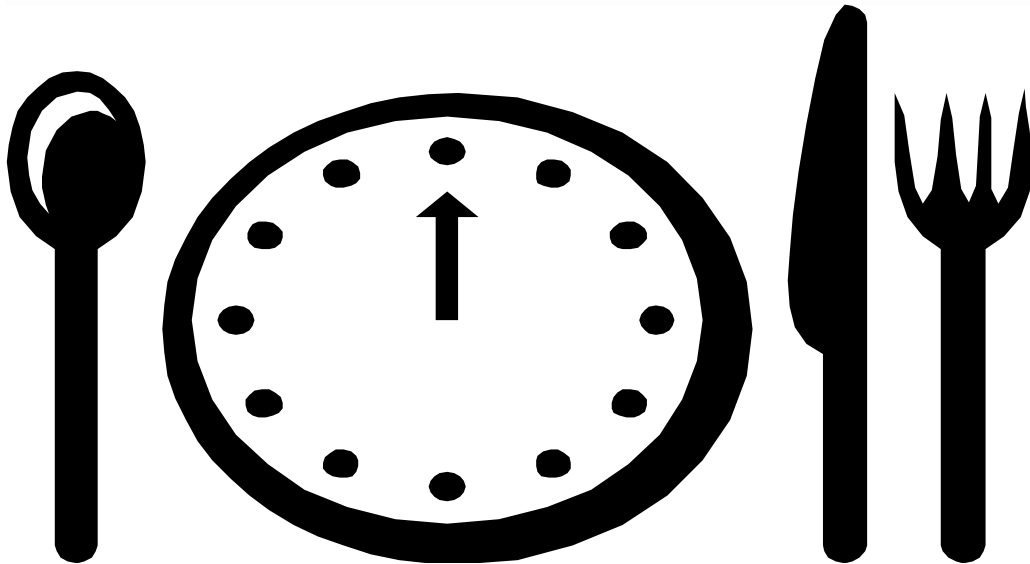


Feel-Better- in-48-Hours Plan



**Includes Easy & Delicious Recipe Plan
proven helpful for Acid Reflux Disease,
Allergies, Diabetes, Heart Disease,
Lupus, Mental Illness, Migraine,
Obesity and other health problems**

Diana Smith, Ph.D.
Certified Nutritional Consultant
Certified Herbalist

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This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms or medication that may require diagnosis or medical attention.

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Feel Better in 48 hours Plan

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While in grammar school, I was not one of the smarter kids in class. In fact, my eighth-grade teacher suggested, "Diana, don't take college preparatory classes, because college isn't for you." What made the difference? God. The Good Book says, "The Rock of my strength and my refuge is God." (Psalm 62:7)

Next, thanks to my husband, Ken, who encouraged me to go back to school, and then paid for it. Ken has endured eating from the "Test Kitchen." That's where all the recipes in this book were made--my home kitchen. Some "boo-boos" and some "keepers"--as the master taster calls them. The master taster, Ken, has never complained. He would say, "It's okay." I would prod, "Really?" He'd say, "It's okay." After tasting it, I would whisk it away and say, "Oh, Ken! Want salad?"

Thanks to my first fan club: daughters Theresa and Thea who think, "Mommy can do anything." They, too, have served as guinea pigs--I mean "tasters" in the Test Kitchen. No, they were not valiant like Ken; they complained. Thanks, girls!

Thanks to my boy guinea pigs--I mean--sons, Dane Boyer, (Thea's husband) and John Anderson (Jake's dad) who eat my food so fast, we have to keep throwing water on their silverware so it doesn't overheat.

To grandson, Jake, for eating anything not nailed down. One day when he was three, he watched me serve some dinner to Sweetie (our dog) and he excitedly asked, "Nana, can I have some of that, too?" Yes, the dog eats this way! Sweetie cannot read this or I would thank her here for eating the Test Kitchen "boo boos."

