

Headache Research Report

APPENDIX I

BASIC CAYCE DIET

The diet concepts which follow provide a framework for meal planning. You may find it helpful to use the laminated *Basic Diet* sheet to remind you to follow the diet. Put it in a conspicuous place in the kitchen (i.e., on the refrigerator using magnets).

ACID-ALKALINE BALANCE

Edgar Cayce frequently emphasized the importance of maintaining a proper acid-alkaline balance by eating mostly alkaline forming foods. A comprehensive list of foods is included in this section. The following summary will give you a quick overview of acid and alkaline-forming foods.

Alkaline-Forming Foods (80% of the daily diet should contain these foods):

- All vegetables except dried beans, lentils, asparagus tips, and garbanzos.
- All fresh fruits except cranberries, plums, olives, prunes, and blueberries (preserves and canned fruits are usually acid-forming).
- Almonds, chestnuts, Brazil nuts, and hazelnuts.

Acid-Forming Foods (20 % of the daily diet should contain these foods):

- All meats except beef juice and bone meal.
- All grains, cereals, and bakery products except for soybeans.
- All dairy except buttermilk, yogurt, raw milk and whey.
- Peanuts, pecans, and walnuts.

FOOD COMBINATIONS TO AVOID

Certain food combinations are difficult to digest and may cause problems in the digestive system. Here is a brief list of food combinations to avoid:

- two or more starchy foods at the same meal
- sugary foods and starchy foods
- milk and citrus fruit or juice.
- cereals and citrus fruit or juice.
- large quantities of starchy foods with meat or cheese.
- coffee with milk or cream.
- raw apples with other foods.

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A TYPICAL DAY'S MENU

Using the laminated *Basic Diet* sheet as a guide, develop a variety of daily menus which suit your taste and conform to the dietary principles in this section. Here is a simple outline for a typical day's menu:

- *Breakfast*
Either citrus fruit, or cooked or dry cereal
- *Lunch*
Raw vegetable salad with dressing, or fruit salad
- *Dinner*
Steamed vegetables served with fish, poultry or lamb

FOOD PREPARATION

Proper food preparation is important to preserve nutrients and avoid toxicity. Here are some suggestions:

- Steam vegetables in their own juices (e.g., patapar paper).
- Never fry foods.
- Use fresh, locally grown vegetables and fruits whenever possible.
- Avoid aluminum cookware.

ATTITUDES AND EMOTIONS

Edgar Cayce stated that even the most nutritious foods can turn to poison in the system if eaten while a person is in a negative frame of mind. Never eat when angry, worried or extremely tired.

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ACID-FORMING AND ALKALINE-FORMING FOODS

It must be noted that because a food is acid it is no indication that it REMAINS acid in the body. It can turn alkaline. Honey and raw sugars produce alkaline ash, but because of a high concentrate of sugar become acid-formers. Those fruits marked with an * should not be eaten with other foods. They are acid externally but alkaline internally.

ALKALINE

FRUITS

Apples/cider
Apricots
Avocados
Bananas
Berries (all)
Cantaloupe
Carob (pod only)
Cherries
Citron
Currants
Dates
Figs
Grapes
*Grapefruit
Guavas
*Kumquats
*Lemons (ripe)
*Limes
Loquats
Mangos
Nectarines
Olives (ripe)
*Oranges
Papayas
Passion fruit
Peaches
Pears
Persimmons
Pineapple (fresh)
Pomegranates
Melons (all)
Raisins
Sapotes
Tamarind
*Tangerines
Tomatoes (fully ripened)

ACID FRUITS

All preserves
All canned with sugar
Cranberries
Dried-sulphured, glazed
Olives (pickled)
Plums
Prunes

ALKALINE

VEGETABLES

Alfalfa sprouts
Artichokes
Asparagus
Bamboo shoots
Beans (green, lima, wax, and string)
Beets
Broccoli
Cabbages
Carrots
Celery
Cauliflower
Chard
Chicory
Coconut
Corn
Cucumber
Dill
Dock
Dulse
Eggplant
Endive
Escarole
Garlic
Horseradish
Jerusalem artichokes
Kale
Leeks
Lettuce
Mushrooms
Okra
Onions
Oyster plant
Parsley
Parsnips
Peppers (bell)
Potatoes (skin is best part)
Pumpkin
Radish
Romaine lettuce
Rutabagas
Sauerkraut
Soybeans
Spinach
Sprouts
Squash
Turnips
Watercress
Yams, sweet potatoes

ACID VEGETABLES

Asparagus tips (white only)
Beans (dried)
Brussel sprouts
Garbanzos
Lentils
Rhubarb

ALKALINE DAIRY

Acidophilus milk
Buttermilk
Yogurt
Milk (raw only -- human, cow, or goat)
Whey

ACID DAIRY

Butter
Cheese (all)
Cottage cheese
Cream
Custards
Margarine
Milk (boiled, cooked, malted, dried, canned)

ALKALINE, MISC.

Agar
Coffee substitute
Honey
Kelp (edible)
Tea (herbal and Chinese)
Egg yolks

ACID MISC.

Alcoholic drinks
Cocoa
Coffee, Indian teas
Condiments (all)
Dressings
Drugs
Eggs (whites)
Flavorings
Mayonnaise
Tapioca
Tobacco
Vinegar

ALKALINE NUTS

Almonds
Chestnuts (roasted)
Coconut (fresh)

ACID NUTS

All except above
Coconut (dried)

ALKALINE FLESH FOOD

Beef juice
Blood and bone (only bonemeal is alkaline)

ACID FLESH FOOD

All meats
Fowl, fish, shellfish
Jell-O, gelatin

ALKALINE GRAINS

Buckwheat and millet are thought to be either neutral or alkaline

ACID GRAINS

All grains and grain products except buckwheat and millet