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HEALTHY THROUGH THE RIGHT FOOD

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INTRODUCTION

Dear Reader!

Today it is no secret anymore that the way we eat can make us ill. Whoever eats the wrong foods for years and decades, will be very likely to end up with one or numerous food-caused civilisation illnesses, such as tooth and gum decay, diabetes, liver illnesses, rheumatism, or heart attack. We don't want to take away your good appetite from you though, with this booklet and take away the joy of eating, but would like to contribute through clarification to your living healthily.

Like in many areas of life, there are also different opinions in the area of nutrition. We want to go a step further than the normal parable of "healthy mixed diet" and inspire you into a way of eating of which we know that it plays an important role in avoiding the food related civilisation illnesses.

Dr. med. Max-Otto Bruker a doctor and director of biologically led hospitals and 1st chairman of "Society for Health Advice" (GGB) has enabled this brochure to come to life because of his contribution to it.

Happy Health through healthy food!

Society for Health Advice

HEALTH - OUR BIGGEST TREASURE

When we are questioned about our foremost wishes, health figures are the No. 1 answer. Yet, for most of us health is quite normal, it goes without saying. Only when someone is ill, does he begin to take an interest in health. Of course, it would be better to live in a way that avoided becoming ill in the first place. This is quite easy. One only needs to know, that every illness has a cause, and more often than not, several causes. If we know these causes, we can avoid them and stay healthy.

When somebody is a member in a health insurance scheme, he can be quite indifferent towards his health. He could think, that if he became ill, he didn't need to worry because the insurance would be paying for all the incurred costs. This is a dangerous and false conclusion, because nobody can be responsible for a person's health, apart from himself. The free treatment doesn't protect from pain and uncomfortable ailments either. An illness also causes the family distress. There are economic disadvantages for the person and society resulting from a possible loss of a job.

In the last decades more and more people have been struck by more and more illnesses. The reason for this tremendous increase lies in the fact that medical science almost exclusively deals with the treatment of the illnesses by neglecting the investigation of the causes.

So it is understandable that in his surgery the doctor hardly ever comes across a patient who knows WHY he is ill, even if he has been ill for many years. How should a person protect himself from illnesses, when he doesn't know their causes? This is why it is the most important thing to be informed about the causes of the illnesses.

CAUSES FOR ILLNESS

From the point of view of causes we can divide the illnesses into three large groups:

nutrition-caused, life-caused, environment-caused.

The nutrition-caused illnesses comprise of all illnesses that have been caused through mistakes concerning nutrition. We understand life-caused illnesses to be such illnesses that derive from violations against laws of life, from lacking understanding, from wrong perceptions, conflicts, misjudgement of the will or unfavourable circumstances of life. Everybody in our complicated society is subjected to such dangers.

ILLNESSES CAUSED BY THE WRONG FOODS

It is astonishing how few people know, that most of the illnesses from which we suffer are caused by wrong nutrition. Modern nutritional science has proven that the following illnesses are caused by wrong nutrition:

1. Decay of teeth, caries, gum decay and wrong placing of teeth. The last complaint is due to nutritional mistakes that the previous generations made.
2. The illnesses of the bodily movements, the so-called rheumatic illnesses, osteoarthritis and arthritis, damages of the spine or vertebrae.
3. All illnesses related to the metabolism like fatty degeneration, diabetes, liver damages, gall-stones, kidney-stones, gout etc..
4. Most illnesses of the digestive organs like constipation, illnesses of the liver, gall-bladder, pancreas, small and large intestines as well as disturbances of the digestion and of fermentation.

5. Vessel illnesses such as arteriosclerosis, heart attack, stroke and thrombosis.
6. Lacking immunity to infections which shows itself in repetitive catarrhs and inflammations of the respiratory tracts, the so-called colds, or in kidney and bladder inflammations.
7. Most of the so-called allergies.
8. Some organic illnesses of the nervous system (MS).
9. To a certain degree the development of cancer is due to faulty nutrition.

OLD-FASHIONED AND MODERN NUTRITION INSTRUCTIONS

The old-fashioned nutrition instructions are responsible for the civilisation illnesses caused by nutrition. Fortunately, in the 19th century, nobody knew anything about calories, proteins, fats and carbohydrates. People were healthy because they could only eat what the farmer produced. Then a nutritional science developed. One started to examine all foods chemically to find out their single components. It evolved that they consist of merely three basic nutritive substances: protein, fat and carbohydrates. There are no other nutritive substances. Such a purely chemical point of view must be blamed for the catastrophically decay of health today.

