

Learn the dont's and do's of your diet.

Good day,

Dear Mother Nature has been moody. We get cold. We get rain. We get Indian summer. We will start harvesting oranges and ready to ship them soon. Please do not miss out on it.

To those of you wondering about onion drink, my only comment is hey, onion is food, how can it hurt you?

To those of you praising me about the benefits of "Regaining lung capacity," thank you. However, it would be more flattering if you could spread the health tips to people around you. At the end of the day, healthier people mean happier, productive people.

I am pressing for time this week, so I am not going to write about balanced diet. Please review my do's and don't's and send in your comments. Your feedback will become my motivation and direction on what to share.

Until next week, I wish you all a very healthy happy week.

Warm regards,
Andrew Lam
Chief Farmer



Excerpt from last newsletter

To have fun in life, **occasionally** you can deviate from the don'ts **and enjoy yourself** in moderation.

Don't

1. No sweets including sodas, fruit juices, pastries, go easy on bread and white rice and pasta and noodles.
2. No milk. Nowadays, most of the milk has the highest carbohydrates. Cows

very seldom eat grass any more. Even “organic” milk comes from cows that eat organic corn and other “organic” feeds. If you want to lose your belly fats, stay clear from milk. When you cut out milk, and with a proper diet, you will see your tummy shrinking. It is equally important doing some form of exercise to regain your lung capacity. Milk causes health problems. Calf drinks milk to grow. Babies drink milk to grow. Milks are laden with growth hormones that can mess up your body. Milk has been promoted as health building food. It is not!

3. No processed food.

Do for non-vegetarian or vegan

1. Yes on all animal proteins but in moderation
2. Yes on consuming many different varieties and assorted colors of produce.
3. Yes on all natural fats, eggs, and beneficial oils

Do for vegetarian or vegan

1. Yes on all produce but make sure you get enough essential amino acids
2. Yes on fermented food

Yes on plant-based oils such as olive oil, coconut oil, flaxseed oils, and pumpkin seed oils.