Presentation of the Encyclopedia of Foods and Their Healing Power

Education and Health Library
PRESENTATION OF THE

ENCYCLOPEDIA OF

FOODS

AND THEIR HEALING POWER

EDUCATION AND HEALTH LIBRARY

EDITORIAL SAFELIZ
ADVICE FOR THE LITERATURE EVANGELISTS

This storyboard (script) can be used to let possible customers know about our entire EDUCATION AND HEALTH LIBRARY, informing them and therefore, interesting them in its contents. We also present here, in depth, the ENCYCLOPEDIA OF FOODS AND THEIR HEALING POWER, in accordance with each page of the PRESENTER (PROSPECTUS) that we have created.

This presentation may be used for a seminar of several days to a group of people, in which case we can provide you with the same pages of the presenter printed on acetate (transparencies) so that they can be presented with a projector.

This script may also be used to present our books to a single person; for which it is advisable to choose the topics most suitable for each customer, making a selection of the sheets of the PRESENTER (PROSPECTUS). When we are presenting it to a single person, we should ask them questions before starting the presentation to find out what are their family and health needs.

A good literature evangelist must learn by heart the things that must be said and be aware that the same things cannot be said to everyone. For this reason it is important to ask questions and once we know what our visitor’s needs are, then we can start our presentation at the most appropriate point.

The presentation that we have laid out on the following pages is aimed at a group of people in a SEMINAR or GROUP PRESENTATION. It may also be adapted to a personal presentation.
INTRODUCTION

Humanity has achieved marvelous goals in all the branches of science. However, the best technology has not managed to eradicate violence, pain, anxiety and disease. All of these evils are the result of certain unhealthy and mistaken habits of our society. Possibly, because the greatest efforts of institutions and governments have the search for remedies for all the evils that we are suffering from as their priority and therefore not preventing them and eliminating them at their roots.

In our consumer society, everything is a remedy. Our greatest concern is to find an elixir that heals everything, including the social problems that the family has set forth, due to drugs, AIDS, violence and disease in general, but the truth is that what we need is to know how to prevent them to stop them being produced.

The best means and the most advanced specialists in medicine and education cannot compensate for the consequences of unhealthy and mistaken lifestyle habits. Leading a healthy lifestyle, balanced and correct, which prevents so many evils appearing in our society, must be our greatest concern.

With the idea of answering the problems that our society sets forth and providing the best solutions, the Home Health Education Service (Editorial Safeliz) wishes to inform you about an ambitious project that we call the HEALTH AND EDUCATION LIBRARY. A prestigious team of doctors, psychologists and educators, after an in depth study of the evils that present day society is suffering from, offer scientific solutions through several medical and educational encyclopedias making up this ENCYCLOPEDIA that all families need today. I am going, therefore, to present a part of this project to you.

Pages Nos. 2 and 3

ENCYCLOPEDIA OF FOODS AND THEIR HEALING POWER

This encyclopedia is the result of the serious and in depth research into the science of foods and the healing power that they contain to treat and prevent disease.

The over 700 foods researched, endowed with greatest healing power are grouped to try to prevent over 1,500 diseases according to the organ or part of the body that they can benefit most, from head to toe.

Food is the habit that has the greatest influence on our health.

Throughout our lives, between 10 and 20 tons of food (or even more for some people) will pass through our mouths. A part of it will remain in our bodies, forming our cells and tissues. In reality, we are what we eat.
Eating is an inescapable act, from which nobody is free if they wish to carry on living. “Obliged” as we are to eat, we must do it in the most intelligent way possible.

When we are faced more and more frequently with the food contamination that is occurring in our time, and not only in the third world countries, but also in those that are the richest and most civilized in Europe and North America, we should ask ourselves:

- Am I poisoning myself with the food I am eating?
- Is it possible that the increase in cases of cancer has anything to do with the fact that more and more contaminated food is being eaten?
- Do foods exist that are capable of preventing and healing disease in our times?
- What type of diet gives me the best quality of life?