These out-dated nutritional instructions stated that a person was nourished up to standard if he ate enough protein, enough fat and enough carbohydrates, and that he needed about 3000 - 4000 calories (12360 - 16640 joule), according to the energy consumption of any one person.

It was discovered early on that - apart from the 3 basic nutritive substances -

minerals such as potassium, calcium, sodium, iron, magnesium, etc. were necessary. When finally the first vitamins were discovered, the old-fashioned nutritional instructions should have lost their validity. They could no longer be the measure for the choice of the right foods.

The Swiss doctor Bircher-Benner has laid the basis for the new up-to-date nutritional school. The great nutritional scientist Prof. Kollath underpinned it scientifically. According to this, one no longer measures the value of food by its contents of calories and nutritive substances, but by its vitality (liveliness) and its naturalness. He who enjoys natural foods need not be concerned with calories and the contents of fat, protein and carbohydrates any longer. For it has evolved that there are not only all nutrients contained in natural foods, but also, and this is much more important, biological active substances that are necessary to utilise the food.

These active substances are grouped together under the term **VITAL SUBSTANCES**. One understands these to be vitamins - of which there are ones that are soluble in water as oppose to ones that are soluble in fat, minerals, trace elements, enzymes (substances that are formed in living cells - ferments), unsaturated fatty acids, aromatic substances and fibrous substances (so-called fibres).

Only if these vital substances are contained in the food in correct proportions, the food value is complete and hence health is possible. The vital substances that are contained in original foods, are changed, damaged or destroyed through human manipulation. This denaturalisation occurs through heating, canning and processing foods. According to this, the foods are no longer classified according to their contents of calories and nutritives, but according to their biological value.

VITAL AND NON-VITAL FOODS

Today foods are divided into **vital** and **non-vital** foods. Vital foods are still alive and imperative to health. Non-vital foods, on the other hand, are more or less "dead", they are not sufficient to safeguard health. Vital foods comprise of: unheated vegetables, raw fruit, raw grains, raw milk, butter, so-called cold pressed oils. Non-vital foods comprise of cooked vegetables, stewed fruit, cooked and fried meat, pasteurised milk, bread, baked goods.

The **completely natural foods** that can be enjoyed unchanged, such as fresh fruit, raw vegetables, fresh grain muesli, raw milk, waters from the source are foods that are the most valuable for human nutrition. The next group are the **mechanically** changed foods. These include bran from grains, vegetable and fruit juices, cold pressed oils, cream, butter, cottage cheese from unheated milk. The third groups include the so-called **fermentatively** changed foods such as Sauerkraut, fermented juices.

Among the foods that are no alive, we can differentiate between various degrees. The first group are those foods that have been changed by **heat**, hence all cooked and fried foods, i.e. fruit, vegetables, potatoes or grain dishes, meat; bread belongs here, too. The next worst group are those foods changed by **canning**. These include not only the usual vegetable cans, meat cans and milk product cans, but also long-life baked goods.

The least valuable foods are those from the third group, the so-called "**processed**" foods. Prof. Kollath who has developed a table called "The classification of our foods" (the title of his book) according to their biological value, thinks about this subject that these particular food products actually belong into a laboratory, but not onto a list of foods

that are meant for consumption. By "processed foods" we mean all foods produced in a factory, purely chemical substances such as refined sugar, refined (white) flour and fabricated fats. Through the industrial manufacturing of originally vital (living) foods, inferior non-vital foods are produced which no longer contain the necessary vital substances in sufficient amounts and in the correct proportions. In later times we are confronted with even less valuable food products than in the last column (No. 6) - namely with **imitations and gene-manipulated products**.

The production of factory goods is the logical consequence of the old-fashioned nutritional school, which thought it particularly important for a person to consume a lot of proteins, fats and carbohydrates. This is why such foods that contain nutrients in concentrated form were considered particularly important. This led to the beginning of a mighty food industry that produces such concentrated but inferior food products.

Through the lack of vital substances, though, the concentrated foods cannot be properly absorbed in the human body. This is how the numerous civilisation illnesses come to exist which hardly occurred about 100 years ago. However, if one should have the same foods that a farmer would have had 100 years ago, one could not develop any food related civilisation illnesses.

