Basic Cayce Diet

The following summary describes the Basic Cayce Diet recommended for healing and health maintenance for most people. These diet concepts provide a framework for meal planning.

ACID-ALKALINE BALANCE

Edgar Cayce frequently emphasized the importance of maintaining a proper acid-alkaline balance by eating mostly alkaline forming foods. A comprehensive list of foods is included in this section. The following summary will give you a quick overview of acid and alkaline-forming foods.

Alkaline-Forming Foods (80% of the daily diet should contain these foods):
- All vegetables except dried beans, lentils, asparagus tips, and garbanzos
- All fresh fruits except cranberries, plums, olives, prunes, and blueberries (preserves and canned fruits are usually acid-forming)
- Almonds, chestnuts, Brazil nuts, and hazelnuts

Acid-Forming Foods (20% of the daily diet should contain these foods):
- All meats except beef juice and bone meal
- All grains, cereals, and bakery products except for soybeans
- All dairy except buttermilk, yogurt, raw milk, and why
- Peanuts, pecans, and walnuts

FOOD COMBINATIONS TO AVOID

Certain food combinations are difficult to digest and may cause problems in the digestive system. Here is a brief list of food combinations to avoid:
- Two or more starchy foods at the same meal
- Sugary foods and starchy foods
- Milk and citrus fruit or juice
- Cereals and citrus fruit or juice
- Large quantities of starchy foods with meat or cheese
- Coffee with milk or cream
- Raw apples with other foods

A TYPICAL DAY’S MENU

Develop a variety of daily menus which suit your taste and conform to the dietary principles in this section. Here is a simple outline for a typical day’s menu:

Breakfast
   Either citrus fruit or cooked or dry cereal
Lunch
   Raw vegetable salad with dressing or fruit salad

Dinner
   Steamed vegetables served with fish, poultry or lamb

**FOOD PREPARATION**
Proper food preparation is important to preserve nutrients and avoid toxicity. Here are some suggestions:
   - Steam vegetables in their own juices (i.e. patapar paper)
   - Never fry foods
   - Use fresh, locally grown vegetables and fruits whenever possible
   - Avoid aluminum cookware

**ATTITUDES AND EMOTIONS**
Edgar Cayce stated that even the most nutritious foods can turn to poison in the system if eaten while a person is in a negative frame of mind. Never eat when angry, worried, or extremely tired.

*** Information excerpted from [http://www.cayce.com](http://www.cayce.com)