

Nutrition

Proper nutrients offer the environment for healthy cell regeneration. Every year your body literally replaces the vast majority of its cells, essentially creating a new you! Doesn't it make sense that cell replacement should take place under the best of conditions?

Empty calorie foods such as refined, processed products don't supply real value to the biological chain of events that brings yearly physical renewal of your body. Only vital, life-creating nutrients found in whole foods can fuel this continued rebirth. When new cells have the proper ingredients to be healthy, it slows the aging process. In contrast, the aging process accelerates with the intake of poor, denatured foods.

You, of course, are able to get the proper nutrients *if you're willing to change some habits you've developed over many years*. Once you change your habits for the better, you won't have to work any harder than you do now to decide what enters your mouth - and perhaps the mouths of your family members. You'll just be living smarter and getting all the health benefits that come with it, including a slow-down in aging and overall better health and vitality. You will also find that the "pleasures of your palate" have changed.

For example, if you enjoy eating out, whether fine dining or a quick lunch, you'll usually be able to find healthful choices because you'll know "how" to look and what to ask for. Both, fine dining and fast food establishments, now commonly offer healthy alternatives. When these alternatives are not offered, the waiter can usually alter the item of your choice to reduce calories and fat. You might ask for salad dressing on the side. You also can avoid dishes made with cheese or heavy sauces. Such choices are not difficult, but they add up to great advantage. And, let there be no misunderstanding: selecting the right foods is a choice you'll have to make more frequently if you're planning to succeed in your body and health transformation.

And, here's an important point. We know that the nutritional needs of adults differ from those of children. But, what about older adults? Do they have unique nutritional needs as well? Absolutely.

Proper nutrition is crucial to maintain strength, flexibility, immune response, and mental agility as we age.

Life expectancies have increased significantly almost everywhere in the world. In order to reap the benefits of living a longer life, with the ability to cope with the mental and physical challenges that are part of the aging process, older

adults do need to eat differently. In particular, the aging population needs to eat the following:

- An adequate amount of calcium, magnesium, and Vitamin D to promote healthy teeth and bones and avoid fractures and osteoporosis. The best source of nutritional vitamin D is fish, while dark green leafy vegetables are good sources of calcium. The best overall source of vitamin D is sunshine.
- Fruit, vegetables, and whole grains. They provide the fiber you need to maintain a healthy digestive system and regular bowel habits. Constipation is often a problem for older adults. Water and regular exercise also promote regularity. By the way, folks tend to lose their sense of thirst as they age, if they don't pay attention to hydration.
- Protein - especially vital for older adults who experience physical and emotional stress. Protein-rich foods include meat, fish, dried beans, and peas. These foods also help to reduce muscle loss caused by aging.
- Fats from fish, nuts, seeds, olive oil, and coconut oil are actually good for you. Fats to limit or avoid entirely are saturated (except for coconut and palm oils) and trans fats. Cheese, ice cream, dairy products, meats, and shortening contain large amounts of saturated fats. Baked goods are generally loaded with trans fats. However, high-quality coconut oil, though heavy in saturated fat, no longer carries the stigma it once did. It has many health benefits and should also be used for high-temperature frying.

Because older adults are probably not as active as younger adults (though there shouldn't be *that* much difference, if wellness is desired), calorie requirements are not as high. Often the body's metabolism has slowed down considerably, if activity and muscle mass are not maintained. A more sedentary lifestyle and change in metabolism may cause weight gain. If this is the case, selecting foods with a higher nutrient content and avoiding empty calories in fats and sugars helps maintain a healthy weight. Another way to maintain a healthy weight is to maintain muscle mass.

On the other hand, some older adults suffer from malnutrition because they eat unhealthy diets or no longer cook for themselves. This is dangerous because malnutrition weakens the immune system, increasing the risk of infection. It can also contribute to mental confusion. The vast majority of health problems attributed to aging are actually self-induced through poor nutritional and fitness habits, and "dropping out of life" (discontinuing activities because you've been hypnotized into thinking they don't apply to "old" people). Just remember,

regular exercise, whether swimming or brisk walking, can give you more energy and vitality, regardless of your age. Don't drop out of life!

Simple Suggestions

A thorough exploration of proper nutrition is not possible here. My program teaches you the fundamental principles of self-care with information. It has pulled so many of my patients from the brink of despair. But once you know the principles, you are the one who must extend them to embrace your wellness lifestyle. Even your level of self-education will evolve. Nonetheless, these simple guidelines will get you started:

- **Forego Processed Foods** – Minimize or avoid foods that come out of a box, a wrapper, or as a bottled drink other than water (of course, there are exceptions to the box-wrapper-bottle avoidance). Forgo baking goods (cakes, brownies, rolls, biscuits, etc.), cereal (Wheaties, Cap'n Crunch, Raisin Bran), pasta (macaroni and cheese), prepared sweets (cookies, candy bars, cinnamon crackers), sodas, juices, and other sweetened drinks.
- **Perimeter Shop** – The perimeter of the grocery store is filled with both the healthiest and the freshest food. Avoiding the center aisles will save you from unhealthy food and just may save you money.
- **Eat Raw** – Provides higher levels of nutrition, essential digestive enzymes and cofactors, and have less chance of food reactivity. In addition, this helps you eliminate or reduce your consumption of processed foods.
- **More Vegetables** – You need the enzymes in fruits and vegetables.
- **Supplementation** – You may be missing key vitamins and minerals.
- **Less Cooking** – Overcooking can destroy essential nutrients.
- **Eliminate Sugar** – Sugar in all its many forms stresses the body.
- **Eat at Home** – There's nothing as genuine, good as a home-cooked meal.

And here's a big one: **Understand the interests of commercial food manufacturers.**

Your health is *not* at the top of their priority list other than staying out of court. The vast majority of commercial food interests want to keep their costs down and get you to eat as much of their products as possible. Their general approach is simple:

1. Replace natural ingredients by artificial ingredients when the latter are cheaper (which they usually are). By controlling ingredients in this way, it is also possible to make products uniform in taste, color, and consistency to meet expectations.

2. Introduce additives, preservatives, and extra processing steps into food production to reduce spoilage costs (increase shelf life) without obvious health consequences (hidden consequences are okay). But the preservatives that go into processed foods don't preserve you! In fact, you're lucky if they don't hasten your demise!
3. Make foods addictive using whatever legal means possible. This gets people to eat more product. High fructose corn syrup, which blocks hunger satiation signals, is an example.
4. Spend tons of money advertising products and manipulating public opinion.

Most of the foods found in the aisles of your grocery store are processed to increase shelf life. In general, the more vital nutrients a food contains, the more likely it is to spoil quickly. Do most of your shopping around the exterior walls of your grocery store, where you're most likely to find the refrigeration units and foods with shorter shelf lives.

So, What Have I Been Doing Wrong?

