

MAGNESIUM--Important for metabolism of calcium and Vitamin C: Found in fruits, grains, vegetables--especially green leafy ones, or magnesium sulfate (Epsom salts).

POTASSIUM--Fruits, vegetables, meats, fish, nuts, unrefined grains, dry beans and fruits.

TRACE MINERALS--Sea foods, liver, green leafy vegetables, egg yolk.

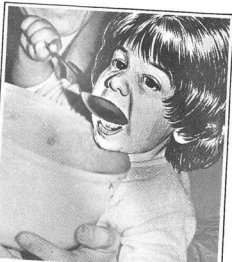
PROTEINS--Milk, yeast, yogurt, buttermilk, cheese, meats, game, fowl, fish, eggs, soybeans, soybean flour.

BULK--Fruits, vegetables, whole grain bread and cereals.

As you can see, each vitamin and mineral plays its own vital part but all work together and all are indispensable in maintaining good health.

60. BECAUSE OF THE POOR SOIL ON WHICH THEY ARE GROWN, WIDESPREAD OVER-REFINEMENT, PROCESSING, LONG DISTANCE TRANSPORTATION, SHELF-STORAGE IN MARKETS, and faulty preparation at home, many foods eaten today are very deficient in the vitamins the body demands. Therefore vitamin supplements are helpful in restoring the missing valuable nutrients in our foods today, and often seem necessary for maintaining superior health.

61. AT DINNER WE SERVE HEALTH FOOD SUPPLEMENTS ON A SMALL TRAY, including containers of wheat germ, brewers yeast, honey, fresh-cut lemon, sometimes chopped parsley, onions, garlic, soya, apple cider vinegar and blackstrap molasses. Davidito enjoys adding some of these to his regular vegetable and meat dish too, or as dessert added



"Last bit of jello for me!"
--14 months.

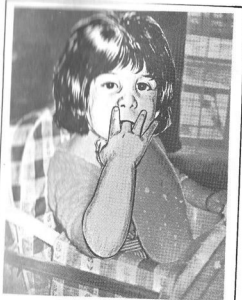
to yogurt or on wheatbread with margarine.

62. THIS HEALTH DIET HAS BEEN A GREAT ASSET TO OUR FF'ERS DIET (John 3:33)! The sisters in our house eat a chef salad for lunch made of lettuce, watercress, parsley, tomato, onion, carrot, garlic, lemon, with either egg, cheese or tuna fish and added healthfoods such as wheatgerm, soya, brewers yeast and seed or vegetable oils. If you wish to lose weight, stick to a high protein diet, stop eating white sugar, flour and their products, and get moderate exercise.--Go FFing! Praise the Lord!

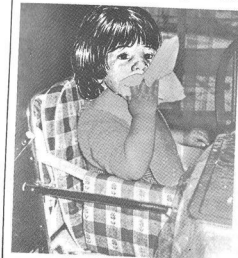
63. REMEMBER THAT MOST NUTRITIONALISTS AND HEALTHFOOD ADDICTS ARE EXTREMISTS and their writings can be complicated and difficult to follow, but we hope the above tips have encouraged you with a little information on how you can better your diet and look into your colony's eating habits and meal plans to see that you are getting the most nutritional

values out of your food budget and meals.

64. FOLLOW MO'S HEALTH REVOLUTION tips on using the pressure cooker, on the cleanliness and storage of foods, and on econom-



"Lick your fingers, Davidito... Wipe your face...and wipe your hands!--All done!--13½ months.



ical shopping. Learn to buy the foods that are good for you and not just filling. Strive to eat better, and you'll feel better and be able to do more for the Lord! And, if you're not convinced that eating healthfoods are good for you, then at least do it for the children, please!

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65. IF YOU'RE INTERESTED IN MORE DETAILED INFORMATION ON NUTRITION and healthful living, we've found the following books to be very helpful, and some even obtainable outside the U.S. We bought our Adelle Davis books in Portugal!

"How to be Healthy with Natural Foods", Edward E. Marsh, Arch Books.

"Let's Cook it Right", Adelle Davis, Signet Books.

"Let's Eat Right to Keep Fit", Adelle Davis, Signet Books.

"Let's Get Well", Adelle Davis, Signet Books.

"Let's Have Healthy Children", Adelle Davis, Signet Books.

