

The 3 Levels of Food

Did you know that food used to be more nourishing and less toxic than it is today? American farmers have done a tremendous job of providing plentiful food for our growing population, but the cost of their achievement is that today food is planted in chemical fertilizers and as it grows it is protected by millions of tons of pesticides, insecticides, herbicides, fungicides and rodenticides. Then food processors add sugar, salt and/or chemical preservatives, most of which are listed on food packaging as words we can't understand. Add deep fat fryers, canners, barbeque chefs and pastry makers to this food machine and your body is going to get lots of toxins without a whole lot of nourishment. You will be living on level 3 food.

Level 3: over-civilized food

We have what I call "3 levels of food." The third or bottom level is the "overcivilized" or overprocessed food I described above. It is what a majority of Americans eat today—high in sugar, high in salt, high in chemicals and low in fiber and nutrients. The toxic substances used to grow and prepare it remain as residues on level 3 food, which can lead to many diseases including cancer.

It's not uncommon to find families eating *only* level 3 food. A typical meal at this level might look like this: canned green beans, boxed white minute rice, canned brown gravy, instant boxed corn bread,

fried chicken, and soda or milk. These foods are high in fat, salt, sugar, preservatives, antibiotics and pesticides. They are low in fiber, nutrients and enzymes. Most people who eat like this are grossly overweight, in poor health, and lack energy, mental clarity and physical vibrancy. Their immune system is weakened to the point where they are constantly getting colds, viruses, and chronic ailments.

Level 2: organic food

The second level of food is what I call live, organic food and it is getting increasing attention today. Live food means food that occurs in nature, like vegetables, fruits, grains and nuts. This level of food is what our grandmother was talking about when she said, "Eat your vegetables, they're fresh out of the garden."

"But things have changed, Grandma!" Take our spinach or collard greens for example: 50 years ago the soil was richer and the nutrient level higher than today. Today we would have to eat 15 cups of greens to get the same nutrients our grandparents got from one cup! And here I'm talking about organically grown food. A shocking fact is that the United States agricultural land has lost close to 75 percent of its topsoil. Still, despite poorer soil, level 2 organic food is certainly a better quality food than level 3 commercial food.

A typical meal

of level 2 organic food might look like this: A salad of cleansing vegetables such as baby greens, grated carrots, cucumbers, freshly sliced beets, sliced tomatoes, and chopped green onions, with your own freshly made salad dressing (made with flax or almond oil, minced ginger, chopped basil, and tarragon vinegar). Then add a helping of brown rice and curried lentils. This meal is less toxic because it is grown organically and there are no inorganic preservatives. It is full of nutrients, natural enzymes, essential fatty acids and fiber. It is low in sodium and the pH balance of this food is more alkaline than acid (illnesses don't do well in sufficiently alkaline bodies). It's also easier to digest and metabolize than level 3 food. This level of cleansing food supports health, weight loss and the organs that detoxify our colon, liver, kidneys, skin and lungs. All Americans should be at this food level as often as possible.



1



2



3

Level 1 food

I call the first level of food "maximum nutrition in small doses." It concentrates the live organic foods of the second level with nutrient formulas, or supplements, which are far superior to the other two levels. These formulas come packaged as green powder, antioxidant drinks, protein powder and cleansing herbs. They are a powerful help to our bodies' main detoxification organs: the colon, liver, kidneys, skin and lungs.

The supplements that constitute level 1 food include high-powered nutrients: phytonutrients, vitamins, minerals, enzymes, amino acids, essential fatty acids and more. All these good nutrients support your body at the cellular level, which promotes increased energy, mental clarity, a balanced hormonal system, an improved immune system, and protection against degenerative diseases. You feel better, lose weight and move toward optimal health.

What makes level 1 supplements superior? You know one glass of a good brand of green drink has the nutrient content of 10 to 18 servings of rich green vegetables such as spirulina, barley, spinach, wheat grass, and other rich greens as well as phytonutrients, enzymes and aloe vera. Remember, even organically grown food is not as nutrient-rich as it

was in the bygone days when agricultural soil was better. I said earlier that it takes 15 cups of greens today to yield the nutrients found in a single cupful in my grandma's day. It is physically uncomfortable, if not impossible, to eat 15 cups of



greens in one sitting, but it's no problem to consume a green drink that concentrates 10 to 18 cups of greens and other supplements into a small portion.

What does a diet of the first level of food look like? It's organic foods such as a vegetable plate, nuts, a salad and chicken almondine along with antioxidant drinks, protein shakes, green drinks, enzymes and herbal cleansers. This is a detoxifying and cleansing diet, nutrient-packed with all the benefits of the second level plus the added advantage of supplements to support your entire body.

In this toxic world our bodies are exhausted from working overtime trying to digest food laden with toxins. That's why many people are tired and sleepy after eating. You want your body to take a break from time to time so put your digestive system on a vacation and go on a detoxification diet. Eating with maximum nutrition in small doses is vital to your wellness, longevity and vibrant life.

For all the details of how to eat for health, energy and healthy weight loss, and for a source of excellent level 1 food supplements, go to my website at www.mvdietaetox.com.

Your partner in wellness,
Dr. Roni

Dr. Roni DeLuz is a Naturopathic Doctor, Ph.D. in natural healing, Registered Nurse and Certified Colon Therapist who has been a healing professional for over 20 years. She owns a holistic retreat on the famous island of Martha's Vineyard where individuals come to detox for wellness and to lose 21lbs in 21 days! For more information, or to reach her, go to mvdietaetox.com.

HEALS
&
softens
rough, dry skin

smoothes
marks & scars

Evens
skin tone

Photography by Howard Schatz



PALMER'S®
COCOA BUTTER FORMULA®
with Vitamin E

www.palmerscocoabutter.com

© 2005 E.T. Browne Drug Co., Inc. All Rights Reserved