**Our iKojinarian Chewing Guide focuses on a certain selection of plant-based whole foods that assist the body in maintaining homeostasis. Using the Kojin Inner-Cellular Balance as a foundation to heal and prevent all imbalance.**

Almost everything in our supermarkets is artificial. From that artificial world, we have selected the least of the damaging foods; the foods that promote more healing rather than deterioration of the cells. The foods without an asterisk (\*) will provide more nutrition and promote more cellular healing. **Chewing a diet of only unaltered raw fruits and vegetables is highly recommended as this is the true diet of the Homo sapiens. Do this as much as possible.** Please buy organically grown whole foods as much as you possibly can.

Vegetables

A lot of vegetables have been highly modified (Cultivated/GMO) so please be caution of where and how you obtain your vegetables. All the vegetables without an asterisk (\*) next to them are generally better to consume.

* Aloe Vera\*
* Amaranth Greens – (same as Callaloo)
* Burdock Leaves
* Chipilín – (Leafy Greens)
* Cusca
* Chayote (Mexican Squash)
* Dandelion Greens
* Green Banana\* (Unripe Banana — Eat With Caution)
* Izote – (Cactus flower/Cactus leaf – Grows naturally in California)
* Kale\*
* Lamb’s Quarters
* Lettuce (All Except Iceberg)
* Mushrooms
* Nopales – Mexican Cactus (Aloe Vera Substitute)
* Onions\*
* Poke Salad – Greens\*
* Purslane (Verdolaga)
* Red Potato\* (Eat With Caution — High Starch/Sugar)
* Rhubarb (Removes Parasites)
* Scallion
* Sea Vegetables (Wakame/Dulse/Arame/Hijiki/Nori)
* Sweet Potato\* (Eat With Caution — High Starch/Sugar)
* Teosinte
* Tomatillo
* Turnip Greens\*
* Vanilla Beans\* (Vanilla Extract Only – No Vanilla Imitation)
* Watercress
* White Potato\* (Eat With Caution — High Starch/Sugar)
* Yellow Dock Leaves — Provides True Nourishment
* Zucchini\* (Eat With Caution — Highly Modified/GMO)

Legumes

* Black Beans\*
* Garbonzo Beans

Fruits

**No Canned Fruits. Fruit With Seeds Are Preferred.**A lot of fruits have been highly modified (Cultivated/GMO) so please be caution of where and how you obtain your fruit. All of the fruits without an asterisk (\*) next to them are generally better to consume.

* Apples\* (USDA Certified Organic Only)
* Avocado
* Bananas\*
* Bell Peppers (No Green Peppers)
* Berries (limit your consumption of blueberries and cranberries)
* Cantaloupe
* Cherries
* Coconuts
* Corn\* (Eat With Caution — High Starch/Sugar)
* Cucumber (Heirloom, With Large Seeds Are Better)
* Currants
* Dates
* Figs
* Grapefruit\*
* Grapes (Seeded Preferred)
* Guava\*
* Key Limes (Seeded Preferred)
* Kiwi\*
* Lemon
* Mango
* Melons (Seeded Preferred)
* Nectarines\*
* Okra
* Olives (Seeded Preferred)\*
* Oranges\*
* Papayas\*
* Peaches
* Pears
* Plantain\*
* Plums\*
* Pomegranate\*
* Prickly Pear (Cactus Fruit)
* Prunes\*
* Raisins (Seeded Preferred)\*
* Soursops (Latin or West Indian Markets)
* Squashes\* (Eat With Caution — Highly Modified/GMO)
* Tamarind
* Tomato\* (Heirloom Preferred)

Approved Herbs

* Allspice
* Anise
* Astragalus
* Bilberry
* Bladderwrack
* Blessed Thistle
* Blue Vervain (Iron Source)
* Bugleweed
* Burdock Root (Iron Source)
* Cascara Sagarda
* Chaga Mushroom (Carbon Source)
* Chaparral Leaf (Iron Source)
* Chamomile
* Conconsa (One of Highest Concentration of Potassium Phosphate)
* Cordyceps Mushroom
* Damiana Leaf (Zinc Source)
* Dandelion Leaf (Iron & Chlorophyll Source)
* Dandelion Root (Great for Liver)
* Elderberry (Iron Source)
* Fennel
* Guaco (Iron Source)
* Irish Moss (Calcium/Multi-Mineral Source)
* Lily Of The Valley
* Linden Leaf & Flower
* Marshmallow Root
* Milk Thistle
* Nettles
* Nopal Cactus
* Quassia Wood
* Red Clover
* Reishi Mushroom
* Rhubarb Root
* Sarsaparilla (Highest Concentration of Iron)
* Saw Palmetto Berry (Iron Source)
* Stropharia Cubensis
* Tila
* Valerian Root (Iron Source)
* Yellow Dock (Iron Source & Liver Cleanser)
* Yohimbe Bark

Seasonings

Mild Flavors

* Basil
* Bay Leaf
* Cloves
* Dill
* Oregano
* Parsley
* Savory
* Sweet Basil
* Tarragon
* Thyme
* Tumeric\*

Pungent and Spicy Flavours

* Achiote
* Black Pepper\*
* Cayenne (African Bird Pepper)
* Coriander (Cilantro)
* Cumin
* Garlic\* (Eat With Caution — Use VERY Sparingly — Burns The Cells)
* Onion Powder
* Habanero
* Sage
* Sorrel

Salty Flavors

* Himalayan Pink Sea Salt
* Pure Sea Salt
* Powdered Granulated Seaweed (Kelp/Dulce/Nori – has “sea taste”)

Sweet Flavors\*

Use Sparingly — Sweeteners Are To Be Avoided As Much As Possible. Consumed in excess, added sweeteners will cause all sorts of problems such as metabolic syndrome, obesity, diabetes, cardiovascular disease and much more.

* Cinnamon\*
* Coconut Sugar\*
* Date Sugar\*
* Pure Agave Syrup (From Cactus)\*

Grains

Please Note: Grains like Quinoa, Rye, etc. are seeds not grains. Try to get your ‘grains’ in whole form and not whole grain; there is a difference. Soak all of your grains overnight to reduce levels of phytic acid. Always sprout or buy sprouted grains when possible.

* Amaranth
* Barley\*
* Buckwheat\*
* Einkorn Wheat
* Fonio
* Indian Basmati Brown Rice\* (Eat With Caution — High Starch/Sugar — Soak To
Remove Starch)
* Indian Basmati White Rice\* (Eat With Caution — High Starch/Sugar — Soak To Remove
Starch)
* Kamut
* Millet\*
* Oats\*
* Quinoa (Heirloom Red Quinoa Is Best)
* Rye\*
* Spelt
* Tef
* Wild Rice (Native Long Black Grain – Not Black Rice)

Nuts & Seeds

Do your best to eat nuts and seeds raw. The oils that nuts and seeds produce can be highly toxic when heated. Soak all your nuts overnight to reduce levels of phytic acid. All nuts and seeds are very hard on the digestive system; chew in moderation.

* Brazilian Nuts/Seeds\*
* Cashews\*
* Flax Seeds\*
* Hemp Seeds
* Pine Nuts
* Pumpkin Seeds\*
* Sesame Seeds (Raw)
* Sesame Tahini Butter (Raw)
* Walnuts

Oils

Avoid Frying Your Foods As Much As Possible (Cooking Foods With Oils).

* Avocado Oil\*
* Coconut Oil\*
* Grapeseed Oil\*
* Hempseed Oil\*
* Olive Oil\*
* Palm Fruit Oil\*
* Sesame Oil\*