just grind it, and then mold it after it's ground, mold it. And it is delicious, a cheese, vegetable cheese.

Dan Skow: Do you add any condiments to it at all? **Reams:** Oh yes, you add a little bit of oil. You add a teeny bit of teriyaki, a little bit of pepper sauce. You may add a little honey, a little blackstrap molasses, a little powdered clove, while it's cooking. All this is added while it's cooking. Season it to taste, like you're going to eat it without being made into a puree. Only you cook it down, down, down to a puree. And it is out of this world! It's a delicious dish.

Dan Skow: Eugene? Can I get you to give a little insight on how to make nut milk, while your putting together what we're talking about, just go through one of them for us? Then if you've got any questions and stuff. He'll try to answer for you. Putting one together.

Eugene: Your variety of nuts that you use, each one will have its own particular flavor, so you have to find out which particular group of nuts tends to fit your taste buds the best. That one nut that usually is sort of bland that you can use as a base is your cashew. Where you take your black walnut, they have its own particular flavor of its own, heavy, heavier flavor. Your filberts have their own distinctive flavor. But if you start with a base of like cashews and then add your different nuts, but just a little at a time until you get the right taste to your nuts, try using all your nuts in the raw form. I start usually by putting a base of distilled water in the blender, about a cup and a half to two cups of distilled water, and I was using my ice cubes that are made from distilled water also. And I put them about to two cups, a cup and a half to two cups of water, depending on how many servings you're going to make, I add a half a cup of cashew nuts. Now, a half a cup of nuts is all I'm going to use in the total blender full, so if you're adding any other nuts, such as almonds or pecans or black walnuts, take out some of the cashews so that the total amount of nuts equals about a half of a cup. If you're wanting something to put a little energy, a little zip in your day, use a little of the sesame seed, but they have a very, very peculiar flavor of their own. So you might learn to go lightly on those until you adjust your taste buds to those.

After adding the water, and putting the nuts in, I let them grind for about two minutes, and then I begin to add probably six or eight ice cubes. Now a normal blender, you cannot put in ice cubes without risking breaking the blades on them, so you have to grind your ice or chop your ice first. But if you're using something like an Osterizer or maybe a Vita-Mix, which they say has very good blades, you can just use the whole ice cube without damaging the blades. I used a Hamilton Beach for years. Finally, one day it broke a blade in it. So, you might use something that's not heavy-duty quality for quite some time and get away with it, but if you ever do break a blade in it, you have to throw the whole thing out, because you'll give some people the metal in it. If you grind or chop your ice first with just a regular one, and you have your liquid going at high speed, you're not quite so likely to break a blade in it.

After I add the water and the nuts, then I add a few ice cubes like I said, six or eight ice cubes, one or two at a time, maybe allowing five or ten seconds in between. With the heavy-duty machine, five seconds is plenty, but if it's something that's a lighter machine, I would leave it. Let each ice cube get pretty well pulverized in it. The coldness of the material really helps out the flavor once you start putting your different seasonings in. After I put a few ice cubes in, then I put whatever sweetener in that I want to use into the nut milk, and then add some, a banana, something, a peach, a prune, a banana, or peach or something like that. But a banana really seems to always go well with this. By this time the mixture is beginning to get just a little on the thick side, so you have to regulate the amount of ice. Ice will melt down into water, making also thicker, and it sort

of like forms little ice crystals in it. After you add your banana, then I add some natural flavorings, such as natural vanilla or natural almond extract. Again, just watching on your container that you're material that you are using is a natural.

At this particular time, I add a few more ice cubes until the material starts to get just a little on the thick side, and at this particular time, you can use it like this, or if you want it a little on the creamy side, you can use some powdered milk with it. If you like it thick, almost like a milk shake or an ice cream, you can add the powdered milk, or if you like it a little on the thin side, you can use it without. It gives it a smoother, creamier taste by using the powdered milk. After I use the powdered milk, then I add enough ice cubes in so that as the material is turning, it just barely turns in the blender. You don't want to get it to where it's so thick that the blade is turning on the bottom but yet the total material in the blender is not swirling. You just want it where it's almost like a very, very heavy thick substance. Turn it off, and it's ready to serve.

