

A vibrant assortment of fresh vegetables and fruits is displayed on a blue surface. The collection includes several heads of green broccoli, bright red cherry tomatoes, orange carrots, yellow onions, and various leafy greens like lettuce and spinach. There are also purple potatoes, a large orange bell pepper, and a green cucumber. The text "7 step diet plan" is overlaid in white, bold, sans-serif font across the center of the image.

7 step diet plan

**Dr Oz recommends
Coleus as a
natural fat burner.
It also speeds up
thyroid activity**

**Use it with this diet
plan for efficient
weight loss.**



MEGASLIM

Also contains *Coleus Forskholii*.

The following diet plan is recommended with it.

It is important to know your blood type. Faster results are achieved if you eliminate all gluten: **NO: wheat, rye, oats or barley.**

Caution: first check with your doctor if you are on medication. Do not use any herbs if you are pregnant or breastfeeding.



General breakfast foods and baking ingredients

Food Tolerance	A1	A2	B1	B2	AB1	AB2	O1	O2
Starch / grains								
wheat flour	☺	☒	☒	☒	☺	☺	☒	☒
wholewheat	☺	☒	☒	☒	☺	☒	☒	☒
spelt flour	☺	☺	☺	☺	☺	☺	☺	☒
wheat germ	☒	☒	☒	☒	☺	☒	☒	☒
wheat bran	☒	☒	☒	☒	☺	☺	☒	☒
barley/flour	☺	☺	☺	☺	☺	☺	☒	☒
oats/flour	☺	☺	☺	☺	☺	☺	☺	☒
oat bran	☺	☺	☺	☺	☺	☺	☺	☒
rye flour	☺	☺	☒	☒	☺	☺	☺	☺
maize/cornflour	☺	☒	☒	☒	☒	☒	☒	☒
maize / corn	☺	☒	☒	☒	☒	☒	☒	☒
soya beans	☺	☺	☺	☒	☺	☺	☺	☒
soya flour/milk	☺	☺	☺	☒	☺	☺	☺	☒
lentils/flour	☺	☺	☒	☒	☺	☺	☒	☺
sprouted lentils	☺	☺	☺	☺	☺	☺	☺	☺
chick peas/flour	☒	☒	☒	☒	☒	☒	☺	☒
buckwheat/flour	☺	☺	☒	☒	☒	☒	☺	☒
sorghum/flour	☺	☺	☒	☺	☒	☒	☒	☒
tapioca/flour	☺	☺	☒	☺	☒	☒	☺	☒
sago/flour	☺	☺	☺	☺	☒	☒	☺	☺
Seeds and nuts								
sesame seeds	☺	☺	☒	☒	☒	☒	☺	☒
sunflower seeds	☺	☺	☒	☒	☒	☒	☒	☒
pumpkin seeds	☺	☺	☒	☒	☺	☒	☺	☺
peanuts	☺	☺	☒	☒	☒	☺	☒	☒

☺☺ Suitable for all blood types

Rice flour can be used as a wheat substitute

Millet flour or dehusked millet

Rice bran

Flaxseeds, especially ground up flaxseeds

Walnuts and almonds, raisins

Stevia and xylitol are the best sweeteners

Olive oil: cold or for baking and cooking

Lemon juice and grated lemon rind and pith

Ginger: fresh or powdered

All rice products: flour, puffed rice, rice cakes

Yellow pea flour: found at Indian spice shops

Liquorice powder: 50x sweeter than sugar

Popular baking flours with minor intolerances:

Oats and oat bran for all types except O2

Rye flour for all types except B1 and B2

Soya flour (non GM) for all types except B2 and O2



seeds and nuts

sesame seeds	☺	☺	☒	☒	☒	☒	☺	☒
sunflower seeds	☺	☺	☒	☒	☒	☒	☒	☒
pumpkin seeds	☺	☺	☒	☒	☺	☒	☺	☺
peanuts	☺	☺	☒	☒	☒	☺	☒	☒
coconut	☒	☺	☒	☒	☺	☒	☒	☒
walnuts	☺	☺	☺	☺	☺	☺	☺	☺
almonds	☺	☺	☺	☺	☒	☺	☺	☺
hazelnuts	☺	☺	☒	☒	☺	☒	☺	☺
Brazil nuts	☒	☒	☺	☺	☺	☒	☒	☒
cashew nuts	☒	☒	☒	☒	☺	☒	☒	☒
pistachio nuts	☒	☒	☒	☒	☺	☒	☒	☺

Fats / other foods

dates	☺	☺	☺	☺	☺	☺	☺	☒
prunes	☺	☺	☺	☺	☒	☒	☺	☺
dried banana	☒	☺	☺	☺	☺	☒	☺	☺
dried apricot	☺	☺	☺	☺	☺	☺	☺	☒
sugar white/brown	☺	☺	☺	☒	☺	☒	☺	☒
honey	☺	☺	☺	☺	☒	☒	☺	☒
fructose	☺	☺	☺	☒	☺	☒	☒	☒
xylitol	☺	☺	☺	☺	☺	☺	☺	☺
stevia	☺	☺	☒	☺	☒	☺	☺	☒
aspartame	☒	☒	☒	☒	☒	☒	☒	☒
dextrose	☺	☒	☒	☒	☒	☒	☒	☒
maltodextrin	☺	☒	☒	☒	☺	☒	☒	☒
cinnamon	☺	☺	☒	☒	☺	☺	☺	☒
vanilla	☺	☺	☺	☺	☺	☺	☺	☒
canola oil	☺	☺	☒	☒	☒	☺	☺	☒
sunflower oil	☺	☺	☒	☒	☒	☒	☒	☒
butter	☒	☒	☺	☺	☒	☒	☺	☺
cow's milk	☒	☒	☺	☺	☺	☒	☒	☒
yoghurt	☺	☺	☺	☺	☺	☺	☒	☒



Many people have a wheat or gluten allergy.
Gluten is in wheat, rye, oat and barley products.



Not suitable for all blood types

Margarine: contains trans-fatty acids that are toxic and damage the immune system

Sunflower oil (except A): when heated, it releases harmful trans-fatty acids

Coconut contains solid fatty acid chains that may aggravate inflammation (except A2)

Wheat bran damages the colon

Aspartame: harmful amino acid derivatives

Saccharine: overstimulates the pancreas

Maltodextrin: metabolic inhibitor (except A1)

Dextrose: metabolic inhibitor (except A1)

Baking powder: contains aluminium salts

For 5ml (1teaspoon baking powder) use :

3ml bicarbonate of soda

2ml citric acid or 5-10ml lemon juice

or: 5ml cream of tartar (potassium tartarate) with
3ml lemon juice or cider vinegar.

The Nature Fresh MEGASLIM

7 STEP PLAN FOR THE DAY

- 1 WAKING UP** 1X MEGASLIM, 1 glass water. Stretching & exercise.
- 2 BREAKFAST** 1 carbohydrate (no gluten), 1 protein portion. 1 fat. Veggie. juice. Other supplements. (plus: unlimited list)
- 3 MID-MORNING** 1 fruit, 1 protein. If still hungry, chew nuts, and s seeds. Drink water.
- 4 LUNCH** 1X MEGASLIM, 2 protein, 1 carbohydrate, 2 fats. (plus: unlimited list) Tea *coffee.
- 5 AFTERNOON** Same as mid morning. Exercise, fresh air, intensive activity. Drink water.
- 6 SUPPER (7-8pm)** 2 carbohydrate, 2 protein, 2 fat. 1 natural sugar treat. Tea *coffee. Drink water.
- 7 BEDTIME** ½ hour stretch or gentle exercise.
Supplements: Calcium and magnesium to relax and help you sleep.

UNLIMITED FOOD CHOICES TO ADD TO MEALS AND SNACKS - EAT ALL DAY!

FRUIT AND VEGETABLES

Grapefruit, lemons, pineapple, pawpaw. Lettuce, onion, celery, spinach, broccoli, green beans (cook and keep for big helpings with every meal!) red, yellow peppers, beetroot, raw butternut. *green peppers, *tomato, *cabbage, *aubergines. Lentil sprouts – grow your own. For juicing: home grown wheat and barley grass with raw fruit & vegetables and herbs.

BEVERAGES

1 glass water every 2 hours. Unlimited herb teas (no sweetener), vegetable juices, lemon juice and grapefruit juice.

Cocoa powder, unsweetened: add to cereal or have it black with a little milk. Limited and if suitable: *coffee or ½ glass wine.

- Hormonal solution to persistent weight problems
- No stimulants or appetite suppressing chemicals
- No caffeine or side effects
- Natural fat burners: coleus
- Thyroid enhancer
- Detoxification, liver health
- For syndrome X, diabetics

(This product was on the market 4 years before Dr Oz announced On television that coleus is a fat burner. Megasilm is a popular diet supplement and is used in slimming clinics and health spa's)

**Contains Coleus
Forskholii, cinnamon,
glycine, nettle, milk
thistle, zinc and chrome**



CHOOSE FROM THESE FOOD GROUPS

LIMIT YOUR PORTIONS TO SPEED UP WEIGHT LOSS

PORTIONS OF HIGH PROTEIN / LOW FAT

1 egg, 1 turkey breast, 1 fish fillet, 1 tablespoon: canned tuna or: herring or: pilchard or: mackerel or: sardines.


