

FOR BETTER HEALTH

meat

THE GEE GEES

"Gee Gee" is an abbreviation of a certain grains-greens diet balance which has been found successful in promoting good health and sound teeth. The grains and grains-like foods are acid-formers. They are the breads, cakes, cookies, pasteries, confections, meat, eggs, prunes, plums and cranberries, and are called "LITTLE GEE GEES". The greens and greens-like varieties are relatively rich in minerals and vitamins and yield an alkaline ash, when digested. They are the grasses, thin green leaf and other vegetables, fruits (excepting prunes, plums and cranberries) and milk, and are called "BIG GEE GEES". Nutritionally speaking, the two types of foods supplement one another in animal nutrition.

In general, a favorable grains-greens ("Gee Gee") diet balance consists of two servings of the "greens" varieties (alkaline ash foods) to each serving of the "grains" (acid formers) depending, in part, upon one's age, activity, emotional and disease states and other factors involved in his nutritional balance. "Tops" among the BIG GEE GEES are the grasses (sugar and sorghum cane juices) and thin green leaves as turnip and beet tops, mustard, spinach, etc. which are unique in nutritive value compared with that of fleshy or white leaves (cabbage, lettuce) or roots, stalks, stems, fruit or other part of the plant. It has long been known, but is not yet appreciated, that whole grains, roots tubers and legume seeds, singly, or in any combination tried, did not form a satisfactory ration for any animal studied, and that the addition of green leaves changed failure in nutrition to success. Today's diet consists largely of DENUDED CALORIES bolstered with man-made chemicals as a substitute for lost nature-made nutrients. The result is malfunction of tissue cells, glands and organs which expresses itself in a host of diseases.

Among the BIG GEE GEES are TWO SUGAR CANE SYRUPS made of the WHOLE, UNTREATED juice of UNBURNED, UNSPRAYED (insecticide) sugar cane grown especially for syrup-making. They are:

1. BIG GEE GEE SYRUP - An old fashion TABLE SYRUP - "Yummie" with whole grain pan cakes, hot biscuit, waffles, corn fritters, beans, sauces, etc.
2. BIG GEE GEE SUPER SYRUP - an age-old folk "remedy" of unrefined, unadulterated cane and lemon juices, now enriched with the extract of lemon pulp and peel (bioflavonoids).

Rich in many life essential nutrients the cane-lemon syrup is "good for what ails you" and especially relief of "scratchy" throats and coughs and aid to digestion and sluggish elimination. Applying the teachings of the newly born calf that instinctively supplements his mother's milk with grass; and of primitive people in many parts of the world who feed cane juice to their babies, the writer formulated the sugar cane-lemon blend (BIG GEE GEE SUPER SYRUP) as a supplement to the milk fed the hundreds of babies under her care in the demonstration nutrition clinic she organized and conducted in Hawaii, 1929-'36. The results of the feeding program (restoration of native foods in the diet) were spectacular. Sickly babies became healthy huskies, defective teeth hardened and became resistant to decay, and a towering infant death rate tobogganed to zero.

The writer believes that the restoration of whole, unadulterated sugar cane syrup to its onetime honored place in the American diet would go a long way toward correcting the nutritional imbalance from which most of us suffer, and make a contribution of the first magnitude to our national health.

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