

# Encyclopedia of Foods and Their Healing Powers

By Tim Barker

Well, thank you so much Mr. Smith for allowing me into your home. One of the hardest parts of my job is finding people at home.

Q: A lot of times people are interested in these volumes because they have some kind of medical concern they are trying to deal with. Did you have a particular reason you sent in the Card?

A: I have blood pressure sugar Diabetes

**(Note: If answer is no, ask if there are any health concerns in their family history. If the answer is still no, you may need to give a more thorough canvass than usual.)**

Q: Did you get a chance to look at our display book while you were in the office.

A: Yes

Great, I don't know if you noticed, but this book here is a display book of three books, called the Encyclopedia of Foods and Their Healing powers. In these books you will find the latest research from the major universities around the world, showing you how foods can be used to prevent, treat, and many times reverse the diseases that we are suffering from today. We are a Christian company, so this plan is also based on the Bibles plan for health. In my opinion that is why they work so well.

**(Note: I only mention that we are a Christian company if I am confident that I am in a Christian home. If not, I will talk to them about it later after I have got them hooked on the science in the books).**

Now what I am going to do is show you real quickly how to use the books and how they can benefit you.

**Here is Vol. 1.** It deals with the Science of Food. (Vol.1 pg 6) Now don't let that word Science scare you. What I like about these books is that they are written in terminology that even I can understand. You don't need be a PHD or Md. to understand these books. Although we do have Doctors, Nurses, Pharmacists buy the books. In this volume we take you through every different food group and give you the scientific research showing the benefits and drawbacks to all the different foods. Or as I like to say, we show why it makes you feel good or why it makes you feel bad.

**The Second volume** is called the Healing Power of Foods. In this volume we take you through all the systems of the body and we address all the major diseases of each of those systems, showing which foods to increase and which foods to reduce or eliminate. So you will find foods for the eyes, foods for the heart, or foods for the arteries-which would have information on high blood pressure.

Now the third volume is my favorite because I like to eat. Here we give you over 300 different recipes; Recipes which are targeted for different parts of the body, or different diseases. So for instance, in Vol.2 we gave you foods for the eyes, here (pointing to list on pg. 7) we take those

foods and turn them into recipes for your eyes. And they taste good! You know Mr. Smith, it could be the healthiest food in the world, if it doesn't taste good nobodies go to eat. Well these recipes are delicious.

Ok, in volumes 1 & 2 there is an index of diseases (Vol. 1 pg. 8). We give you information on 180 different diseases or problems. As you can see here, it's everything from Allergies to Bronchitis, from Cancer to Diabetes to Hypertension. For just about any disease you can think of, we show you which foods to increase and which foods to stay away from.

There's also a food index with over 700 different foods from 5 different continents (turn to page 10-11) and you get to find out the medicinal properties, or the drawbacks to each of these foods.

Now this section is called Food for Humans (pg. 22). You know we as humans being can eat just about anything as food, from milk to mineral crystal (salt) to fruits, seeds, fungus, eggs, fish, the flesh of dead animals. But is there an ideal diet for human beings.

Well, being a Christian company we always like to go to the Bible. The first mention of food for humans is found in the book of Genesis. The original diet given to mankind was fruits, nuts, grains, and little bit later the vegetables were added. Scientists all over the world are finding that the closer people follow the original diet, the longer they live and less disease they have. In fact, Harvard University did a study and they found that 90% of all Heart disease and 80% of all Cancer is preventable. That is what these books do; they show you how to prevent the great killers of our time. This world would be lot better place if 90% of the heart attacks never happened, wouldn't it.

Also, people who follow the plan, live on average 11-15 years longer.

Do you read National Geographic Mr. Smith? Well the October 2005 front page article was called the "Secrets of Living Longer". In that article they analyzed three groups of people in the world, who are consistently living longer than anyone else. One of the groups actually lives here in America, and they follow the plan, I'm showing you. In the article they had a picture of a lady, she was a 101 years old and she was out pumping gas. She had just come from renewing her driver's license! They showed a man, 99 years old, he was out waterskiing!! Now Mr. Smith, I wouldn't mind living to be 99 if I could go out water skiing every day, would you?

**(Note: I usually try to make a point to use this illustration with prospects over 50.)**

So now research is showing that the foods that promote healing are from the vegetable origin (pointing to the word on Pg. 27) and the foods that are causing most of our problems are from animal origin.

Now this is the section on fruit. I'm not going to take you through every section, we don't have time. But I want to show you how the books work. They show you when and how to eat fruit (pg. 33 bottom). Here is all the different ways that fruits are processed. What happens to the nutritional value of fruit when you peel it, or slice it or can it? When you read here what they do to make the fruit juice we buy at the convenience store, it's really not even worth drinking. Here are some exotic fruits from around the world you can try. (pg. 36)

We know fruits are good for us, right? Here are some of the benefits of fruit, (pg. 49 vol. 1). They help prevent cancer, help avoid heart disease, and they actually detoxify your organs.