2 tablespoons cooked ostrich or turkey mince. *1 matchbox size Feta cheese or *1 tablespoon cottage cheese, *½ cup yoghurt. *1 tablespoon soya protein, *1 tablespoon whey powder.

PORTIONS OF SLOW RELEASING CARBOHYDRATES

First choice is gluten-free: ½ cup wheat free Pro Nutro or: cooked millet or: cooked sorghum. *1 cup popcorn. ½ cup brown rice, wild rice or basmati rice. ½ cup cooked dried yellow peas or black-eyed beans or Haricot or butter beans, *lentils and *chick peas.

Contains gluten: *1 big slice rye bread or 2 crackers, *1 slice brown bread, * ½ cup oats or muesli.

Foods marked * may not agree with your blood type. Check them first.

A person is lying on their back on a sandy surface, possibly a beach. Their legs are bent and their arms are resting near their head. The image is slightly out of focus. Overlaid on the right side of the image is a block of text in a bold, black, sans-serif font.

**Cheating will
never get it off.
Neither will starving or
taking stimulants.**

Now we go shopping for fresh produce



- **Choose the foods that suit you best**
- **Lose weight at your own pace**
- **Go lean but: Never go hungry**
- **Control your hormones to control your weight**

**Remember to take MEGASLIM two or three x a day
plus other supplements as recommended.**

**Remember to take
MEGASLIM!**



Buy it fresh. Think of meals.

Make a shopping list of slimming foods. Check for blood type.

Remember to take the MEGASLIM!



Fruit can contain a lot of sugar. It can make you hungry!

Go for sour fruit, especially green apples and grapefruit.



Do not shop when you are hungry.

Learn to control low blood sugar with a protein snack.

Do not eat sweet food or use sweeteners because they stimulate insulin and make you feel weak and hungry. Go savoury and sour.



Invest in basic equipment

With money you save by making your own food and avoiding take outs!



**Green apples stop the hunger backlash
Because they are higher in citric acid**

Keep the hunger at bay.

**MEGASLIM does not contain any stimulants. It helps
to stabilize blood sugar and convert to food and
stored fat to energy but not with amphetamines!**

**Nibble, nibble
even our squirrel
eats green apples
and chews nuts and
what a figure!**



Take nuts Along to Nibble.

Most beneficial
to all are:

Walnuts
Almonds
Pumpkin seeds.

Blood type A:
Peanuts
Sunflower seeds.

Remember to take MEGASLIM!

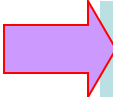



Remember to take the MEGASLIM!



The Nature Fresh MEGASLIM

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taking stimulants.**



1 cup water, add fruit and vegetable scraps and peels. Blend. Sieve in a cloth. Drink!

Remember to take the MEGASLIM!



Best juice to eliminate and for water retention.
HEALTHY HAPPY EATING page 86-91

More potassium means:
less fatigue and constipation.



1/2 teaspoon cream of tartar in 1 glass water.

1 tablespoon bitter blackstrap molasses in 1 cup hot water 3x per day.



Wheat or barley grass juice



Learn about sprouts



Grow your own lentil sprouts.

Use in dishes for soup and dhal instead of the dry lentils.

**Lentils when sprouted suit all blood types and are more nutritious,
with less carbohydrates or fattening lectins.**

HEALTHY HAPPY EATING page 110-111

Add ½ teaspoon citric acid to sweet juices. Citric acid helps to break down uric acid that causes gout.



Remember to take the MEGASLIM!



Make smoothies and add vegetable juice

Eating a good balance of the correct food every 3 or 4 hours speeds up weight loss.

Stick to the 7 step plan.

Drink a glass of water every 2 hours.

Take water along when you drive in traffic or go for walks.

Stay very active and try to have 1 hour of high intensity exercise 3 - 4 times a week.

During detoxification you will eliminate a lot.

Remember to chew food slowly and eat starches dry to reduce hunger.

Do not be in a hurry to lose weight or centimeters – you will soon notice clothes feeling looser!



Drink herb and fruit tea
(Unsweetened to control insulin surges.)

Apple cider vinegar Or lemon juice

Get used to sour drinks.

Drink 1 teaspoon in a glass of water.

**(Unsweetened to
control insulin.**

**Non nutrient
sweeteners still
provoke a blood
sugar slump.)**

**And this is what makes
You feel weak and hungry!**

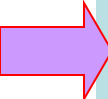
Yes- the sweet taste~



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Excess carbohydrates cause stubborn weight gain, especially those unsuited to your blood type.

Exclude items you are intolerant or allergic to: especially gluten (in bread).

People crave the food that disagrees most with them. It's called allergenic addiction.

Stop eating junk food and you will stop craving it.
Good food satisfies you.

Do the liver flush



This method is at:

www.naturefresh.co.za

Or on page 31 of your book:
Healthy Happy Eating
By Sue Visser

It is important to get rid
of parasites before you
begin the MEGASLIM
protocol.



Parasite Remedy

- Natural anti-microbial broad spectrum
- Use for regular parasite removal
- Contains gut – friendly herbs
- Safe for children, babies, pets
- Good for Malaria prevention, worms, flukes, microbes, CANDIDA.
- Gas & bloating indicate gut worms



- Tincture can be used directly on skin – scabies, ringworm, etc.



Wheat husk robs you of calcium.

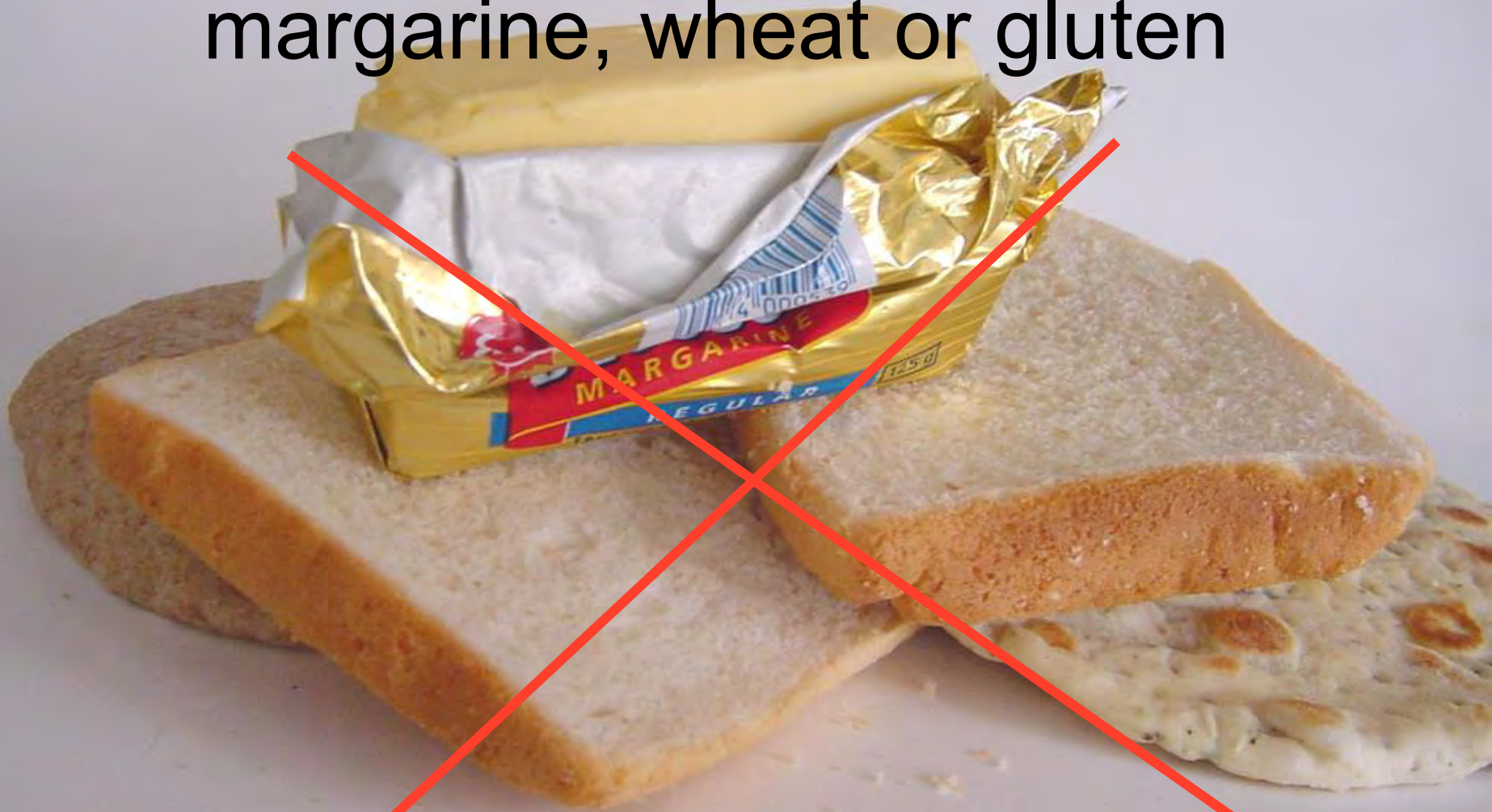
It damages the intestinal lining. There is a better way to control constipation: Grind up flaxseeds.