Here are six big mistakes:

1. Skipping meals, especially breakfast.
2. Falling for the idea that healthy eating cannot be pleasurable.
3. Yo-yo dieting because you follow "diets" that are not sustainable long term. In addition, they never explain the "why" behind the "how".
4. Failing to understand the motives of the processed-food industry and therefore "shopping by commercial."
5. Failing to find ways to keep up with the latest wellness information, which usually means information that doesn't come through orthodox medical and processed-food channels.
6. Failing to understand that wellness is 95% self care and that you can't assign someone to keep you well.

If you eat or drink too many foods containing fructose additives (e.g., high fructose corn syrup), you are simply asking for trouble. It now appears that fructose additives may be the primary culprit for the obesity and diabetes epidemic we see around us. One of the biggest offenders? Soda, of course, a sugar-laden beverage that causes weight gain and interferes with the absorption of calcium. The sugar-free stuff is even worse.

Fruit juice is too concentrated. Eat the fresh fruit instead.

For those who do enjoy fish as a main protein source, please stay informed of the mercury levels in particular types of fish and also beware of farm raised.

Why Calorie Cutting and Yo-Yo Diets Fail

Cutting calories is the answer to weight loss *only if you're already in good health and follow a diet and exercise program tailored to your physical makeup and stress levels*. For most people with stubborn weight, the very last thing they should be doing is cutting calories because it doesn't work. *It doesn't work*. By the way, did I say IT DOESN'T WORK?

But, you might ask, aren't many people losing weight on modern weight-loss diets?

At the University of California, the world's largest study of weight loss has shown that *diets do not work for the vast majority of dieters and may even put lives at risk*. "You can initially lose 5 to 10 per cent of your weight on any number of diets," says researcher Dr Traci Mann, "But after this honeymoon period, the weight comes back. We found that the majority of people regained all the weight, plus more. Sustained weight loss was found only in a small minority of participants, while complete weight regain was found in the majority."

The UC researchers analyzed the results of more than 30 studies involving thousands of dieters. Although the overview did not name specific weight loss plans, some of the more popular diets in recent years have included the low carbohydrate, high protein Atkins diet, South Beach, LA Weight Loss, Nutrisystems, Weight Watchers, Slim-Fast, Mediterranean, and the GI diet, which is rich in wholegrain carbohydrates. Some of the specific findings:

- While most lose some pounds initially, more than two-thirds pile the pounds straight back on—and quickly. They end up heavier than they did to start with. It's the viscous cycle of going from fat to fatter—losing the same weight over and over and over again, and then gaining more back! Further, the strain placed on the body by repeated weight loss and gain means most people are better off not dieting at all.
- Dr. Mann's research showed that up to two-thirds of dieters put on all the weight they lose—and more—over a four to five-year period. Half of those taking part in one study were more than 11lb heavier five years later, while dieters taking part in another study actually ended up heavier than other volunteers who hadn't tried to lose weight.

- Research has shown repeated, rapid weight gain and loss associated with dieting can double the risk of death from heart disease, including heart attacks, and the risk of premature death in general. Such yo-yo weight loss has also been linked to stroke and diabetes and shown to suppress the immune system, making the body more vulnerable to infection.

People who continually try calorie-cutting diets do so because they don't know any better—or because they are addicted to hope rather than the pursuit of quality information. It's not that they lack intelligence. It's just that they put it on the back burner out of frustration. Most people on the “yo-yo train” are reacting to emotional devastation! Why is that? Because the emotional distress that comes with body distortion and premature aging begs for relief, NOW! What's more, the desire for quick relief simply overwhelms rational thinking about possible long-term damage and failure. Let's face it: for many overweight people, this is a desperate struggle. You may even be one of these strugglers!

For such desperation, *anything* that seems to offer a quick, easy answer to weight loss or other health and fitness problems is a straw worth grasping for. But that's precisely the problem. Everywhere you look, people are offering you only straws to grasp, straws that come with great promises of quick, easy solutions (but their disclaimers about “atypical” results tell the truth). Somehow the promises just don't pan out because straws, no matter what shiny, new packages they are wrapped in, are still straws!

And how about *your* efforts?

If you've finally realized that fad diets and energy-draining exercise programs don't work for you and decided enough is enough, then you need to re-educate yourself with the *shocking scientific facts that have emerged in the last several years*. The missing link to a more youthful appearance—to radically increased levels of energy and a greater quality of life—are now within your grasp.

To experience these tremendous benefits, you must understand how fat is burned and health is created. There's no simple way around this if you have a stubborn weight problem. You must understand the latest facts science has revealed that proves what we've known all along: some folks, no matter how hard they work out or how much they starve themselves, cannot lose weight! The key to solving this heartbreak is to do what it takes to understand how your type of metabolism can be coaxed into burning off unwanted fat and cellulite. As a practical matter, you need to ask yourself what it's worth to you to fit into those slimming jeans you still have hanging in the closet!

Foods That Energize, Nourish, and Burn Fat

If you're stuck, choose **My Fit Foods** or **Cuisine by Sallie**. There simply is no excuse to blame lack of availability for your choices.

By far, your best source of complex carbohydrates comes from fibrous vegetables. You should be getting plenty of them in your diet.

If someone were to ask for a list of the top 10 most nutritious foods, no list would be complete without mentioning the following:

1. **Apples** - Loaded with Vitamin C, fiber and antioxidants, these crunchy snacks might actually help keep the doctor away, by reducing cholesterol and your risk for cancer and heart disease. But remember to eat the skin!
2. **Avocados** - Did someone say guacamole? Also high in antioxidants, they help to reduce cholesterol and your risk for cancer and diabetes.
3. **Beans** - Include many varieties (red beans, pintos, lentils, kidney beans, black) that provide energy, protein and fiber to help regulate blood sugar and reduce your risk of heart disease and cancer. Beans should be soaked prior to cooking.
4. **Blueberries** - A low-calorie fiber and antioxidant source, blueberries may help improve short-term memory and slow down the effects of aging on the brain (i.e., Alzheimer's).
5. **Broccoli** - This highly nutritious vegetable, a relative of spinach, cabbage, cauliflower, brussels sprouts, kale and collard greens, contains vitamin C and beta-carotene. Broccoli may help prevent diabetes, certain cancers and heart disease.
6. **Flaxseeds** - Reduce the risk for heart disease by providing plenty of omega-3 fats.
7. **Pomegranates** - These are receiving a lot of press lately, and little wonder! They contain three times the amount of antioxidants as those found in red wine and green tea. Long-term use of this juice helps to prevent heart disease and reduces the risk of certain cancers and some of the not-so-nice effects of aging (i.e., Alzheimer's).
8. **Salmon** - A major source of omega-3 fats, decreases your risk for developing heart disease, cancer, Alzheimer's, stroke, diabetes, and arthritis and may help with depression.

9. **Sweet Potatoes** - They're loaded with beta-carotene and are great metabolism boosters! They are also a good fiber source, fat-free and low in calories – so they're ideal for dieters!
10. **Walnuts/Almonds** - These nuts are good for you! Loaded with nutrients, antioxidants and omega-3 fats, they help reduce cholesterol and keep you heart-healthy. The protein, fiber and healthy fats they contain may make you feel full, so you might not be as prone to over-indulge in foods that are not so good for you!

Can You Eat Well When Eating Out?