If you're not going to be serving it for awhile, put it in your freezer. If you put it in the refrigerator before you serve it, the ice crystals that are in it will melt. And this is one of the bases that you'd start with. If the bananas are small, you can add two bananas. A lot of times what will happen is the blender will get full before you get all the material in. So if you're trying to get it all in one blender, start with a cup and a half of water instead of two cups, if you're using a blender that holds about five cups of fluid. Any questions on that?

Dan Skow: You made this just straight almond milk, with nothing else, just almonds only? **Eugene:** If you're using almonds only, you still use your fruit, but you might have to use a little more on the natural vanilla or an almond extract to, to fill your flavor a little bit more. Make sure that the nuts when they're grinding get completely pulverized before you start adding your fruit. If you add your fruit before the nuts are completely pulverized, you'll have pieces of nut in it.

Dan Skow: Any other questions on that nut milk?

Student: Do your beans with ... more dry? **Eugene:** No, not unless you had a blender that was not a good, strong blender, such as you were using, one of the ones on the market that cost you about twenty, twenty-five dollars, instead of something like an Osterizer or Vita-Mix, or something like that. Any other questions?

Dan Skow: Okay, thanks, Eugene. Okay. Question?

Student: How about the grit recipe? **Dan Skow:** The grit recipe, okay. Today's the day. I got something to do now, wherever it went. I may have to get the, wait until my wife comes and I think she, somebody picked that up or something. It's not up here right now. A couple things, when I was on this morning and we talked about, you know, breakfast planning and menus, I think, that was pretty well hashed over. The big problem you're going to have when you go home is where do I start, and how do I digest all this material. I would suggest that you go home and relax for awhile, kind of mull it over, and don't get all wound up tight about it. Keep things simple for awhile. Try to look at working some cereals into

the family diet. Breakfast cereals in your dry cereals, Cheerios isn't all that bad. They're one of the better ones on the market, for a natural cereal anyway, if you're in desperation.

Student: What about corn flakes? **Dan Skow:** Doc Reams is fairly high on corn flakes, but you get in certain circles there's a lot of debate. But they do provide, you're going back to your corn concept again of corn, cornbread, corn's just like with minerals anyway, and that's fine.

Then basically all your natural shredded wheats. Now your shredded wheat, he talks about them being affecting digestion, but the secret to that is, is have them and soak it. Let it soak for awhile, so it's tender. In other words, don't just pour some in a bowl and eat it. Let it soak for a little bit. Usually about 10, 15 minutes, why, it'll soak down so it's fairly tender. Okay?

Dan Skow: And another one is Grape Nuts. They should be left to soak, though, for awhile. We haven't said much about eggs for breakfast, preferably. It's difficult. We're not set up to do it here, anyway. Ideally, when you travel, this type thing, to get one anyway, is stick with a poached egg. You can't hardly ever go wrong there, two to four a week. Oh, boiled eggs, too. That's the other one. They're fine too. They haven't been... Now is there any other questions where you want, you know, for breakfast. Now them will fit most ranges, like the poached egg in particular. Yes?

Student: What about beans and breakfast? **Dan Skow:** Question asked about beans for breakfast. That I don't know. **Student:** Try the Mexican rehop ...

Dan Skow: I don't know that there's anything wrong with them, because it wouldn't be any different than having an egg or anything, if there [laughing] what did he say?

Tape 15, Side 1.

Dan Skow: Yes, Pam? **Pam:** All of this, maybe it's because you keep the flavor while you choose the brix by the seed, not about seed in plus a bunch of sulfur in every dagert and got more results.

Dan Skow: In other words, is you want to ease off on your evening meal, which most of us do just the opposite on. Now one of the things you'll learn when you prepare foods and keep these concepts and things in mind, anyway, it's going to take some adjustment for awhile to not be running to the refrigerator about 10 o'clock and eating before you go to bed and looking for something to eat. Now, in the interim while you're trying to figure out what to do for something before you go to bed, we'll give you a list of some things: a ginger cookie. [laughter]

Dan Skow: If your refractometer reading's up there in the higher range, that's probably all you're going to get. Yogurt. Plain yogurt. Now if you're in Range B and C, and you want to put a little flavor to the yogurt, add some sesame seeds or flaxseeds to that and let them sit in it for awhile, until they start to swell, and that will add distinctly to the flavor of the yogurt.