Grind up flaxseeds (linseeds)



**Have a tablespoon in your Pro Nutro or MORVITE
They contain omega 3 oil and help to expel worms.**

**MAGASLIM eating means: no
margarine, wheat or gluten**



Gluten is in wheat, rye, oats and barley



Wheat contains gluten

Wheat does not suit: blood types O and B or: A non-secretors.

Oats contain gluten. They do not suit O non-secretors.



**Barley contains
Gluten.**

**Barley suits
blood type B, A and AB**



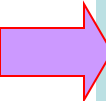
Rye products do not suit
blood type B

Rye contains gluten.



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Carbohydrate portions:

Eat 2 or 3

Rice


Rye

Rye

Rice

**Rice crackers suit everybody
They are gluten free!**

Rye contains gluten and does not suit the B blood types

A collage of healthy food items. In the top right, a large blue bowl is filled with fluffy white Basmati rice. In the bottom left, a small blue and white patterned bowl contains sprouted lentils. To the left of the rice bowl, there are two whole yellow onions and a bunch of fresh green herbs, likely parsley. The background is a light-colored wooden surface with some loose grains of rice and lentils scattered around.

**You can eat:
Basmati rice
with millet or
quinoa
instead of
bread, pasta
and potatoes**

**First
sprout
lentils
before
cooking**

Remember to take the MEGASLIM!



Add butternut to the rice pot.

**Save fuel, toss whole green beans on
the top, once you turn down the rice.**

**Try this: Place a few whole eggs into the pot,
before all the water is absorbed.**

**Easy hard boiled eggs and I find they do not
crack. Eat them for protein snacks.**

Easy basmati rice

Heat 1 teaspoon oil in a heavy pot.

Stir and sizzle 1 cup rice – no washing

Salt. Meanwhile boil water in kettle.

Add 1 and ½ cups boiling water.

Place lid on and turn to low.

**Check 15 minutes later and turn off when
almost done as it slow cooks.**

**Hollow out the end. Cook in the rice
pot upside down.**



Keep and fill with leftovers.

Add new vegetables every day



Serve with peaches and nectarines. Add some soya or ostrich mince and a spoon refried beans. Place in the cup end of a boiled butternut.

How to cook rice in a flask

**1 Cup brown rice
in a flask with:
½ teaspoon salt
1 and ½ cups boiling
water.**

**Close up and keep for
at least 4 hours.**

**It makes 4 cups of
semi-cooked soft rice.
This can be kept as is.
To eat: microwave for
4 minutes.**

**1 small portion of ½
cup takes about 1
minute**

Remember to take the MEGASLIM!



Brown rice is cooked in bulk



**Wonderful ways to cut down on starch portions!
We add grated raw vegetables or shredded lettuce.
For protein add walnuts, hard boiled eggs, etc.**

Grate things to add to brown rice.

These can be added before you cook a portion in the microwave.

Grated carrots, onions, beetroot, parsnips, butternut.

Chop: celery, parsley, mushrooms, cabbage.

Sprout: lentils, fenugreek. Soak mustard seeds and cumin

Add uncooked: shredded lettuce, grated cabbage.

For a good slimming meal: add a little sesame oil and soy sauce for flavour.

Eat with chopped nuts or your meat, fish or egg dish.







**Dried yellow peas
suit everybody.
High in protein and
soluble fibre**

**Cook up in bulk.
Use the paste for: soups,
thickening, dips and dhal.
Use flour for baking**



Cookies made from molasses and pea flour



Baking with pea flour .
Recipe in the notes on yellow pea flour.



Beneficial fats

Try to increase Omega 3 fats
Eat oily fish, walnuts, ground up flaxseed

Olive oil is
Monounsaturated
Use for cooking



Fish is high in protein and Omega 3



Remember to take the MEGASLIM!





Take omega 3 supplements,
especially if you do not eat fish flesh



Cut out the bad fat!