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Me and my daughter Theresa



Me and grandson, Jake (Theresa's baby)



Jake(at three) and Sweetie



Me and my original fan club, Theresa & Thea

Feel-Better in 48 Hours Plan

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Pick Your 48-Hour Plan

Maggie's 48-Hour Detox Plan

A 48-hour detoxification plan to battle serious illness.

Cravings 48-Hour Detox Plan

A 48-hour detoxification to help balance cravings.

Healthy Eating 101 Plan

A six-week plan (not 48-hours) to begin detoxifying man-made, processed food from your diet. (If you want to feel better in 48 hours with this plan, please eat from the Recipe Plan while reading through this text.

Detoxification is key to the Feel-Better Plan. Benefits of detoxification:

- 1) To have clearer thinking.
- 2) To begin to detoxify the body from a lifestyle of eating refined and chemically-processed foods.
- 3) To break a habit. What kind of habit? An addiction to white sugar, nicotine, alcohol, uncontrolled anger, emotional depression or overeating.
- 4) To help the body handle stress.
- 5) To begin a new way of eating so you can enjoy better health.
- 6) To help your body recover from an illness.

Maggie's 48-Hour Detox Plan

Maggie's Story:

Maggie was diagnosed with Lupus four years before I met her. I can remember her intense facial expression--she was serious. Later Maggie told me:



"I took notes, bought the book, and then went shopping." Maggie

Maggie was not trying to lose weight, but she lost 11 pounds in four weeks. Why? Because God's foods allow the body to naturally detoxify. Toxins are sometimes stored in body fat. This is her personal plan:

Day One: Raw vegetables & salads with Extra Virgin Olive Oil, (EVOO) Garlic Salad Dressing for breakfast, lunch and dinner. Filtered water to drink.

Day Two: Raw fruits for breakfast, lunch and dinner. Filtered water to drink.

Day Three and following: Restrict eating to the Recipe Plan and Feel Better Basic Daily Dietary Goals below.

Feel Better Basic Daily Dietary Goals:

- 1) One fresh salad every day.
- 2) Salad dressing made by you and NOT store bought!
- 3) Eat two snacks every day.
- 4) Choose two menus from the Recipe Plan.

Feel Better Weekly Dietary Goal:

Eat fish two times a week.

Cravings 48-Hour Detox Plan

Debbie's Story:

Debbie suffered with horrible migraines and acid reflux. When she ate from the Feel-Better Plan, she reduced her migraines and rarely suffered with acid reflux. Debbie's added bonus? "The cravings for sweets disappeared."

For Father's Day, Debbie made a special meal for her husband. Part of that dinner was a box of scalloped potatoes (her husband's favorite) The next day, she woke up with a horrible headache and a craving. She went to the store and walked each aisle to find what food she craved. What did she buy? Fresh watermelon and pineapple.



"I felt like I used to feel when I went shopping for cake and ice cream. I didn't want that junk. This time I craved fresh fruit." Debbie

This plan will free you from cravings. Eating unbalanced food CAUSES you to crave more unbalanced food. This is a simple plan, but it takes perseverance until one day you will realize that you (like Debbie) don't "want" unbalanced food any more. In fact, unbalanced food doesn't taste good to you anymore.

Your brain has a pleasure zone. When the pleasure zone is off balance, you crave more unbalanced food. Sugar, an unbalanced food, will satisfy this zone temporarily. The imbalance is caused by a diet full of processed foods. When you give your "pleasure zone" whole foods, it becomes satisfied.

Pick your favorite fruits. Pick fruits that are in season—to save some money at the fruit stand. If you shop at a local fruit stand or farmer's market, you will find more locally-grown fruits, less time from farm to your dinner table. The price of the fruit is much cheaper because you are cutting out the middleman—the grocery store.

If you have children, let them eat the same way you are eating. Just eating fruit is not going to hurt a healthy child for a day or two. If they are under a doctor's care, consult

with him. One important note: Since your family's digestion is going to become faster, the amount of fruit consumed will be astonishing. So, buy more at the fruit stand than you think you need.

When I shop, it helps me if I count. An example would be the following: Okay, I want an apple in my breakfast fruit salad, a banana, and an orange. Now, that's three each, and that's just for me. That's just breakfast. Now, start counting for two snacks. Get some paper or you may lose track.

