

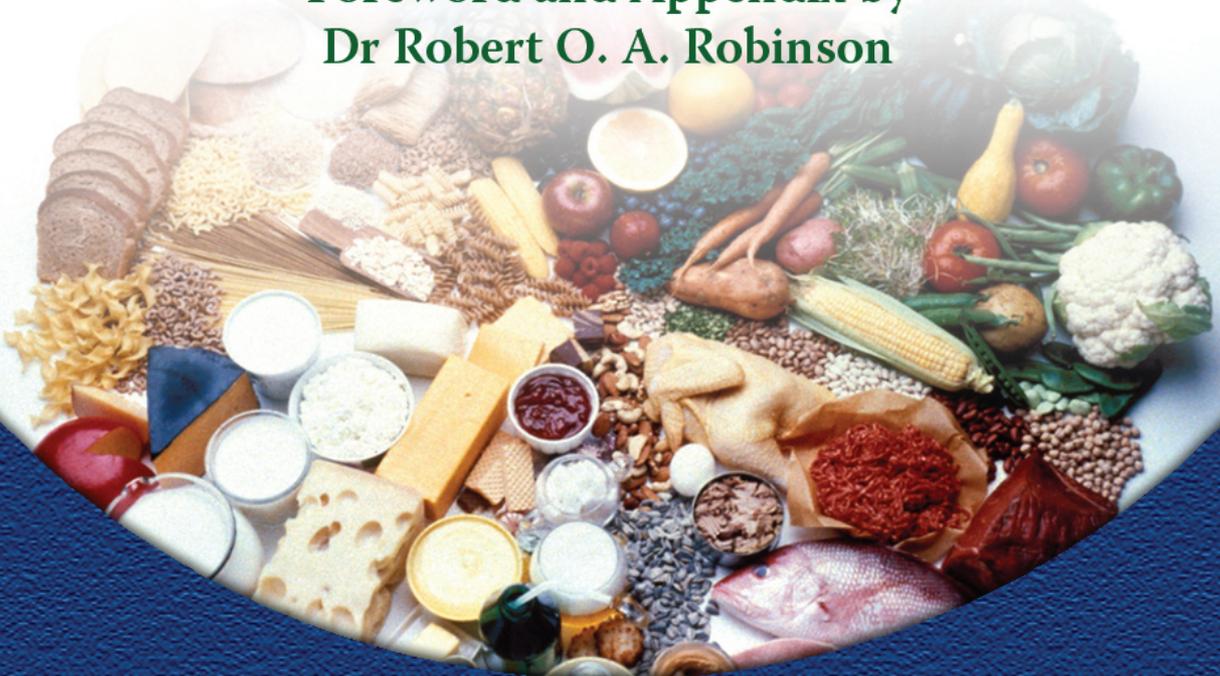
*“A simple, affordable
and non-restrictive diet
for healthy living”*

The Sabbatical Diet Made Simple

*The Solution to Overweight and Chronic
Non-communicable Diseases*

Arlene Lystra Robinson RN

**Foreword and Appendix by
Dr Robert O. A. Robinson**



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Made Simple***

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The Sabbatical Diet Made Simple:
The Solution to Overweight and
Chronic Non-communicable Diseases

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Please visit our website at www.sabbaticaldiet.com

***I would like to dedicate this book to my family
and to the patients of Midland Specialist Centre,
who have allowed me to develop the skills to present
The Sabbatical Diet in this simple form.***

Contents

Foreword	<i>i</i>
Preface	<i>iii</i>
CHAPTER 1	1
Man's Search for Health: Diet and Activity Recommendations	
CHAPTER 2	2
Two Worldviews and Approaches to a Solution	
CHAPTER 3	3
The Bible and Diet	
CHAPTER 4	4
The Sabbatical Diet and the Control and Prevention of Obesity	
CHAPTER 5	6
The Sabbatical Diet and the Control and Prevention of other Chronic Non-communicable Diseases	
CHAPTER 6	9
Planning the Sabbatical Diet: Menu and Exercise	
CHAPTER 7	21
The Social and Spiritual Significance of the Sabbatical Diet	
CHAPTER 8	23
Frequently Asked Questions	

APPENDIX 125

Purity of Food Consumed

Immuno-gizer 'The Food Purifier for Healthy Living'

Case Studies of Patients on Immuno-gizer

APPENDIX 235

Supplemental Food Tables

Foreword

It gives me great pleasure and joy to write the foreword of this book written by my wife, companion and friend for the past twenty-three years. There are many reasons why I am honoured to have this privilege, three of which I would like to share.

First and foremost, I am happy to know that Arlene has taken the challenge of employing her God given talents of not only writing but also her ability to bring clarity to complex scientific concepts. This is very evident from the title of this book “The Sabbatical Diet Made Simple”.

Second, she has chosen to use these talents to clarify the dietary approach of my own personal work and research using her own style and experiences. This knowledge and skill she has acquired and perfected from using our interaction together about the diet and applying its principles within our home. In addition, her skills in communicating this simplified form of *The Sabbatical Diet* has been enhanced from sharing, teaching and advising patients at our health center where she serves as the senior nurse.

Third, Arlene has always wished that *The Sabbatical Diet*, which is the dietary formula given to us by God, and represents the only way we humans can consume food safely, should not only be simplified but packaged in an affordable way making it available to everyone. I am happy to say that her passionate desire is now being fulfilled through her own effort.

I therefore recommend to you “The Sabbatical Diet Made Simple” by Arlene Robinson as a simple presentation of *The*

Sabbatical Diet which teaches the fundamental principles of food consumption, and ensures that you live a healthy and fulfilled life free of Obesity and Chronic Non-communicable Diseases.

Dr. Robert Robinson

M.B.B.S., DM.

Specialist in Internal Medicine

Author of 'The Sabbatical Diet'

Preface

The Global Threat

The human race is getting fatter and sicker at an alarming rate. Statistics show that the prevalence of obesity is increasing at a rate of 1% yearly and this does not only apply to adults but also to children.

Obesity often leads to high blood pressure, diabetes, high cholesterol and heart diseases. Controlling these diseases costs a lot of money and the cost is not likely to decrease since drugs do not heal diseases, they only control them. So we are looking at constantly spending money on medical treatment, until death do us part.

However, there is hope! The God who made us, has given us in His manual, the Bible, the recipe for preventing, reversing and controlling these diseases.