No more deep fried foods

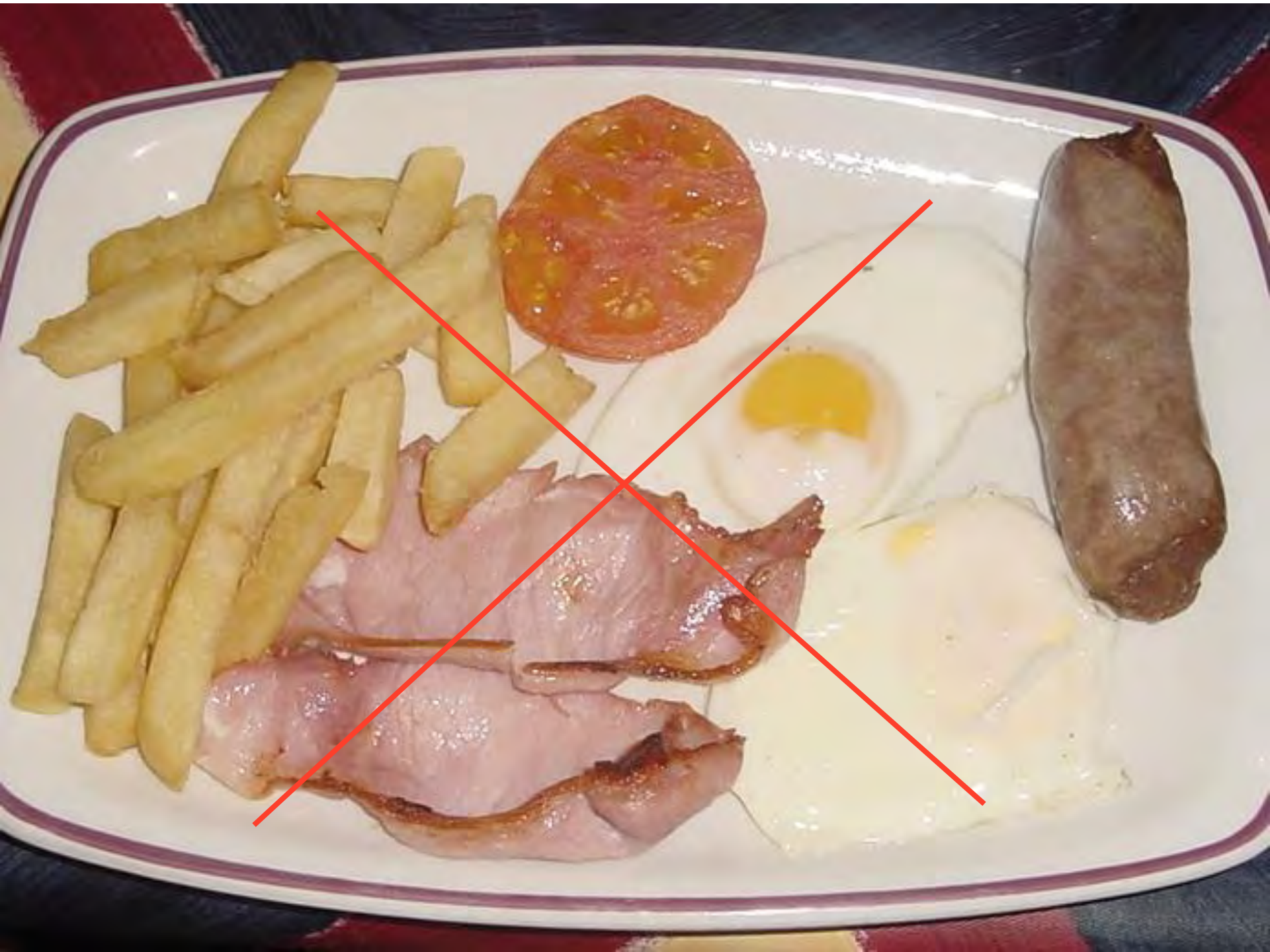
No dangerous trans-fatty acids

Rancid cooking oil gone black

Food cooked in palm oil

Greasy street snacks that lie around

No saturated fat or big helpings of fat





Dairy options

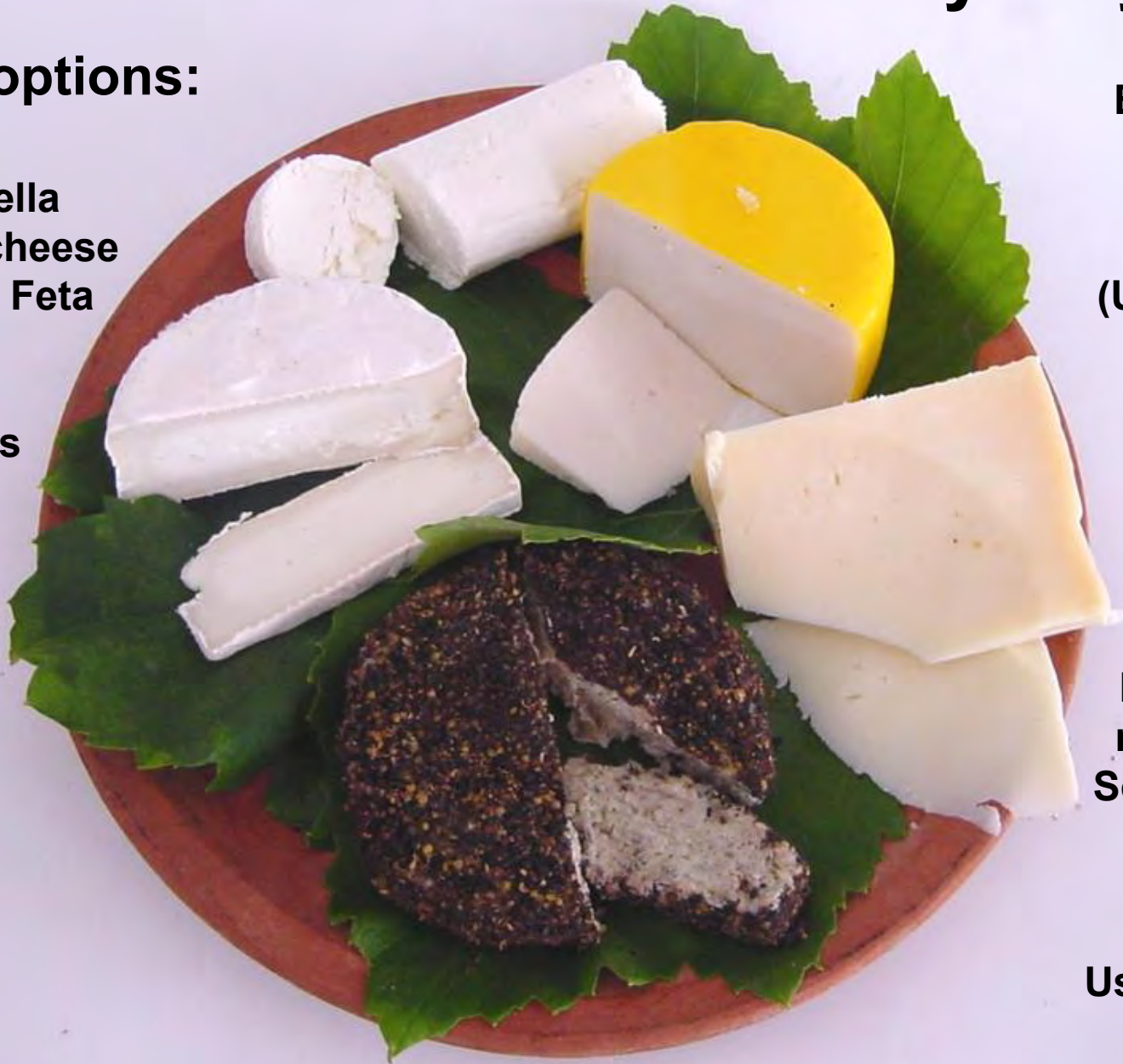
Blood type B tolerate dairy products well. They contain saturated fat. Pale white, simple cheeses are better than orange or processed ones.

O non secretors are not good with dairy. Limit to flavouring only.
Butter can be softened and mixed with olive oil for spreading and cooking.

Cheese does not suit everybody!

Best options:

**Mozzarella
Goats cheese
Limited Feta
Limited
White
Cheeses**



**Blood type B:
Well suited
To all dairy
And cheese.
(Unless lactose
intolerant)**

**Blood type O
non-secretor:
Sorry: not good
with cheese,
yoghurt
or soya.
Use very limited.**



Buffalo and goat milk cheese agree with all.
(sorry, but not O non-secretors. Keep it for special treats only)

Buy only compatible food to lose weight!

First check out the blood type lists. Get tested for gluten allergy





Buy fresh ingredients for flavour

Chop and keep for easy food options

Moderate use. For salads, picnics, stir fries and every meal



Remember to take the MEGASLIM!



**Pineapple and Butternut
Beneficial for all blood types**

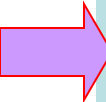




Baste with olive oil and pop under the grill!

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Roasting a meal for guests

First: butternut slices and *potato halves in olive oil 180 deg C ½ hour

Prepare stuffed *aubergines, *mushrooms. Add to oven. Make Koftas out of ostrich burger mince or *soya burgers. Just before serving, add *tomato roses with basil.

(This meal does not suit all blood types. Foods marked* must be checked.)



Remember the MEGASLIM!



Grilled mushrooms with onion



**Remember the
MEGASLIM!**



**Steamed green vegetables
with fried onion and red pepper.**
Suits all blood types. Unlimited serving. Use leftovers in soup

**Cooked butternut
With pesto sauce**

Moderate serving

**A meal to suit
all blood types.**

Unlimited serving.

**Soup from vegetable
stock with scrap
vegetables
And fresh lettuce.**

**Spinach with
Feta cheese and
Olives.**

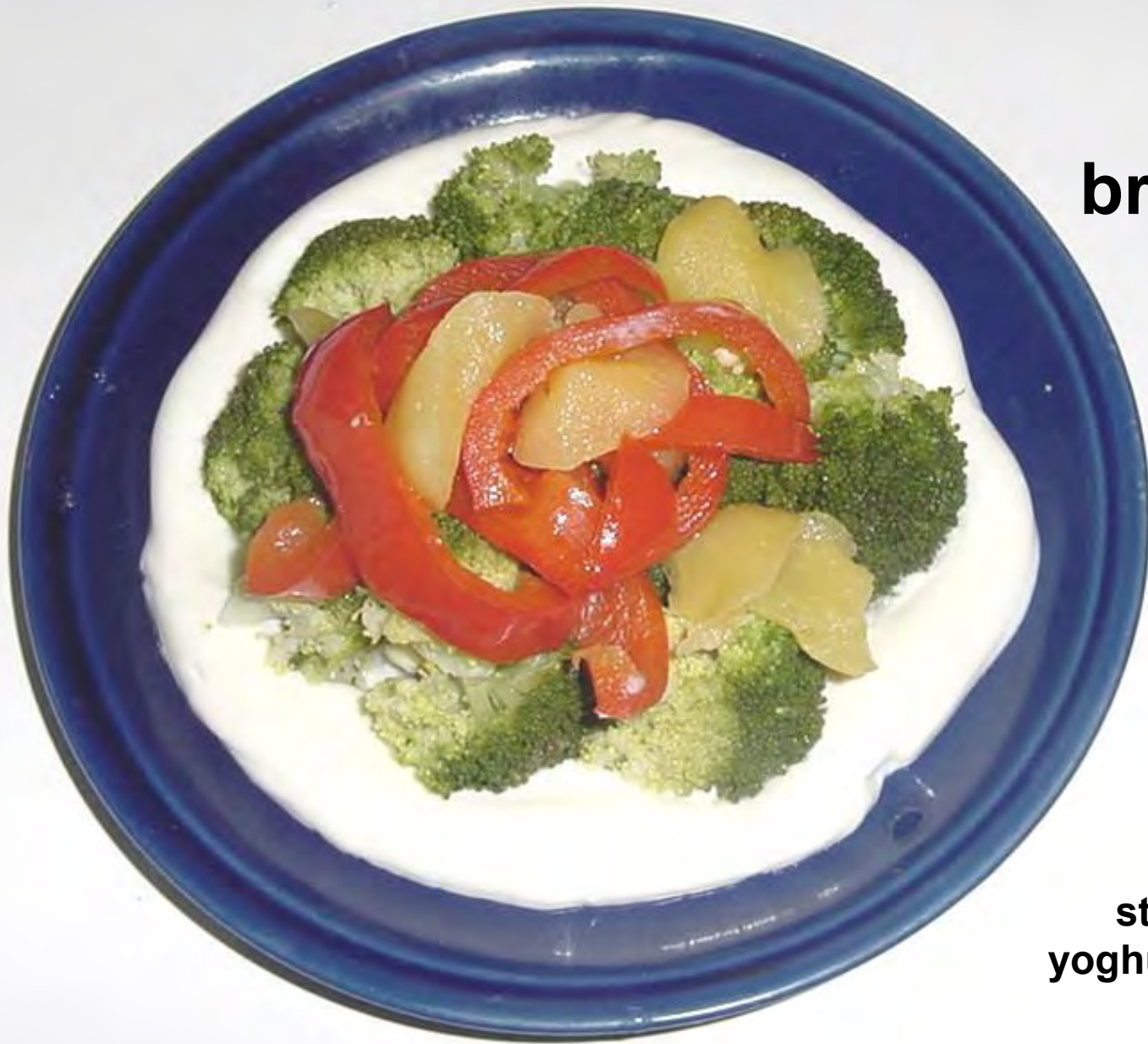
**Moderate serving
Olives not so good**

Steam the broccoli

Clean up the stalks and chop
Into other dishes.
Very good for you!



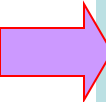
Steamed broccoli and pears



**Add excitement:
strips of red pepper,
yoghurt or mayonnaise.**

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- 3 MID-MORNING** 1 fruit 1 protein. If still hungry, chew nut, seed & Pro Nutro mix. Drink water.
- 4 LUNCH** 1X MEGASLIM, 2 protein, 1 carbohydrate, 2 fats. (plus: unlimited list) Tea *coffee.
-  **5 AFTERNOON** Same as mid morning. Exercise, fresh air, intensive activity. Drink water.
- 6 SUPPER (7-8pm)** 2 carbohydrate, 2 protein, 2 fat. 1 natural sugar treat. Tea *coffee. Drink water.
- 7 BEDTIME** ½ hour stretch/exercise, chew nut and seed mix. Supplements, eg: Calcium Complex, Omega 3 oil

CHOOSE FROM THESE FOOD GROUPS

LIMIT YOUR PORTIONS TO SPEED UP WEIGHT LOSS

PORTIONS OF HIGH PROTEIN / LOW FAT

1 egg, 1 turkey breast, 1 fish fillet, 1 tablespoon: canned tuna or: herring or: pilchard or: mackerel or: sardines.
2 tablespoons cooked ostrich or turkey mince. *1 matchbox size Feta cheese or *1 tablespoon cottage cheese, * $\frac{1}{2}$ cup yoghurt. *1 tablespoon soya protein, *1 tablespoon whey powder.

