

A Good Cook...

TEN TALENTS

Natural Foods - A Diet from the Garden of Eden

VEGETARIAN COOKBOOK

Food Combining • Health Manual • Healthy Lifestyle

God's Menu for Man - Genesis 1:29

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NEW • UPDATED • EXPANDED
Pictorial Edition

Ten Principles for Abundant Health

T Trust in Divine Power

E Exercise

N Nutrition

T Temperance

A Air, Pure

L Light, Sunshine

E Energizing Water

N Nightly Rest

T Thankfulness

S Service

Quiz - Healthy Lifestyle Habits

How do you honestly rate yourself? Take this simple quiz. Add up your numbers and compare with the scores below. (use a scale from 1-10, with 10 being the highest).

1. I am attentively aware of my body, keeping it within a healthy weight-range, by proper habits of eating, sleeping, and exercising. _____
2. I drink at least 6-8 glasses of pure water every day: on arising, before, and between meals, not washing my food down with every bite, but chewing it well. _____
3. At least 5 days every week, I enjoy getting out in the sunshine, breathing fresh air, while walking 20-30 min., or being actively engaged in some physical exercise. _____
4. I have a regular schedule for bedtime, and sleep at least 6-8 hours daily, resting naturally, without the aid of sleeping pills or medications. _____
5. Starting the day with the proper fuel for my body, by eating a nourishing breakfast, is important to me. _____
6. I eat no more than 3 wholesome meals each day, at regular times, with water between, thus avoiding late bedtime and between-meal snacks. _____
7. I treasure the gift of health, and choose to be temperate in all things, while abstaining from harmful habits such as: smoking, drinking or drugs. _____
8. My diet consists mainly of fresh fruits, grains, vegetables, legumes, and nuts, eating amounts suited to my gender, body frame, and daily activity, and to avoid overeating. _____
9. Knowing the stresses of life can be overwhelming, I take time for relaxation, mini - vacations, enjoying nature, sharing with family and building friendships. _____
10. I choose to be happy, peaceful and content; thus by living right, and believing and claiming the promises of God in His word, I can safely trust Him with my life. _____

My Score (Maximum score 100) _____



- 90-100 Congratulation! You are making wise choices.
- 70- 89 You are advancing in the right direction.
- 40- 69 There is room for improvement.
- 39 or less Are you ready for a change ?

Simple Food Combining

FOOD GROUPS	Fruits # 1 - 4	Fruits (neutral), Nuts, Seeds # 5, 6, 7	Grains # 8	Legumes # 9	Melons #10	Vegetables #11-14
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KEY: XX-Combines well X-Fair compatibility NR-Not recommended No-Not compatible