Dan Skow: Next, herbal teas. Depending on whether you have a bowel problem, a sleeping problem, a sugar problem, you select the teas that we've suggested, in other words, through the notes. You get the idea? In other words, when would you use alfalfa tea, for instance, in the late evening, if you're going to? What range would you be in before you'd be suggested to use that? C & B, okay? You will find that they can become quite satisfying. There's one that me and my wife had tried. Now, when you want to introduce this into your home and to your area, I got a few things I want to fill in on that, for evening and this type thing, and you can have a tea party. And I tell you, you can have a lot of fun. We had 30 people over to our home one evening, anyway, and that's what we had is a tea party. We had a big kettle of hot water, and you could sample different teas while you went through the evening. And the one I find goes over the best for introducing people into the tea drinking parties is red zinger. It's rare that people don't enjoy that one to start out with, and then they'll develop a taste for other ones. But you know, you can have a lot of fun per evening for very, very little money. And my wife was nearly embarrassed when I suggested that one evening because you'll not get anything in, and I tell you can't believe the fun we had. And the people got kind of interested in it, and they each get their cup, and you've got them all lined up, and you can carry on a nice evening conversation. And when you get done, you don't have an after-morning headache the next morning. And they can open up all kinds of avenues of conversation and talk about things in a different way. It's just amazing just how much fun you can really have.

Dan Skow: The other thing you can do, along that line anyways, is when you are on program committees, and such, or your various school functions, church functions, and stuff, you can, you just have no idea how much power you really have, because most of them don't have any ideas anyway. And the power of suggestion, now don't push it, but make subtle hints once in awhile, and you bring your dish and make it flavorful and delicious, and use some of these. And you'd be surprised how fast that can catch on.

Dan Skow: Now, the next thing, we haven't said much about the noon meals and this type thing. There's where he hits it heavier, basically outline of a salad with a lot of variety in it, preferably five to different things, if at all possible. Some kind of a casserole or dish of some kind, where you can put a lot of variety in it and make efficient use of your purchases. You can use rice as a base for a lot of them. If you don't like rice, you have to develop into using your beans, peas, soaked, and this type thing, and your steamed vegetables. And try to have different kinds of them. In other words, beans and corn, that's the upper Midwestern farmer type dinner, that's vegetable to them, and the rest they don't even know about. But try to have some active variety of them. Are there any questions on that?

Now, when you get into the noon meal, there isn't so much to watch out for. There again, I will tell you this here, I can come home, and I've done this several times, anyway, and I'm really hungry, and I'm on the run, anyway. I can crack off two 8-ounce glasses of Green Drink, and that'll give me all the steam I need for the rest of the afternoon and evening. There is more energy in that than if I sat

down and tied into a big meal. And I usually use apples for a base, but for some people that wouldn't be the wisest thing. Yes, Pam?

Pam: Something that I found when I was first starting cooking, look in your, if you've got a cookbook, a standard cookbook, if you like to look at it, go back and look at the casseroles, and look and see maybe they've got meat in them that you can throw the meat out and use something else, just a little bit, to take its place in all your flavoring, and all your condiments and stuff. Then you'll have a casserole. It doesn't be the, you know, several things you've mixed in. Experiment. Don't throw out your old cookbooks. Go back and look and see what you can do with a few condiments and getting rid of the meat or cutting down on the meat and stuff like that.

Dan Skow: Most people, when you first started it, just work on less meat. You can get along a lot better and create a lot less trouble. Ah, breads, there again you can look at the ones we went through this morning, anyway, but different ways to make cornbreads, and you get into your ryes, oatmeal, rice, and this type thing. Rice cakes, generally you look at rice, you know, the cake type thing rather, and all flat, flat type bread, this type thing. And then you can pick up for desserts, like at noon, this type thing, pick up a yogurt and fruits, making blends of them, fresh fruits and blend them with yogurts. Then you can always make your blended fruit drinks, like the one we had last night, or things like that. You can always do that. Any questions up to this point? Yes?