PORTIONS OF SLOW RELEASING CARBOHYDRATES

First choice is gluten-free: $\frac{1}{2}$ cup wheat free Pro Nutro or: cooked millet or: cooked sorghum. *1 cup popcorn. $\frac{1}{2}$ cup brown rice, wild rice or basmati rice. $\frac{1}{2}$ cup cooked dried yellow peas or black-eyed beans or Haricot or butter beans, *lentils and *chick peas.

Contains gluten: *1 big slice rye bread or 2 crackers, *1 slice brown bread, * $\frac{1}{2}$ cup oats or muesli.

Foods marked * may not agree with your blood type. Check them first.

FOODS USED IN RESTRICTED AMOUNTS:

PORTIONS OF QUICK RELEASE CARBOHYDRATES

2 brown rice cakes, 4 rice crackers, ½ cup: boiled *potato, *pumpkin, carrots or butternut or turnips or parsnips. They can also be grated up raw or used in juices.

PORTIONS OF FOODS RICH IN FATS AND OILS

Monounsaturated oil: 1 teaspoon olive, canola or rice bran oil. 4 walnuts, 8 almonds, ½ cup pumpkin seeds or ground-up flaxseeds, 2 teaspoons mayonnaise, 1 teaspoon butter. 4 olives.*1/2 cup peanuts, sesame and sunflower seeds. *1/4 Avocado pear.

FOODS CONTAINING NATURAL SUGAR

Fresh: grapes, apples, apricots, peaches, plums, oranges, bananas. Honey, blackstrap molasses, dates, raisins, prunes.

UNLIMITED FOOD CHOICES TO ADD TO MEALS AND SNACKS - EAT ALL DAY!

FRUIT AND VEGETABLES

Grapefruit, lemons, pineapple, pawpaw. Lettuce, onion, celery, spinach, broccoli, green beans (cook and keep for big helpings with every meal!) red, yellow peppers, beetroot, raw butternut. *green peppers, *tomato, *cabbage, *aubergines. Lentil sprouts – grow your own. For juicing: home grown wheat and barley grass with raw fruit & vegetables and herbs.

BEVERAGES

1 glass water every 2 hours. Unlimited herb teas (no sweetener), vegetable juices, lemon juice and grapefruit juice.

Cocoa powder, unsweetened: add to cereal or have it black with a little milk. Limited and if suitable: *coffee or ½ glass wine.

Indonesian Rystafel

Chicken and fish dishes.

Cooked rice, hard boiled egg, salads, sambal and peanut sauce.





Indonesian vegetable salad

Suits all blood types. Very low carb.

Prepare in advance. Keeps in fridge for 2- 3 days.



Remember the MEGASLIM!

Gluten free snack

Suits all blood types

Yellow pea dip (protein and carb.)

Yoghurt (limited) Red chilli and tomato

Unlimited: Chicory, cos lettuce

Moderate: pineapple, paw paw



Carbohydrates

Rye crackers (contain gluten) : not for B

Lentil poppadums: not for B and O secretors





CLOUD NINE

A GLUTEN FREE BAKING METHOD:

1 cup rice flour

1 cup yellow pea flour

(alternative: *chana or *chick pea flour)

½ cup whey powder (alternative: whey protein or milk powder)

10 ml health baking powder.

50ml olive or sesame oil.

1 + ½ cups boiling water stirred in lightly.

FILLINGS: chopped onions and herbs.

Add raw mushrooms.

Or : 1 tin tuna chunks in oil (drained off) for 2 – 4 servings

Mix dries with oil. Add boiling water. Spread over filling.

Spray with olive oil. Bake near top of hot oven (180 deg c) for 10 – 15 mins.

Spray with olive oil

Alternative: spoon into muffin trays. Press a spoon of filling into each. Top with cheese.

HEALTH BAKING POWDER

(RECOMMENDED FOR THIS NEW BAKING METHOD)

Buy the kit from your Health Shop or from Health Connection

Make up a small jar at a time:

15ml potassium bicarbonate

15ml cream of tartar (potassium citrate)

30ml gluten free flour.

Use it like normal baking powder. It tastes better, it works better !

It is free of sodium and rich in potassium.

Cloud nine fluffy pie: mushroom or tuna

**Suits all blood types:
it's gluten free, egg free!**

Nice hot or cold. Keeps 2 days.

1 cup rice flour

1 cup yellow pea flour (alternative: *chana / lentil or *chick pea flour)

½ cup skim milk powder (alternative: whey protein or whey powder)

10 ml health baking powder. Or normal baking powder.

50ml olive or cooking oil.

2 cups boiling water stirred in lightly.

Mix dries with oil. Add boiling water, mix till creamy. Spread over filling:

Savoury mince or casserole/curry leftovers, spinach & feta or mushroom.

Spray with olive oil. Bake near top of hot oven (180 deg c) for 10 – 15 mins

Remember the
MEGASLIM!



Cloud nine mushroom pie served cold
All blood types: gluten free egg free! Nice hot or cold. Keeps 3 days.



**Cloud nine
spinach
and feta tarts:** All blood types
gluten free egg free! Nice hot or cold.
Keeps 3 days.

Press a spoon of cooked spinach into dough. Top with Feta.

Gluten free: baking pastry cases (Suits all blood types)

1 each of: Yellow pea, rice and millet flour. 2 teaspoons health baking powder. Rub in $\frac{1}{2}$ x oil, mix to dough with hot water.

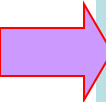
Make in bulk. Keep in fridge or freezer. 1 carbohydrate serving



Remember the
MEGASLIM!

The Nature Fresh MEGASLIM

7 STEP PLAN FOR THE DAY

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- 3 MID-MORNING** 1 fruit 1 protein. If still hungry, chew nut, seed mix. Drink water.
- 4 LUNCH** 1X MEGASLIM, 2 protein, 1 carbohydrate, 2 fats. (plus: unlimited list) Tea *coffee.
- 5 AFTERNOON** Same as mid morning. Exercise, fresh air, intensive activity. Drink water.
-  **6 SUPPER (7-8pm)** 2 carbohydrate, 2 protein, 2 fat. 1 natural sugar treat. Tea *coffee. Drink water.
- 7 BEDTIME** ½ hour stretch/exercise, chew nut and seed mix. Supplements, eg: Calcium Complex, Omega 3 oil



Basic cans from the cupboard

Important: Tuna, pilchards, peas and white beans suit all.
Sweet corn best for A secretors, Chickpeas for O secretors.
Tomatoes, cream and mushrooms for limited use.



Basic kitchen supplies

(Bought from Pick 'n Pay when away from home.)



Make pastes and dips from canned beans



Unlimited for anytime

Make salads, soup, snacks. Use lots of lettuce



Unlimited for anytime!

**Unlimited
for
anytime!**



**Unlimited
for
anytime!**



**Unlimited
for
anytime!**



**Add a small
Carbohydrate
portion**





Suit all blood types but A must limit sweet potato

Good basics

**Stay away from starches.
Have a little sweet potato,
carrots or butternut with
lots of green vegetables.**

**Always have unlimited
salads and clear soups**

**Learn how to use
these to make:**

Soup

Stir fry

Casseroles



Have fun:

Soups with the kids.

Put a cork on the end of the skewers. Boil them in hot water with a stock cube. Add other foods to the soup pot.

chop chop Chop

**Carrots suit all
and they are
good to eat
both cooked
and raw.**

**Use in soups,
salads or
serve with
delicious dips.**

**Try roasting
with other
veggies in
olive oil.
Sprinkle with
cinnamon.**



**Let them
Cook it
In a pot of
clear,
hot soup!**







Remember the MEGASLIM!

Vegetables for dinner!

**Roasted butternut chips with red pepper, onion and pineapple (moderate)
Steamed green beans (unlimited) Tomatoes limited for A and B secretor.
Add a protein portion: Soya, refried beans, egg, Feta Cheese or fish.**

Cook green beans with gluten free pasta!





**Rice noodles
to replace
wheat pasta.
They suit
everybody!**

**They are nicest
when cooked in a
clear soup base with
other vegetables for
Asian food.
With sesame oil and
soy sauce – a
delicious alternative
to the usual gluten
pasta, cheese and
tomato.**



Mung beans – noodles, beans and sprouts

High in protein. No gluten. Very good for all except type B and AB

Mung bean: lose the carbs!

**Also known as
glass noodles.**



First onion in olive oil. Boil up a pot of water with a stock cube. Add spinach, carrots etc. Cook the noodles in this. When done, pile on shredded lettuce. Serve with sesame oil and soya sauce.



Learn to make nutritious soups



Cream of green:

Fry onions in oil

Stir fry chopped spinach. Add stock with courgettes, beans, broccoli or anything green. Whiz in a blender . Add cream or yoghurt.