Who doesn't like to dine out? And with so many two-working-parent families and single working parents, it's often easier to pile everyone into the car and hit the nearest restaurant for dinner. Not to mention those who live alone find it difficult to cook for only one. Question is – is it possible to eat well when you eat out?

The answer is yes, if you rule out fast food restaurants - major contributors to weight gain and the growing problem of worldwide obesity, especially among children and teenagers. Eating all the wrong foods can also affect your energy levels, strength, and mental and emotional well-being.

There are usually healthy choices on the menu, so looking for them when you eat out can add variety and spice to your diet.

So, What Can You Do to Make Better Choices When You Are Eating Out?

- Forget the sugar or chemical-laden soft drinks! Go for bottled water or water with lemon instead.
- Order healthy salads as entrees, with the dressing on the side, that you can dip into rather than pour over. You may even take your own dressing.
- Order fish and meats that are baked, grilled or broiled, not fried.
- Pick fruit for dessert instead of a sugar-rich and fat-filled dessert – or order only one and share with the table!
- Avoid selections with mayonnaise and sour cream.
- Don't think you have to "clear your plate" just because it's in front of you – ask to take the leftovers home for another meal. Or two!

- Avoid bread, French fries, onion rings, cream soups, gravies, heavy sauces (Alfredo, hollandaise), and potato chips.
- Steer clear of the all-you-can-eat buffets and specials!
- Make sure you are not starving when you enter the restaurant. Much the same as food shopping on an empty stomach – you are apt to order everything on the menu!

Dining out should be social and enjoyable. Don't let bad menu choices ruin what should be a time to relax and unwind with friends and family. Remember, no one likes that feeling of fullness that accompanies an evening of overindulgence ...or the inevitable results the next day!

No Nos

1. Run! Don't walk from foods and drinks supplemented with high fructose corn syrup (HFCS). More than any other factor, HFCS has added to the obesity and diabetic epidemic we have seen grow over the last 40 years. Soft drinks contain the greatest amount of HFCS. It is also found in candy, ice cream, frozen yogurt, popsicles, fruit bars, ketchup, pasta sauce, soups, and hamburger buns (this list is by no means exhaustive!)
2. HFCS is called by various names other names that hide its presence: fruit sugar, levulose, chicory, inulin, iso glucose, glucose-fructose syrup, and fruit fructose. Manufacturers like to hide the facts because people are starting to catch on and sales are starting to drop. TV commercials are trying to fight back by characterizing it as a safe, "natural" ingredient. Nothing could be farther from the truth.
3. HFCS is not only very cheap for manufacturers to produce, but when ingested it also increases hunger tremendously by *blocking* satiation signals. HFCS is the manufacturers dream come true: It makes people fat and hungry! What more could they ask for?
4. Don't use a microwave oven to heat or reheat foods. Too much evidence of microwave dangers has accumulated not only in leaking radiation and overheating of liquids, but in biological effects of ingesting microwave heated foods and liquids. I can't cover everything here. Start doing some of your own research and toss your microwave in the meantime.
<http://www.mercola.com/article/microwave/hazards.htm>

Remember, self-care is 95% of the wellness lifestyle. This means you must start understanding more about benefits and risks than the orthodox

“health care” community is willing or able to offer you. You must be willing to start challenging all those “authoritarian” voices you have allowed to implant themselves in your head. Some of them should be there, and others not. Don’t give them a free pass. Make them work for their positions!

5. Stay miles away from aspartame, sucralose, and saccharine. They are dangerous chemicals that should be avoided at all costs. These chemical sweeteners are the basis of such common, popular products as Nutri-Sweet®, Equal®, Splenda®, and Sweet’n Low®. We’ve been finding with time that the artificial sweeteners are actually leading to more obesity (through different metabolic channels) than the old-fashioned sweeteners with calories. That’s why wellness advocates must keep up to date with recent findings. The science is moving rapidly. Even table sugar is safer. If you must use a sweetener, safer choices are stevia or limited xylitol.
6. Unfermented, soy-rich foods are *not* healthy for you, even though the highly influential soy industry heavily promotes them as such. Soy protein is high in phytoestrogens, which are *endocrine disruptors*. Not only that, the large-chain molecules are difficult to digest and children have a devil of a time with them (as well as having their endocrine system damaged). Avoid all, unfermented soy products.
7. Don’t use olive oil with high heat. The high temperatures denature olive oil and create harmful free radicals. Use a good quality coconut oil instead.
8. Avoid protein bars and cookies. If you must have a treat, a protein bar would be the better choice; but these foods are mostly junk and they slowly damage your health. Find a protein bar that doesn’t have all the junk.
9. Don’t get too rigid with your diet. For one, you won’t “win friends or influence people” that way. It can carry a social stigma at times. Plus, depriving yourself of some forbidden pleasures now and then will just lead to binging when you finally break down—which usually happens to the best of us.
10. Don’t keep “cheat foods” around the house. Make it necessary to go out to get them. Instead, keep a variety of healthy snacks around such as fruits, and nuts.
11. Don’t allow boredom to set in with your nutritional approach or you may regress to old habits. Healthy, pleasurable eating will normally want to change with time because nothing stays the same. Get interested in what those changes might want to be. Get cookbooks and experiment.

It's Possible to Eat for Pleasure

Eating definitely has a soothing effect on us that temporarily allows us to forget our troubles. This isn't a problem unless we head for the refrigerator every time we have a tough day. Eating should be enjoyable, but not at the expense of your health. So, when you eat, you need to ask yourself the question whether you're eating because you are truly hungry or because you simply yearn for pleasure, perhaps in the company of others.

There is no wrong answer on the face of it. The key is to learn how to make eating a pleasurable experience while also ingesting foods that nourish and heal—foods that actually have life-creating value instead of those with empty calories and no vitality. Moreover, an occasional “luxury” isn't out of the question. I enjoy a slice of gluten free chocolate cake every once in a while. There's room for such enjoyments in my eating lifestyle. The key is to enjoy it infrequently. It is a matter of changing habits.

You'll be happy to know that my nutritional approach allows for “cheat days.” But also keep in mind that with time, good nutritional choices will alter your sense of taste and pleasure. I don't get pleasure from a “sugar buzz” any more, so when I do decide to cheat, I'll look for alternatives that satisfy my desire but don't create so many negative repercussions. But I will say that my cheat desires have dwindled remarkably over time. I haven't had to do battle with them. Nor should you!

When we talk about wellness, we're talking about a sustainable way of life. In truth, very, very few people can stick to a way of eating that isn't pleasurable. That approach simply isn't sustainable for long periods. It just invites failure because you will almost surely fall off the wagon. Chronically sick people will often fall off the wagon when prescribed a “bland,” long-term, diet intended to keep them alive. They simply can't stand living without eating pleasure. They would rather take the chance of dying sooner. Eating pleasure is a very strong emotion!

So, here's a question for you: Can you accept disagreeable or barely tolerable eating for the rest of your life in the name of nutrition? I don't recommend you try. Don't put yourself in such a position. Instead, use your creative imagination and the information I provide to establish a foundation that supports both pleasure *and* nutrition. It will require habit changes for sure, but you can make it work. If you're interested in wellness, you will make it work. It's not hard. It's just different.