It is becoming more and more important to know how to choose correctly the food we buy in the supermarket; what we put onto the table; what we give to our children; what we put in our mouths.

- To know how to choose food capable of giving us good health;
- To know which foods can cause intoxications or diseases;
- To know the healing and preventive properties of each food;
- To know which foods are advisable for me to eat and which ones should be put aside to keep healthy...

... For all this, information and knowledge is needed, such as that which is offered in this encyclopedia of foods.

Page No. 4

THE HEALING POWER OF VEGETABLES

Foods of vegetable origin, as with many medicinal plants, can prevent and even heal disorders and diseases of human beings.

Even diseases as serious as cancer can be avoided to a large extent, with an abundant consumption of certain fruits and vegetables, such as broccoli, oranges and other foods that you will find in this medical encyclopedia.

Page No. 5

FOODS FOR THE EYES

Foods rich in vitamins and minerals and particularly in provitamin A, such as alfalfa, carrot and apricot, have the power to feed us well and also to take care of our sight, giving the shine and beauty characteristic of good health to our look.
FOODS FOR THE NERVOUS SYSTEM

Due to the competitive demands at work, the family and work problems existing, most of the world population suffers from stress, depression and fatigue. Therefore, it is more necessary than ever before to know that foods such as almonds, oats and others, with a high content in vitamin B₁, tone and balance the nerves and muscles, encouraging intellectual activity.

FOODS FOR THE HEART

The heart is one of the most important organs in our body. The risk of a heart attack is greater in rich countries than in poor ones, a diet rich in animal fats contributing to this evil to a large extent. On the other hand, foods such as walnuts or bananas protect arterial hypertension, arrhythmias and cholesterol due to their content of unsaturated fatty acids, vitamin B₅ and oligoelements such as zinc, copper, magnesium and potassium.

FOODS FOR THE CIRCULATORY SYSTEM

If the quality of our blood is good we will avoid many diseases. Lemons clean and regenerate the blood. A good habit is that of eating one or two lemons every day. Beetroot is very suitable for curing anemias that are usually caused by a low blood production in the bone marrow.

FOODS FOR THE RESPIRATORY SYSTEM

The environmental pollution of our cities, together with the varied allergies, is producing many respiratory problems and diseases. To counteract bronchitis and asthma, we recommend onions, raw or in the form of a syrup and fresh or dried figs, these help to fight flu and bronchitis.
FOODS FOR THE DIGESTIVE SYSTEM

It is always good to have a smooth digestion, but particularly on journeys, before an examination or at moments when we need great concentration; we need a quick, easy digestion of the foods we have eaten. Therefore, you need to know that vegetable foods, such as for example, the papaya or the cauliflower will take care of your digestive tract, regulating the intestinal transit in cases of constipation or colitis.

FOODS FOR THE LIVER AND GALL BLADDER

The liver, like the heart, is a vital organ that is difficult to replace, therefore we must protect it to the maximum. We recommend the foods that are true protectors for the liver: artichokes and radishes, both encourage the production of bile and decongest the liver encouraging the detoxifying function of this gland, aiding the emptying of the gall bladder and they also prevent cancer!

FOODS FOR THE STOMACH

The stomach is the first organ that suffers from our nerves, concerns and eating errors, over the years harvesting ulcers, excessive acidity, gastritis, etc. To fight against these diseases and prevent them more, cabbage and pineapple have the power to heal gastro-duodenal ulcers and they are also an effective preventive for cancer.

FOODS FOR THE INTESTINE

In the case of gastroenteritis, colitis or constipation, apples are the ideal medicine, capable of cleaning and regulating the intestine; there is no doubt it is the queen of fruits. Likewise, the pomegranate reduces inflammation of the intestine and fights anemia.