Chapter 1

Man's Search for Health: Diet and Activity Recommendations

Over the years, numerous combinations of diet and physical activity have been tried in an effort to find a solution to obesity. Some of these recommendations have been made by conventional medical personnel, while others have been made by practitioners of alternative medicine. Most of these diet programs appear to work beautifully at first but staying on them is a problem. One needs a very generous helping of self-discipline to stick with the extremely meager servings of food some of these diets demand. Other diet regimes are so expensive that the threat of bankruptcy forces people to abandon these programs. Often these diets accelerate the process of aging and in addition, we have to put in at least one to three hours of exercise daily, if we hope to maintain our apparent success.

Despite these diets, only a few of us end up pounds lighter and inches smaller but at the same time feeling increasingly deprived and miserable. Therefore, we eventually abandon the program and succumb to obesity and other diseases.

Surely, there must be a more friendly way to good health that is simple, affordable and available to all.

Chapter 2

Two Worldviews and Approaches to a Solution

Your 'worldview' is your view or belief of how the world began, whether it came about by accident i.e. evolution or it was designed by God.

If we believe that the world came about by accident, then we will have to find a solution to obesity and chronic diseases ourselves. We have been trying to find this solution for years and instead of a decline in diseases, we are seeing diseases becoming more and more frequent and widespread. Prospects of finding a solution on our own look extremely dim.

If however, we believe that God created everything, then it makes sense that He will have a manual detailing how we should eat and live. Therefore, the solution to the problem of widespread, ever increasing diseases, is to look in God's manual the Bible. You will find the answer there.

Chapter 3

The Bible and Diet

In the Bible, we read a lot about diet and observe that three main principles are emphasized. They are:

- 1) Exodus Chapter 16 - The Pattern of food consumption.
- 2) Leviticus Chapter 11 - The Purity of food consumed.
- 3) Daniel Chapter 1 - The Portioning or Balance of food consumed.

In Exodus 16, God gave the Israelites a pattern of how they should eat food. He told them to eat manna to the full in the morning and if by 12:00 noon this was not done, God melted all the manna. Manna was a high carbohydrate, balanced food with a honey flavor.

Therefore, from this passage we learn that God designed our bodies to work on a big, balanced meal every morning for six days. On the seventh day or Sabbath, our bodies were designed to rest from food or to fast until later in the day. The Sabbatical Diet addresses the pattern of food consumption and the portioning or balance of food consumed.

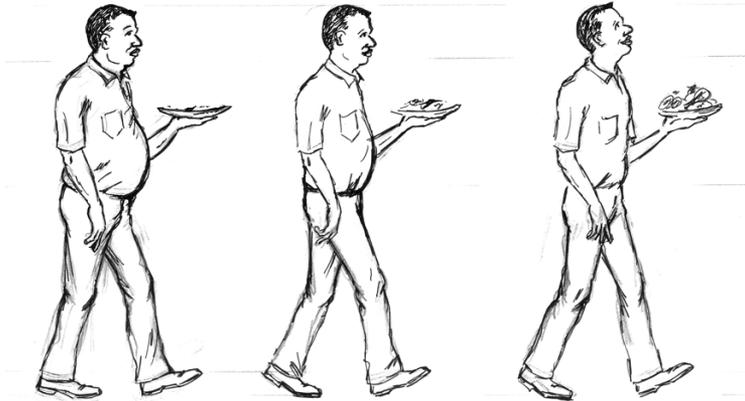
In the appendix of this book, Dr. Robert Robinson addresses the importance of the purity of food consumed.

Chapter 4

The Sabbatical Diet and the Control and Prevention of Obesity

The Sabbatical Diet

The Sabbatical Diet involves eating six (6) mornings like a king and one (1) morning like a pauper, every week.



The Control and Prevention of Obesity

The design of the human body includes a switch, which allows it to maintain its ideal weight. This switch has two positions and it is reset every day at 12:00 noon. In one position, it sets the body into a Rest or Storage Mode and in the other position, it sets the body in the Work or Repair Mode.

We determine the position of the switch by the amount of food we consume between 6:00 a.m. and 12:00 midday each day. The more food we eat, the more the body's system is set to repair and this setting holds for 24 hours. This means that any

excess food consumed later in the day will be used to repair our bodies and will not be stored as fat. When we do not have a large meal before 12:00 midday, the switch is flipped into the rest mode and all excess food consumed during the next 24 hours will be stored as fat.

On *The Sabbatical Diet*, we eat a heavy meal six mornings each week. This means that our bodies are working and repairing 24 hours per day for those 6 days. If we do not rest the body, the repair system will develop problems and breakdown. That is why we must fast one morning, on the same day each week.

Application of The Sabbatical Diet

Sometimes when a person starts *The Sabbatical Diet*, he finds that his weight goes up. This is because the body is building up muscles and doing repairs. Don't worry, just stay with the program and after a while this increased muscle mass will cause you to burn and remove fat, eventually leading to a decrease in weight. Some persons may notice that their size is decreasing even though their weight remains the same. This is because fat is being converted to muscle, which is denser. (One pound of muscle is smaller than one pound of fat.)

You may also notice that the belly is getting bigger. This is expected, as fat is moving from other parts of the body to the outside of the belly area. Fat that is deposited on the inside of the belly is related to heart disease.

Chapter 5

The Sabbatical Diet and the Control and Prevention of other Chronic Non-communicable Diseases

The Prevention and Control of Diabetes Mellitus Type 2

Diabetes Mellitus Type 2 or lifestyle induced diabetes is increasing at an alarming rate worldwide. Even children are developing this type of diabetes. This disease is due to the wrong pattern of food consumption.

The pancreas is the organ in your body, which helps to control your blood sugar. This organ is used every time you eat. Constant use results in wear and tear of this gland. We need to eat according to the pattern of *The Sabbatical Diet* to ensure that regular repairing is done. If the pancreas is allowed to wear out, we will develop diabetes.

If you already have diabetes you must have a big, balanced meal six mornings per week to ensure repair of the pancreas. Although having the large meal may result in an increase in your blood sugar, do not restrict food, because doing so will result in reduced repair of the pancreas and a gradual worsening of your diabetes. So eat your large morning meal and let your doctor adjust your medications to control the blood sugar level.

After a while, as your pancreas heals, your doctor will start reducing your medications.

The Prevention of Dyslipidemia

Dyslipidemia means high cholesterol levels in the blood. Cholesterol is a special type of fat, which is essential for the repair and health of cells in your body. Cholesterol in the blood comes from your diet but the majority of it comes from your liver. If this fat is allowed to build up in your blood, this could result in hardening and blocking of blood vessels, leading to heart attacks and strokes.

When you eat a heavy meal in the morning, the body uses up the cholesterol to repair cells, thus preventing any build up in the blood.