In fact, Mr. Smith we have a really good stop smoking program, the first day someone quits smoking, we have them eat nothing but fruit to get the nicotine out of their system quickly.

But what we really want to know is what fruits will help with the different problems, like diabetes, and the high blood pressure. Well here (pgs. 42-51 vol.1) is where you can look up all the different fruits and find out what their medicinal properties are, and how to use them as medicine. Here is the first fruit on the list, Kiwi; if you turn to volume 2 page 356 there are a couple of pages with all the information about kiwi's. Let me show you. (Go to vol. 2 page 356) Here is the kiwi, I don't know about you but I really like Kiwi's. Now Kiwi is in the chapter called foods for infections. Now Mr. Smith you may someone with diabetes, they are more susceptible to infections than most people, so kiwi would be a food that would benefit them. Now if you look down here we give you the nutritional breakdown of the kiwi, you can see how much vitamin C it has. Kiwi actually has more vitamin C than an orange or a lemon. Here these little icons tell you Kiwi is also good for other systems of the body as well, let me show you. (Explain icons on Vol.2 pg. 16)

Here you see kiwi helps prevent anemia, it helps lower cholesterol (bottom pg. 357), and it helps prevent hypertension, relieves constipation, and increases stamina or gives you more energy. Who couldn't use a little more energy? Kiwi also is rich in folate which helps to prevent birth defects. When my wife was pregnant I had her eating a lot of Kiwi. Now Mr. Smith this is just one food. There are 700 hundred different foods in this set, and we show you the benefits or drawbacks to each. Pretty amazing isn't it?

Now let's go back to Vol.1 real quickly. We left off on the section on fruit. Next is the section on Nuts. (Now I am going to thumb through the rest of the first volume fairly quickly) Here is a walnut (pg. 57 vol. 1), eating a handful of walnuts 3-4 times a week will actually reduce your chance of a heart attack. You see here how we give you the benefits and drawbacks. (pg. 57 vol. 1) We do this so you can make the right decision for you and your family's individual needs. Every family's situation is different. Just about everyone wants to be healthy, but we need the right information, and that is what the books give you. Health = Information + Right choices. Here is the chapter on cereals and grains; we need to eat whole grains, no white bread or white rice.

Here are the Legumes; we need to eat 4oz of beans 3 times a week for proper health. Vegetables, (vol. 1. pg92) Again, everyone knows we need to eat vegetables, but here you get to look up every different vegetable. (pg. 102-111)

Oils and margarines, after reading this chapter, there is only one kind of oil that comes into my house. Olive Oil (pg. 118) and here you will find out why. Did you know that a teaspoon of olive oil will take away heartburn pain in a few seconds?

We even take you through seaweed and mushrooms. Mushrooms are actually very good for diabetics, they help control insulin levels.

One of the things I like about these books is that they are written by Christian doctors. There is no agenda, here. If something is bad for you they let you know, they don't pull any punches. Let me give you an example. Here are some of the drawbacks to milk. (pg. 193 vol. 2). Fifty to sixty years ago a dairy cow would live 12-15 yrs. Today, a dairy cow only lives about 3 yrs. and if it is lucky it makes it to five!! (Dr. Walter Veith, not in Food Books) There a few different reasons for this, one is that the dairy cows are kept on many different antibiotics and hormones, which make them produce a lot more milk than they usually, would. Also there are many diseases that are running through the cattle industry today, like bovine leukemia. One third of the calves tested are positive for this disease, which can actually be transmitted to humans. The Dairy States have a much higher rate of leukemia. Also the cows are just overworked. Well, because of this milk has become less and less healthy. In fact, Harvard university did a study and they found that men who drink 2 or more glasses of milk a day, increase their risk of prostate cancer by 500%, and women who drink 2 or more glasses of milk a day increase their risk of ovarian cancer by 300%!!

That's the kind of information I need to know. But you'll never see it on the television. I've got some good news though, Men who drink 1 glass of soymilk a day, reduce their chance of prostate cancer by 70%. (Dr. Nedley, Proof Positive)

Milk is also linked to cataracts, diabetes, and even the skim milk increases your risk of heart disease.

Now what I like about the books is that if something has a lot of drawbacks, we will give you alternatives, you have to have calcium to live right,(pg. 215,vol.1) Here you see a handful of almonds, a few beans , or a little bit of broccoli, have the same amount of calcium as a glass of milk. With none of the drawbacks!!

Next we take you through eggs, fish, and meat.

