

Foods That Heal

A Complete Guide to Healthy Eating
Includes Recipes & Grocery List with Pictures!



By: Catherine Rudolph, C.N.C.

"And out of the ground the LORD God made every tree grow
that is pleasant to the sight and good for food."

Genesis 2:9

Third Edition

Foods That Heal

Complete Guide to Healthy Eating

Recipe's Include:

*No Gluten, Dairy, Sugar, or Flour
Large Variety Including Vegan Options
With Proper Food Combing*

Catherine Rudolph, C.N.C

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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.

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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 / Food First...Eat Foods That Heal

- Clean Water
- Whole Foods
- Unrefined Sea Salt
- Healthy Fats
- Complex Carbs
- Healthy Proteins

Avoid Foods That Make You Sick

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

2. Digestion (eliminate gas, bloating, acid reflux, etc)

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. Target ...specific health issues with whole food nutrition

Nutrition & Health Coaching Services

- Private Nutrition & Health Coaching (phone or office appointments)
- Nutrition & Health Classes - open to everyone!!
- Whole Food Nutrition Supplementation (w/classes or privately)

"Foods That Heal" Complete Guide to Healthy Eating By Catherine Rudolph

- Gluten free, sugar free, and dairy free recipes
- Proper food combining for weight loss & healthy digestion
- Grocery list with suggested product pictures

"Detox Diet" 21 Day Detoxification Program

To Cleanse Colon, Kidney, Liver, Lung, Lymph, & Skin,
By Catherine Rudolph CNC

- Includes Basic and Advanced detox options to cater to individual needs
- 21 day detox diet with recipes
- No Gluten, Dairy, Sugar, Soy, or Flour
- Recipe's include vegan & non-vegan options
- Includes proper food combining
- Optional juice fasting
- Optional liver cleansing (flush)

"NEXT" 30 Day Healthy Eating Program by Catherine Rudolph

- 30 Day healthy meal plan
- No Gluten, Dairy, Sugar, Soy, or Flour
- Recipe's include vegan & non-vegan options
- Includes proper food combining

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