

# Food advice to enhance spiritual healing and inducing drastic weight loss.

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## Abstract

Advice is provided for different types of situations.

### **In case you are mentally fit but need physical relaxation without (substantially) lowering the mental energy levels.**

- Baked mushrooms with fat cheese
- Camomille, earl green and plain english tea
- Gin and tonic (keeps the mental level but lowers the spiritual one) with fever tree tonic
- Chocolate cake (slightly enhances the mental but not the spiritual levels)
- Cheeses (highly recommended in lowering order of importance): French or Danish blue (Roquefort), Gruyere and Raclette, Chaumes and ripe brie (not to be put in the refrigerator), in general all other creamy or milky cheeses...
- Polish or german fish dishes such as mackarel in sour cream with onion and pickled cucumber (it weakens physically but enhances the mental state slightly, options below are stronger)
- Olives (preferably black) in garlic and sunripe tomato sauce; Spanish chorizo with russian salad and manchego ham.
- Wine (preferably white, red wine has the tendency to make you a bit drousy); cabarnet sauvignon, shiraz, chianti *classico* (based upon the San Giovese grapefruit), merlot based wines, champaign (one or two glasses), Toro (red Spanish wine - bull's blood: highly recommended, good for sexual potency)
- Greek moussaka
- Turkish or Greek mezze (delicate milk products mixed with seafood; highly recommended)

### **In case you need physical or mental stimulation.**

- Cherry cola (or pepsi) or any type of cranberry juice
- Strongbow (the original one) or Guinness (highly recommended)

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- Lamb chops (baked with little salt, some lime and a tiny amount of garlic in greasy butter)
- lukewarm Bolognese sauce with garlic french bread dipped in Swiss raclette
- Hot peppers, Jalapenos, english cottage cheese, goat cheese, (mexican) salsa sauce (all these enhance mainly spiritually); perhaps poored into a delicious dish of nachos
- vegetables: chicory, beetroot, ginger, brussels sprouts, parsnip, sun-ripe tomatous
- Potatoes; always in the form of chips or as second choice croquette fried in italian or greek olive oil
- NO rice, noodles or any kind of pastery
- chop choy with chinese duck
- Polish beetroot soup barcz or jurek (sourcabbage with cream, eggs, soussages,...)
- Cheeses: preferrably goat cheeses (feta, goat cheese with herbs), english cottage cheeses and cheddar (medium).
- *Grilled or Smoked* fishes: mackarel, salmon, haddock, mussels, crevettes with garlic and olive oil or soya
- *Raw* fishes: salmon, traout with wasabi or ginger and soya.
- NO baked fishes; steamed fishes are allowed but have no value.‘
- Raw steamed beef with raw eggs, pickles, pickled cucumber and french fries with mayonaise furnished with sunripe tomatous.
- Beers: Bombardier, Peroni, Polish beers such as Zywiec, Warka and Czech beer such as Pilsner (in general: no beers with a lot of hop).

**To enhance or lower the levels of spirituality with a focus away from the physical energy.**

- Vanilla sticks to smell (lowers the spirituality)
- Cannabis or opium in gaseous form (severly enhances the level of spirituality and brings spiritual piece)
- Lime perfumes with little alcohol and sweetener; lowers spirituality *without* affecting the mental (emotional) levels

With these foods, you do not need to watch your calory intake, just eat until you are satisfied and that is all.