THE VALUE OF FOOD CLASSIFIED

VITAL FOODS

	NATURAL	MECHANICALLY CHANGED	FERMENTATIVELY CHANGED
PLANT FOODS	<p><u>nuts</u>: e.g. walnuts, hazelnuts, almonds</p> <p><u>oily fruits and seeds</u>: e.g. sesame seeds, sunflower seeds, olives</p> <p><u>grains</u>: e.g. wheat, spelt, rye, barley, brown (natural) rice, millet, sprouted grains</p> <p><u>vegetable fruits</u>: e.g. cucumbers, pumpkins, melons, peppers, tomatoes</p> <p><u>fruits</u>: e.g. apples, apricots, bananas, berries, cherries, dates, figs, grapefruits, grapes, melons, nectarines, oranges, peaches, pears, pineapples, plums, exotic fruits</p> <p><u>vegetables</u>: sprouted vegetables, leafy vegetables, tuber vegetables, root vegetables, asparagus, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, leeks, potatoes, spinach, etc.</p> <p><u>herbs</u>: e.g. parsley, chives, cress, basil</p> <p><u>honey</u>: e.g. unheated blossom honey</p>	<ul style="list-style-type: none"> - grated nuts - cold pressed (virgin) oils - ground grains, coarsely ground or ground grains as whole meal flour, unheated - salads made from chopped vegetables - sliced fruits - raw jam - fresh fruit juices fresh vegetable juices - frozen food made from unheated fruit, vegetables and herbs - chopped herbs 	<ul style="list-style-type: none"> - changed by inherent fermentation or yeast or bacteria - raw ground grains (either coarse or finely ground) soaked in water = RAW GRAIN MUESLI - fermented juices, made from grapes, apples, pears, etc. - fermented vegetables, e.g. "Sauerkraut", pickled cucumbers, sour beans, soy sauce "Tamari" - mead
ANIMAL FOODS	<p>raw milk</p> <p>raw eggs</p>	<p>butter, cream, buttermilk, skimmed milk, whey</p> <p>raw minced beef, mussels</p>	<p>soured milk, yoghurt, kefir, curd, cheese – made from raw milk</p> <p>meat and fish, unheated, air-dried, smoked, pickled</p>
DRINKS	<p>natural spring water</p> <p>natural mineral water (fresh from the spring)</p>	<p>tap water without chemical additives</p>	<p>fermented drinks, e.g. wine and beer without chemical additives</p>

The food value decreases continually

ACCORDING TO PROF. KOLLATH

NON VITAL FOODS

HEATED	PRESERVED	PROCESSED
<ul style="list-style-type: none"> - baked goods made from whole grain flour, whole grain rolls, whole grain bread, whole grain cakes - cooked whole grain dishes, e.g. whole grain pasta, whole grain rice, millet, buckwheat, corn - cooked legumes, e.g. lentils, peas, beans - vegetable dishes - stewed fruit 	<ul style="list-style-type: none"> - long-life baked goods, e.g. crisp bread - whole meal bread in cans, or made to last by chemical additives, prepared (packed) muesli - canned fruit, preserved fruit, jam made with refined sugar - bottled or canned fruit and vegetable juices - dried fruit, heated, sulphurated - vegetables preserved in cans and jars (baby and infant food) - salads made to last with the help of chemicals 	<ul style="list-style-type: none"> - artificial fats, e.g. margarine, chemically produced oils, coconut oil, olestra - corn flour, white (refined) flour, e.g. wheat flour, rye flour - products made from refined flour, e.g. white bread, dark bread, pasta, semolina, rice, prepared soups, sauces and salad sauces, refined sugar, e.g. white and brown sugar, glucose, fruit sugar, lactose, molasses, maple syrup, etc. - chocolate, all candies - products made from soy beans, e.g. soy milk, soy cheese, soy meat, soy sausage - artificial flavourings, vitamins, minerals, trace elements, ferments, nutritive substances
<p>pasteurised milk and products made from pasteurised milk</p> <p>meat, fish eggs boiled or fried</p>	<p>sterilised milk, sterilised cream, canned meat and fish, cooked meat and fish made to last with the help of chemicals (e.g. phosphates in sausages)</p>	<p>dried milk (baby and infant food) evaporated milk dried egg, meat extract, fermentative, hormonal and protein substances</p>
<p>tea, cereal coffee, vegetable broth bottled spring water and mineral water</p>	<p>tap water, wine and beer with chemical additives, artificial wine, liqueur, canned beer</p>	<p>artificial mineral waters, brandy, lemonades, bottled fruit and coke drinks in cans and cartons</p>

in the tables from left to right

FOODS THAT MAKE YOU ILL

1. White flour

Alongside the numerous types of refined sugar, white flour is the main reason for food-caused civilisation illnesses. We understand white flour to be a flour the grains of which are rich of the outer layers and the seed before being milled. There are white flour types deriving from different grains such as wheat and rye. These flour types lack vital substances that are very important such as Vitamin B 1 that has been removed with the outer layers and the seed.