Student: What about this cornbread recipe? **Dan Skow:** Yeah, I'll have to see what I can do about that. **Student:** Yes, please do. **Dan Skow:** I'll see if we can get that after a bit here.

Okay, the evening meal mainly should center around a salad and remember what we said about salads or Green Drinks, this type thing, you know. You've got to kind of fit that to the person's chemistry, you know. If they're weak, they're sick, and this type thing, what do you do? You blend them down. Chop it up finer. That's just what it boils down to. That's the thing you must remember. A real, hard core fact of the matter is that a lot of people, when they're not used to eating raw foods, salads, this type thing, you've always had cooked food, and you put them on that, and I'll tell you, you put them on that, and they'll go down hill in a hurry. They'll be worse off than they were before they started doing anything. Because it's just going right through them, and they're not digesting and breaking it down.

Dan Skow: So in the evening, there's practically no problem in any range with making a good base vegetable soup, and then there's hundreds and hundreds of recipes on them in different books. And my wife has several of them, and we'll try to make. She has one where she uses okra. And I've done that when I've had cooking clubs here in the evenings at the local high school, you introduce okra, for instance, because of the importance of the manganese in it. And it's gone over big, and I'll see if she can't get one of them printed up, written out.

Dan Skow: Now, I've got a few other things here I want to go through with some of you. Some of you've heard this before. I wish we could work it out so we could take you to the grocery store and help you purchase a grocery list for the day, why you select what you select and why you don't select what you select. One's a banana. This is a very poor selection for a banana. Now, the banana, the smaller the banana, the better. There's more nutrient in a small banana than there is in a big banana, minerally wise, minerally speaking. So it's really more important to buy the little ones. The only problem is around here, it's almost impossible. I've given to many talks, and they're snatched up rather rapidly, and that's why you only see these great big ones. So that's an important thing to watch, anyway.

Dan Skow: Now, any type of greens, like your lettuce stuff, the darker the color, the better. If you go to the store and you're buying a head of cauliflower, look at the stem end, and if it's hollow, don't buy it. It's very deficient in mineral. This is also true of broccoli. And Brussels sprouts, some of them look pale and tough, you know, you kind of look at them, but then, if they're nice, good dark green, they're usually a lot more tender. Try to get the smaller ones, if you can. They're more tender.

Dan Skow: Cabbage. It's another one you want to watch the stem end of it. If that's hollow, forget it. It's usually woody, and you'll steam it for many hours and it probably won't be any better off than when you started. You can always pick them up and look at them, and you can just leave them and go on to the next one. So that's some important things to keep in mind.

Dan Skow: Your fruits, like your oranges and grapefruit, try to get them as round, and buy your smaller ones, generally, and the ones with the thinnest skin. They will always have more juice in them and sweeter.

Dan Skow: Okay, we'll start over here. And you can use this for in ginger, because ground up make ginger cookies. This is a crop, and I've dealt with this in Hawaii, in an Ag program. It's quite a crop over there for cash crop. They have trouble now. There's too many raising now, and all the price got so low that it isn't very economical, but that's what that is. I've got to think of the name of this here thing.

Student: Jicama. **Dan Skow:** Jicama? I like this here diced like shoestring potatoes, and it works excellent. It's very sweet, and you can put that in salads, and it adds a real distinct, more variety to it, but it's really quite sweet.

Student: Cut it up like this kind of fruit. Fruit? **Dan Skow:** It's snow white when you cut it in long slices. I think what I'll do is I'll, as soon as I cut this up here, we'll, I'll make some slices. And when we eat up here or something, if you want come up and get a taste of it. **Helper:** Right after we're done. Taste it then. **Dan Skow:** Okay. This is what it's like, snow white. I got introduced to these when I was down in Mexico.

Student: How do you spell it? **Dan Skow:** [laughing] I knew somebody was going to be asking that. I don't know.

Student: You spell it with a "k" or a "h" depending whether you're above the border or south of the border. South of the border it's a "k" and they pronounce it as "h". **Dan Skow:** J-I-K-A-M-A. [Jicama]. That'll get you close.