You may need to bump up your level of nutritional knowledge. I offer you some good support for this in *Reclaim 24*. But if you have decided to live a wellness

lifestyle, this will become an ongoing interest for you. Knowledge of nutrition keeps expanding. Expand with it (in knowledge only).

You will want to start *consciously* selecting nutrient-rich, higher-quality foods for your meals. And you should experiment with the pleasure principle as you do. For example, just the choice of spices can make a world of difference in your enjoyment of a meal.

You already know that spices can add some incredible taste sensations to your food – but did you also know that many spices have significant health benefits? In fact, many herbs and spices have been used for natural healing for thousands of years, and are still used today in place of medications that may cause unwanted or adverse side effects. And...they are fat-free and extremely low in calories!

Some herbs and spices better known for their healthy properties include:

- **Cinnamon** – Helps stop the growth of bacteria and fungi in the body and may help to increase brain function. It also reduces blood sugar levels in diabetics and helps to lower cholesterol. As for antioxidants that help fight disease, cinnamon ranks at the top as an antioxidant source.
- **Parsley** – Known for its cancer-fighting properties, parsley is also rich in antioxidants and heart healthy vitamin C and beta-carotene.
- **Ginger** – Great for digestive health, ginger is used to calm motion sickness and stomach upsets associated with pregnancy. Ginger is another spice with antioxidant properties.
- **Turmeric** – The spice that gives the yellow color to mustard, turmeric is also loaded with antioxidants and it may help to guard against cancer and the inflammation that contributes to joint problems and Alzheimer's.
- **Oregano** – Armed with powerful antibacterial compounds, oregano helps fight infection and, when eaten fresh, has more antioxidant properties, per gram, than apples, blueberries, oranges, and potatoes!

Many spices have been around for centuries, and were used for all types of medicinal purposes long before the first pharmacy ever appeared on the scene. Maybe our ancient ancestors were wiser than we give them credit for!

Over time, you will revise your habits (along with the types of foods you bring home with you) and not have to place so much conscious attention on what you are doing. But make no mistake about it: you can't change habits for the better without conscious attention. Remember, wellness is 95% self care.

Why Rigid Programs Lead to Failure

Food plays a role in many aspects of your life from celebration to sorrow. The last thing you want is a long term rigid list of rules about what to eat. Good nutrition is more than just rules. No matter the basis of your personal food decisions, finding a balance and peace with food is key to a lifetime of health and well-being.

Information-based decisions are the most important aspects of a healthy diet. It involves making choices that allow flexibility and doesn't just follow rigid dietary rules. In fact, strict dietary rules often lead to failure in the long run—and *it's the long run that you must always be thinking about with your dietary regimen*. If you can't see yourself on a program for the rest of your life, you are looking at the wrong program. Yes, the program must evolve as new information becomes available to you, but you are moving from a life-long program that works for you to a life-long program that works even better. My information-based program gives you plenty of flexibility in your long term choices.

Here are some flexibility guidelines. You will be able to add to them out of your own experience and self-education.

- In order to have health like no one else, you have to live like no one else.
- Consider the “big nutritional picture.” Evaluate success over time from many perspectives.
- Always return to your core. If you have a cheat, don't let that become the new norm. Don't allow compromises to add up in your fridge or pantry – ALWAYS return to your core.
- Open your mind to healthy foods such as fruits, vegetables, lean meats, and healthy fats.
- Set small, achievable goals.
- Implement changes that you can live with for the long run.
- Consider your individual needs.
- When your plan doesn't work, don't give up...make adjustments.

Why Buy Organic?

Produce:

Grown without synthetic fertilizers

Grown without irradiation

Is not genetically engineered or modified

Grown without chemical pesticides

Grown in high quality soil

Grown using natural pest and weed control

Better for the environment

Contain more vitamins, antioxidants, and phytonutrients according to recent studies

Meat and dairy: Best (Grass fed/Pastured)

Must be raised under specific animal welfare guidelines

Cannot be given antibiotics or growth hormones even when sick

Must be provided with access to the outdoors

Must be fed with 100 percent organic feed

Can not be fed animal byproducts or genetically modified or "GMO" crops

Must be fed feed produced on land that has been free from the use of toxic and persistent chemical pesticides and fertilizers for a minimum of three years

Humane way to raise animals

Better for the environment

Eggs: (Free Range/Pastured)

Must come from farms that meet the USDA's national organic standards and are routinely inspected for compliance.

Hens must be fed organic feed.

Hens may not receive any antibiotics or hormones

Must be allowed access to the outdoors and considered in a cage-free environment

Humane way to raise animals

Organic labels:

Farms must undergo USDA inspection and certification to bear the organic seal.

Handlers and processors that work with the food before it reaches the market must be government certified as well.

Meat marketed as "organic" must be 100 percent organic.

Multi-ingredient products marketed with the USDA organic seal must contain 95 percent or more certified organic content.

Detoxifying Fruits, Vegetable, and Proteins Groups to Include Daily

Liver-loving cruciferous:

These tasty veggies are known to contain powerful phyto-chemicals that protect against cancer and neutralize chemicals and drugs. They also are rich in vitamins A and C along with folic acid and fiber. But, most important to you, cruciferous veggies stimulate liver detoxification and help toxic substances be converted to a form that can be passed out through your urine. Go for at least one good-sized serving of cruciferous veggies each day.

- Cabbage
- Cauliflower
- Broccoli
- Bok Choy
- Brussels sprouts
- Broccoli sprouts
- Kale
- Collard Greens
- Turnip Greens
- Mustard Greens
- Arugula
- Watercress

Leafy green vegetables and herbs:

Try to incorporate leafy greens into both your lunch and dinner if possible. Leafy greens are packed with nutrients that cleanse you, sustain you, and repair you. Leafy greens are some of the healthiest foods on earth and are essential to a cleansing diet, as they provide vitamins, antioxidants, and roughage that help sweep your colon. They support your liver and help alkalize your body. So bring on the...

- Parsley
- Kale
- Spinach
- Watercress
- Chard
- Cilantro
- Beet greens
- Collards
- Escarole
- Dandelion or mustard greens

Sulfur-rich foods:

Sulfur is a key component needed by your liver in order for it to eliminate toxins. Sulfur is also needed for your body to make glutathione – the mother of all antioxidants. Try to incorporate one of these foods into your daily menu.

- Garlic
- Onions
- Eggs

Liver-healing vegetables:

This group of veggies contains various nutrients and powerful antioxidants that help your liver cleanse and heal. Try to eat at least one of these delicious foods each day: beets, artichokes, asparagus, and celery. Dandelion root tea, from Traditional Medicinals, is also wonderful for your liver. It can have powerful effects, so experiment with just a little before having a full cup.