Another great feature about a 48-hour detox is time off for the cook. How wonderful! No cooking, no pots, no pans, and very little clean up. Many of my clients report a "clearing" of their minds and their cravings being diminished.

When I eat this 48-hour detox, I find myself eating non-stop. If I don't, I get too hungry. The body that is continually hungry is a body that is detoxifying. Fruit is considered a perfect food. The same Person who designed you manufactures and packages fruit. You might say that fruit is a "Designer food," or put another way, fruit is God's idea of dessert.

In addition, God's fruits and vegetables have special "healing" water inside that will heal your body. It's water straight from God. Once the two days are completed, restrict eating to the Recipe Plan along with the Feel Better Basic Dietary Goals below. Simple.

Feel Better Basic Daily Dietary Goals:

- 1) One fresh salad every day.
- 2) Salad dressing made by you and NOT store bought!
- 3) Eat two snacks every day.
- 4) Choose two menus from the Recipe Plan.

Feel Better Weekly Dietary Goal:

Eat fish two times a week.

If you have Diabetes or Hypoglycemia, take note! This controlled fast is NOT for you. Healthy Eating 101 will be a better plan for you.

Healthy Eating 101 Plan

Six-Week Detox Plan

This plan works well in a group setting. Everyone tries new recipes each week and shares their successes. These success reports each week are very encouraging to everyone. Some of the participants choose to wean themselves off a new toxin each week; others go cold turkey and just eat from the Recipe Plan each week. Once the six weeks are completed, continue eating without chemicals in your food and the dietary goals below. Simple.

Feel Better Basic Daily and Weekly Dietary Goals:

- 1) One fresh salad every day.
- 2) Salad dressing made by you and NOT store bought!
- 3) Eat two snacks every day. (See Snack Idea List.)
- 4) Choose two menus from the Recipe Plan.

Feel Better Weekly Dietary Goal:

Eat fish two times a week.

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The “Lazy, Sneaky Cook” Tells All!



Let me confess why I am wearing fire department bunker gear on the back cover of this book. It is simple. At my house, dinner is ready when the fire alarm goes off. (I have included two of my personal kitchen sayings in the back of this book for you to frame.)

Yes, I have had a fire or two in my kitchen. Here is a secret. One evening at 5:00 p.m., I met my family for dinner on the front porch. Why was I sitting on the front porch? The house was too smoky. My frying pan had gone up in a blaze! If it were not for my trusty fire extinguisher, I might have lost the house. To this day, there are big heat blisters on my stove's exhaust hood. I had to repaint the kitchen because of the smoke stains on the walls.

Please do not expect to find any gourmet meals in the Recipe Plan for entertaining and “ahhh-ing” your guests. The meals are just fast, lazy, and sneaky cooking. Why sneaky? Well, that is the next important fact you should know.

Puh-leeze!
Do not tell anyone this food is healthy for him or her!



Raise your right hand and repeat after me, “I promise **not** to tell anyone this food is healthy!”

If you tell friends and family this food is healthy, they will spit it out before they taste it. It will be our little secret. Okay? If you are unable to contain your sneaky, little self, you can confess. HOWEVER, tell everyone only **after** they have finished eating. Promise?

I call my kitchen the "Test Kitchen." I try to create meals that do not require professional appliances, special ingredients or hard-to-find foods.

A few of the Test Kitchen's priorities:

- 1) Easy preparation.
- 2) No dairy products.
- 3) No prepared, processed foods. (Additives subtract from your health.)
- 4) No condiments. (Example: Mayo, ketchup, mustard, etc. 'cause of the "stuff" in their ingredient list.)
- 5) No sugar or processed anything.

That may sound like easy guidelines, but it can be difficult. Most recipe books use dairy as the key ingredient to rich-tasting meals. Nope, not in this Recipe Plan. There are too many hormones injected into the animals and man-made processing.

The experts tell us that most homemakers have about 12 recipes that they normally use every day. That is not a lot of recipes. My three lazy favorites? Red Beans and Rice, Chicken and Yellow Rice and Potato/Tomato Soup.

