

The Celtic Diet

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Table of Contents

Introduction	9
Why we must eat simpler	11
History	13
Alcohol	19
Salt, Herbs and Spices	23
Vegetables	39
Vegetable Recipes	55
Nuts, Oils and Vinegars	73
Dairy	83
Dairy Recipes	93
Fruit	97
Fruit Recipes	105
Meat, Fish and Haggis	109
Meat and Fish Recipes	115
Sweeteners	119
Barley, Rye and Grains	123
Contemporary Additions	125
The Oats	139
Oat Recipes	149
Laver	161
Laver Recipes	165
Dessert Recipes	169
Drink Recipes	175
Folklore	179
Daily Menu Examples	181

Introduction

Science and technology have made staggering contributions to our lives over the past five decades, such as medical break-throughs, satellite communications, computers, contact lenses, Kevlar, bank machines, domestic printers, MRI's, Walkmans, Windows, HD TV, fuel cells, space stations, You Tube . . . and the list goes on.

Yet, some of the things made high tech should have left alone. I'm referring to our agriculture and our food, the basics we need every single day in order to ensure a healthy life.

The Celtic Diet is a no-nonsense, health inducing approach to a sound lifestyle, with whole grains, fruits, vegetables, fish, meat and un-processed foods. The Celtic Diet is also a simple, easy and inexpensive way to achieve your health goal.

Food items that you consume everyday will be put to you in a different way. In truth, back to the way it was. Discover these logical yet simple methodologies that will add simplicity to your eating habits while increasing your health and decreasing your waistline. You will see how adding whole grain oats will allow for numerous health benefits, benefits that you will feel virtually instantly.

The Celts were a resilient group, withstanding decades and even centuries of living hard and working hard. When the new world was open to those who were looking for a new life, or a new adventure, the Celts were durable, strong and healthy enough to withstand the treacherous voyage to North America. Here they started fresh lives, bringing with them the seeds and plants that they would need to continue their healthy ways. People that thrived on this diet built the new world.

We are taking the old basics and adding natural new components, where together, we will see the synergy of traditional and contemporary combine to make us healthy again.

The Celtic Diet is traditionally based, contemporarily recreated, scientifically proven, medically accepting, physically welcoming, financially inexpensive, spiritually sound, and historically verified. Let

a large history shape you into a thinner future.

Why we must eat simpler

In 1992, President George W. Bush made an Executive Order that foods that are genetically modified or genetically engineered DO NOT have to be disclosed on any labeling. There is an inter-national organization called the Codex Alimentarius, where countries met to discuss that such labeling be made mandatory. All countries but the United States.

Under this Executive Order, modified foods are not required to undergo any safety testing before entering the market. Suggesting that the FDA has already ensured that any mutated foods grown in the future are pre-approved to be safe.

Today, approximately 80% of all foods have been genetically altered. Unfortunately, we don't know which ones. Some major points were made at this meeting. Some of these sounding like they came out of a Frankenstein movie. In short, these concerns are:

- 1.** that those with personal and religious beliefs towards their foods will be unknowingly consuming the product or food group they wish to avoid. For example, corn that was modified with a gene from pigs would not be wanted by Vegetarians, kosher Jews or Halal Muslims. Also, Jewish and Christian believers of God creating heaven, earth and all living creatures, would want to avoid non-God made foods;
- 2.** unknown future effects, example being that animals fed corn with a spermicide modification were becoming sterile, with the same fear that human males will suffer the same;
- 3.** in Russia, GM soya that were fed to female rats produced stunted pups, with over half dying in three weeks. This experiment was repeated with the same results. The surviving pups were sterile;
- 4.** 1000's of sheep in India died while grazing on bacteria-treated crops;
- 5.** antibodies from a Monsanto company altered corn hybrid flowered,

subsequently injured people from the toxic Bt protein;

6. horses consuming similar modified corn had to be put down after contracting mysterious diseases;

7. that GM soya negatively affected the pancreatic, hepatic liver and testicular cells in mice;

8. damage to every organ in the systems of rats that were fed GM potatoes;

9. chicken fed GM corn were 200% more likely to die prematurely.

There is no proof that these modified plants carry the same nutritional equivalent of naturally grown plants. Therefore the nutrients could be genetically modified as well and be unsafe to eat.

Farm workers that have handled GM produce have broken out in skin conditions, thus showing that consumers need to know about the risks with GM foods. Also, some countries state that inadequate labelling of mutated foods equates to human experimentation without consent, according to the Nuremberg Code.

Fact is, our food is becoming less food-like in the hands of corporations. And these aren't necessarily food companies, these corporations are chemical companies that have devised methods to control the agriculture in the US. Chemical engineers don't belong in our food.

Celtic History

Sometimes a new concept in a healthy eating plan originates from the past. Let's learn a little history about the Celtic Culture.

The People

'Celtic' refers to a number of European people who speak the Celtic Languages, some of which being Irish, Scottish, Gaelic, Manx, Welsh and Cornish. All stemming from the cultures of Ireland, Scotland,

Wales, Cornwall, the Isle of Man and Brittany.

Today, the term 'Celt' or 'Celtic' is used for those that speak one of the Celtic languages **and** their descendants, but has also been used in team sports names such as the Boston Celtics and the Celtic Football Club. Galicia and Asturias, both self governed sections of Spain are sometimes considered a Celtic nation due to their historic traditions and naming practices, yet neither speak any of the Celtic languages. England retains some Celtic influences, but again no Celtic language. France too is associated with the Celts as they share historic roots to the Gauls of western Europe.

At the present time, Celtic culture is visible in many parts of this multicultural world. People with family roots in Europe will have a Celtic connection of some sort. The ancient Celtic culture still thrives in the modern world through art, music, writing and spirituality. It is the early literature in the Welsh and Irish languages that has help preserve the Celtic beliefs that nature, spirituality and the material world synergistically combine.

The Celts are thought to have their beginnings in central Europe, now known as Germany, Austria, Slovakia, the Czech Republic and Hungary. From there, these peoples expanded across the continent, inhabiting a much larger portion of Europe.

There were two main Celtic groups. One being the 'lowland Celts' from the Danube who were skilled in metalwork and considered agriculturally advanced, blending in peacefully with other cultures while they settled and slowly spread westwards. Their religious beliefs included a predominately matriarchal society.