

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 whey
- 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>