The hardest part of eating without additives will be foraging for your food—I mean shopping for your food. Our ancestors had to search for food, and it is no different today. Trying to find a salad dressing without MSG (monosodium glutamate) is next to impossible at your local grocery store. Ask Jay, who spent 45 minutes searching every salad dressing in the grocery store for a "legal" one. Nope. Now, Jay makes his own salad dressing from scratch.

Many cookbooks call for Dijon mustard and other prepared foods to add extra "flavor" to their recipes. What is the flavor? Chemicals. Condiments stay in your refrigerator for months, even years, and never taste bad. How? Think about it. You probably have shoes in your closet that do not last as long as the condiments last. The answer is simple--these foods are not food. They are just chemicals.

Advertisers boast low cholesterol on their food labels, but what they don't tell us is their products usually contain partially hydrogenated oil or trans fatty acids that raise cholesterol levels. Remember, Food Manufacturers are interested in their bottom line, and not in your waistline.

Today most people think that enriched flour products are good for them. In reality, enriched flour is not food. That is right--enriched flour has zero food value.

All-purpose flour has no purpose.

The first two weeks on this Plan will be the hardest because you must learn to read food labels and develop a new routine. Hang in there. It is worth it!

Most people who see the Recipe Plan think I love to cook. Hold it, brother! I'm the sneaky, lazy cook. Anyone who is lazy, would prefer to go to a restaurant, and let THEM do the cooking, cleaning and serving. It's fast, cheap and very lazy. BUT, when I eat out, I usually feel bad the next day. Heavy, bloated, no energy and sometimes I get a migraine headache.

The recipes contained in the Recipe Plan are the ones that I use every day. They are easy and fast. When you see "one can of beans," puh-leeze, any can of beans will do. Don't sweat it. White beans, navy beans, pinto beans, BUT the ingredients can only say: beans, water, salt. That's it. Salt is an additive, but somewhat safe. If you suffer with high blood pressure, it should be avoided. Homemade beans would be preferred because Food Manufacturers use the cheapest salt available to maximize their profits. The cheapest salt available is iodized salt. Iodized salt has aluminum and should be avoided because absorption of aluminum by the brain has been linked to Alzheimer's Disease.

When you see "spice" on an ingredient list, it may be a chemical additive called monosodium glutamate. Monosodium glutamate or MSG kills brain cells, and will give me a migraine headache. Broth can have more chemicals in the disguise of "broth." The FDA allows Food Manufacturers to be vague in their labeling. Each type of beans will give a little difference in texture and taste. Yes, the taste is different, but it still tastes great. Most of the time, I use white beans. Be flexible. I home-can my beans for less salt and control. When I cook with my two little hands, I control how many migraines I have. Zero!

Use the best meat available to you. I use non-hormone meat. When we are out of town and camping, and I am forced to shop locally, I search for hormone-free meat. If it isn't available, substitute with fish, like flounder, or canned salmon.

It will take time to get a routine for finding new places to grocery shop. Be fussy, and be prepared to walk out of the store if it doesn't have what you need. Tell the manager on your way out. I told one manager that the grocery store across the street had free-range chicken eggs. The next time I went to that same store, they had free-range chicken eggs.

Hormone-free turkeys are usually available around the holidays from your local health food store. Free-range chickens are plentiful in most supermarkets. Tyson is even advertising in the media and boasting their chickens are free to roam and they don't use hormones.

Because most of our livestock in the United States are pumped with hormones, you won't find any dairy from cows in my recipes. Why? I cannot get good milk products from a sick cow. Soymilk is hard to find without additives, too. I have even found "flavoring" in soymilk from health food stores. Two soy recipes I had from previous cookbooks have been dropped for this reason. My only alternative for grated cheese is to use grated goat's or sheep's milk cheese. Ask your grocer and keep searching.

Beware of buying soy products because Food Manufacturers love to jump on the "Healthy Hearsay" bandwagon. Here's another example of something that should be good for you, or is it? Soy meat. Vegetarians can add "meat-like" protein to their diet and not eat meat. Here is the problem - processing.