Beautiful beetroot soup



Beetroot soup

Fry onions in oil. Add chopped beetroot, carrots, celery, sweet potato. Add stock cube and boil in water.

When soft, add a tablespoon of tomato paste, one of vinegar and a teaspoon of sugar. Process all in electric blender or use a plunge blender.

Tip: With fried red onions add a splash of balsamic vinegar.

Very quick beetroot soup

Add bottled beetroot and some stock with a spoon of tomato paste to fried onions. Whiz in the blender or use a plunge – blender.



**Add a few spoons of yellow pea paste
(and a pinch of curry powder to this soup)**





Butter beans

Suit all blood types

Protein and carbohydrate serving

Refried beans

Fry onions, with these options:

red and yellow peppers,

Celery, cabbage,

Chilli, fresh herbs, garlic.

Add a rinsed and drained can of butter beans or: black eyed beans, haricot or sugar beans. If using baked beans, wash off all that sugary sauce!

Turn down the heat and stir as you press and mush the mixture.

Keeps in fridge for adding to vegetable dishes to up the protein.



A beany problem

To prevent gas and indigestion and to cut down on cooking time:

Soak all dried beans, peas and legumes in water overnight.

Next day, rinse and keep in covered colander. Wait till sprouts come out.

Larger beans take a few days. Rinse every day. Boil in hot water.

Never add salt. The beans will not cook soft if you add salt.





Add dry pulses to:

Soups

Dips

Dhal

Main meals

(Refried beans)

Salads

Vegetable dishes.

**They contain protein,
Limited carbs and soluble
fibre, needed to cut
cholesterol.**

Very good for vegans!



Soya is good, but:

Not for O and B non-secretors

Use only refined soya protein products. Soy husk contains trypsin inhibitors and can cause cancer to spread unchecked.





Soya products – good meat substitute but:

Watch out for products that contain gluten. Recipes for your own soya and bean burgers are in the notes. This mix can also be used as a mince alternative.



Remember the MEGASLIM!

**Soya TVP mix
with fried onions
and sprouts.**

**Soya not for:
O and B
Non-secretors.**



Fried tofu in sweet and sour pineapple sauce

Tip: remove water from tofu chunks by placing them on paper towel. Cover with paper towel and wrap in a dishcloth. Place a bread board on top for a few hours.

Tofu casserole

In a casserole dish

Place chunks of tofu with:

Fried onion, red peppers, chopped chillies and herbs, garlic.

Cover halfway with stock.

Bake in 180 deg C oven with other items you are baking or roasting.



Soya and Tofu

Not for O and B non-secretors.

Lentils when sprouted and then cooked suit all blood types.

Plain lentils are not for: O secretors and both B's

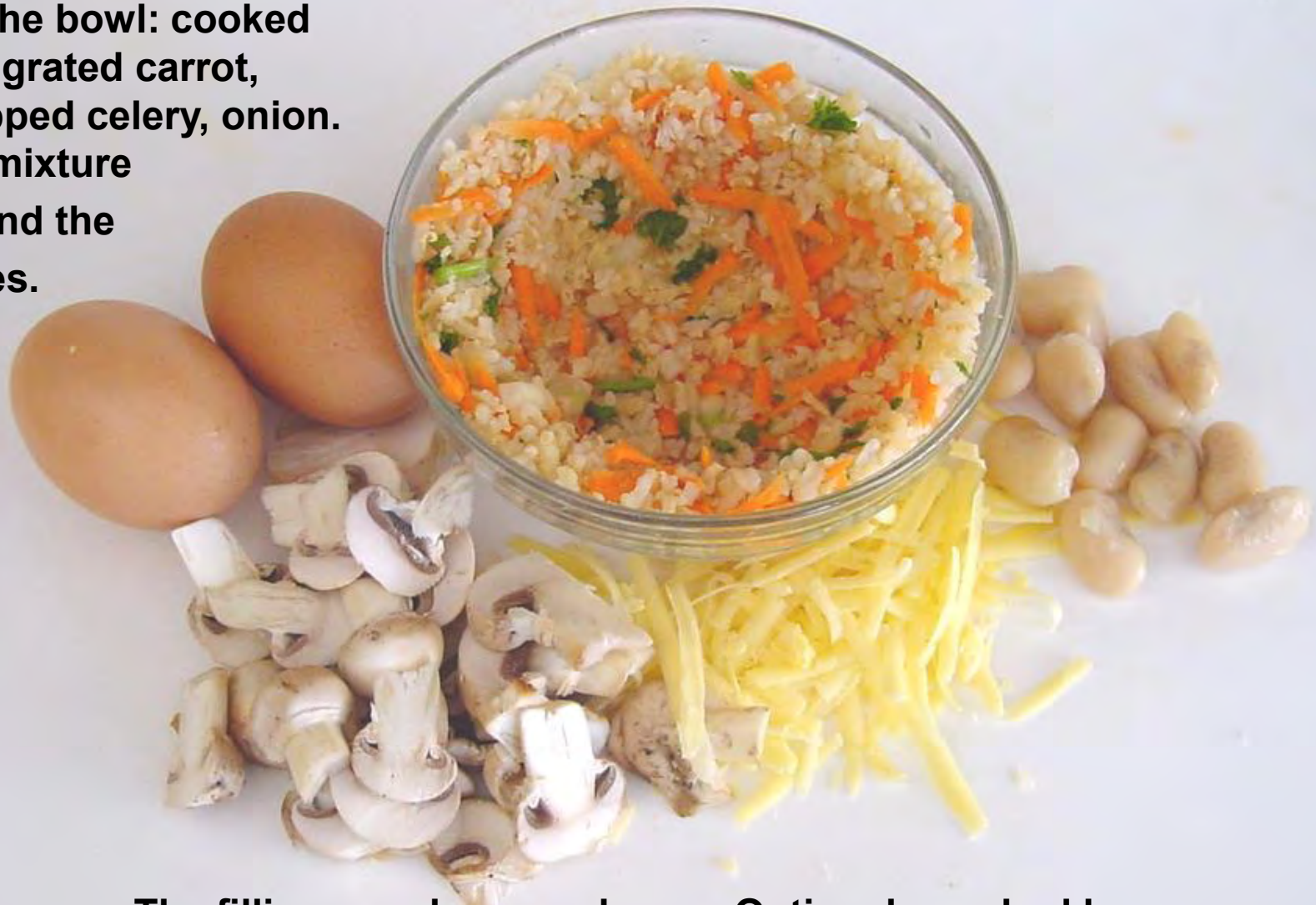


Mushroom, cheese and egg mould

Protein with rice and cheese (moderate serving)



For the bowl: cooked rice, grated carrot, chopped celery, onion. Tap mixture around the Edges.



The filling: mushroom, cheese. Optional: mashed beans or shreds of tuna or cooked lean turkey or chicken. Season with herb, salt and spice blend of your choice.



**Beat up eggs:
2 per small
cereal bowl.
Pour egg into
the centre.
Saucer on top.**

**Microwave on full for 2 or 3 minutes.
(Or bake 180 deg C for 15 mins.)
Allow to stand then toss out. Serve hot or cold.**

Pizza omelette

Limited cheese and tomato.
No starch. High protein.

Remember the MEGASLIM!



Parsnip strips in a honey and mustard stir fry





Portobello, button and brown mushrooms

Portobello suit all. Button: not for O secretor and A non-secretor

Free from carbs, fats and a great soup, pie, omelette or salad stretcher.



**Feast your eyes
starve your fat cells!**

A wooden bowl filled with a mixed salad of lettuce, tomatoes, carrots, and onions is on the left. A white bowl with a floral pattern on the right contains a salad of avocado and orange segments, topped with a yellow dressing and brown seeds. A green bowl is at the top, and a green fork is at the bottom left.

**Avocado and
orange salad**



**Chinese rice with fried tofu
and stir fried sweet and sour peppers and aubergine.**



Set up for a stir fry with friends

Korean or Mongolian Stir fry.

**Provide dishes of chopped
vegetables and sliver of
meat or fish.**

Cook a big pot of rice.