When you do not eat a large meal in the mornings the body stores this cholesterol. It is therefore very important that you eat a large morning meal six days each week, to use up cholesterol and fast one morning to replenish its stores.

The Prevention of Atherosclerosis

Atherosclerosis is the condition in which the inside of the blood vessels are damaged by oxidants. This leads to heart attacks and strokes. Oxidants are substances formed by the break down of food chemicals in the body.

Whenever chemicals are broken down, whether inside of the body or outside of the body, waste products are released. For instance, if crude oil is burnt, an excessive amount of soot is produced. Similarly, when stored fat is burnt by the body for energy, excessive oxidants are produced. If the crude oil is refined to cooking gas and burned, a negligible amount of soot is produced. Similarly, when the body burns fats in a simple form, minimal oxidants are produced.

Persons who are on *The Sabbatical Diet*, eat a heavy meal in the mornings. This signals the body to burn food chemicals in the

simple form to produce energy. Persons who do not eat a heavy meal in the mornings, burn stored fats to produce energy, thus producing excessive oxidants, which will eventually lead to heart attacks and strokes.

Aging

Aging occurs when the rate of wear and tear of our bodies exceeds the rate of repair. If we could increase the rate of repair of our bodies we will not age so quickly.

The Sabbatical Diet promotes the rate of repair of our bodies on the six days when we have a heavy morning meal. The body uses all excess calories consumed on those six days to do repairs. None is stored as fat. Therefore, with this high rate of repair, it is no wonder that persons on *The Sabbatical Diet* look healthier and younger than they did before.

Chapter 6

Planning the Sabbatical Diet: Menu and Exercise

The Sabbatical Diet is a modern adaptation of Exodus 16 and is based on the non-negotiable instructions given by God to the Israelites as they traveled from Egypt to the promised land. In summary the diet advocates that one should eat six mornings like a king and one morning like a pauper.

How to apply this diet:

(A) Rest morning - Select one day of the week as a Sabbath or rest day.

- Do not consume any food or engage in any physical activity (e.g. exercise or housework) before 12:00 midday.
- Water or a cup of clear tea is permissible.
- A good day to choose may be the day you attend church.

(B) Other mornings - For the other six mornings of the week, consume a substantial amount of food between 6:00 a.m. and 12:00 midday.

- The required amount of food may be consumed in more than one meal, before 12:00 midday.

(C) Other meals - These meals should be guided by your feelings.

- All foods are permissible.

(D) Exercise - Physical activity is essential for the optimal functioning of the human body.

- If your job is primarily sedentary, scheduling time to exercise will bring added benefits.

- Exercise will accelerate the rate at which you will achieve the optimal benefits of *The Sabbatical Diet*.

(E) Supplementation

- Immuno-gizer Fat Reducer – 1 tsp. twice daily with meals and 2 tsp. at bedtime

- Omega 3 (Flaxseed or Fish Oil) – 1000 mg on breakfast mornings only

How to work out the amount of food you should eat for breakfast

Step 1 – Work out your Height Range using List 1 overleaf marked Height Range.

e.g. I am 5 ft. 6 inches tall or 66 inches therefore my Height Range is Medium or (M).

Step 2 – Work out your Activity Level using List 2 overleaf marked Activity Level.

e.g. I am a cashier and do little exercise therefore my activity level is that of a Sedentary Worker or (SW).

Step 3 – Find the column in Table 1 (see page 12) that represents you.

e.g. I am of medium height (M) and a sedentary worker (SW) therefore my column in Table 1 is M
SW

Step 4 – Write out on a sheet of paper, the number of servings of each food group from the column representing your Height Range and Activity Level in Table 1.

e.g. M / SW

Foods	Staples	Meat	Fruits	Vegetables	Legumes	Fats	Sugars
M/SW	3.5	1.5	2.5	1.5	1	1.5	1.5

Step 5 – Select from Table 2 (see pages 13–17), the corresponding number of servings for each food group. Remember: This is the minimum amount required.

See example below for M/SW.

Foods	M/SW	Breakfast Menu
Staples	3.5	7 ounces cooked white rice (2), 3 ounces potato salad (1.5)
Meat	1.5	1.5 ounces ground beef (1.5)
Fruits	2.5	1/8 medium avocado (1), 1 medium orange (2)
Vegetables	1.5	3 ounces whole corn kernels (1.5)
Legumes	1	1/2 ounce of peanuts, shelled (1)
Fat	1.5	2 1/2 teaspoons Mayonnaise (in potato salad) (2)
Sugar	1.5	3 3/4 teaspoons sugar (in Juice) (1.5)

List 1 - Height Range

Short (S) - 58-64 inches

Medium (M) - 65-71 inches

Tall (T) - 72-78 inches

List 2 - Activity Level

Sedentary worker (SW) - Professional, salesman, secretary, receptionist. This person does minimal exercise.

Moderately active worker (MA) - Student, nurse, or sedentary worker who jogs 1 to 2 hours daily.

Extremely active worker (EA) - Construction worker, farmer, professional athlete.

Table 1- Minimum number of servings for breakfast based on height range, activity level and food group.

FOOD GROUPS	% Total Kcal for Breakfast	S SW	S MA	S EA	M SW	M MA	M EA	T SW	T MA	T EA
Staples	40 %	3	4.5	6	3.5	5	7	4	6	8
Meats	15 %	1	1.5	2	1.5	2	3	2	2.5	3
Fruits	15 %	2	3	4	2.5	3.5	5	3	4.5	6
Vegetables	10 %	1	1.5	2	1.5	2	3	2	2.5	3
Dairy & Egg Products and Legumes	10 %	1	1.5	2	1	1.5	2	1.5	2.5	3
Fats and Oils	5 %	1	1.5	2	1.5	2	3	2	2.5	3
Sugars	5 %	1	1.5	2	1.5	2	3	2	2.5	3
Calories	100%	600	900	1200	760	1000	1440	960	1360	1720

Table 2 - Comprehensive reference list of serving sizes of foods arranged in food groups.