- Artichoke
- Asparagus
- Beets
- Celery
- Dandelion root tea

Citrus fruits:

Citrus fruits are important for your whole body to detox, as they cleanse your liver and kidney of toxins. Even though they are quite acidic by nature, the citrus fruits have an alkalizing effect on your body. When you drink your morning lemon water, make sure it doesn't swish through your teeth to protect your enamel from the acid. Squeeze ½ of one of these fruits into **warm** water and drink it upon rising each morning.

- Lemon
- Lime
- Orange
- Grapefruit

Colon-caring foods:

If you don't visit the bathroom often, we definitely want to change that! Not only do you want to cleanse and heal your digestive system, but you also don't want any of those toxins that are released in this process to be reabsorbed by your body. You want to rid your body of wastes and toxins to effectively cleanse. Good colon-caring choices for your fruit in the morning are apples, pears, berries, and figs. Eating raw carrots with lunch and dinner is another excellent way to get more colon caring food in your diet. And, lastly, increase the number of times you add the ground flax seed to your cranwater for another fiber boost.

- Carrots
- Beets
- Apples
- Pears
- Berries
- Figs
- Ground flax seed

Healthy fats:

You need a little healthy fat with every meal because, without it, you are unable to absorb the vitamins, minerals, and nutrients in your food. Healthy fat also lubricates your digestive tract and allows for healthy absorption and movement. Healthy oils are composed of two kinds of fats: saturated and unsaturated.

Saturated fat is not all bad. Saturated fat that comes from plant sources like coconut oil claim many health benefits such as being antimicrobial, antifungal, and antibacterial.

Within the unsaturated category, there are mono and polyunsaturated. Monounsaturated fats like those in olive oil and avocados have an anti-inflammatory effect on your body. Use olive oil and add avocados to your salads and salad dressings for an extra boost.

One category of polyunsaturated fats is the essential fatty acids, of which we pay close attention to the omega 6 and omega 3 fatty acid ratios. Too much of omega 6 promotes inflammation, while omega 3 has an anti-inflammatory effect. Strive to have a 1:1 ratio of omega 6 to omega 3 fatty acids by including salmon and seafood as your protein choice, using flax and hemp oils on your salads, adding ground flax seeds to one drink each day, and eating lots of leafy green vegetables daily.

- Olive oil
- Hemp oil
- Flax oil
- Coconut oil
- Better butter: 1:1 ratio of organic butter and olive oil (see recipes)
- Salmon and other fish

Clean, healthy protein:

Protein is important for the liver and you need protein to feed your muscles, give you energy, and help with many vital body functions. Healthy protein choices that help with detoxification are chicken, turkey, and fish. Vegetarians may choose sea organisms like blue-green algae and spirulina for the same benefits. Try to limit red meat to 2 times per week.

When choosing healthy animal protein, always go organic. Choose animals that have been raised in their natural environment, grass fed, and not given hormones or antibiotics. Choose “wild” seafood. Include one of these protein sources with each meal.

- Grass fed beef
- Bison
- Pastured pork
- Chicken
- Turkey
- Fish
- Blue-green algae
- Spirulina
- Eggs
- Nuts and seeds

Beneficial Bacteria:

Friendly bacteria help you digest and absorb your food optimally, so your body can use the nutrients to detoxify, repair, and heal. You commonly hear that you are what you eat, but in actuality, you are what you absorb of the food you eat.

Good bacteria helps your body synthesize vitamins, produce enzymes, break down toxins, digest fiber, and transport nutrients. And because your intestinal tract is your first line of defense against bad bacteria, viruses, and other pathogens, these good bacteria also create a protective environment and boost your immune system. Fermented foods are a great source of friendly bacteria.

Seasonal Fruits and Vegetables

<u>Spring</u>	<u>Summer</u>	<u>Autumn</u>	<u>Winter</u>
Asparagus	Zucchini	Broccoli	Arugula
Red chard	New potatoes	Cabbage	Asparagus
Beets	Carrots	Pumpkin	Bell peppers
Leeks	Onions	Celery	Bok Choy
Broccoli	Beets	Spinach	Brussels sprouts
Collard greens	Beet greens	Cauliflower	Celery
Artichoke	Yellow squash	Onion	Chives
Bell peppers	Bell peppers	Zucchini	Cilantro
Bok Choy	Eggplant	Carrots	Cucumbers
Brussels Sprouts	Artichokes	Chard	Daikon
Cabbage	Asparagus	Artichokes	Dandelion greens
Cauliflower	Arugula	Arugula	Eggplant
Celery	Bok Choy	Asparagus	Endive
Chives	Broccoli	Bell peppers	Escarole
Cucumber	Brussels sprouts	Bok Choy	Hearts of palm
Daikon	Cabbage	Brussels sprouts	Jicama
Dandelion greens	Cauliflower	Celery	Kohlrabi
Eggplant	Celery	Chives	Romaine lettuce
Endive	Chives	Collard greens	Radicchio
Escarole	Cilantro	Cucumbers	Radishes
Hearts of palm	Collard greens	Daikon	Shallots
Jicama	Cucumbers	Dandelion greens	Spaghetti squash
Kale	Daikon	Eggplant	Sprouts
Kohlrabi	Dandelion greens	Endive	Tomatoes
Romaine lettuce	Eggplant	Escarole	Yellow squash
Mustard greens	Endive	Hearts of palm	Zucchini
Okra	Escarole	Jicama	Broccoli
Onions	Hearts of palm	Kale	Cabbage
Parsley	Jalapenos	Kohlrabi	Potato
Radicchio	Jicama	Leeks	Kale
Radishes	Kale	Romaine lettuce	Spinach
Shallots	Kohlrabi	Mustard greens	Chard
Spaghetti squash	Leeks	Okra	Butternut squash
Spinach	Romaine lettuce	Radicchio	Onion
Sprouts	Mustard greens	Radishes	Cauliflower
Tomatoes	Okra	Shallots	Collard greens
Watercress	Parsley	Spaghetti squash	Artichoke
			Sweet potato or yam
Yellow squash	Radicchio	Sprouts	Carrots
Zucchini	Radishes	Tomatoes	
Sweet potato or yam	Shallots	Watercress	Pumpkin
Carrots	Spaghetti squash	Yellow squash	Parsnips
Butternut squash	Spinach	Sweet potato or yam	Turnips
Parsnips	Sprouts	Butternut squash	Rutabagas
Turnips	Tomatoes	Parsnips	
Rutabagas	Watercress	Turnips	
Pumpkin		Beets	

Recipes

Preparing Warm Citrus Water

Warm ½ cup of filtered water in a tea kettle, pour it in a mug, and add the juice of ½ a lemon, lime, orange or grapefruit.

Preparing Quinoa

Quinoa has a bitter coating called saponin, which needs to be removed through rinsing before it is cooked. Soaking all quinoa also makes it as easy to digest as possible.

Make a large batch at the beginning of the week to have on hand for breakfast. Follow these simple steps to prepare your quinoa:

Measure 2 cups quinoa, and rinse with filtered water.

Soak quinoa for 6-8 hours in a glass container with enough water to cover the grains.

Drain the quinoa and discard the soaking water.

Add the quinoa and 4 cups filtered water to a pot with a lid.

Bring to a boil.

