

## Oxygen Deficient Suggestions

Organic oxygen is found in all foods, but free oxygen is attracted to the body by iron. Therefore, iron foods are of prime importance in attracting oxygen to the body. Foods containing liberal quantities of calcium, potassium, iodine, fluorine would be used. Red, juicy meats are high in oxygen, so are iron tonics, nuts and seeds, and liquid chlorophyll. Vegetables and fruits in general, and especially their raw juices, are high-oxygen foods.

Fresh mountain air, clean air, higher altitudes are best oxygen 'foods' for the respiratory system. A diet high in protein, carbohydrates, starches, sugars, fats, sulphur and heavy meals in general lowers oxidation in the body and should be used only in moderation if additional oxygen is needed by the body. Oxygen carrying foods include:

Beets	Green Peppers	Raisins
Blueberries	Horseradish	Sea Vegetation
Bone Broth	Leeks	Sorrell
Carrots (Red)	Mustard Greens	Spinach
Figs	Nuts and Seeds	Tomatoes and Juice
Fish	Dried Olives	Turtle
Goat Milk Products (Raw)	Onions	Wild Cherry Juice
Grapes	Parsnips	

### Oxygen Menus

- ❖ Chef's salad including sprouts, raw goat cheese, avocado; carrot juice and goat's milk (half and half); celery stuffed with nut butter, sundried olives
- ❖ Assorted fruits, cheese sticks, nut and fruit juice, figs stuffed with nut or seed butter, raisins
- ❖ Turtle soup, rare beef, large green salad, steamed beets, steamed sorrel, comfrey tea, tomato dressing
- ❖ Bone broth, broiled whitefish, steamed parsnips, steamed spinach, leafy green salad with sliced tomatoes and olives, green vegetable juice (with liquid chlorophyll)