Caloric value of servings in each group:

Staples, Meats, Legumes, Dairy, Eggs = 80 Kcal

Fruits, Vegetables, Sugars, Fats = 40 Kcal

Staples	Serving	Staples	Serving
Bagel	½ medium	Muffin, corn	½ medium
Banana, green	1 large	Muffin, English	½
Barley	1 ounce	Oatmeal, cooked	4 ounces
Biscuit	1 medium	Pancake	1 ½ 4" cake
Bran flakes	6 ounces	Pasta, cooked	3 ounces
Bread crumbs	2 ounces	Potato, baked	2 ½ ounces
Bread, french	1 slice	Potato chips	8
Bread, Italian	1 slice	Potato, french fries	5
Bread, pita	1	Potato, mashed	4 ounces
Bread, pumpernickel	1 slice	Potato salad	2 ounces
Bread, rye	1 ½ slices	Potato, sweet	2 ounces
Bread, whole wheat	1 ½ slices	Popcorn	12 ounces
Bread, white	1 slice	Rice cake	2
Corn flakes	6 ounces	Rice, white, cooked	3 ½ ounces
Corn grit	5 ounces	Rice, brown	3 ounces
Croutons	14	Rice, wild	4 ounces
Dumpling, flour	1 medium	Roll, hamburger	⅔
Farina	6 ½ ounces	Roll, hotdog	½
French toast	½ slice	Roll, onion	½
Granola	3 ounces	Tubers e.g. yam	2 ounces
Melba toast	2 ½ slices	Wheat, cream of	5 ounces
Muffin, bran	½ medium	Wheat germ	1 ½ ounces

Meats	Serving	Meats	Serving
Bacon	2 ½ strips	Lamb chop	¼ chop
Bacon, Canadian	1 ounce	Leg of lamb	1 ½ ounces
Bluefish	2 ½ ounces	Liver, broiled	1 ounce
Bologna	1 ounce	Lobster meat	3 ounces
Chicken breast	2 ounces	Pork chop	¼ chop
Chicken breast, battered	1 ounce	Pork sausage	½ ounce
Chicken leg	1.7 ounces	Roast beef	1 ½ ounces
Chicken leg, battered	1 ounce	Salami	½ ounce
Chicken liver	2 ounces	Salmon, baked	1 ½ ounces
Chicken pot pie	1 ounce	Salmon, smoked	1 ½ ounces
Chicken salad	1.7 ounces	Scallops	2 ounces
Clams	5	Shrimp	2 ½ ounces
Cod fish cake	2 ounces	Sirloin steak	1 ½ ounces
Corned beef	1 ½ ounces	Spareribs	1
Crab meat	3 ounces	Tuna, in oil	1 ½ ounces
Duck roast	1 ½ ounces	Tuna, in water	2 ounces
Filet mignon	1 ½ ounces	Tuna salad	1.9 ounces
Frankfurter	½ regular	Turkey, dark meat	1 ounce
Ground beef	1 ounce	Turkey, white meat	1 ½ ounces
Ham, virginia	1 ounce	Veal chop	¼ chop

Fruits	Serving	Fruits	Serving
Apple	½ of 2.75 diameter	Nectarine	½
Apple Juice	3 ounces	Orange	½ medium
Applesauce	3 oz. unsweetened	Orange Juice	3 ounces
Apricot	2 medium	Papaya	4 ounces
Avocado	⅛ medium	Peach	1 medium
Banana	½ large	Pear	½
Blueberries	½ cup	Pineapple	6 ounces
Cantaloupe	¼ of 5" diameter	Pineapple Juice	3 ounces
Cherries	½ cup	Plum	1
Dates	2	Prunes	½ ounce
Grapefruit	½	Raisins	½ ounce

Fruits	Serving	Fruits	Serving
Grapes, green	4 ounces	Raspberries	½ cup
Honeydew	6.5" wedge	Strawberries	6 ounces
Kiwi	1	Tangerine	1 medium
Mango	2 ounces	Watermelon	1" x 8" wedge

Vegetables	Serving	Vegetables	Serving
Artichoke	1 medium	Lettuce, romaine	6 ounces
Asparagus	8 ounces	Mushrooms	2 cups
Beets	4 ounces	Okra	6 ounces
Beet, greens	2 cups	Onions, green	10 small
Broccoli	5 ounces	Onions, white, raw	4 ounces
Brussel spouts	1 cup	Parsnips	3 ounces
Cabbage, raw	2 cups	Peas	2 ½ ounces
Carrot	1 ½	Pepper, sweet green	2 medium
Cauliflower, raw	6 ounces	Pepper, sweet red	2 medium
Celery	8 stalks	Pumpkin	1 cup
Collard, green	2 cups	Radishes	20 small
Corn, on cob	½ ear	Sauerkraut	1 cup
Corn, kernels	2 ounces	Spinach	4 cups
Cucumber	3 x 8"	Squash, summer	½ cup
Dandelion	3 ounces	Squash, winter	½ cup
Eggplant	2 cups	Squash, zucchini	1 cup
Endive/Escarole	4 cups	Tomato	2 medium
Green Beans	4 ounces	Turnips	1 cup
Kale, raw	1 cup	Turnip, greens	1 cup
Leeks	1 ½ cups	Watercress	6 ounces
Lettuce, head	3 cups		

Dairy/Eggs	Serving	Dairy/Eggs	Serving
Cheese, cheddar	2/3 ounce	Cream, heavywhip	9 teaspoons
Cheese, cottage	3 ounces	Cream, lightwhip	11 teaspoons
Cheese, cottage, skim	4 ounces	Cream, sour	10 teaspoons
Cheese, cream	3/4 ounce	Egg	1 large
Cheese, feta	1 ounce	Egg, white	5 large
Cheese, process	3/4 ounce	Egg, yolk	1 1/4 large
Cheese, ricotta	1 1/2 ounces	Milk, buttermilk	6 ounces
Cheese ricotta, skim	2 ounces	Milk, skim	8 ounces
Cheese, Swiss	3/4 ounce	Milk, whole	4 ounces
Cream, coffee	8 teaspoons	Yogurt, fruit-flavor	3 ounces
Cream, half & half	12 teaspoons	Yogurt, low fat	5 ounces
Cream, heavywhip	9 teaspoons	Yogurt, whole	6 ounces

Legumes	Serving	Legumes	Serving
Almonds, shelled	1 ounce	Peas, raw	5 1/2 ounces
Beans, lima	2 1/2 ounces	Pecans, halves	1/2 ounce
Beans, navy	3 ounces	Pine nuts	1/2 ounce
Beans, kidney	3 ounces	Pistachios, shelled	1/2 ounce
Brazil nuts,shelled	3 1/2 ounces	Pumkin seeds	1/2 ounce
Cashews, raw	1 ounce	Sesame seeds, hulled	2 tablespoons
Chestnuts, shelled	2 ounces	Sesame butter	1 tablespoon
Chickpeas	2 1/2 ounces	Soybeans	3 ounces
Coconut, shelled	1" x 2" x 0.5"	Sprouts, mung	8 ounces
Coconut, dried	1 1/2 ounces	Sprouts, soybean	8 ounces
Filberts, shelled	1/2 ounce	Sprouts, alfalfa	8 ounces
Lentils	3 ounces	Sunflower seeds	1/2 ounce
Macadamais	1/2 ounce	Tofu, raw	3 1/2 ounces
Peanuts, shelled	1/2 ounce	Walnut pieces	1/2 ounce
Peanut butter	1 tablespoon		

