





Panama's president Jorge Illueca (l) & Sri Chimnoy at a Center restaurant in Jamaica, NY

Panama

You Can Beat The Cancer Odds!

Researchers have recently announced dramatic breakthroughs in cancer prevention... information now available in **The Cancer-Free Life Plan**.



According to medical science, each of us gets the beginning stages of cancer many times in our lives. In most cases, our immune systems are able to effectively seek out and destroy these cancers. When our immune systems fail, the cancers grow full force.

But now there's something you can do to put the odds greatly in your favor... by combining proven cancer prevention methods with newly discovered ways to bolster your body's cancer-fighting ability.

It's all in **The Cancer-Free Life Plan**, the first truly effective personal anti-cancer program. It's available now in this special edition published by the renowned Health Research Division of Citizens Institute.

Included is exciting information that can actually help you reduce your risk of getting cancer. If this sounds hard to believe, keep in mind that the **National Academy of Science** states that simple nutritional changes alone might prevent 40% of all cancer cases.

In addition to prevention, you'll also discover the latest breakthroughs in cancer treatment, as well as dramatic hope for the future.

This is one book no family should be without. It's just \$5.95 plus \$1.00 postage and handling. But supplies are limited... so mail your order today!

CITIZENS INSTITUTE, INC.

Dept. 55, 211 California St.
P.O. Box 887, El Segundo, CA 90245

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YES! Please rush me _____ copies of **The Cancer-Free Life Plan** at \$5.95 per copy plus \$1.00 postage and handling.

\$ _____ Enclosed (check or M.O. payable to Citizens Institute - CA residents add sales tax)

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Tofu Vegetable Quiche

CRUST:

- 1½ cups whole wheat flour
- ½ tsp. salt
- ½ cup oil
- 3 Tbs. cold water

FILLING:

- ½ lb. firm tofu
- 2 small onions
- 1 small tomato
- ½ green pepper
- ½ zucchini
- Butter or margarine
- ¼ lb. parmesan cheese
- 3 eggs, beaten
- ½ cup sour cream
- ½ cup milk
- Mace, pepper, salt to taste

To make crust: In a bowl, sift together flour and salt; blend in oil. Add water and mix just until a ball of dough forms. For thin crust, divide ball in half; for thick crust, leave dough as one ball.

Roll out dough on floured board to ½-inch or more in thickness. Place in quiche pan and pinch edges with fingers; puncture with fork.

For filling, chop onions, tomato, pepper and zucchini. Saute in butter until soft; season with salt and layer into pan.

Mash tofu with fork, combine thoroughly with eggs, sour cream, milk, seasonings and parmesan, and pour over the vegetables.

Bake quiche 30-45 minutes at 350°, until firm and golden.

From Secret of Perfection Flame's Tofu Factory, West Germany

Infinite Blue Salad

SALAD:

- 4 medium size zucchini
- ½ lb. mushrooms
- 4 cups cooked brown rice
- 2 Tbs. tamari soy sauce
- 2 cloves garlic
- 1 small onion, chopped
- 1 Tbs. safflower oil
- Raw vegetables: romaine lettuce

Grated carrots and beets
Alfalfa and mung sprouts
Cucumbers, green and/or red peppers, and tomatoes

BLUE CHEESE DRESSING:

- 1 cup mayonnaise
- 1 cup sour cream
- 4 Tbs. grated blue cheese
- 4 Tbs. milk
- Pinch of salt
- 1 clove garlic, minced

Directions for salad: Saute onion and garlic in oil, with tamari, until soft. Add zucchini and cook over medium heat, stirring frequently, for 5 minutes.

Turn off heat, add mushrooms, cover for 3 minutes to steam slightly. Stir in the cooked rice and mix all ingredients except raw vegetables.

Mold the rice mixture into a small soup cup; invert cup to unmold rice mixture onto center of salad plate. Surround the rice artistically with groupings of the raw vegetables. Top with blue cheese dressing.

To make the dressing, combine ingredients and hand-whip until mixture is smooth. Spoon dressing onto salad in a halo-ring effect.

From Love & Serve, Greenwich, CT

Onion Bhujias

Bhujias (pronounced buh 'gee-ahs) are a popular North Indian sidedish, snack or appetizer, deep brown outside with a rich, golden interior. They are best served hot. Chutney is the traditional condiment, although Americans often like ketchup as well!

- ¼ cup chickpea flour (also called besan or gram flour)
- 2 cups white flour
- 1/8 tsp. turmeric
- 2-3 tsp. salt
- Dash sugar
- 1 tsp. baking powder
- 1 medium onion, thinly sliced
- 3 green chili peppers, finely minced (optional)
- 1/8 cup oil
- 2 Tbs. cumin seeds
- 2 Tbs. coriander seeds, crushed with mortar & pestle