What Food Manufacturers do to the innocent little soybean is a crime. The soybean proteins are dissolved into alkali, and then put into an acid bath. This "stuff" is now tasteless and odorless. No problem for Food Manufacturers: they add artificial flavor, color, and some cheap fat and tah dah! Stuff! I mean, soy "meat?" This "stuff" can be camouflaged into looking like chicken, ham, fish, hamburger--you name it. Most important - don't eat it.

Salt in any of the recipes is always optional. These recipes are geared for my taste buds and those of my family. According to the National Research Council of the National Academy of Sciences, they determined in 1979 that "adequate and safe" sodium intake for adults to be 1,100 to 3,300 milligrams a day. The recipes in this book fall well below those guidelines. If you have health concerns—high blood pressure, cancer, or your doctor has recommended no salt--delete the salt in any of these recipes.

Do you want to read all of the research?

Email: jo@migraine.phd.com or call 407-297-9048 to request a copy be emailed to you for \$5.00.

Or

Order the complete text that includes the 90 pages of research, plus all of Dr. Diana's original recipes that are proven to help you feel better in 48 hours for \$15.00 post paid to your door!



Jumbo
Shrimp

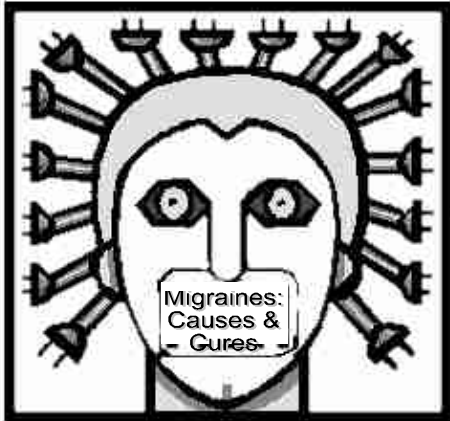
Oxymoron



Processed
Food

Feel-Better Foundation

The Feel-Better-in-48-Hours Plan is based on the concept that feeling better comes from medicine from the farm and not from the pharmacy. When I was suffering from migraine headaches, I went to see my trusty M.D. He did exactly what he was taught to do in medical school: he diagnosed, and then he wrote me a prescription to help me with the symptom--pain. He told me that the medication would enlarge the blood vessels in my head. I was petrified. He didn't have an answer to my question, "Why am I having these headaches?"



Diana Smith, Ph.D., Certified Nutritional Consultant

After years of researching, I found the answers to my health problem. If you would like to hear **Migraines: Causes & Cures** audio book, an hour of information on how to reduce migraines and other headaches, please see the order blank at the back of this book.

One of the answers to my migraines was so simple, it almost stumped me. It was the "stuff" in my food. I eliminated the "stuff," and the migraines disappeared. What "stuff?" Go to your cupboard and look at a can or box of something. Read the ingredients. No, not the front of the label--the back. The "stuff" are all those words you cannot pronounce. You need to be a chemist to know what the words mean or how to pronounce them. I eliminated all of that "stuff," and now my migraines are in total remission. I have shared my "migraine diet" with clients, and they, too, have had success reducing their migraines.

After my discovery, I learned about a medical doctor who made a similar discovery for his migraine headaches--Max Gerson, M.D. When Max Gerson was a young medical student, he had migraines. His professors gave him no hope for a cure. They simply told him, "Learn to live with them." The young medical student began searching to find his cure. He heard about a woman in Italy who was controlling her migraines with diet, and he decided to try to do the same.

Through trial and error, Max Gerson discovered what he eventually called his, "migraine diet." It worked. When Max Gerson became a medical doctor, he shared his discovery with his patients who had migraines. They, too, announced relief. One patient reported that he had been healed from tuberculosis. Dr. Gerson was shocked. He offered to treat others free of charge in an effort to see if they could be healed with his "migraine diet." Others were healed. Later, Dr. Gerson adapted his diet and used it to cure cancer