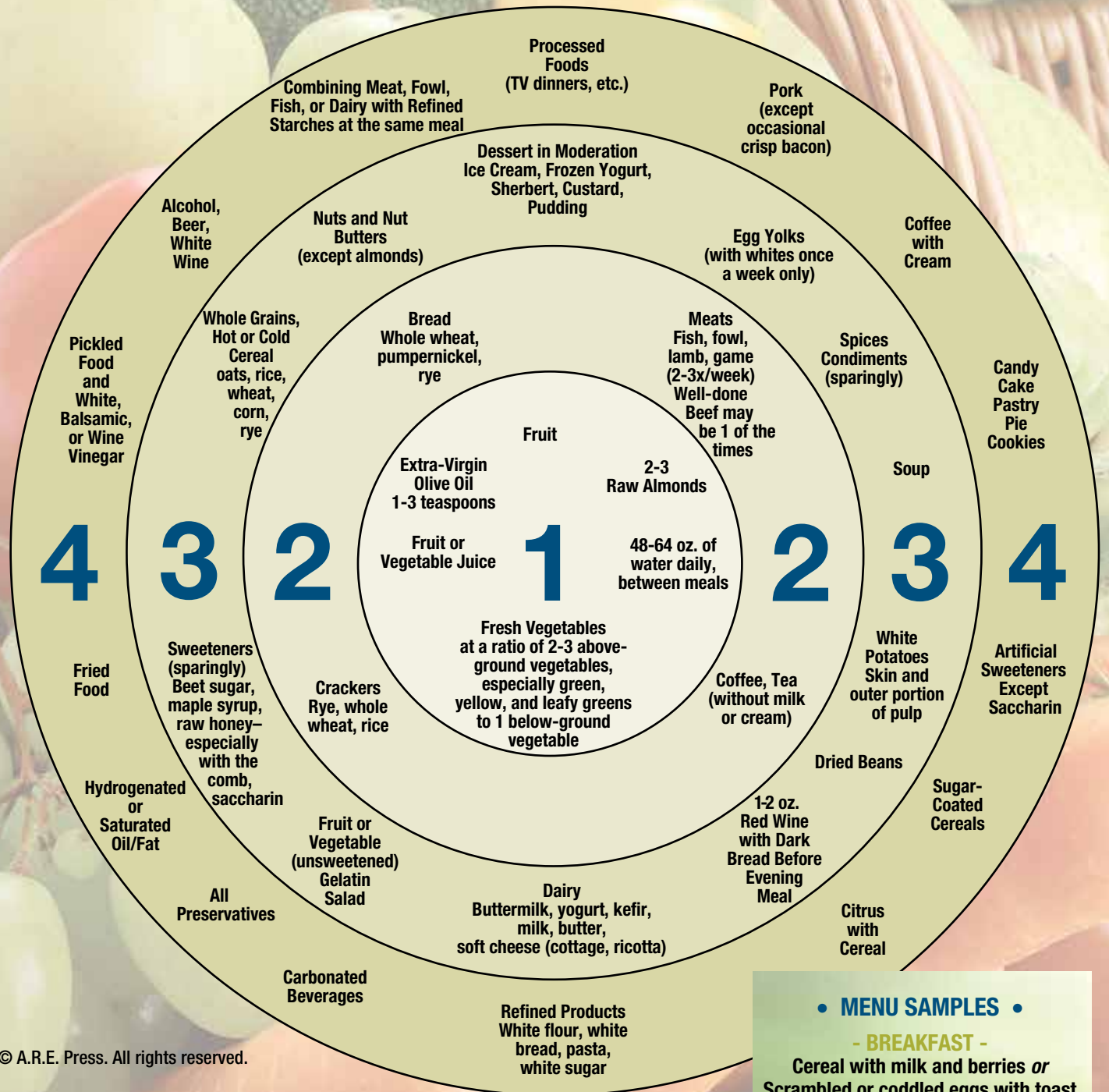


Edgar Cayce Basic Diet



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DIRECTIONS

Circle 1: Alkaline food: 80% of your daily intake—four or five servings.

Circle 2: Acid food: 20% of your daily intake.

Circle 3: Three times a week.

Circle 4: Avoid these foods.

- Eat local produce whenever possible—local organic would be best of all!



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The information contained in the Edgar Cayce readings should not be regarded as a guide to self-diagnosis or self-treatment. The cooperation of a qualified health care professional is essential if one wishes to apply the principles and techniques described in the readings.

• MENU SAMPLES •

- BREAKFAST -

Cereal with milk and berries *or* Scrambled or coddled eggs with toast (whole wheat, rye, pumpernickel) *or* Fruit (citrus, melons alone)

- LUNCH -

Raw salad (especially leaf lettuce, celery, carrots) with olive oil dressing and/or vegetable soup, whole grain bread, or crackers

- DINNER -

Fish, fowl, lamb, beef well-done
Cooked vegetables (2-3 above ground to 1 below ground)
Dessert (in moderation)