Fats	Serving	Sugars	Serving
Butter	1 ¼ teaspoons	Honey	2 teaspoons
Butter, whipped	2 teaspoons	Sugar	2 ½ teaspoons
Catsup	8 teaspoons	Syrup, chocolate	2 ½ teaspoons
Dressing, 1000 island	1 ½ teaspoons	Syrup, corn	2 teaspoons
Dressing, French	2 teaspoons	Syrup, maple	2 teaspoons
Dressing, Italian	2 ½ teaspoons	Jam	2 teaspoons
Hollandaise sauce	1 ½ ounces		
Margarine, regular	1 ¼ teaspoons		
Margarine, whipped	2 teaspoons		
Mayonnaise	1 ¼ teaspoons		
Mustard	8 teaspoons		
Vegetable shortening	1 teaspoon		
Vegetable oil	1 teaspoon		

Below is a one week major meal planner for a family of five comprised of 2 adults, 2 teenagers and 1 child (3500 to 4000 calories). Remember that these are the minimum amounts, so you could exceed these quantities. Sunday is used as the rest day.

MEAL PLAN	Staples	Meats	Fruits	Vegetables (or Bran)	Dairy/ Eggs & Legumes	Fats	Sugars
Monday breakfast	3 cups uncooked rice	1 lb. Oxtail	6 oranges	9 cups raw vegetables	4 cups cooked broad beans	Oil & coconut milk	2 quarts sweetened fruit drink
Tuesday breakfast	1 lb. yam & 1 cup uncooked rice	3 to 4 lbs. curry chicken	6 ripe bananas	4 cups cooked pak choi	4 ounces peanuts	Oil to cook	2 quarts sweetened fruit drink
Wednesday breakfast	1 lb. spaghetti	½ lb. Mince	3 medium papayas	1 cup bran flakes with milk	2 ounces cheese with spaghetti	Oil to cook	2 quarts sweetened fruit drink

MEAL PLAN	Staples	Meats	Fruits	Vegetables (or Bran)	Dairy/ Eggs & Legumes	Fats	Sugars
Thursday breakfast	10 Bananas & 8 dumplings	½ lb. Mackerel	6 mangoes	4 cups Callaloo	1 cup coconut milk	Oil to cook	2 quarts sweetened fruit drink
Friday breakfast	1 lb. Breadfruit & 9 bananas	½ lb. Saltfish	6 Oranges	24 Ackees	4 ounces cashew nuts	Oil to cook	2 quarts sweetened fruit drink
Saturday breakfast	¾ lb. flour dumplings	1 lb. Pig's tail	8 june plums	4 cups steamed vegetables	2 cups uncooked red beans with meat	Oil & coconut milk	2 quarts sweetened fruit drink
Sunday dinner (Fasting day)	1 lb. Potatoes & 2 cups uncooked rice	1 lb. Curry goat	3 apples & 1 pear	9 cups raw vegetables	4 eggs wth potato salad	Oil to cook	2 quarts sweetened fruit drink

INDIVIDUAL MEAL PLANS

Continental Breakfast for Short Sedentary Worker 600 Calories (Minimum)

FOOD GROUPS	Staples	Meats	Fruits	Vegetables	Dairy Eggs Legumes	Fats & Oils	Sugars
Servings Per Group	3	1	2	1	1	1	1
Equivalent Calories	240	80	80	40	80	40	40
Actual Foods	Bagel 1 ½	Frankfurter Boiled ½	Orange 1	Lettuce & Tomato as desired	Yogurt 1	Butter 1 ¼ tsp	Tea with 2 ½ tsp sugar

Jamaican Breakfast for Short Sedentary Worker 600 Calories (Minimum)

FOOD GROUPS	Staples	Meats	Fruits	Vegetables	Dairy Eggs Legumes	Fats & Oils	Sugars
Servings Per Group	3	1	2	1	1	1	1
Equivalent Calories	240	80	80	40	80	40	40
Actual Foods	2 Green Bananas large 1 Yam 2 ounces	Liver 2 ounces	Apple medium 1	Lettuce, Tomato as desired	Baked Beans 3 ounces	Amt. used to prepare meal	Fruit juice 4 ounces

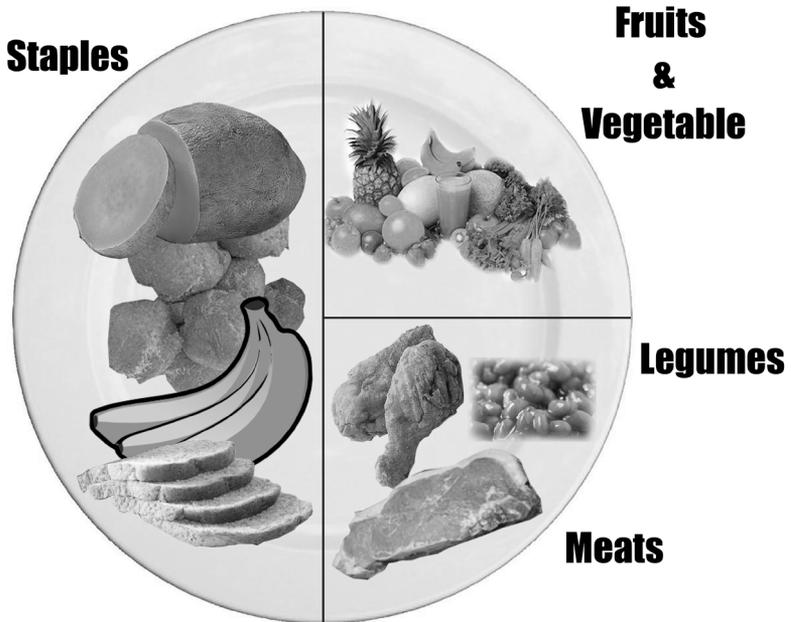
Continental Breakfast for Medium Sedentary Worker 760 Calories (Minimum)

FOOD GROUPS	Staples	Meats	Fruits	Vegetables	Dairy Eggs Legumes	Fats & Oils	Sugars
Servings Per Group	3.5	1.5	2.5	1.5	1	1.5	1.5
Equivalent Calories	280	120	100	60	80	60	60
Actual Foods	Bread 2-4 slices Depending on calories per slice	Bacon 3½ strips	Ripe Banana 1 large	Corn kernels 3 ounces	Egg 1	Amt. used to prepare meal	Fruit juice 6 ounces

