

Edgar Cayce's Diet Plan for

# Optimal Health

and Weight Loss



## Give Me Five: The Principles of Healthy Eating

**JIM DAVIS' POPULAR CARTOON CHARACTER** Garfield suggests, "Never diet on a day ending in 'y.'" I urge you to consider

the wisdom of his advice. Don't bother going on a diet. Diets don't work, because they effectively starve an already malnourished body. Many of the individuals who are on a weight-loss diet on any given day will be unable to keep off the weight they may lose, and many have already lost and regained their excess pounds numerous times. Several studies indicate that 90 percent of those who lose weight regain it within five years.



So, how can we turn our weight-loss resolution into a plan that works and won't fall by the wayside? We need an emphasis on quality, not strictly quantity, of food. Weight loss is a question of eating more of the right foods and far less—ideally none—of the wrong foods. Some foods clog up the digestive and lymphatic systems and thereby hinder our efforts to shed extra pounds. Other foods promote healthy metabolic function and thereby aid weight loss. Some foods even increase our ability to burn fat—these are referred to as thermogenic foods.

We also know that people have different nutritional requirements based on individual biochemistry and metabolism. These are genetically predisposed, as well as influenced by past food choices, the environment we live in, the type of work we do, when and how well we sleep, and other aspects of our lifestyle. We will discuss each of these later in the book.

In the Cayce readings, the two major nutritional considerations for achieving weight loss are the recommendation to curtail starches in the diet and the suggestion to drink grape juice, diluted 2:1 with water, before each meal and before retiring at night. The readings indicate that grape juice, taken in this manner, will reduce the desire for starches and sweets, as well as balance glandular activity related to digestion. Working with these two recommendations sounds like a simple recipe for balancing weight, and anyone interested in losing weight would certainly be wise to implement them. However, considering that starches typically form such a large portion of many diets today, it is important for us to know what the best foods are to replace those starches—in other words, we need to reinvent our diet. That is why, throughout this book, we will consider the principles of a healthy diet, combining the guidelines from the readings with current scientific research. At the basis of these principles, however, is the important concept of the acid/alkaline balance.

### ***Cayce diet 101: keeping the body alkaline***

The recommendation to “keep the body alkaline” is a recurrent theme in the Edgar Cayce readings, and it is suggested that one of the ways we can achieve this is by centering the diet around alkaline-forming vegetables and fruits. We are advised that we can improve metabolic function, maintain a high state of health, and prevent colds, infections, and other illnesses by maintaining the body in an alkaline state. Reading 525-1 says, “Be mindful that the diet is such that it keeps . . . toward alkalinity for the body at all times; for this will not only prevent infectious forces but will aid in keeping the blood stream in such a manner as to aid in eliminations . . .”

Today, more than half a century after the sleeping Cayce admonished that acidic conditions predispose the body to ill health, the notion of

pH balance is finally catching the interest of health professionals and the general public, as more and more books and various health publications focus on the issue.

The pH scale is applied to measure acidity or alkalinity of body fluids. Its values range from 0 to 14, acid to alkaline, with 7 being neutral. For optimal health and metabolic function, most body fluids must be slightly alkaline. Blood should be at or near a pH of 7.4. Whenever the scale tips, the body mobilizes a special buffering system and draws on its *alkaline reserve*, consisting of mineral stores, to neutralize acidity. However, the minerals in the alkaline reserve must be replenished regularly through food. An alkaline-forming diet is therefore important.

All foods, after being metabolized, leave either acid- or alkaline-forming elements in the body. Alkalizing foods are those which supply predominantly alkaline-forming minerals such as calcium, sodium, magnesium, potassium, iron, and manganese. Most vegetables and fruits are in this category. Acidifying foods supply predominantly acid-forming minerals like copper, iodine, phosphorus, sulfur, and silicon. Meats, grains, and most fats and dairy products belong in this group.

Many charts have been published that list foods in the acid and alkaline categories. If we consult different ones, we are likely to find numerous discrepancies, partly due to differing research criteria or to actual variations of mineral values in foods, depending on where these foods are grown and whether or not they are refined. For instance, whole grains are less acid-forming than refined grains, from which the nutrient-rich germ and bran have been stripped away. Freshly picked, sun-ripened vegetables and fruits grown in organic soil are higher in alkaline-forming minerals than those grown in chemically imbalanced soil and harvested prematurely.

The best way to achieve an 80 percent alkaline-forming diet, as recommended by Cayce, is to build our meals around fresh vegetables and fruits, with smaller proportions of cereals, dairy, and meat than are typically featured in the North American diet. Ideally, all foods should be organically grown, whole, and unrefined, so that we can benefit from

the full spectrum of nutrients and thus the alkalizing potential placed in the food by Mother Nature.

Most herbs (including herbal teas), spices, and food-based nutritional supplements, such as green-food concentrates, are alkaline-forming. Freshly extracted vegetable and fruit juices are highly alkalizing. I have often witnessed someone who felt weak and exhausted perk up and feel better within half an hour of drinking a large glass of fresh vegetable juice. Hot broths made from vegetables or chicken bones, as well as miso soup, are high in alkalizing minerals and have a similar effect.