Student: You'll find it a lot of the times in our part of the country in the Kroger stores. They also have chayote.

Dan Skow: Now, after you cut it, you're going to have to eat it, you know, within a few hours. Don't think you're going to put it in the refrigerator 'cause once you open and skin it, they deteriorate very rapidly, and they don't taste worth a hoot then, but for something for extra variety, this type thing.

Dan Skow: Okay, I've got a couple things that I've learned dealing, especially for you housewives, and you've got a husband that doesn't, or people that, if you ever deal with them, that's not used to eating salads. I think the thing of it is, is that, look at fruit salads, where you can sneak in some of the salad type materials, and look at the apples, sliced apples, walnuts, celery, and that type of a concept when you start introducing that into your family, because men will usually accept that before they'll accept the lettuce salad. So, there's a book out that you find in health food stores that's called *How to Be a Sneaky Organic*, and it has a lot of unique ideas of how to introduce new items into the family menu without the family knowing it. And the most difficult person to change is a teenage girl. They are the worst. I've had more comments on that, and you don't change them essentially. If there's any one specific group, they're the toughest ones to bring around. Now maybe somebody has some unique ideas on how to get to them, I don't know, but that's the ones I've seen that have had the most problems.

Dan Skow: Okay. We've got one recipe here that we have for the grits this morning, that dip those grits were put in, okay. I finally found the piece of paper here. You start out with one dozen eggs, one half of a large onion, two Tablespoons of honey. **Student:** Hey Dan, everything copied he added some things to that. **Dan Skow:** Well, this is going to have to be a base anyway. One Tablespoon of blackstrap molasses, allspice. Then you add one Tablespoon of flour, one Tablespoon of salt, and one Tablespoon of relish, like a pickle relish, type thing, one Tablespoon of tomato ketchup, 1/2 teaspoon Worcestershire sauce, and one Tablespoon of wheat germ, and one Tablespoon of paprika.

Dan Skow: Now, that cornbread you had for dinner, I don't know if we're going to ever figure out what was in that, because of what was left over of this grits dip, he made cornbread from.

Helper: You wouldn't normally not have grits two mornings in a row, but that's what we had left over, so that was the reason.

Dan Skow: Now all I know is that he took that grit dip anyway, and he added another box white cornmeal to it. And then I know he added a couple cans of the whole kernel white corn, canned corn. And that's basically what you had for the corn bread, the one you had at this noon. And the juice of four grapefruit and he says that's the case of making good cornbread, the juice of grapefruit. Now I'll see if we can't develop a better, a more explicit recipe, but I don't know about you

but I thought the cornbread was pretty good this noon. It's not often you can cornbread to have that much moisture in it and that sweet and be cornbread. Most of it you get and buy in boxes, if you don't use right away, it gets dry and hard as a brick. That made them two big pans of cornbread. There's the grit dip back there, and what was added to that was one box of, that little box we've had around here, sitting up here, of white cornmeal. And then there was whole kernel white corn added to that, I think there was four cans of that, and then the juice of four grapefruit. Somehow or another, I'm going to figure out how we can duplicate that. I'm going to have some more of that kind.

Dan Skow: Now, a couple of things I'm going to mention about canning, to make a clarify anyway, when he cans like string beans for instance, you can use a refractometer. Make sure your solution or beans are around eight Brix. And what you do is **Reams:** six to eight. **Dan Skow:** Six to eight. Then what you do with that, is you juice part of the green beans and use that juice, and you steam the green beans just exactly the way you would prepare them for the table. And get your Brix readings up. Now most beans if you go to the local store, this is string beans now, most beans when you go to the store, they run about two to three Brix, and there's no way you can prepare them and make anything out of them at all. To make them good, except if you take and you can juice part of them. I don't know whether you can get the juice content up high enough in your Brix reading. It's a tough one. Then you can add to the, to your steam water or, other words, to your juice, just a touch of allspice, a little bit of molasses. And if your Brix reading is too low, you just add honey until you get it up to eight. And you steam them until they're tender with your cake tester check method. And then you just put them in, put it out, put some of the juice in a Ziploc bag along with the beans, and you dump them in the deep freeze. And that's canned beans or frozen canned beans.