Jamaican Breakfast for Medium Sedentary Worker 760 Calories (Minimum)

FOOD GROUPS	Staples	Meats	Fruits	Vegetables	Dairy Eggs Legumes	Fats & Oils	Sugars
Servings Per Group	3.5	1.5	2.5	1.5	1	1.5	1.5
Equivalent Calories	280	120	100	60	80	60	60
Actual Foods	Plantain boiled ½ medium Dumpling fried 2	Ackee & Saltfish ½ cup	1 Orange small Ripe Banana 1	As desired	Yogurt 1	Amt. used to prepare meal	Fruit juice 6 ounces

Portioning of Breakfast Using 'The Sabbatical Diet'



Chapter 7

The Social and Spiritual Significance of the Sabbatical Diet

Starting and staying on *The Sabbatical Diet*, like everything else in life, requires a certain amount of discipline, but there are a number of options we could employ to make the discipline of having a big, balanced meal six mornings every week and fasting one morning, less stressful.

If you are a morning person, getting up at 4:30 a.m. to 5:30 a.m., six days per week to cook will not be a big deal for you. If the early morning movements are a no-no for you, don't worry, just cook the evening before and re-heat the meal in the morning. On the other hand, you could cook the meat in the evening and do the staples in the morning so you do not have to wake up as early.

"But I can't stand heated over food!" you say. So, just negotiate with your boss for a 10:30 a.m. lunch time, buy a big meal and have it then.

'I cannot eat in the mornings; all I can have is a cup of coffee.' Well, you'll just have to train your stomach to take food in the mornings. Start with small amounts and gradually step up, because your life literally depends on it. So eat what you could early and at about 10:00 a.m. buy a high energy meal in a tin like, Suppligen or Ensure and have it at that time.

If you just don't like cooked food in the morning, then have ice cream, chocolate or any high calorie food that you like.

On this diet, the morning meal is the business meal of the day and it is non-negotiable.

The beauty of The Sabbatical Diet is that once you have satisfied your minimum calorie requirement in the morning, the rest of the day is yours. All other meals are for your pleasure.

The fasting day is a good day to go to church, as you are away from food so the temptation is less and you are focusing on God and resting the body. If you get back home before noon, just focus on religious TV or Radio until 12:00 midday.

The fasting period is also non-negotiable.

One of the greatest advantages of *The Sabbatical Diet* is the fact that the entire family gets the opportunity to eat together every day and have the time to prepare spiritually. This is often not possible when dinner is the primary meal.

Chapter 8

Frequently Asked Questions

Q1. I work the night shift. When I get home in the mornings, should I have a heavy meal even though I am going to sleep?

A1. Yes! You see, the weight regulation system of the body is built in by God and operates the same way in every one, regardless of the shift one works. So please ensure that you have your large meal in the morning and do not forget to fast on the day you have chosen.

Q2. After I have had my large breakfast, what do I eat for the rest of the day?

A2. Once you have satisfied your morning calorie requirement, the business meal of the day, you are free to eat whatever you please. This is because the large breakfast flipped the body's switch into the work and repair mode. Any excess food consumed for the next 24 hours will be used for repairs and not stored as fat. This additional food helps to slow the aging process.

Q3. Is it okay to fast more than one day per week?

A3. If you want to fast another day, in addition to the day you have chosen as your fasting day, the additional fast will have to be for a twenty-four (24) hours period, that is, until the following morning. The body is designed for only one half day fast per week. Any additional half day fasts will result in a significantly higher fat level.

Q4: Should I have food before exercise?

A4: Yes. During exercise calories are being utilized. So please intake a few calories if you plan to exercise in the morning, the calorie top up may not be necessary in the evenings.

Q5: What if I am unable to fast due to a disease condition such as ulcers?

A5: Please ensure you are being treated for the condition and continue your treatment while doing the diet.

For a more in depth and scientific explanation of The Sabbatical Diet, please read the book, 'The Sabbatical Diet' by Dr. Robert Robinson. Available online at www.sabbaticaldiet.com.

Appendix 1

Purity of Food Consumed

by Dr. Robert O.A. Robinson

In 1999, I was diagnosed with Rheumatoid Arthritis. This disease caused severe pains in most of my joints such as hands, shoulders, neck, back, knees and ankles. Initially these pains were relieved with medications but they got progressively worse despite treatment. Because of this I had to change treatment regularly in order to get relief from the pain. These medications included: Cataflam, Voltaren, Mobic, Placquenil, Prednisone, Methotrexate, Azathioprine and Arava in various combinations.

In 2004, despite the various drug interventions, I was still in severe pain and at that time planned to go overseas to seek further treatment. It is during this time, while coming from church one night, that I received a vision from God that my disease was due to the contamination of my food due to its processing and the addition of chemicals such as preservatives. Recognizing the difficulty and the expense in finding pure organic food, I was led to produce and use a pre-biotic mixture to purify the food, which I was consuming. Within three days, my arthritis was significantly improved and after one month, I had stopped taking medications. Many of my family and friends also took the mixture and had similar success with their illnesses.

Working with other scientists, we were able to improve the pre-biotic mixture and made it available to the public in general. It was patented and called, **Immuno-gizer**. Many success stories have resulted including improvement in arthritis, lupus, asthma, sinusitis, cancers, AIDS, fibroids, period pain, migraine, sexual dysfunction, flu, skin rashes, acne, constipation, fatigue and many other conditions.

Immuno-gizer does not treat any disease but cleans the food of the process chemicals. This is similar to using gas treatment in a car to clean the gas from water contamination. Once the food is clean, the body can now use the food to bring about healing. Obviously, I have to keep taking Immuno-gizer because I am still eating processed food. This is like washing dirt off your food before eating it, otherwise, it will cause you to get sick. However, it is better and cheaper to take a natural food cleaner that helps most sicknesses than end up taking expensive drugs that only help one condition and is likely to cause serious side effects.

The importance of consuming clean food is taught in the Bible. In Old Testament times, unclean food was primarily due to inadequacy in food preparation. Today it is due to over treatment with processing chemicals. This over treatment has been very extensive resulting in us painting ourselves into a corner from which there is no immediate escape but to use a "Food Purifier" or Immuno-gizer.

Immuno-gizer “The Food Purifier”

Why do you need a Food Purifier?

