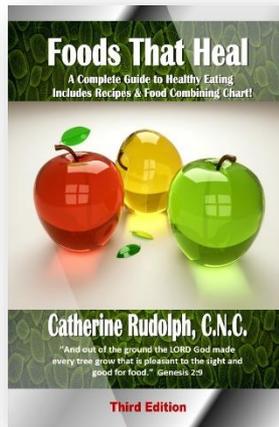


Foods That Heal

**Complete Guide to Healthy Eating
Includes 30 Day Meal Plan**

Recipe's Include:

*No Gluten, Dairy, Sugar, or Flour
Vegan & Non-Vegan Options
With Proper Food Combing*



Catherine Rudolph, C.N.C

The information presented herein by Catherine Rudolph is intended for educational purposes only, and to be a supplement to nutrition and health coaching. These statements have not been evaluated by the FDA and are not intended to diagnose, cure, treat or prevent disease. Individual results may vary, and before using any supplements, it is always advisable to consult with your own health care provider.

Copyright © 2017 by Catherine Rudolph
Complete Rapha Nutrition, LLC

Table of Contents

Web links available with eBook Version

Introduction	3
Dietary Guidelines	4
Drinks That Heal	7
Whole Foods That Heal	9
Organic vs Non-Organic.....	14
Salt That Heals	17
Carbohydrates That Heal.....	20
Fats That Heal	24
Protein.....	29
Dairy	32
Soy.....	35
Sweeteners	36
Digestion.....	40
Bristol Stool Chart	43
Are You Digesting Your Food Test	46
10 Ways to Maximize Your Digestion	47
Testing for Food Allergens.....	49
Test for Candida (Yeast Overgrowth)	51
10 Tips For Healthy Weight Loss	55
Super Foods That Heal & Essential Nutrients.....	57
*30 Day Meal Plan	72
Recipe Menu & Index.....	73
Salad Dressings (& Ghee Recipe)	98

Introduction

About 13 years ago I lived on a diet consisting of Diet Coke, bread, ice cream, pizza...and no fruits or vegetables. I suffered chronic fatigue, poor digestion, headaches, allergies, and unexplained chronic pain. After about 13 doctors were unable to help me, I decided to take matters into my own hands.

As a result, I found true healing through diet changes, cleansing, fasting, whole food supplementation, and healing prayer. Now as a certified nutrition consultant, the Lord has blessed me with the ability to help others through their own journey to healing.

Dedications

I want to thank my husband, Kurt, for all the years he has stood by me and loved me through my own journey to healing. I would not be where I am today without you Kurt.

I also want to thank Nancy Brush for her ministry to me during some of the most difficult years of my healing, and for showing me the love of Jesus. Your friendship is priceless to me Nancy.

A special thanks to Marie Andorfer and Katherine Brooks for their editing assistance and making this book possible.

Dietary Guidelines For Health: 3 Things Everyone Needs

1. Diet

Eat Foods That Heal

- Clean Water
- Fruits & Vegetables
- *Unrefined* Sea Salt
- Healthy Fats
- Complex Carbs
- Clean Protein

Avoid Foods That Make You Sick

- Tap Water
- Processed Foods
- Refined Salt
- Bad Fats
- Refined Carbs
- Unhealthy Proteins

2. Digestion (and Detox)

You can eat all the right foods and still not feel well if your digestion is compromised, because undigested food will rot in your intestines and becomes a breeding ground for disease (ex. yeast, inflammation, IBS, & more)

- *21 day detox* (refer to my book "Detox Diet")
- Incorporate *proper food combining*
- Nourish & balance gut bacteria
- Take digestive enzymes (& chew your food)

3. Deficiencies

Supplement specific nutritional deficiencies with whole food nutritional supplements.

Statistics & Facts

- Research at Oxford University shows that 70% of cancer cases are diet related.
- Research also shows that chronic stress, or rather the inability to cope with stress, is responsible for 85-95% of all diseases. *Andreas Mortiz, The Liver and Gallbladder Miracle Cleanse*
- According to the International Diabetes Federation, every 10 seconds 2 people develop Diabetes.

How the body regenerates itself into a whole new you

- Every 4 days your **stomach lining** replaces itself.
- Every 4 weeks the outer layer of our **skin** is replaced
- Every 6 weeks you have a **new liver**
- Every 2 months almost every cell in our **heart muscle, cartilage, and joints** are rebuilt
- Every 2 months you have a **new brain**
- Every 3 months you have a **new skeletal structure**
- And the **entire human body**, right down to the last atom, is replaced every 5-7 years

ref: *Brant Lambert*

Disease takes time to develop

A person who smokes might feel fine for years, but cancer is likely developing behind the scenes. By the time you have a symptom, you have been unhealthy for a long time.