

Highlights from Blending Magic by Bernard Jensen
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Don't mix fruits and vegetables nor fruits with starches (p 15)

Chew liquefied drinks (p 16)

Revived fruit – dried fruit is likely not completely digested by time it leaves body. When making liquid drinks with dried fruit, soak fruit first—even dates and raisins. The reason we do not recommend using the unsoaked, dried fruit is because the fruits cannot be soaked through sufficiently in the blender, no matter how long they are liquefied. “However, dried, unsoaked fruits, which have been liquefied, are better than dried fruits eaten as they are. The maximum benefit is received from dried fruits if they are soaked first as unsoaked, dried fruits almost always cause gas before the digestive juices can get to them. The normal digestive process for dried fruits lasts about 10 hours, and before the unsoaked dried fruits are adequately soaked up by the digestive juices, the body is ready to expel them.” Here's how: “Wash, add cold water, to cover, and bring slowly to a boil. Remove from fire and allow to stand all night.” (p 22-3)

Ripe fruit should be served as soon as prepared in the blender. (p 24)

When not wanting a heavy meal, during a hot day, have a liquid meal instead.

Vary sweetness by adding variously date sugar, molasses, maple syrup, apple concentrate.

Also, liquid meals from whole cantaloupes and watermelons,, etc. are delicious. Strain hulls. (p 25)

Heated honey is not good for the body (p 26)

On nightcaps: In case of heart condition a sweet drink is suited—a tsp of honey in glass of water is helpful TID (p 27) Carbohydrate drinks are particularly good in heart cases. For problems in the left side of the body consider starch liquid drinks and if in the right side protein liquid drinks. (p 27)

Therapeutic salads are liquefied vegetables. Being high in nutrients they are nutritious; they are also good cleansers. This salad is good for those who cannot eat raw salads. Cooked vegetables may be added as well. Therapeutic soups are a variation and may be served raw, warm, or cooked. (p 27-8)

If you become or are now sick, remember that no sickness exists without a chemical depletion in the body. (p 30)

Herbs for seasoning—use only two at most at a time as they are they are too penetrating (p32)

Do not eat starch and protein together. Eat at separate meals. (p 38)

Twice a week, use cheese for your main protein: either cottage cheese or an unprocessed hard cheese that breaks. (p 173)

Do not use artificial seasonings, flavorings, and stimulants, such as table salt, black and white pepper, vinegar, alcoholic flavorings, artificial extracts, ketchup, mayonnaise, and hot sauces. Use sea salt (p 182)

If you can grind whole grains at the time you are ready to use them you will derive greater nutritional value. (p 191)