FOODS FOR THE URINARY TRACT

For urinary infections, the bilberry treats and prevents cystitis, as does the melon, which is a source of living water. They are the best medicines for our kidneys to be purified and the blood enriched with mineral salts and vitamins.
FOODS FOR THE REPRODUCTIVE SYSTEM

From a certain age our reproductive organs are a source of concern for both men and women. How good it is to know that there are foods such as soya and tofu that soothe the disorders of the menopause and prevent breast cancer and prostate cancer, avoiding the degeneration of the cells.

FOODS FOR THE METABOLIC PROCESS

One of the concerns of our time is physical fitness, nobody likes being overweight. A good slimming diet, among the many that we offer in this encyclopedia so that in the summer we can show off a nice figure, is the cherry cure, eating only cherries one or two days a week will make you lose weight at the same time as purifying your organism and cleaning your blood.

Wheat germ, that can be eaten all year long, in salads, juices and soups, will improve physical fitness and give you energy to resist fatigue and stress.

FOODS FOR THE MUSCULO-SKELETAL SYSTEM

Pain in all its forms, but particularly rheumatic pain in joints and bones is dealt with in depth in this encyclopedia. Two examples of powerful foods against the pain are the blackcurrant that stops the inflammation of the joints and soothes the pain and the pulp of ripe coconut, a true bone generator thanks to its mineral salts, such as magnesium, calcium and phosphorous.

FOODS FOR THE SKIN

Finally, we all like to look good and as young as possible and for this there are also foods that contain healing and preventive powers for our skin: The cucumber as well as providing very few calories, is rich in protective substances for the skin, either eating it every day or applying it on the skin.

The mango, a delicious fruit, also feeds and protects the joints, thanks to its high content of vitamins A, C and E, highly recommended for skin disorders.
FOODS FOR INFECTIOUS DISEASES

Our organism has to fight against many bacteria and virus every day, we can provide ourselves with sufficient anti-infectious defenses by eating four oranges or kiwis every day, which contain much more than vitamin C.

HOW TO FEED OURSELVES TO AVOID OBESITY

To avoid obesity, it is not only important to reduce the number of calories eaten, but also to know where these calories come from.

Did you know that when you eat a cake or bun you get fatter than if you were to eat a portion of fruit, although the same amount of calories is being eaten in both cases?

What foods should we choose to not get fat? Why do some people seem to get fat more easily than others?

All the answers and natural treatments to control your weight can be found in the pages of this encyclopedia.

REDUCING CHOLESTEROL

An excess of cholesterol in the blood is a great concern for the world population, however, this evil occurs due to a diet rich in animal fats.

The easiest way to reduce cholesterol levels is explained in this work. The idea is to progressively replace animal origin food for one of vegetable origin; as may be seen in this graph.

FOODS THAT PREVENT CANCER

It is calculated that 40% of all the cases of cancer that appear in developed countries are directly related to the foods that we eat.

Certain foods can cause cancer, while others prevent it.

Prevention of cancer is a task that affects each person individually. Choosing correctly the foods that we eat is the most effective way of preventing cancer. A diet rich in fruits, wholemeal cereals, pulses and vegetables and olive oil is capable of neutralizing cancerous substances.
RECIPIES FOR THE NERVOUS SYSTEM

Once we know the preventive and healing properties of foods, the question arises: How do I prepare and cook these healthy foods in a tasty and attractive way?

In the third volume of this work, devoted to "HEALTHY RECIPES", the solution is given. Ordered from top to toe, the recipes that encourage the health of each organ or part of the body are set forth in detail. Observe the "Healthy hints", as the same recipe can encourage the health of several organs. Also, with each recipe the "nutritional value per portion", the caloric proportion and the references to know more about each food, referring to volumes 1 and 2 of this encyclopedia are specified.

It is important that you change your eating habits progressively. In the third part of the encyclopedia we have included a series of "Transition recipes", which although they are healthy, they are less so than the others, as they have higher nutritional values and caloric proportion, therefore as they are more agreeable to the palate they will be easier to replace animal origin foods.