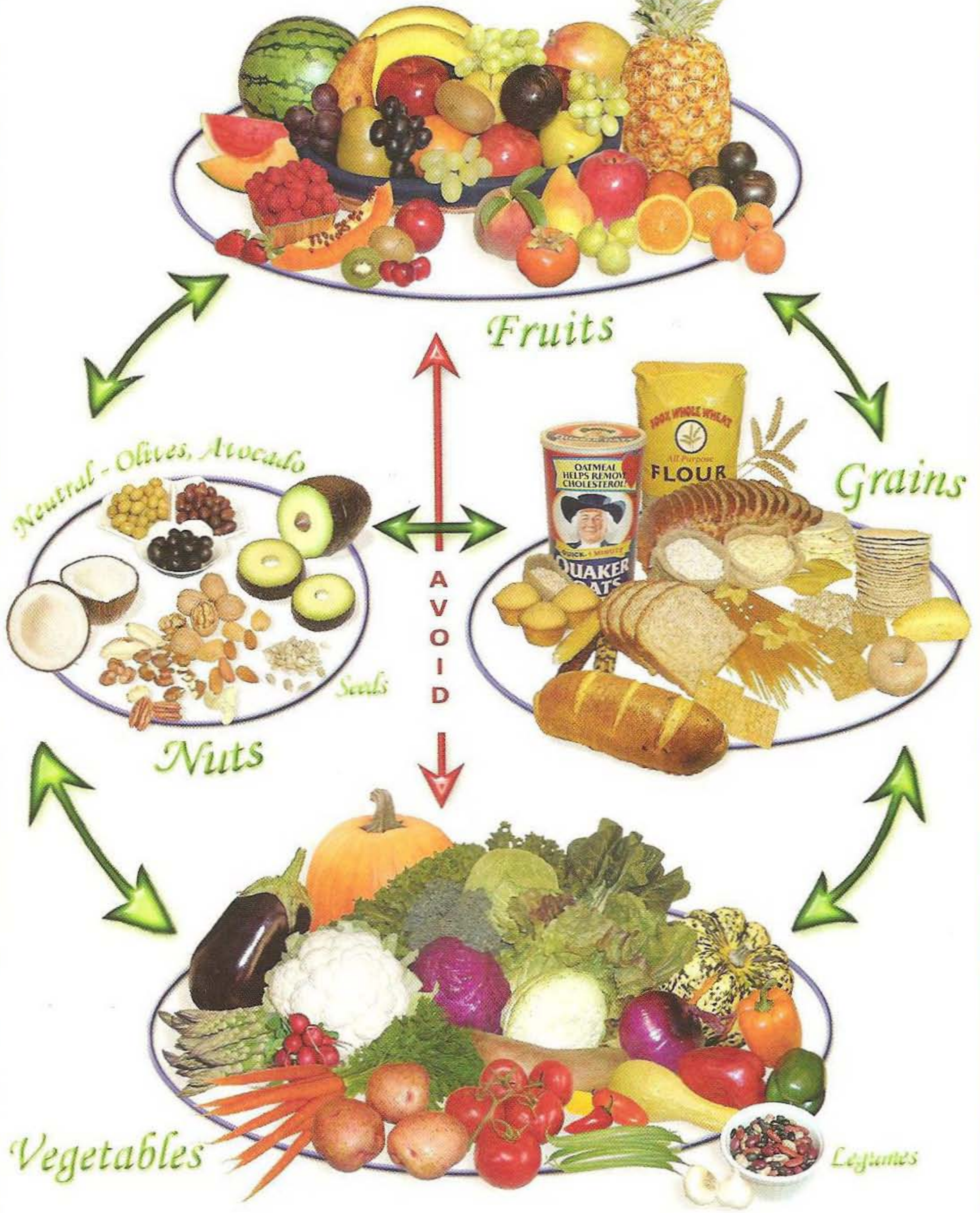
Original Diet

64

1. Fruits, citrus - acid	XX	XX	X	X - NR	X	No X Lemon
2. Fruits, sub - acid	XX	XX	XX	X - NR	X	No
3. Fruits, sweet - dried	XX	XX	XX	No	X	No
4. Fruits, palm	XX	XX	XX	No	X	No
5. Fruits, neutral	XX	XX	XX	XX	X	XX
6. Nuts	XX	XX	XX	XX	X	XX
7. Seeds	XX	XX	XX	XX	X	XX
8. Grains	X - XX	XX	XX	XX	X	XX
9. Legumes, & bean sprouts	NR X Lemon	XX	XX	XX	NR	XX
10. Melons	X	X	X	NR	XX	NR - No
11. Vegetables, (Succulent: herb- bearing seed & seed pod)	NR X Lemon	XX	XX	XX	NR	XX
12. Vegetables, leafy	No X Lemon	XX	XX	XX	No	XX
13. Vegetables, flower	No X Lemon	XX	XX	XX	No	XX
14. Vegetables, root	No X Lemon	XX	XX	XX	No	XX

Simple Food Combining

Basic 4 - Food Groups



"Grains, Fruits, Nuts, and Vegetables, in proper combination, contain all the elements of nutrition; and when properly prepared, they constitute the diet that best promotes both physical and mental strength. E. G. White, Education, pg. 204-5"



Herbed Focaccia

Simple Italian flatbread that is often served with seasoned olive oil for dipping. This version is made with whole grains and baked on a bread stone.

- 1½ cups whole wheat flour**
- 1 Tbs. gluten flour**
- 1½ cups barley, spelt or gold'n white flour**
- ½ - ¾ tsp. sea salt**
- 2 tsp. active dry yeast (1 pkg.)**
- 1Tbs. dried rosemary**
or **2 Tbs. fresh leaves, cut**
- 1 cup pure warm water (120°)**
- 1 tsp. honey**
- 1 Tbs. pure olive oil**
- 2 onions, diced, sautéed**
or **8-10 cloves garlic, sliced**

- 1.** In a medium mixing bowl, mix 1cup of each flour, the salt, dry yeast and rosemary. Add the warm water mixed with honey and oil. Beat with mixer on medium speed for 5 minutes to form a sponge. Add the onions, and remaining flour as needed, until dough is soft and leaves sides of bowl.
- 2.** Turn dough onto floured surface and

knead 3-5 minutes until smooth and springy. Return to oiled bowl, cover and let rise in warm place until almost double.

3. Divide in half. Press into 10" rounds or squares on bread stone lightly sprinkled with cornmeal or floured baking sheet. Cover with plastic wrap, let rise about 30 minutes until nearly double.

4. Gently make ½" depressions with fingers, every 2" apart in dough. Lightly brush with olive oil, and sprinkle with garlic, onion powder or coarse sea salt if desired. Bake in 400° oven 25-30 minutes until golden brown. Cool on wire rack. Serve warmed or cold.

Variations: Add Italian seasoning, sweet basil, dill weed, chopped kalamata olives or dried tomatoes. Dough can be shaped into breadsticks, narrow baguette or round loaves.

Baking Stones: For a crisper crust carefully slide unbaked loaves from floured baking sheet onto pre-heated bread stone (pre-heat stone 20-30 minutes). Using a spray bottle, mist bread with cold water before baking and 1 or 2 times during baking.

Herbed Breadsticks

Our daughter Esther, now a young mother, and talented cook, loves to create her own recipes, and make tasty bread.

Follow recipe for **Herbed Focaccia** or your favorite bread dough. Divide in half; using your hands press the dough into a 12"x9"rectangle. Cut into twelve 1" strips; roll lightly and shape each piece or twist if desired. Let rise in a warm place until almost double. Bake at 375° for 20 minutes or until golden brown. Yield: 12 breadsticks about 10" long.