**People cook their own
selection in turn in an oiled
pan.**

**Just before removal, pour
on a few spiins of ginger or
chilli water.**

**Serve on rice with
samabals or soy sauce.**







Party food or take outs: dips and quiches
(See Gluten free recipes and fillings to suit all blood types)

Avocado dip and yellow pea hummus



**Remember the
MEGASLIM!**

**Have a barbecue
without:
fatty meat,
bread,
rolls
and
pap**



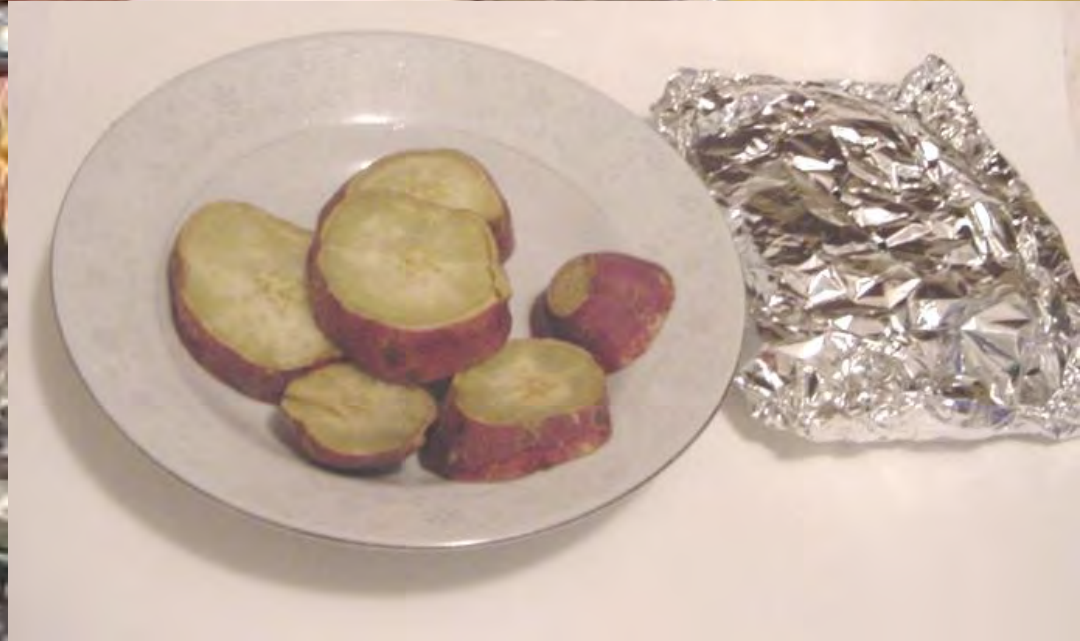
Remember the MEGASLIM!



Good with all:

**Onion
Red and yellow
peppers
Pineapple
Beans
Peas
Carrot
Butternut
Courgettes
Patty pans
Mushrooms**

Chop up vegetables, toss in oil and spicy seasonings. Wrap in a foil parcel. Seal up edges to make it airtight. Place on the grid.



Remember the MEGASLIM!



**Kebabs can have ostrich, turkey, prawns or firm fish.
Vegetarians: Fry's veggie burger cut up tastes best**

Dips and snacks

Restrict carbohydrates

Rye does not suit:

Blood type B

Those who have gluten sensitivity.

Offer alternatives to dip or nibble in unlimited amounts, any time:

Boiled green beans

Pineapple

Cucumber

Carrot slices

Celery

Chicory leaves

Lettuce leaves







Remember the MEGASLIM!

Dips and snacks

Restrict carbohydrates

**Let the children
Help to make and
serve the snacks
while you wait.**

**Try to avoid the
usual packets of
boring and
unhealthy chips.**

**Rye does not suit:
Blood type B or
Those who have gluten
sensitivity.**

Good advice that really works!

Eat mostly from the unlimited food choices and cut down on the fats and carbohydrates gradually.

Make daily and varied choices from this list and add restricted foods if they suit your blood type and allergy profile. After adjusting for a few days, start on smaller carbohydrate, fat and protein portions.

Keep up this way of eating and take your supplements, even when you have reached your goal. Prepare a lot of portions at once: soup, bean dips, protein combinations, salads and snacks: nuts, cheese biltong, fruit, rice crackers.





Instant chutney or salad dressing: processed with a stick blender



**Half a chopped lemon, half an onion and a fist full of raisins.
Add a tablespoon of oil. Process. Raw onion with raisins is a healing food.**



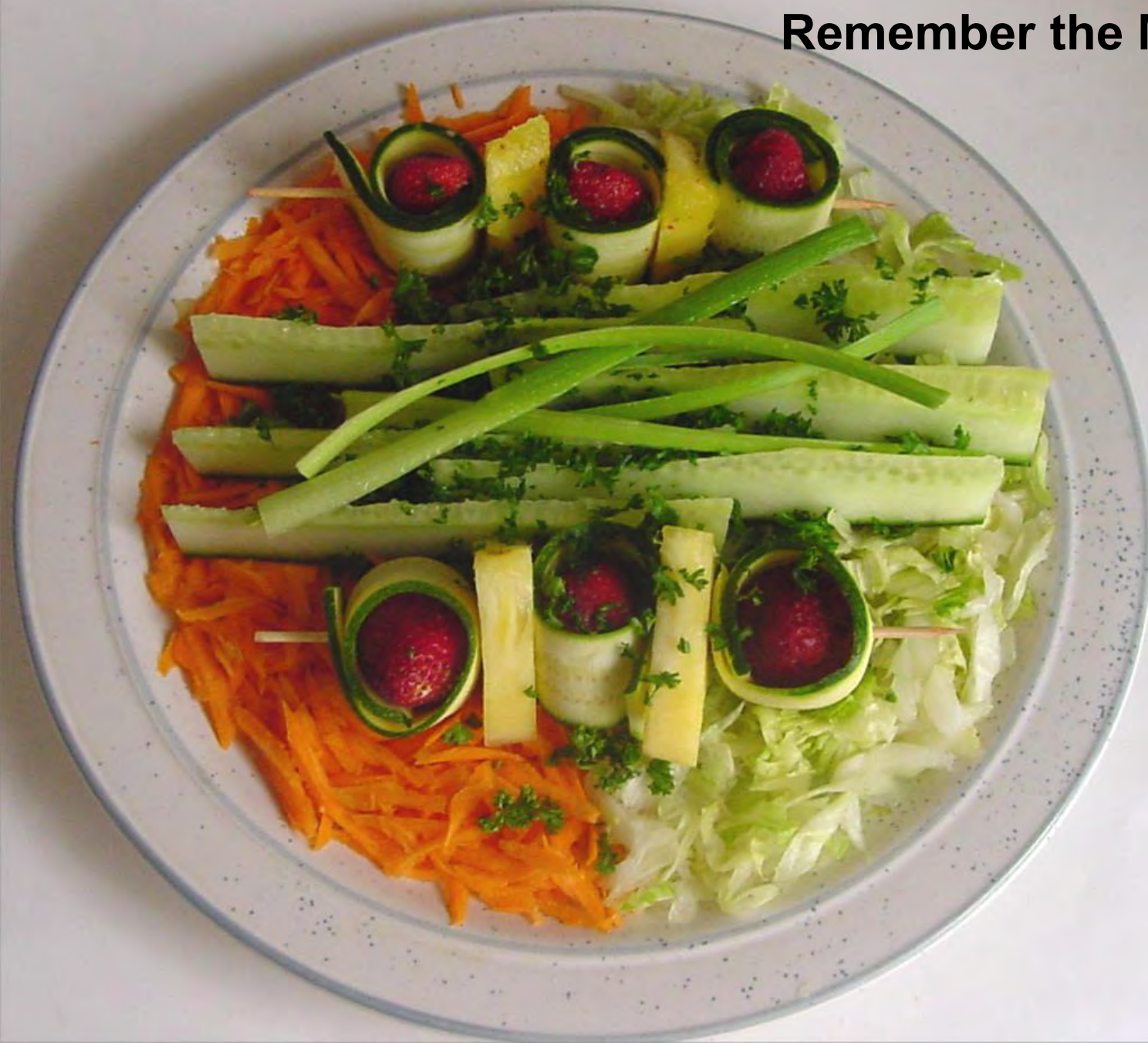
Remember the MEGASLIM!

Make a healthy dressing for your lunch!



Remember the MEGASLIM!

Remember the MEGASLIM!





Remember the MEGASLIM!



**A colourful stir fry,
Do not overcook into a mush**



Remember the MEGASLIM!

**Cook chicken separately.
Chicken is bad for blood type B
Rather cook up a lean turkey breast.**







**Vegetable soufflé with cream
and parmesan cheese**

Gluten free quiche with cheese and mushroom



Don't get slack – no junk, no never.

Bring your food portions with you to prevent slacking off with takeaways. Stay away from sugar: sweets, ice cream, cake, etc. and especially no diet sweeteners.

Eat savoury foods instead but avoid fatty fries and chips. Cutting out gluten and dairy products helps to speed up weight loss: no bread or pasta, pizza, hamburgers, sandwiches, rolls, cake or biscuits. Learn to say: NO! Use the 7 step plan to control insulin and the hunger / weight gain syndrome.

**Take a long a good picnic
and don't cheat!**

Remember the MEGASLIM!



Remember the MEGASLIM!





Remember the MEGASLIM!

Desktop option for lunch

Prepare all your planned slimming food the night before. Nibble at it every 2 hours. Go for a walk at lunchtime or do exercises.



Remember the MEGASLIM!



Remember the MEGASLIM!



**Eating out at Woolworths:
Choose, weigh and pay.**

**Fill up a sandwich or Pita bread
(Take along your rice cakes. Ask for the
fillings in a tub.)**

Remember the MEGASLIM!





Try to eat out with a self service option

Curries are quite good, but can be high in carbs. Woolworths has a buffet. Spur has a salad valley. Discuss the menu and choose the best option – usually a Greek Salad, a soup or fish dish!

A white plate filled with a variety of healthy, gluten-free foods. On the left is a large, round, golden-brown rice cake. Next to it is a salad of shredded green lettuce, sliced cucumbers, and cherry tomatoes, all coated in a light-colored dressing. In the center is a portion of yellow rice mixed with brown lentils, topped with a generous amount of sliced almonds. To the right of the rice is a piece of grilled fish or chicken. In the background, a small sign is visible with text about a service survey.

Remember the MEGASLIM!

Eating out at the healthy Bodi café in Johannesburg: gluten free

A really special treat.

Leave out the cream or ice cream and replace with yoghurt



Remember the MEGASLIM!