Originally, every flour was produced from the whole grain irrespective of whether it was wheat, rye, oats, barley or millet. As the seed contains oil, such a whole meal flour does not keep, it becomes rancid.

Therefore, it seemed to be a major technical development when one could, at last, produce flour that no longer contained the outer layers, but merely the starchy centre and which therefore could be stored for an unlimited time. Only later, when the significance of the lost vital substances became known, could many illnesses be explained the causes of which had not been discovered in the past. The main reason lay in the fact that it takes decades for an illness to develop to a point where it causes complaints. This long time span smoothes over the connection between cause and effect.

2. Refined types of sugar

We understand refined or factory produced sugar to be all industrially manufactured types of sugar: white sugar, brown sugar, fruit sugar, glucose, lactose, sucrose, original sweetness, original sugar, rapadura, apple syrup, pear syrup, maple syrup, molasses, barley sugar and others. All these types of factory produced sugars are purely artificial concen-

trates, free from vital substances. They are also called empty calories.

Refined flours and factory produced sugars are summed up as refined carbohydrates. Today we know that the lack of vital substances in these refined carbohydrates is the main reason for the aforementioned illnesses. Therefore, they can be named "chronic" illnesses caused by a lack of vital substances.

3. Factory produced fats

We understand these to be fats that have been produced through refining processes, i.e. oils that are no longer cold pressed but that have been produced through chemical extraction of substances. In order to produce spread able fats, margarines, hydrogenation processes are necessary that, though destroy the fat-soluble vitamins and turn the unsaturated fatty acids into saturated ones, and thereby they lose their function as biologically active substances. If you would like to be informed in detail about the production methods of the factory produced fats, you should read my book "Cholesterol - the indispensable substance to life" (emu-Edition, Lahnstein, Germany).

FAT DOESN'T MAKE YOU FAT

Because of the old-fashioned food instructions it was not discovered that illnesses develop because of a chronic deficiency of vital substances (due to the factory production of the foods). It was falsely believed that civilisation illnesses came about because of too much fat and too many fatty foods. That is why overweight people are still made believe that they are too fat because of eating too much and too many fatty foods. Whereas, in reality, obesity is an illness of the circulation that occurs when nutrients are consumed which are no longer natural but have been produced in a factory.

Apart from refined flour and refined sugar, here the "dead" fats like margarine and refined oils play a role. When one knows that one would need to eat 3 1/2 pounds of sugar beet in order to get 100 grams of sugar, it becomes clear that one could cause obesity with such concentrated nutrients that don't occur in nature, without having to eat big amounts. The 100 grams of factory sugar can be "hidden" unnoticeable and invisibly in the foods. Even a fat person can consume natural foods in unlimited amounts, because they never contain the single nutrients in a concentrated form, but rather contain all vital substances that are necessary for an undisturbed assimilation in the organism.

It is also very important to know that the superfluous fat of the obese person does not derive from the fat that he has eaten. For man has a metabolism in which the food is changed and assimilated. It is just as unlikely for fat to be turned into fat as it is for spinach to be turned into spinach. A bald person cannot grow hair by eating hair because hair is not made of hair as little as body fats are made from eaten fats.

The advice that the obese person should eat little fat is therefore wrong. He must, on the other hand, concerning the fat content, eat enough natural fats, because only these contain enough fat-soluble vitamins and unsaturated fatty acids which in turn are responsible for the unproblematic digestion of the eaten fat to the end products carbon dioxide and water. In the treatment of obesity therefore the consumption of natural fats is important, i.e. butter and cold-pressed oils. The fats that have been won through refining, such as normal oils in the shop, margarine and artificial fats, have to be strictly avoided.

