



Spring

Summer



Eat to
Feel Great
Recipe Book
by
Alison Marsden



Autumn

Winter



About this book

This book gives you some great recipes on how to eat well to promote rehydration of the body, readdress pH alkalinity and balance your GIs (sugar levels). Along the way you will learn methods of preparing food that make it more easily digestible and promotes the good internal microflora providing you with bioavailable food. It also uses the principles of the Qi qualities in food to ensure your energy is not depleted especially during the changing seasons. Also it mentions foods to help you avoid 'dampness' in the body, that is cold, groggy, phlegmy and clammy feelings.

I call these The Three Pillars to Health. With these embedded in your diet you may want to follow some other guidelines on eating although you will get more noticeable benefits out of embedding these three pillars in your diet first.

There are lots of suggested variations for you to start inventing new recipes yourself. If you come across another one please let me know! My recipes are often invented accidentally because we have run out of something or I have just had a senior moment.

THE THREE PILLARS TO HEALTH

Rehydrating your body

A lot of the foods we eat actually take moisture out of our bodies in order to digest it. So if we eat more foods that don't do this we are on the road to rehydration! Just drinking water does not necessarily rehydrate the body. We can see this if we pour water into a pot of very dry soil; it just comes out of the other end! Full rehydration can take up to a year!

Alkaline vs Acid

Our body's natural pH value is slightly alkaline so we need to eat more alkaline forming foods than acid forming foods. We also get our pH value from the water we drink, the air we breathe and the environment we are in. Pollution, chemicals, computers, cars and mobile phones all create acid in our bodies. Forests, rivers, mountains and fresh spring water all create alkaline in our bodies. So generally we really need to eat about 70%-80% alkaline forming foods in order to create a balanced pH in our bodies. Most fruit and vegetables are alkaline forming; all other foods (except almonds and millet) are acid forming. These recipes help you move towards creating a balanced alkaline pH in your body. Listings of the pH values of foods can be found on the internet.

Glycemic Index (GI)

The Glycemic Index (GI) measures how fast carbohydrates enter your blood causing the sugar levels to rise. Eating lower GI foods helps balance your body's sugar levels, which in turn balances mood swings, food cravings and increases the power of your immune system. Reducing sugars also helps balance your microflora, the basis of all absorption.



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