Would you like to take special care of your heart? Well in the chapter "Recipes for the heart" you will find how to prepare delicious and healthy dishes to keep this important organ fit.

And you can also choose between several menus specifically prepared for the heart and for each part of the organism.

Vegetable hamburgers, thanks to their ingredients, are very appropriate for strengthening the nervous system. They are ideal for those who wish to control stress or avoid depression.

These hamburgers also have the advantage that they cannot be prepared using meat from "mad cows" or from animals that are ill because they have been given contaminated feed.

Page No. 26

RECIPIES FOR THE EYES

Spinach salad, as well as refreshing us and providing vitamins, antioxidants and iron, keeps your sight in good conditions. And the skin also becomes more beautiful when eating this dish. But the most interesting point is that this recipe is an excellent preventive against cancer, a true anti-cancer vaccine.
RECIPES FOR THE NERVOUS SYSTEM

Almond and banana milk shake is very rich in minerals and it protects against stress, depression and intellectual fatigue, strengthening bones and avoiding osteoporosis. It is also beneficial for the arteries and the heart.

RECIPES FOR THE ARTERIES

Marrow salad is a true "unblocker" for the arteries, encouraging blood flow throughout the body. Those who need to improve their blood flow will particularly benefit from this dish and also those who are thinking about losing a few kilos. Also very good for diabetics.

RECIPES FOR THE BLOOD

The avocado is considered by the native people of Latin America as a "vegetable meat". But as opposed to animal meat, the avocado presents many advantages for health, among them that of reducing cholesterol levels. These stuffed avocados are a delicious way of eating them. They are also a medicine against arteriosclerosis and myocardium infarct.

RECIPES FOR THE RESPIRATORY SYSTEM

This tasty pizza cleans the respiratory paths and protects against colds and coughs. The onion that it contains, together with its other ingredients, are as effective against colds as antibiotics; but with the advantage of being much more delicious than a pill. It also prevents cancer.

RECIPES FOR THE STOMACH

Potatoes prepared in a simple and tasty way are always tempting. And also, they calm stomach acidity, they protect the heart and help with the elimination of the toxins that flow through the blood, in this way protecting the kidneys.
CONCLUSION

In conclusion, a suitable diet can do much more for your health and for your well being than the most powerful medicines, or than the most up-to-date and sophisticated medical devices.

But to be able to eat well, you need to be well informed. Every time we go shopping or we sit down at the table, we must decide in a correct way which foods we are going to introduce into our stomachs to form part of our blood and of our body.

What we eat is important; eating "a little of everything" is not the solution. The best foods must be chosen and the harmful ones avoided.

And to decide correctly, you need to be well informed. It has been said that information is power; but on the subject of food, information is, above all, health.

This work offers you solid information, based on the latest scientific research. Just what you need to be able to decide what foods you are going to eat, know about them in depth and prepare them in a tasty and attractive way.

The value of this encyclopedia lies in its rational and truly practical focus point for healing and preventing the diseases of your family, without the disadvantages that most medicines have.

The pharmaceutical laboratories are aiming their research efforts towards the vegetable world, in such a way that more and more often you can find medicines prepared using vegetables in the chemists.

The Creator has given foods a healing and preventive power, particularly when we use a balanced diet in combination with other natural elements, such as the sun, water, clean air, medicinal plants and a good mental attitude.

For the good of you and your family, we recommend that you learn to use the best foods, looking for not only a healing action in them, as is done with drugs, when the disease has appeared, because one of their great virtues is their capacity to regulate vital processes and to prevent disease.

Our health is a good of incalculable value and it is wise to try not to waste it uselessly. Many people are only concerned about their health when they have lost it, and then they would give anything to recover it. Be wise carefully administering to your health. Invest today in your health so that tomorrow you can receive the benefits of a long, healthy and happy life.

José Rodriguez
GENERAL MANAGER OF
EDITORIAL SAFELIZ, S.L.

Madrid, March 15, 2001

JR/A