NO HEART ATTACK THROUGH FAT CONTAINING CHOLESTEROL

Whatever is exemplary to do against obesity, applies equally to the prevention and cure of other nutritionally caused civilisation illnesses, particularly heart attacks. These do not occur, as one formerly falsely believed (the so-called fat theory) because of the consumption of foods containing cholesterol. On the contrary, cholesterol is such a vitally important substance that the body produces it itself. Man is therefore not dependant on the intake of cholesterol through his food. But if a lot of cholesterol is taken through food, then the body produces less itself. The abnormal deposit of cholesterol occurring with arteriosclerosis and heart attacks has as little to do with the cholesterol content in food as for example an abnormal calcium deposit in the tissue has to do with the calcium content in the food. The abnormal deposits result from a chronic lack of vital substances through the consumption of factory produced foods and through a too high consumption of animal protein. If one would still want to avoid foods containing the indispensable cholesterol because of lack of knowledge, then this end could not be achieved through the avoidance of butter, because by eating meat and eggs, much more cholesterol is consumed than through butter, because butter is eaten in much smaller amounts than meat is.

ILL THROUGH THE WRONG FOODS

One becomes ill through the wrong foods. One always hears that people become ill because of simply eating too much. A simple thought speaks against this presumption, namely that people have always liked to eat. Nature has pro-

vided us with hunger and an appetite. It is grotesque to assume that people in the civilised countries have only recently discovered the joy of eating and now suddenly they are all eating too much. No, people have always liked to satisfy their basic instincts hunger, thirst and sexuality. This is no new discovery and can therefore not be blamed for the illnesses. The difference to former times simply lies in the fact that it is possible today to produce nutritive concentrates through industrial manufacturing, which never existed formerly. These are to be blamed for the illnesses, not the amount of food.

PLANT PROTEIN IS WHOLESOME

The old-fashioned school of nutrition is to be blamed for further damages to health. For it upheld the thesis that man could not live without animal protein. This heterodoxy is based on the outdated and hence disproven belief, that plant foods are not wholesome because they supposedly do not contain all life-enhancing amino acids.

Proteins consist of amino acids

Protein is considered wholesome when it contains all essential amino acids. The combination of the proteins from the different amino acids, though, is quite different in the individual protein containing foods. But as one does not live from one single sort of food alone, the individual amino acids supplement each other in an outstanding way. Particularly the combination of grain protein and vegetable protein has proven itself. It guarantees a sufficient supply of protein. Though it is a prior condition that a certain portion is eaten raw.

Although thorough chemical examina-

tions have hence proven that plant protein is wholesome, the contrary is still spread. This is explained by the well-known fact that it takes longer than a human life until new understandings have succeeded against a false instruction. It must therefore be pointed out that plant protein is as wholesome as animal protein.

ANIMAL PROTEIN IS UNNECESSARY

Today people in Germany eat eight times more meat than they did 100 years ago. In the year 1890 the yearly average consumption of meat per person was only 12 kg, but in 1980 it already amounted to 90 kg. This over-consumption of protein is largely to be blamed for the large increase of illnesses effecting the organs of movement. In Germany we count more than 20 million people suffering from rheumatism. Rheumatism has therefore become a national epidemic.

The far too high consumption of meat, fish and sausage is responsible for the increase of allergic illnesses, too. The susceptibility to inflections can be eliminated through giving up animal protein. Here milk must be mentioned on top of the list.

Heated protein loses its value

Thanks to the epoch-making discoveries mainly of Prof. Kollath we owe the important knowledge that protein loses its natural condition through being heated. It is "de-naturalised". Therefore we must every day eat some unheated protein (original). This can be done most effectively through our food being raw in part.

A glimpse into the animal Kingdom shows the interesting fact that all free

living animals whether they are meat or plant eaters, consume their food in an unheated fashion and that they die once fed with heated food. Formerly one believed that this happened because of the destruction of vitamins through heating. Since Kollaths findings, though, it is known that it has to do with the denaturalising of protein.

By nature, man is not equipped to eat animals in a raw state. He fries and cooks the meat which, in turn, loses its value through denaturalisation. Most people conceive of meat as a "strengthening" food. To animal protein foods such as meat we can add fish, sausage, eggs, cottage cheese, milk and other cheese.

In order to obtain enough living, natural so-called original protein, it is necessary to eat something raw (unheated) from the plant Kingdom, i.e. vegetables, fruit and grains. Then one does not need to be concerned with covering the need for protein. It is important to know that man needs a lot less protein than generally assumed, namely only about 2%. But when the food intake of a German citizen on average is examined concerning its protein content, then it will show that it contains a manifold of the necessary. An easy measure for the protein content needed is the mother's milk. It is composed in such a way that a baby can double his weight in less than a year.

