

Guidelines for Good Health

by Evangelist Ron Hood

A. Eat foods in their natural state.

(E.g. raw fruits, vegetables, whole-grain breads & cereals, beans, and brown rice)

1. **Fruit is a cleanser** – it contains 80 to 90% water. Fruit provides energy; it also assists the body in dissolving and removing waste. Fruit also contains anti-oxidants, which protect the cells from free radicals. I recommend that you drink 8 to 16 oz. of fruit punch each morning. Fruit punch is made by blending a banana in 8 to 16 oz. of orange or apple juice. You can also add an orange, grapes, or berries. We also add a tablespoon of flaxseed meal.
2. **Eat a salad or raw vegetables every day.** Raw vegetables contain about 70% water, and they are high in fiber. These also help your body cleanse itself. Your body needs the many vitamins and minerals that are in raw vegetables. The chlorophyll in greens helps your body to absorb and use oxygen. Because raw fruits and vegetables are high in water content and fiber but low in fat, they aid in losing weight.

B. Fiber is very important to your health. When fiber passes through your intestines, it absorbs water, excess fat, cholesterol, and toxins. Fiber removes these from your body. Fiber is like a sponge passing through your intestines cleaning out the wastes. Fiber helps you have regular bowel movements and gives you a soft stool and avoids constipation. Most disease starts in the colon.

Here are some good sources of fiber:

1. Whole grain breads
2. Whole grain cereals
3. Oatmeal
4. Seeds, nuts, and beans
5. Wheat and wheat bran
6. Flaxseed – you can add flaxseed meal to drinks, cereals, or salads.
7. Dried fruit

C. Avoid refined foods (white sugar, white flour and things made with these). The fiber, vitamins, and minerals have been removed. These are empty calories that cause many health problems. Soft drinks contain 5 to 10 teaspoons of sugar plus food coloring. Fresh juices are much better for you.

D. Avoid saturated fat.

1. **Saturated fat makes you fat and clogs your arteries.** It also sets the stage for many health problems such as heart attacks, strokes, sugar diabetes, and cancer.
2. **Fats provide energy.** It is best to avoid or minimize saturated fat which comes from meat and dairy products. It is believed that these fats cause plaque to build up in your arteries which can lead to strokes and heart attacks. It is also wise to avoid margarine because this contains trans-fatty acids which damage cells. It is best to use olive oil in the place of butter. Use olive oil, canola oil, or soy oil for cooking. Olive oil is very beneficial and does not cause plaque to build up in the arteries. See my book, page 42.

E. Avoid preservatives and drugs. All chemicals have side effects and can damage your cells.

F. Eat a balanced diet – a variety of foods that are low in fat, low in sugar, and high in fiber.

G. Exercise daily. Walking only 20 minutes a day will work wonders for your health and outlook.

For more information, see my book, [A Handbook on Health](#), or contact me personally:

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