Chemical processing of wheat, rye and barley products (gluten protein) results in these foods interfering with the bacterio-fungal balance in your bowels. Preservatives, added to food, and Chlorine, added to drinking water, also interfere with the bacterio-fungal balance. This leads to overgrowth of bad bacteria and yeasts, which will produce toxins that are absorbed into your blood. These toxins can directly contribute to diseases, such as Migraine, Arthritis etc., or they may suppress your good bacteria and thus your Immune System; hence, affecting your ability to fight diseases, such as Flu, Asthma, Cancers. Preservatives and foods containing processed gluten protein are a major component of your daily intake, e.g. bread, patty, ketchup, and are difficult to eliminate completely from your diet. It is therefore necessary to counteract their toxic effects on your body, preferably by natural means.

What is Immuno-gizer?

Immuno-gizer is a scientific blend of Natural Honey or High Fructose Corn Syrup with fruit acids to produce a Pre-Biotic Supplement. This ensures normal bacterio-fungal balance in the bowel and hence re-establishes and maintains your normal colonic flora.

How does it work?

Immuno-gizer will suppress the growth of bad bacteria and yeasts in your bowel and enhance the growth of good bacteria, thus preventing the production of toxins and their consequent entrance into your blood and improving your immune system. It does not remove toxins already in the blood, so, although your symptoms will improve immediately, a complete cure will only occur when toxins already present in the body are

eliminated. Depending on the disease condition, this may take a few weeks to a few months. It is important to continue on medication and gradually reduce dosage on the advice of your doctor, as symptoms subside.

Who should take Immuno-gizer?

Pure organic food is difficult to obtain, is often expensive and the source may be unreliable. Therefore, we are all at risk of ingesting foods which may result in bacterio-fungal imbalance, hence everyone should take Immuno-gizer to protect against the adverse effects of foods consumed. All persons who eat processed food products, or drink chlorinated water, are affected or will be affected by toxins produced by the resulting bacterio-fungal imbalance. Effects may be minor, such as body feeling run down, low feeling, or major, such as Arthritis, Migraine. Only persons on a pure all natural diet, including spring water will not need to take this product.

How long should it be taken?

This supplement will be needed life long, or as long as you keep eating processed foods or drinking chlorinated water.

Types of Immuno-gizer Products available

Immuno-gizer Premium



This product also includes the CPR FORMULA (Cinnamon, Phytosterol and Resveratrol) that aids in the regulation of blood sugar, blood cholesterol, blood pressure and improves the heart and blood circulation functions.

Recommended for: Diabetes, Cholesterol Problems, Impotence, Infertility and General Health.

Immuno-gizer Brain Maximizer



This product contains Neuro-Active Amino Acids for improvement in Attention, Alertness, Memory, Mood, Reasoning and Coping With Stress.

Recommended for: Hyperactivity in children, Depression, Alzheimer's disease, Parkinson's disease and General Mental Health.

Immuno-gizer Fat Reducer



This formula is designed to help your body increase it's burning of fat for energy and body restoration thus improving your metabolic function and slowing your aging process. The candy form allows for convenience in traveling.

Recommended for: Obesity, Overweight, Diabetes, Cholesterol Problems, Gout etc.

Immuno-gizer Plus



This product contains a high level of fast acting and slow acting pre-biotics making it an effective formula for skin and sinus conditions. It also contains GLUCOSAMINE for relief of joint and muscle aches.

Recommended for: Arthritis and other joint disorders, Muscle Aches, Sinusitis, Eczema, Period Problems etc.

Immuno-gizer Puritab



This product is the candy form of the Immuno-gizer Plus and has all the same benefits as the Immuno-gizer Plus. It also contains a high level of FOS which has been scientifically shown to protect against growths and cancers.

Recommended for: Cancers, Fibroids, Tumors, Infertility, Period Problems, Arthritis, Sinusitis, Eczema etc.

Immuno-gizer Light



This product contains a high level of fast acting and slow acting pre-biotics and is therefore an effective formula for skin and sinus conditions. It also contains a high level of VITAMIN C (50% daily requirement per dose) making it perfect for coughs and colds.

Recommended for: Asthma, Flu, Cough and Cold, Chest Infections, Sinusitis, Eczema, etc.

Immuno-gizer Stem Cell



This product contains BLUE GREEN ALGAE GLYCOPROTEIN which has been scientifically shown to increase circulating Stem Cells that aid in the repair of damaged tissue cells eg. Brain, Nerve, Heart, Kidney etc.

Recommended for: Stroke, Heart Attack, Cancers, Ulcers, Anemia, AIDS, Lupus, Colitis, Alzheimer's Disease etc.

Case Studies of Patients on Immuno-gizer

Asthma

A. R. is a 9-year-old male with an eight-year history of Acute Bronchial Asthma. Prior to using Immuno-gizer, he had on average, two asthmatic attacks per month, one of which was assessed as severe and required abstention from school for an average of 2 to 3 days each month, in order to get appropriate treatment. Usual treatment included nebulization with Ventolin and Atrovent plus injectable and oral steroids. Between attacks, he was maintained on a daily oral antihistamine (Singulair) and an inhaled steroid with bronchodilator (Seretide). Attacks were aggravated by swimming and respiratory tract infections.

After starting Immuno-gizer in March 2004, taking on average, half teaspoon 2 to 3 times daily with meals, the frequency and severity of attacks were significantly reduced to an average of 1 attack every 4 months. These attacks were assessed as mild and did not require nebulizations, injectable steroids or oral steroids and subsided with bronchodilator only. There was no need for abstention from school. His asthmatic attacks also, were no longer precipitated by swimming.

Rheumatoid Arthritis

Mrs. B. H. is a 65-year-old teacher with a 30-year history of Rheumatoid Arthritis. She also suffers from Diabetes and Hypertension. She had received treatment from general and specialist medical doctors for her pains, stiffness and swelling, frequently over this period. Despite her treatment however, over the past five years she still experienced pain and restriction of movement, which prevented her from attending church and doing other activities.

She started Immuno-gizer in July 2005. Within one week, she had significant pain reduction and was able to move around more efficiently. After one month, she was able to return to her usual physical activities and attend church on a regular basis.

Migraine

A. B. is a 24-year-old female who has suffered with migraine for over ten years. These attacks occurred weekly and were precipitated by stress and her menstrual periods. They occurred more frequently during weekends and early week days and were associated with diarrhea and vomiting. Treatment included NSAIDs and Tonapan.

Immuno-gizer was started in April 2004 during a migraine attack and considerable relief of pain was noted within 2 hours. She continued to take 1 tsp. twice daily with meals and has had no attacks since, except on two occasions when she stopped taking the Immuno-gizer supplement.