This is a sure sign that the mother's milk is a complete food containing everything necessary to ensure growth and development. Yet, the mother's milk only contains about 2% of protein. One could therefore safely assume that a grown-up, who doesn't need to grow any more and only has a protein metabolism, could survive on less than 2% of protein. But, of course, it must not be denaturalised through heat and must therefore derive from the plant Kingdom.

Pasteurised milk that has been heated to 70-80°C in order to kill bacteria therefore no longer has the full value of raw milk.

The widely spread long-life milk is heated up to 150°C. It has not only been denaturalised, it has also undergone a substantial vitamin loss so that it is urgently advised not to use it. It is as damaging to health as factory produced foods.

THIRST DETERMINES THE AMOUNT TO DRINK

Just as the right amount to eat is established by hunger, the right amount to drink is established by thirst. These processes are wonderfully adjusted by our instinct. Therefore it is good only to drink as much as our thirst determines. Recently, it is wrongly advised to possibly drink 2 to 3 litres of fluids per day. This advice bears only disadvantages. With his food which, of course, consists of fluids up to 70-80%, man already takes in 1 1/2-2 litres. An additional amount drunk without thirst is a burden on the kidneys, the heart, the circulation and the liver. The kidneys are not a sieve through which fluids simply run, therefore one cannot as it is often said "rinse them through". Every little drop has to be eliminated through active work by the kidneys. With kidney stones a lot of drinking leads to a thinning of the so-called protective colloids which protect the formation of kidney stones.

TIPS FOR THE CORRECT NUTRITION

A nutrition safeguarding health can be summarised in the following points. Four things are to be avoided and four others are to be consumed daily.

The four foods to be avoided are:

1. Refined flour products
2. All sorts of factory produced sugars
3. All refined fats (margarines, normal oils)
4. For people who have sensitive stomachs, intestines, livers and gall-bladders: no juices made from fruit or vegetables, irrespective of whether they are home-made or bought.

The foods that should be eaten daily are:

1. Whole grain breads, possibly a variety of them
2. Three tablespoons of grains in shape of a fresh grain muesli (see recipe)
3. A dish consisting of raw fruit, and salads made from raw vegetables
4. Natural fats, i.e. butter, cream and unrefined cold pressed oils. All other not mentioned foods can be consumed daily.

HEALTH, AN INFORMATION PROBLEM

Today, we can learn almost everything. But we can never find a satisfactory answer when it comes to the question: How can I maintain my own health as well as my family's? Unless you want to trust merely the product - relating advertisements for foods and foodstuffs, which should not be allowed to be called food any longer. Do you think this to be sufficient or even satisfactory and informative?

In order to stop the ever increasing occurrence of illnesses the "Society for Health Advice" (GGB) trains "Health Advisors" (GGB) in seminars that last several weeks. Health advisors cannot and should not replace doctors or other

members of the healing - or caring profession. But they can and should contribute to their work, because they are trained in basic questions concerning nutrition and other important factors that determine our life, in a modern and future-oriented way. The "organ" of the GGB is the magazine "DER GESUNDHEITSBERATER" ("The Health Adviser"). Write for a free of charge issue as well as other detailed pieces of information on the subject "Health", at "GGB", in 56112 Lahnstein, Germany.

RECIPE FOR THE FRESH GRAIN MUESLI ACCORDING TO PROF. KOLLATH

This is made from rye or wheat or any sort of chosen grain or grain mixture. Three tablespoons of grain (about 60 grams) is shredded in a grain mill, a food processor, a mixing machine or a coffee mill. Every time, the shredding must be carried out freshly before the preparation. Do not shred in advance!

It makes no difference whether the grain mill works with a milling stone or a steel-milling work.

The shredded grains are mixed with cold tap water and left standing for 5-12 hours. The amount of water is calculated so that none of it needs to be poured away after soaking. After 5-12 hours this mush is prepared for eating by adding fresh fruit (depending on the time of year), lemon juice, (sometimes a teaspoon full of honey), 1 tablespoon of cream and shredded nuts.

If available one should always mix in a grated apple and mix it in immediately before it turns brown. The grated apple makes the fresh grain muesli delicious and gives it a light quality.

It is of no importance at which time of the day this dish is enjoyed.