Dan Skow: Peas. Garden peas. If they are of top quality, you can just leave them in the pod, wash them, and dump them in the deep freeze. But don't do it unless they're top quality. If they're not top quality and don't have the refractometer reading on the high side of what's on that, my little booklet that I have, I don't remember the exact level, then they should be steamed exactly the way you prepare them for the table, and then dump in a plastic bag and then put in the deep freeze. **Student:** Sorry, what is difference food cooked like that? **Dan Skow:** It's a lot faster. **Student:** Always cooling must default test then. **Dan Skow:** Well most of them you just take it out and just pour them in and put them in. **Student:** Are you starting to pick them right out? **Dan Skow:** Yep. Is there any other questions now? Yes?

Student: Can you please go over please when you map out the food outline?

Dan Skow: Well see. Dear, do we have a basic outline of that black-eyed pea thing? Do you have it written on a sheet, do you know? Okay. We'll have to get it later, somehow. Okay.

Student: What will it be for these foods, too close for the sweet pea to be releasing just it like this? **Dan Skow:** If the refractometer reading on the peas, I

think, is around eight or ten, anyway. I don't have one of my books here. Or I'd look in it. I don't remember what the level is for peas. The chart in the back of this book. I'm familiar with alfalfa and some of them, but I'm not. If they're around 10 or 12 Brix or better, then you can just put them on a tray, level like a big cookie tray, level them out, and put them in a sharp freezer and freeze them. Then put them in a plastic bag direct. Do not do that unless your refract reading is up high or you'll have all kinds of trouble, and them things will taste like leather. And don't even talk about that because extension people they get really uptight at even the suggestion of that. But it's only for top-quality produce period. If your Brix reading on your English peas are down below eight, for heaven's sake, don't even think of it. For most of you, that means that you should steam the peas as if you were going to prepare them for the table, cook them and this type thing, and add your condiments to them, and then freeze them.

Dan Skow: Now the other thing you can do with peas and beans, this type thing, is to take and cook them like we talked about a little bit ago, puree them, and then put them in a loaf like. In other words, you can add your allspice and some molasses to it and some different things to make a flavor out on it. Cook it, put it in a regular bread pan. Freeze it that way. Then you could slice it just like you cut for cheese, and have that as servings then for meals. Okay. Any other questions?

Student: What kind of cookware is recommended? **Dan Skow:** I knew that was going to come up sooner or later. What kind of cookware is recommended? He gets back to the old cast iron. Iron, really iron really.

Student: How about just waterless cooking? **Dan Skow:** What about waterless cookware? **Reams:** Yes, it doesn't make food any better, but it don't make it any worse.

Dan Skow: Yes, Arden? **Arden:** How a, yesterday you talked about the caylix on oranges and so on, grown down in Florida, how do you tell on apples? **Dan Skow:** Apples, the quality basically is going to be determined by the refractometer reading. If you ever have apples that reaches 14 Brix, you'll know it. Okay? Yes?

Student: You should a go for pies at. You could serve that depending, depending on the pie? **Dan Skow:** Pies, I don't know what he's got in mind for that. We're going to have a fruit pie, which he takes a number of different fruits and put them in the Vita-Mix machine here and blend them down, now he's baking them in the oven. What we did is we bought some graham cracker crust pies up, up at the store, and I guess they're baking in the oven now. I'll see if we can't get something on that. I don't have anything on that right now. We just mixed it up and that's all I can tell you. Is there any other? Yes?

Student: What about tofu? Is that figured additional for tissue or is that produce meat? **Dan Skow:** We asked him about that, my wife did, Sunday what it was, about that because that's become quite a thing, and he says if you like it, fine. It seems pretty bland, fits in most anywhere. One thing you've got to watch out for, sometimes it can get pretty salty. That's the latest thing out, especially on the

west coast, is tofu. It's a soybean curd. They slice it like cheese sometimes, and there's a number different ways, or chunks, and they drop in soups and this type thing.

Tape 15, Side 2.