Dysmenorrhea (period pain)

T. R. is a 43-year-old female with a history of painful periods (dysmenorrhea) after having her last child eighteen years ago. She had severe pain with each period, requiring pain medications (NSAIDs and Baralgin).

On starting Immuno-gizer in April 2004, 1 tsp. twice daily with meals, all period pains ceased and no pain medication has been needed since.

Laryngeal Cancer

65-year-old W. G. was diagnosed with Laryngeal Carcinoma in September 2003, after a prolonged period of hoarseness. He was a previous smoker and drinks alcohol regularly. He was

referred to the ENT service of the Kingston Public Hospital, Jamaica for investigation and treatment. Examination of his larynx under general anesthesia showed invasion of carcinoma on the vocal cords and he was advised to have total laryngectomy done. He refused surgical intervention and was treated with radiotherapy. Despite this, his hoarseness continued. Examination three months after Radiotherapy showed diminished carcinoma size.

Immuno-gizer was started in February 2004. His hoarseness resolved after two months of supplementation. Subsequent laryngeal examinations under general anesthesia have shown no tumor mass and normal laryngeal appearance.

Vitamin B12 Deficiency Syndrome

S.R. is a 43-year-old female patient diagnosed with Vitamin B¹² neuropathy who has been unable to walk for three years. She has been treated with monthly Vitamin B¹² injections on the advice of her neurologist, over a period of two years. Despite her treatment, she was still unable to walk and was told by her neurologist that this complication of her problem was permanent.

Immuno-gizer was started in August 2004. After four days of supplementation she was able to walk unassisted.

AIDS Study

Five AIDS patients treated with anti-viral medication, relapsed in September 2004, despite compliance with treatment. Due to financial restraints, alternative therapy was not accessible. Symptoms included diarrhea, skin and oral manifestations.

Immuno-gizer products were added to their diets and all patients' symptoms resolved within 2 weeks of supplementation. Below are their CD 4 counts before and

three months after Immuno-gizer supplementation. A higher CD 4 count indicates improvement in the Immune Function.

Name	Diagnosis Date	Present Medications	Before CD4 count	After CD4 count
D.B.	1988	Combivir Nevirapine	92	140
D.S.	1994	Combivir Crixivan	16	120
E.B.	1994	Neurapine, Azt. Camividine	135	210
C.V.	1991	Kaletra Viread	231	240
F.M.	2002	Stocrin, Combivir	176	182

Appendix 2

SUPPLEMENTAL FOOD TABLES

STAPLES

FOOD ITEM	QUANTITY	CALORIES
Bammy	6" in diameter	300
Breadfruit	1 slice	100
Cornmeal (dry)	½ cup	240
Cream of Wheat (dry)	½ cup	325
Dasheen	1 cup	110
Hash Brown	½ cup	151
Oats (dry)	1 cup	311
Plantain green (boiled)	½ med.	140
Plantain green (fried)	½ med.	150
Plantain ripe (boiled)	½ med	140
Plantain ripe (fried)	½ med	192
Sweet Potato	1 cup	114
Yam	1 cup	158

MEAT

FOOD ITEM	QUANTITY	CALORIES
Ackee and Salt Fish	½ cup	200
Cod Fillet/Salt Fish	3 ounces	158
Frankfurters	1	150
Kidney	3.5ounces	158
Liver (fried)	3ounces	184
Mackerel	2 ounces	200
Salmon Fillet	3 ounces	198
Vienna Sausage	1	45

FRUITS

FOOD ITEM	QUANTITY	CALORIES
June Plum	1 ripe	90
Mango	1	140
Raisins	¼ cup	130
Small Papaya (4.5x2.75')	1	59
Sour sop	1 cup pulp	149
Sweet Sop	1	95
Water Melon	1 cup (diced)	50
Avocado	1 medium	280

EGGS & DAIRY/FATS & OILS

FOOD ITEM	QUANTITY	CALORIES
Coconut Milk	1 cup	450
Condensed Milk	1 tsp	20
Egg (boiled)	1 medium	74
Egg (fried)	1 medium	105
Egg, Poached	1 medium	74
Egg, scrambled,	1 medium	100
Evaporated Milk	1 tsp	8

RESTAURANT	FOOD ITEM	CALORIES
Burger King	Chicken sandwich	710
	Fish sandwich	720
	Jr. whopper with cheese	370
	Whopper with cheese	760
	Fries (large)	590
	Fries (medium)	400
	Fries (small)	250
KFC	Chicken breast	400
	Breast (crispy)	470
	Legs (crispy)	195
	Legs (original)	380
	Wing (crispy)	220
	Wing (original)	140
	Thigh (crispy)	250
	Thigh (original)	140
Juici Patties	1 coco bread	243
	1 beef patty	320

Serving Sizes by Sight

- 3 Ounces of Chicken = deck of cards = 94 cal.
- 3 Ounces of beef = deck of cards = 138 cal.
- 3 Ounces of Pork = deck of cards = 134 cal.
- 3 Ounces of Steamed Fish = deck of cards = 100 cal.
- 3 Ounces of Fried Fish = deck of cards = 195 cal.
- 3 Ounces of fried liver = deck of cards = 184 cal.
- 3 Ounces of corned beef = deck of cards = 213 cal.
- ½ Cup of Rice = tennis ball = 120 cal.
- 1 Cup of pasta = medium sized fist = 170 cal.
- 1 medium sized piece of fruit = tennis ball = 80 cal.
- ½ cup of cooked vegetables = yo-yo = 40 cal.
- 1 Ounce of cheddar cheese = pair of dice = 115 cal.
- 2 tablespoons of peanut butter = a ping pong ball = 190 cal.

5 Easy Steps for Rapid Weight Loss

STEP 1

Choose the same rest day each week and fast until 12 noon.

STEP 2

The other six (6) days of the week, eat a heavy breakfast before 12 noon.

STEP 3

Take Immuno-gizer Fat Reducer, 1 teaspoon, twice daily with meals and 2 teaspoons at bedtime.

STEP 4

Take 1 teaspoon of fish oil or 1000mg of Omega 3 every breakfast morning.

STEP 5

Drink 1 cup of Licorice or Green Tea on the fasting mornings.

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Arlene Robinson was born in Trinidad and Tobago and is the wife of Dr. Robert Robinson, the author of *The Sabbatical Diet*. She is a registered nurse with over 25 years experience and has been teaching and training persons in the principles of *The Sabbatical Diet*.

She firmly believes that *The Sabbatical Diet* represents the prescription given to us by God for the safe consumption of food and for the prevention of Obesity and Chronic Non-communicable Diseases.