Simmer on low for 15 minutes until all the water is absorbed.

Fluff with a fork and serve or let cool and store in a glass container in the refrigerator for up to a week.

Makes 6-8 servings.

For each serving, add "better butter" or olive oil and a variety of herbs and spices of your choice.

Preparing Buckwheat

Lightly toast Buckwheat groats

Simply add small batches of the buckwheat groats to a large skillet and cook over medium-high heat. Do not add oil or fat.

Stir the groats constantly for 4 to 5 minutes. The time can be reduced or lengthen depending on how much of a toasted flavor is desired.

Now, the buckwheat groats are ready to be cooked with hot liquid cooking techniques.

1 cup of hulled buckwheat, preferably organic

3 cups of water

pinch of salt

1 T of butter

Flavorings - i.e. shredded coconut, crushed walnuts or almonds, fresh cut-up fruit, honey, maple syrup etc.

Bring water to boil in 2-quart pot.
Add salt and buckwheat.
Lower the heat and stir frequently to prevent the buckwheat sticking to the bottom.
Simmer for about 15–20 min or until water has been absorbed. Buckwheat groats should be tender but not mushy.
Stir in butter if desired.
Scoop into bowls, top with your choice of flavorings.

Preparing Better Butter

Soften 1 cup organic butter to room temperature. Mix 1 cup organic extra virgin olive oil with 1 cup softened organic butter. Store in a sealed container in the refrigerator. Makes 32 servings.

Preparing Cranwater

Add one to two tablespoons Knudsen's Just Cranberry to a glass of filtered water and sweeten with stevia, if needed.

Preparing Optional Flax Drink

Mix 1 - 2 teaspoons of finely ground flaxseeds into 1 cup of cranwater and drink quickly.

Preparing Optional Flax Crackers

2 cups finely ground flax seeds

1 teaspoon sea salt

5 tablespoons dried herbs and spices (I like Bragg Organic Sprinkle)

1 3/4 cups purified water

Combine all of the ingredients in a food processor and blend until a dough forms.

Smooth out (cracker thinness) onto parchment paper and work or cut into squares.

Place in a dehydrator. Don't have a dehydrator? Then place on a baking sheet.

Let dry for approximately 6-8 hours in the dehydrator. If baking, place baking sheet in an oven preheated to 170 degrees and bake for 2 hours.

If dry to the touch, remove from the parchment paper and place directly on the dehydrator trays for quicker drying time and continue to dry for another 6-8 hours. Check periodically for preferred crispness. If baking in the oven, flip crackers, reduce oven to 150 degrees and continue baking for 8 hour

Soaking

Before the advent of factory farming, grain was partially germinated (sprouted). This resulted from being sheaved and stacked in fields, which stood for several more weeks before threshing. During this period, the grain seeds were exposed to rain and dew which soaked into the sheaves. The grain could pick up this moisture and, with heat from the sun, conditions were ideal for favoring a degree of germination and enzyme multiplication in the grain.

The process of sprouting not only produces vitamin C; it changes the composition of the grain in numerous ways that make it more beneficial as a food. For example, sprouting increases the content of such vitamins as vitamin B, B2, B5 and B6. Carotene, which is converted to vitamin A, increases dramatically - sometimes eight-fold.

Even more important in today's climate of indigestion, is that phytic acid, which is a known mineral blocker, is broken down in the sprouting process. Phytic acid is present in the bran of all grains, the coating of nuts and seeds and inhibits the absorption of calcium, magnesium, iron, copper and zinc.

These inhibitors can neutralize our own digestive enzymes, **resulting in the digestive disorders experienced by many people who eat unsprouted grains.** There are many scientific indicators linking grain consumption to rheumatic and arthritic conditions as well. Complex sugars responsible for intestinal gas are broken down during sprouting and a portion of the starch in grain is transformed into sugar. Sprouting also inactivates aflatoxins, which are toxins produced by fungus and are potent carcinogens found in grains.

By purchasing your own organic whole grains, beans, nuts, and seeds and sprouting them before making your own breads or cereals, you can save yourself from the unwanted effects of phytic acid; you can also buy sprouted breads in many health food stores.

Phytic Acid -- The Hidden Problem

Phytic acid is also present in the coatings of seeds and nuts. As I am sure you are aware, many health and nutrition experts advocate the consumption of nuts and seeds and they are prevalent in many health food bars. Unfortunately, eating nuts and seeds without soaking them for at least 8-12 hours to break down the phytic acid can produce the same enzyme blocking and mineral blocking effects eating un-sprouted grains

can, **which is one of the reasons many of my clients find great relief when removing grains from their diet, particularly those containing gluten.**

1. If you plan to eat any grains at all, restrict yourself to organic, unprocessed corn, rice, buckwheat or millet, rotating them on a four-day cycle. Only eat them after they have been presoaked for at least 12 hours to break down the phytic acid.
2. If you enjoy grain-based breakfast cereals, purchase only whole organic grains, soak or sprout and make your own breakfast cereals. There are a few companies that make reasonable boxed breakfast cereals, although my suggestion is to stay away from any processed, cooked grain products whatsoever!
3. If you enjoy bread, buy only sprouted whole-grain breads that contain no additives or preservatives. Use the above cereal guidelines to choose your breads and determine if you are gluten intolerant.
4. Avoid any conventionally prepared pasta. Purchase only organic rice pasta or gluten-free pasta if you are gluten-intolerant. Pasta is considered to be one of the foods most heavily laden with pesticide residues!
5. Apply the soaking principle to all beans, seeds, and nuts. Pour the water off the nuts and replace it each day. Keep refrigerated while storing once soaked.
6. Soak all beans (legumes) overnight in very warm water to reduce their phytic acid. 140 ° Fahrenheit is the optimal temperature for a minimum of 3 hours.

How to bring out the hidden health benefits of garlic

Why chopping garlic is important:

The latest scientific research tells us that slicing, chopping, mincing, or pressing garlic before cooking will enhance its health-promoting benefits. A sulfur-based compound called alliin and an enzyme called alliinase are separated in the garlic's cell structure when it is whole. Cutting garlic ruptures the cells and releases these elements, allowing them to come in contact and form a powerful new compound called allicin, which not only adds to the number of garlic's health-promoting benefits but is also the culprit behind its pungent aroma and gives garlic its bite.

By chopping garlic more finely, more allicin may be produced. Pressing garlic or mincing it into a smooth paste will give you the strongest flavor and may also result in an increased amount of allicin. So, the next time you chop, mince, or press your garlic, you will know that the more pungent the smell, the better it probably is for your health.

Why you should let garlic sit for 5-10 minutes:

To get the most health benefits from garlic, let it sit for a minimum of 5 minutes, optimally 10 minutes, after cutting and before eating or cooking. Waiting 5-10 minutes allows the health-promoting allicin to form. If you do not let it sit, allicin is never formed, so it is worth the wait.