Student: ... forming in the body. **Dan Skow:** The question asked with Tofu will mucus form in your body? I have no idea. Have you heard of Tofu munch back with the soybean curd? **Reams:** It's doubtful. **Dan Skow:** Carey. Yes?

Student: It's a lasagna ...? **Dan Skow:** One lady says it's as good as a lasagna, type thing.

Dan Skow: Oh, one other thing. Did we mention anything about noodles? Well, that's one thing that we better. Most of you are not familiar, there is a lot of other kinds of noodles on the market, other than wheat noodles. Some of this happens to be one we picked up is spinach noodles, and this makes an excellent base for casseroles, far more nutritious for you and far better for almost any set of numbers, any range. And there's a number of different kinds of that, and your biggest areas for that is if you happen to get around an area where there's a Seventh Day Adventist health food stores. They have big barrels of these of different kinds and they have rice noodles, for instance, spinach noodles. I think rye and much, corn noodles, soy noodles. That opens up a whole field that most of the people don't even think about, but it's a.

Dan Skow: Now, I've got to spend a few minutes on one other thing. I've gotten into it sometimes when I've given talks on "How can I afford this?" I've got news for you. This is probably the cheapest way you could possible eat. If you look at even the people that have no money and you watch what they purchase, and if you let me do the same purchasing, I'd save them money, for what they're taking home for what they're getting. I have seen it time and time again, anyway, where they fill up a big tray, anyway, and they end up what do they have, potato chips? Potato chips when you buy them in chip form or sell them for over \$10 a pound. I have a potato, you know, for less than ten cents a pound. I mean, you get the point? And you can go on through with a list of many of them. Soda pop, you know, I get in an argument with that. The housewife complains and I've heard this time and again, and I've had women keep track of it. And they cut down soda pop, paying 30 to 40 cents for a little can now, and you compare that with a six to eight ounce glass of grape juice or some of the other juices, apple juice and this type thing for children and this type thing, and the interesting thing about it is, one glass is satisfying of that. And they don't need three or four, and drink on all day long, and it's just a whole different thing. And it's a lot less money actually. You start actually comparing, but somehow or another, the soft drink industry's got people believing that's cheaper than, than good fruit juices. So, there's no way. The other thing you look at it, you're using, if you go and look at the cooking of some of the things he's done, he's using base ingredients. If you make sure take some time to soak them and some of this. But they're far cheaper than all the stuff that's already prepared. About the only thing that gets unreasonable here, if you were to get right down to it, is these are expensive in reality. But as

long as they're going to buy noodles, why, let's buy some ones that work out. Okay, another question?

Student: Talk about not cheesecake? **Dan Skow:** Cheesecake. Not really. I'm sure there can be some made, but I don't know anything about cheesecake.

Reams: Those who have never been in Canada, let's go.

Dan Skow: That settles that issue. Yes?

Student: Where would be that elderberries fall possibly? **Dan Skow:** Elderberry juice, all that's going to be is more variety.

Student: Is it acid or alkaline? **Dan Skow:** I don't know whether it's acid or alkaline. Yes?

Student: What about the use of wine in the meal? **Dan Skow:** The use of wine with the meal? Nothing particularly wrong if it fits with the numbers and you don't have an alcohol problem.

Student: How's that figure with the numbers? **Dan Skow:** Okay. Wine will raise the refractometer reading and if you're already in a high reading, it would be advisable to, not to get carried away with it. The other place is, is that wine should be used with discretion if there's low calciums, in other words, if you're down in D & E Range. Now if you've got cold hands and feet, it'll sure warm you up. And it's good for a digestive aid when you're out eating and you're away from home, and you're getting in some food, in other words, you're someone's guest, and they're serving it and you're eating it, a little glass of wine along with it can sure do a lot of good for you. In James [actually I Timothy 5:23], in the last chapter in the book of James, it says in there and I've checked it out in I don't know how many different Bibles because I was very shook up when I read that, because I grew up in a home where any form of any kind of insinuation of any kind of alcohol was the worse thing that you could ever do. And it says in there a little wine is good for the stomach, and that even goes back to the Greek.

