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# Oxygen-Deficient Suggestions

Organic oxygen is found in all foods, but free oxygen is attracted to the body by iron. Therefore, iron foods are of prime importance in attracting oxygen to the body. Foods containing liberal quantities of calcium, potassium, iodine, and fluorine would be used. Red, juicy meats are high in oxygen, and so are iron tonics, nuts and seeds, and liquid chlorophyll. Vegetables and fruits in general, and especially their raw juices, are high-oxygen foods.

Fresh mountain air, clean air, and higher altitudes are the best oxygen 'foods' for the respiratory system. A diet high in protein, carbohydrates, starches, sugars, fats, sulfur and heavy meals in general lowers oxidation in the body and should be used only in moderation if additional oxygen is needed by the body.

Oxygen-carrying foods include:

- Beets
- Blueberries
- Bone Broth
- Carrots (Red)
- Figs
- Fish
- Goat Milk Products (Raw)
- Grapes
- Green Peppers
- Horseradish
- Leeks
- Mustard Greens
- Nuts and Seeds
- Dried Olives
- Onions
- Parsnips
- Raisins
- Sea Vegetation
- Sorrell
- Spinach
- Tomatoes and Juice
- Turtle
- Wild Cherry Juice

## Oxygen Menus

- Chef's salad including sprouts, raw goat cheese, avocado, carrot juice and goat's milk (half and half); celery stuffed with nut butter, and sundried olives.
- Assorted fruits, cheese sticks, nut and fruit juice, figs stuffed with nut or seed butter, and raisins.
- Turtle soup, rare beef, large green salad, steamed beets, steamed sorrel, Comfrey tea, tomato dressing.
- Bone broth, broiled whitefish, steamed parsnips, steamed spinach, leafy green salad with sliced tomatoes and olives, and green vegetable juice (with liquid chlorophyll).