More fun ideas and recipes for healthy treats in:
HEALTHY HAPPY EATING pages 150 - 157



Remember the MEGASLIM!

Remember the MEGASLIM!

Remember the MEGASLIM!

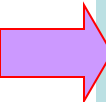
Remember the MEGASLIM!





The Nature Fresh MEGASLIM

7 STEP PLAN FOR THE DAY

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- 4 LUNCH** 1X MEGASLIM, 2 protein, 1 carbohydrate, 2 fats. (plus: unlimited list) Tea *coffee.
- 5 AFTERNOON** Same as mid morning. Exercise, fresh air, intensive activity. Drink water.
- 6 SUPPER (7-8pm)** 2 carbohydrate, 2 protein, 2 fat. 1 natural sugar treat. Tea *coffee. Drink water.
-  **7 BEDTIME** ½ hour stretch/exercise, chew nut and seed mix. Supplements, eg: Calcium Complex, Omega 3 oil

OTHER RECOMMENDED SUPPLEMENTS you can take

Nature Fresh MEGASLIM 2 or 3x per day

with optional: MEGAMAX, Coleus or Tribulus Terrestris tincture. As recommended for your condition:

Nature Fresh Calcium & Magnesium plus hormone balancers: Red Clover, Black Cohosh, Chaste berry and Red Sweet Potato.

Other products: Multivitamin, (Ladyvite or Mensvite)
Omega 3 oil, zinc 15 – 30mg per day

MEGAMAX

- Herbal stress support
 - Improves circulation
 - Augments hormonal responses
 - Natural tonic, more energy and ability to focus
 - Libido booster men & women
-
- Good for prostate and helps to prevent DHT and BPH



Coleus Forskohlii

- Cyclic AMP = ENHANCEMENT OF ALL HORMONE FUNCTION
- Natural fat burner
- Helps thyroid hormone
- For hormonal weight gain:
eg: Addison's, thyroid low
- Asthma, heart congestion
- Diabetes, syndrome X
- Bad cholesterol
- High blood pressure
- Psoriasis
- Chronic urinary infection



Tribulus terrestris

- For PCOS (polycystic ovarian syndrome)
- Syndrome X (insulin resistance)

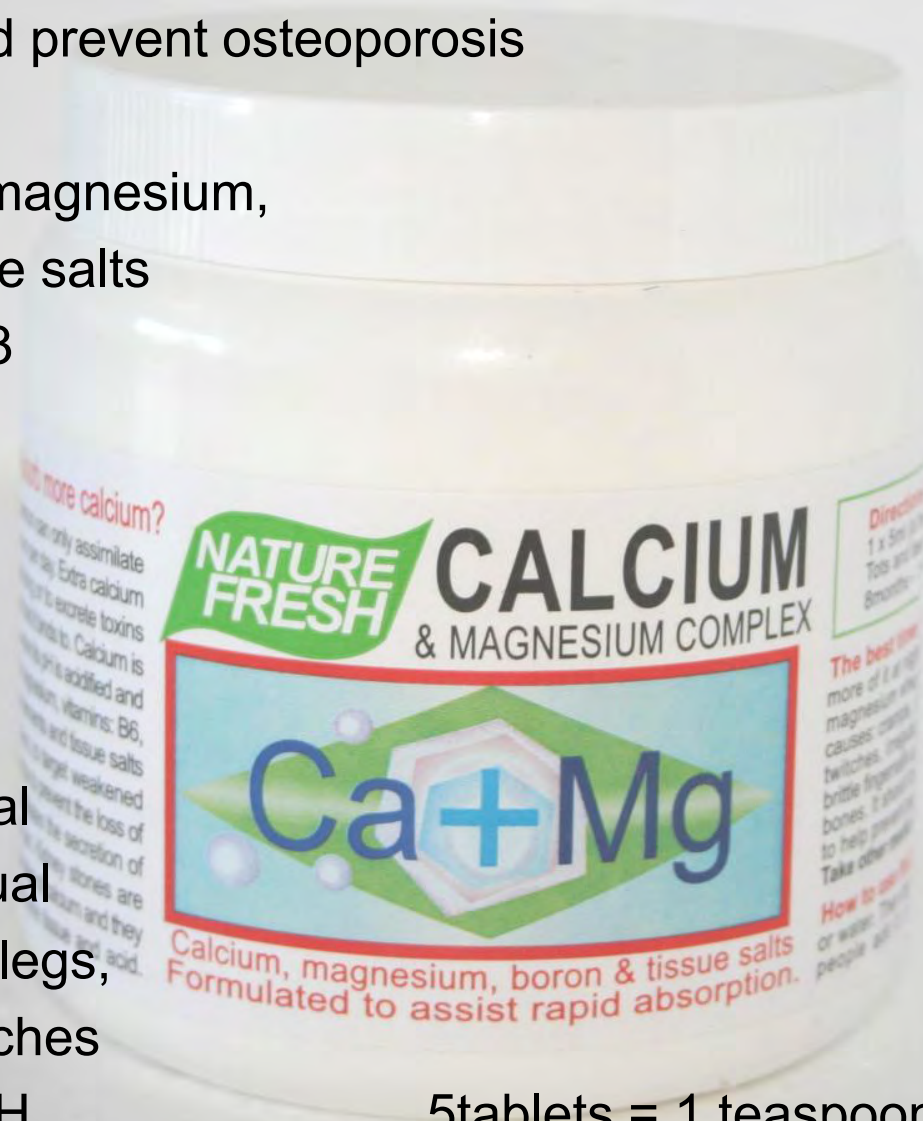
THIS PERSON IS:

- Moody, depressed
- Gains weight
- Often pre diabetic
- Gets pimples or:
facial hair
- Male type hair loss
- Menstrual discomfort
- Infertility / irregular



Calcium Complex Powder

- Helps to treat and prevent osteoporosis
- Easy to absorb:
Calcium citrate, magnesium,
zinc, boron, tissue salts
Vitamin C and D3



- Ideal pH at neutral
- Good for menstrual cramps, restless legs, joint & muscle aches
- Helps balance pH

5tablets = 1 teaspoon powder

Calcium Complex Tablets

- Helps to treat and prevent osteoporosis

- Easy to absorb:

Calcium citrate, magnesium,
zinc, boron, tissue salts

Vitamin C and D3

- Ideal pH at neutral
- Good for menstrual cramps, restless legs, joint & muscle aches
- Helps balance pH



CONVENIENT TABLETS same formula



Tinctures & Hormone balancers

- Agnus Castus (Chaste berry)
- Black Cohosh
- Red sweet potato
- Red Clover
- Prostate Remedy
- Recovery Remedy
- Tribulus terrestris
- Coleus Forskohlii
- Olive leaf tincture
- Parasite Remedy

Agnus Castus (Chaste berry)

- For PCOS (polycystic ovarian syndrome)
- Syndrome X (insulin resistance)

THIS PERSON IS:

- Moody, depressed
- Gains weight
- Often pre diabetic
- Gets pimples or:
facial hair
- Male type hair loss
- Menstrual discomfort
- Infertility / irregular



Black Cohosh

- For Menopause
- Menstrual problems

THIS PERSON IS:

- Fatigued, stressed
- Gains weight
- Sleeps badly
- Scanty periods
- Low cortisol/DHEA
- Hot flushes
- Night sweats
- Estrogen imbalance



Red sweet potato

- For Menopausal discomfort
- For scant menstruation

THIS PERSON IS:

- Lacking progesterone
- Gets fibroids
- Stressed / fatigue
- Depressed. Down
- Low blood sugar

SPECIAL APPLICATION

- Infertile (low dose)
- Temporary stop of menstrual cycle
(very high dose 2x indicated 2 months prior)



Red Clover

- For PCOS (polycystic ovarian syndrome)
- Syndrome X (insulin resistance)

THIS PERSON IS:

- Moody, depressed
- Gains weight
- Often pre diabetic
- Gets pimples or:
facial hair
- Male type hair loss
- Menstrual discomfort
- Infertility / irregular



Prostate Remedy

- For prostate health, treatment and prevention
- Also for bedwetting children

THIS PERSON IS:

- Always going to pee
- Stinging, burning urine
- Can't void all urine
- Prostate enlarges
- Male type hair loss
- Often infected urinary/kidneys
- USE WITH MEGAMAX



Recovery Remedy

- An uplifting tonic vibration for illness and bad times
- Boosts frayed nerves

THIS PERSON IS:

- Always tired, weak
- Moody, depressed
from constant demands
- Frustrated, can't start
- Prone to constant illness
- Full of aches & pains
- Bad liver / digestion





For more information about your blood type and detailed recipes you also need my book:

HEALTHY HAPPY EATING FOR ALL BLOOD TYPES

HEALTHY HAPPY EATING:

a book for:
Pharmacies
Health Shops
Practitioners
Dieticians

Contains Blood type diet sheets
with extra:

Natural therapies, diets, recipes
Slimming & cleansing regimens
Ideal for diabetics, asthma, etc.

SUE VISSER'S ILLUSTRATED GUIDE TO

HEALTHY



HAPPY EATING

for all blood types

FOOD THERAPY FOR ALLERGIES,
SLIMMING, HEALING & ENERGY

MORE DIETS, RECIPES, BLOOD TYPE ADVICE

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