How cooking affects the nutrients in garlic:

Heating garlic without letting it sit has been found to deactivate the enzyme that is responsible for the formation of allicin. However, if you have allowed your garlic to sit for 5-10 minutes, you can cook it on low or medium heat for a short period of time (up to 15 minutes) without destroying the allicin. This is because letting it sit not only ensures the maximum synthesis of the allicin, but also makes it more stable and resistant to the heat of cooking.

Research on garlic reinforces the validity of this practice. When crushed garlic was heated, its ability to inhibit cancer development in animals was blocked; yet, when the researchers allowed the crushed garlic to sit for 10 minutes before heating, its anticancer activity was preserved.

Cooking for:

5-15 minutes: minimal loss of nutrients

15-30 minutes: moderate loss of nutrients

45+ minutes: substantial loss of nutrients

Taken from: *The World's Healthiest Foods* by George Mateljan

Healthy Cooking Methods

Healthy Sauté:

Healthy Sauté will concentrate both the flavor and nutrition of your vegetables and has the benefits of three methods:

1. It is a sauté – uses broth in place of heated oils
2. Like a stir fry – brings out the robust flavor of foods but cooks them at a lower temperature
3. Like steaming – there is enough moisture to soften the cellulose and hemicelluloses, which aids digestibility

How to —Healthy Sauté

1. Heat broth in a stainless steel skillet
2. When broth begins to steam, add vegetables
3. Cover if necessary and sauté

Healthy Steaming

Healthy Steaming is one of the best cooking methods for retaining flavor and nutrients in food. Foods simply steamed and flavored with fresh herbs, lemon, and olive oil can be very satisfying and delicious.

Steaming for the minimal amount of time produces vegetables cooked *al dente*, crisp inside and tender outside, and is an ideal way to maximize their nutrients.

How to

1. Fill bottom of steamer with 2 inches of water (so you don't burn the pot) and bring to a rapid boil
2. Turn the heat to a moderate temperature
3. Add vegetables to steamer
4. Cover steamer
5. Steam vegetables for the recommended time

Quick Boil

Very short cooking at 212°F in boiling water produces relatively little nutrient loss, one boiling goes on for anything more than a few minutes, the nutrient loss becomes significant.

How to —Quick Boil

1. Fill a 3 quart pot $\frac{3}{4}$ full with water and bring to boil
2. Add vegetables, **but do not cover**
3. Begin cooking time as soon as you drop vegetables into the water.
4. Strain and serve

Guide to the healthiest way of Cooking Vegetables

	Healthy Sauté	Healthy Steaming	Quick Boil	Preparation
Asparagus	5 min			Cut off ruff stems
Avocados				Slice or cube
Beets		15 min		Quarter
Beet greens			2 min	Chop 1" thick
Bell Pepper	7 min			Slice
Bok Choy	4 min			Slice 1" thick
Broccoli		5 min		Cut florets in quarters
Brussels Sprouts		5 min		Cut in quarters
Carrots		5 min		Slice ¼" thick
Cabbage: Red	5 min			Chop ¼" thick
Cabbage: Green		5 min		Chop ¼" thick
Cauliflower	5 min			Cut florets into quarters
Celery	5 min			Cut
Collard Greens		5 min		Chop ½" thick
Crimini Mushrooms	7 min			Cut into quarters
Cucumbers				Slice
Eggplant	7 min			Cut into ½" slices
Fennel	5 min			Slice thin
Garden Peas	3 min			Shell
Garlic	1 min			Chop
Green Beans		5 min		Cut off ends
Kale		5 min		Chop ½" thick
Leeks	7 min			Slice thin
Mustard Greens	3 min			Chop ¼" thick
Onions	7 min			Chop or slice thin
Potatoes		10min		Cut into 1" cubes
Shitake Mushrooms	7 min			Slice and cut stems off
Spinach		1 min		Cut off roots and cook
Squash, Summer	3 min			Slice ¼" thick
Squash, Winter		7 min		Cut into 1" cubes
Sweet Potatoes		10 min		Cut into 1" cubes
Swiss Chard			3 min	Slice into 1" pieces
Tomatoes	5 min			Chopped for sauté

Note: You can cook more than one vegetable at a time:

—Healthy Sauté for 3 minutes: Green peas, summer squash, and tomato

—Healthy Sauté for 4 minutes: Bok Choy

—Healthy Sauté for 5 minutes: Cauliflower, red cabbage, and asparagus

—Healthy Steam for 5 minutes: Broccoli, kale, collard greens, Brussels sprouts, and carrots

—Healthy Steam for 7 minutes: Bell pepper, onions, leeks, and mushrooms

—Healthy Steam for 10 minutes: Potatoes, sweet potatoes, and winter squash

All vegetables can be served with **Mediterranean Dressing**:

- 3 Tablespoons of organic extra virgin olive oil (cold pressed)
- 2 Teaspoons lemon juice
- 1 medium clove garlic
- Celtic sea salt and pepper to taste

Recipes: Salads

Chopped Asian Salad with Sesame Vinaigrette

Serves: 4

Ingredients

- 1 Tbsp(s) organic tamari (gluten free soy sauce)
- 1 Tbsp(s) organic rice wine vinegar
- 1 medium cucumber, peeled, seeded and chopped
- 4 cup(s) organic baby bok choy, chopped
- 1 medium organic red bell pepper, julienned
- 1 Tbsp(s) organic grated ginger
- 8 spear(s), small organic asparagus, blanched, halved
- 1 tsp(s) organic toasted sesame oil
- 1 medium organic carrot, julienned
- 2 Tbsp(s) fresh organic cilantro, chopped
- 1 medium organic spring onion, sliced thin on the bias
- 1 Tbsp(s) organic lemon juice

Directions

In a non-reactive bowl, combine the bok choy, red pepper, asparagus, cucumber, carrots, scallions and cilantro. Whisk the rice wine vinegar, tamari and ginger, lemon juice and sesame oil in a small bowl. Pour the dressing over the vegetables, tossing to coat. Serve.

Crucifer "Cleanse"

Serves: 2

Ingredients

- 8 whole organic Brussels sprouts, finely sliced
- 1 Tbsp(s) raw organic extra virgin coconut oil
- 1 cup(s), chopped organic red cabbage
- 1 cup(s) organic broccoli, finely chopped
- 4 Tbsp(s) fresh organic lemon juice

Directions

Mix lemon juice and coconut oil in a small bowl. Combine sliced Brussels sprouts with chopped red cabbage. Place on serving dishes. Top with finely chopped broccoli. Drizzle with lemon/coconut oil. Sprinkle with mineral-rich Celtic sea salt, if desired.

Chopped Mediterranean Salad

Serves: 4

Ingredients

2 medium organic scallions, chopped
1 medium organic green pepper, seeded and chopped
2 Tbsp(s) fresh mint, chopped
1 Tbsp(s) fresh lemon juice
1 cup(s) canned organic chickpeas, drained, chopped
2 medium organic tomatoes, seeded and chopped
1 ½ Tbsp(s) fresh, flat leaf parsley, chopped
1 medium cucumber, peeled, seeded and chopped
8 ounce organic spinach, chopped

Directions

Add spinach, tomatoes, chickpeas, pepper, cucumber, scallions, mint and parsley to a nonreactive bowl. Drizzle with salad dressing, stir well to combine.