Avoid fried foods, processed foods, and foods high in refined starches and sugars, which are highly acid-forming and rob the body of nutrients when they are metabolized. Alcohol, nicotine, and pharmaceutical drugs are also acid-forming. If tolerated, a small glass of red wine per day has medicinal value, but alcoholic beverages in excess upset the body's acid-alkaline balance.

In addition to diet, lifestyle factors influence the body's pH balance. Stress, noise, environmental pollution, and lack of sleep and exercise all create acid conditions and ultimately disease. Prayer and meditation, restful sleep, and aerobic exercise such as walking, which pumps alkaline-forming oxygen into the body, are alkalizing and thus healing. Deep, abdominal breathing exercises are also recommended.

An easy way to test your pH balance is to use pH paper, or litmus paper, which is available at many health food stores and some drugstores.<sup>1</sup> This type of paper enables you to test the pH balance of liquids, including body fluids. To test the pH of saliva, wet the end of the paper in your mouth and, within seconds, watch the paper change its color. You will then be able to compare the color with samples shown on a color scale that indicates the matching pH level.

You can test your pH level at any time throughout the day, but you will get your most accurate values first thing in the morning. Test your values several days in a row. If your results consistently indicate a level below 6.5, you can benefit from switching to an alkaline-forming

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<sup>1</sup> To order this and other Cayce products mentioned in this book, visit [baar.com](http://baar.com) in the United States, and [EdgarCayceCanada.com](http://EdgarCayceCanada.com) in Canada.

diet and implementing the appropriate changes in your daily routine and lifestyle.

### **Five principles of healthy eating**

As we have seen, the Cayce dietary guidelines do not offer dogma. Rather, they show us how we can meet the nutritional needs of the physical body in the most efficient and effective way. Combining the information from the readings with current nutritional research, which increasingly substantiates Cayce, we can identify the following five principles of optimal nutrition:

1. Indulge in water.
2. Favor veggies and fruits.
3. Prioritize for protein.
4. Keep starches in check.
5. Banish fake fats.

Brief and to the point, these guidelines are easy to remember. Write them down on a piece of notepaper. Post them on your fridge; take them with you when you go to the grocery store and dine in a restaurant. Plan your meals with these principles in mind, and you'll be assured of success if your goal is greater health, abundant energy, and optimal weight.

Let's take a quick overview of each of these principles before we discuss them in greater detail in the chapters to follow.

**Indulge in water.** Drink six to eight glasses of filtered or spring water each day, between meals. Water is needed for the process of elimination, to flush out toxins, and to deliver nutrients to the cells. Whenever you feel hungry, drink a glass of water first, then wait fifteen minutes before you eat your meal. You'll find that you won't be as hungry, and you'll digest your food better, as you won't need to drink as much with your meal—taking liquid with meals dilutes digestive juices, thus weakening digestion.

**Favor veggies and fruits.** Vegetables and fruits are a storehouse of vitally important nutrients and phytochemicals that should make up the bulk of everyone's diet. Stop thinking of vegetables as a side dish on your dinner plate, and make them the center of your meals. Always include orange vegetables and dark green leafy vegetables, which are

especially rich in vitamins, minerals, and antioxidants. Vegetables also supply lots of fiber, which promotes healthy bowel function.

At least one-third of your veggies should be eaten raw. Raw foods supply enzymes that promote digestion and a healthy metabolism. Prepare other vegetables by steaming, baking, or cooking them in parchment paper to preserve nutrients. Eat six to seven servings of vegetables a day, more if you like. It's difficult to overeat on vegetables!

Fruits are the ultimate testimony to nature's beauty and bounty. Rich in color, flavor, and aroma, they are natural superfoods, brimming with vitamins, minerals, flavonoids, and antioxidants. The soluble fiber contained in fruit helps regulate blood cholesterol and sugar levels.

There is indeed good reason why vegetables and fruits should make up the bulk of the foods we eat!

**Prioritize for protein.** Be sure to eat a small amount of high-quality protein two or three times each day. Many dieters make the mistake of eliminating protein foods. As a result, they become famished and weak and tend to snack frequently on carbohydrate-rich foods. Protein is required for proper metabolic function and endocrine balance. It also makes you feel satisfied and less hungry. Fish, fowl, eggs, and dairy products (ideally fermented, such as yogurt) provide excellent protein. Vegetarian sources are combinations of legumes, grains, seeds, and nuts. But remember: the protein food is the side dish on your vegetable plate—not the other way around!

**Keep starches in check.** Avoid starchy refined and processed foods, such as white-flour products, white rice, and refined sugar, which contribute calories but no nutrient value. Some unrefined starches, such as potatoes, and whole-grain products, such as brown rice and whole-grain bread, can be enjoyed in moderation. Most nutrition researchers today agree with the Cayce readings that it is primarily refined and starchy foods that are responsible for unwanted weight gain.

**Banish fake fats.** Choose the right fats for your diet. Many popular cooking fats and oils are refined, processed, and chemically altered, making them toxic and unusable for the body. Use natural fats, such as extra-virgin olive oil and butter. Natural fats promote satiety and help the body make optimal use of protein. Avoid hydrogenated fats, which are harmful to your health. Certain fats can actually encourage weight

loss: omega-3 fatty acids, found in whole grains, nuts, seeds, and green leafy vegetables, boost metabolic rate and increase the body's ability to burn fat.