Student: Do you think it has any effect on the pH where it's seen to bring it up or down? **Dan Skow:** My experience is I don't think it makes a bit of difference. It might bring it up, because you're creating energy with it. But if you've got low calciums, it might drive it lower. Any other questions? For this is why we're going to serve you what we have for the evening meal, and then you can leave for home.

Dan Skow: I, first of all, would like to thank each of you for coming. Oh, there's one other thing I want you to do before you leave. I want you to each come up here, look that TV camera in the eye, and tell me your name, what you do, and one sentence about yourself. Are you shy? Do you enjoy visiting with people? Just one little sentence so that I can sit home in the evening and I can get to learn who you are. So, if you'd do that, I'd appreciate it because it's kind of fun sometimes to associate names, faces, and voices, and this type thing. Yes?

Student: Shouldn't there also be on there whether they drink their Green Drink or not? [Laughter]

Dan Skow: I'd also like to make sure, before I leave anyway, that we give Dr. Reams a hand for helping us to set this up, and I did [applause], and I want to give my wife, especially her, **Reams:** Amen! [Chuckle] **Dan Skow:** for all the work she's done, I think she deserves a good round of applause. [Applause]

Reams: She's really good.

Dan Skow: And I'd like to thank Dennis here for helping out on the taping, and we've been friends for a couple years, and I called him up Sunday night. I give him a lot of warning. [Chuckle] I figured out I just didn't have anybody for that job, and I'd like to thank you, Dennis, for taking the time to come down. It's much appreciated. [Applause]

Dan Skow: And I also, I don't know. Is Bonnie here?

Student: Yes, she's ... **Dan Skow:** Get her out here. She, she's been doing the dishes for us, for the pans and stuff, and helping to clean the salads and vegetables and this type thing, which is some ...

Dan Skow: We'd like to thank you for your help here and give you a round of applause. [Applause]

Dan Skow: And then my old standby, he's always been faithful, fills in, knows where to fill in everything, and that's Jerry Friedenstien from Ohio. He's always been good help for us. [Applause]

Dan Skow: So now, it's your turn to come up, start at the end, and here's the microphone for that one. I want to know who you are.

Reams: Just before you do, I'd like to tell you a little story. You might be able to use it someday. When my girls were anywhere from 12 to 16 or 17 years old, I told them, when you started dating now and the boys asked them if they could cook, to say to the boys, "Can you wash dishes?" [Laughter] They did, and it shooed the boys away until they were old enough and had sense enough to kind of pick somebody. Well I got chewed out real well when they got old enough to find out that it shooed the boys away. [Chuckle]

Dan Skow: Okay. Just a second, we'll make a switch here. I'm going to give you all a chance to start your first time to speak in front of a crowd and on TV, on top of it. And I'd like you to make a comment on how you came to, arrived to come to here. So, do you want to start, come up and oh, we've got to wait for just one minute. Do you have a pie?

Reams: Yes, I took one banana, one ordinary sized can of crushed pineapple, one papaya medium sized, weighs about a pound with the seed out and peeled, two apples. I put it in the blender with no water and no nothing, just the fruit, and blend it up until it was a puree. I poured it in a mixing pan, and then I repeated it. Then I mixed with it coconut, wheat germ, vanilla flavoring, and honey. Then I baked it in the oven for a few minutes. We now put it in the refrigerator to chill, so that we can eat it without getting burned up. I did use a small amount of cornstarch too. I just had a little bit left, and I used it.

Student: How do you know how long you want it to stay it in the oven? **Reams:** Well just a bit, you can tell, just a little bit brown.

[Everybody singing Happy Birthday to Dr. Reams.] **Reams:** Boy, a surprise!
[Laughter]

Student: Do you know how many candles are on this? **Reams:** No. **Student:** Well, you're to count them because we won't tell you. [Laughter] **Reams:** Looks like there's 39. **Student:** That's how many's on there. I'm just guessing on it. Thank you ever so much.

Student: You're to make a wish and blow those out. **Reams:** I wish that we'd all meet again once a year, for old times sake, so old acquaintance will not be forgotten. Okay, you blow the rest out. Thank you ever so much. [Applause]