Let me show you this; do remember in the Bible, God said to stay away from the pig? Well look at this (Vol.1 324) Show them the study on Hot Dogs and Brain Tumors)

Also on (pg. 325) Pointing to the bacon, People who eat the most bacon ham and sausage have 50% more pancreatic cancer, and 20% more colon cancer. You know God didn't want us to miss out on the taste of bacon, He wanted us miss out on being sick. He loves us.

(Move to Vol. 2.)

Now here is the index of diseases. (pg. 8 vol. 2) Let say you wanted to deal with diabetes, well, we would go to Vol. 2 Pg288. So let's turn there. On the way I want to show you a couple of different things.

Here are foods for your eyes (pg. 23 Vol.2). We will show the nutritional needs of the eyes. Here you see the diseases of the eyes. Look here at Cataracts, you see how we just give you foods you need to increase and food you need to reduce or eliminate. It is so simple, and yet the results are amazing, and that's what these books are about, GETTING RESULTS!!

Now everyone knows that carrots are good for your eyes (pg. 25), but did you know that fresh carrot juice will actually break a fever. Usually with in 5-15 minutes.

Apricots(pg 26) also very good for your eyes, but we also show you how to do a dried apricot treatment to fight anemia. How about that?

Here are foods for your nervous system; here we show foods that will relieve stress. (pg. 35 vol. 2) You know stress is factor in about 80% of all disease. Wouldn't it be nice to live stress free? Here is food for your heart. Did you know men with advanced heart disease have actually been able to reverse the blockage in their arteries and not need surgeries just by following the plan? (Health Power, Reversing Heart disease, Dr. Dean Ornish) Men were able to reduce the blockage in their arteries by an average of 82%!!

In Foods for the arteries we show you step by step how to reduce your cholesterol (pg. 84) And then we show you the foods that are best for your arteries. Things like grapefruit (pg. 93), squash (pg. 97), strawberries (pg. 103), who doesn't like strawberries. There are so many wonderful foods that God has given us for healing.

Foods for your respiratory system, If someone has trouble with asthma, breathing sliced onions will help relieve an attack.(pg. 142) We show you how to make a drink from figs that will work better than any cough medicine.

**NOW WHEN YOU GET YOUR BOOKS** (always assume they are going to purchase) the first thing I want you to do is the Lemon treatment found right here. (vol. 2 pg. 124) The lemon treatment will detoxify your system, balance your PH, and help dissolve kidney stones, lower blood pressure, and cholesterol, heal stomach issues, and, give your body the energy it needs. When you get done with this you're going to call me telling me how you feel like a new person!!

A fresh cut Pineapple will actually heal a stomach ache.(pg. 189 vol. 2) Cabbage is actually used to heal ulcers. (pg. 191 vol. 2) In fact, Fresh Cabbage juice 4 times a day for 5 days will heal a bleeding ulcer most of the time!!

Foods for your intestine. Here we show you how to do an apple treatment that will help lower blood pressure, cholesterol, detoxify your liver and help fight colon cancer. Wow!! (Pg. 229) Food for your urinary tract, Watermelon ( pg. 251 vol. 2) is a gift to the kidney's, but did you know it is also very good for arthritis.

Ok, Diabetes pg. 288, we show you the foods you need to start increasing, and also the foods you need to reduce or eliminate all together. You've got to do both. We've found that 8 out of 10 type II diabetics who follow the plan exactly like they are supposed to are able to get off all medication. And that is what you want I know.

**(Note: I always show them the disease that they have but only show it briefly. You want them to still need the books.)**

Pretty simple isn't it Mr. Smith?

Here is the chapter on foods and cancer (pg. 368 vol. 2.), One third of the people in this country are diagnosed with some form of cancer. And the vast majority of it is caused from eating the wrong foods. Here we show you the foods that will help prevent cancer (pg. 370 vol.2).

And we also show you the food that are scientifically linked to different types of cancer. (let them study this page) And look at this (pg. 374) we actually give you a diet for preventing each type of cancer.

So this is how the books work, it is life changing information, it changed my life and I know it will change yours.

Now Vol. 3 is over 300 different recipes, targeted to prevent different diseases and to help fight them as well.

The first section of this volume shows you how to have a healthy kitchen. Let me tell you Mr. Smith, I thought I had a healthy kitchen but after reading through here, I had to change some things. We show you the benefits and drawbacks to all the different types of cooking. For instance, I didn't know that if a Teflon pan has a scratch in it and is heated over 350 degrees it will actually put of carcinogenic toxins.

Let's go to Recipes for Metabolism, where we will find a whole menu plan to help fight diabetes.(pg. 309 vol.3) If you were to only cook and eat from this book for the next 3 months, I promise you, you would feel like a new person. And like I said before the food really tastes good.

All Right do you have any questions Mr. Smith?

The reason this plan works so well, is that the Physician who authored the plan has never lost a patient. Mr. Smith have you ever met a doctor who never lost a patient?

Pull out the Desir Of Ages.