Crisp Asian Salad

Serves: 4

Ingredients

1 cup(s) fresh organic snow pea pods
1/2 cup(s) fresh organic green beans
1 medium organic carrot, halved and cut in 3-inch by ¼-inch
1 ounce(s) organic water chestnuts, canned
1/4 cup(s) chopped organic chives
2 cup(s) fresh organic bok choy white part only, chopped
1 Tbsp(s) organic soy sauce (tamari)
2 Tbsp(s) organic rice wine vinegar
1 Tbsp(s) organic lemon juice
1 tsp(s) organic toasted sesame oil
1/2 tsp(s) organic olive oil

Preparation

Bring a medium-sized pot of water to a boil. Fill a large bowl with cold water and ice cubes. Blanch the pea pods for 30 seconds. Use a slotted spoon to transfer them to the ice water. Add the beans to the pot and cook 2 minutes. Transfer them to the ice water. Blanch the carrot pieces 3 minutes and then add them to the ice water. Drain the vegetables well, and place them in a bowl. Add the bok choy, water chestnuts, and chives to the other vegetables. Whisk the vinegar, soy sauce, and lemon juice into the sesame and olive oils. Pour this dressing over the vegetables, tossing to coat them. Serve immediately.

Asian Rotisserie Chicken Salad

Serves: 4

Ingredients

2.5 pound(s) rotisserie chicken, meat only
1/4 head(s), medium organic red cabbage, cored and thinly sliced
1 head(s) organic romaine lettuce, torn into bite-size piece
1/2 tsp(s) freshly ground pepper
1 medium organic scallions, thinly sliced
1/4 cup(s) fresh organic lime juice (from 2 limes)
1 tsp(s) red bell pepper, thinly sliced
2 cup(s) fresh cilantro leaves and soft stems
1/8 tsp(s) Celtic sea salt
1/4 cup(s) organic olive oil

Directions

Make dressing: In a blender, combine cilantro, lime juice, and oil; season with salt and pepper. Blend until smooth. In a large bowl, combine chicken, cabbage, bell pepper, and scallions; season with salt and pepper. In another large bowl, toss lettuce with 1/2 cup dressing. Divide among four bowls, and top with chicken mixture. Drizzle all with remaining dressing.

Soups & Stews

Bean and Veggie Soup

Fresh veggies prepared simply in celebration of their essential flavors

Serves: 4

Ingredients

- 1 tsp(s) dry thyme
- 2 cup(s), chopped organic broccoli
- 1 1/2 cup(s) slices organic carrots
- 1 Tbsp(s) coconut oil
- 1 cup(s) chopped yellow onion
- 1 cup(s) chopped red bell pepper
- 2 clove(s) garlic, crushed
- 4 cup(s) organic, low sodium chicken broth
- 2 whole bay leaves
- 1 1/2 cup(s) organic chick peas, canned
- 2 Tbsp(s) parsley, chopped
- 2 tsp(s) freshly ground black pepper

Directions

In a soup pot, heat oil over medium heat. Add onion and cook until translucent. Add red bell pepper, garlic, broth, bay leaves, parsley, black pepper and thyme. Stir well. Add broccoli, carrots, and garbanzo beans. Simmer over medium heat for 20 minutes, so that vegetables are crisp tender and beans are firm.

Slow Cooker Butternut Squash Soup

Serves: 8

Ingredients

- 2 cup(s) organic leeks, sliced
- 4 cup(s) organic chicken broth
- 1 cup(s) spring water
- 1/2 tsp(s) Celtic sea salt
- 1/4 tsp(s) red pepper flakes
- 1 medium organic butternut squash, peeled, seeded and diced
- 2 small organic apples, peeled, cored and diced

Directions

Add all ingredients to slow cooker. Cover; cook on Low for 6-6 1/2 hours or 3-4 on High. Puree soup in food processor. Cook on High for an additional 30 min.

Hearty Chicken Stew

Serves: 4

Ingredients

3 -8oz. breast(s) organic chicken
4 Tbsp(s) spring water
1 clove(s) organic garlic, minced
1/2 medium organic onion, chopped
3/4 tsp(s) Celtic sea salt
1 1/2 medium organic tomatoes, chopped
1/2 tsp(s) fresh parsley, chopped
1/2 cups(s) organic celery, finely chopped
1 medium organic carrots, chopped
1/4 tsp(s) freshly ground black pepper
1 whole bay leaves

Directions:

Remove the skin from the chicken and any extra fat. In a large skillet, combine chicken, water, garlic, onion, salt, pepper, tomatoes, and parsley. Tightly cover and cook over low heat for 25 minutes. Add celery, carrots, and bay leaves. Continue to cook for 15 more minutes or until chicken and vegetables are tender. Remove bay leaves before serving.

Slow Cooker White Chicken Chili

Serves: 8

Ingredients

2 16-oz can(s) organic white beans, drained
1/2 tsp(s) ground cumin
1/2 tsp(s) Celtic sea salt
4 medium organic red peppers, chopped
4 -8oz. breast(s) organic cooked chicken, cubed
6 clove(s) organic garlic, minced
1 tsp(s) oregano
2 medium organic onions, chopped
3 cup(s) organic chicken broth

Directions

Combine all ingredients in slow cooker. Cover; cook on Low 8-10 hours or High 4-5 hours.

Minestrone

Serves: 8

Ingredients

4 cup(s) spring water
1 tsp(s) organic oregano, dried
2 tsp(s) organic basil, dried
1 16-oz can(s) organic kidney beans
1 16-oz can(s) organic cannellini beans
1 cup(s) organic peas (canned or fresh)
4 clove(s) organic garlic, sliced
1 medium organic onion, diced
1 28-oz can(s) organic whole tomatoes
2 medium organic carrots, sliced
1 cup(s), chopped organic broccoli

Directions

Put the water in a large pot and bring to a boil. Add half the garlic cloves and half the diced onion. Simmer 15 minutes. Crush up the canned tomatoes and add along with the carrots, broccoli, remaining onion and garlic, basil and oregano. Simmer over medium-low heat for 20 minutes. Add the kidney beans, cannellini beans, and peas. Serve.

Thirty Minute Chili

Serves: 8

Ingredients

1 28-oz can(s) organic diced tomatoes with peppers, onions
32 ounce(s) organic, grass-fed lean ground beef
1/2 cup(s) chopped organic onion
1 16-oz can(s) organic kidney beans, drained and rinsed
1 16-oz can(s) organic black beans, drained and rinsed
1 Tbsp(s) organic Chili seasoning (try Simply Organic)
1 cup(s) spring water
1 16-oz can(s) organic tomato sauce

Directions

Brown beef in a Dutch oven or deep pot over medium-high heat, stirring often, 4 to 5 minutes or until beef crumbles and is no longer pink; drain well. Return beef to Dutch oven; sprinkle evenly with seasoning mix, add onion and sauté 1 minute over medium-high heat. Stir in diced tomatoes and remaining ingredients; bring to a boil over medium-high heat, stirring occasionally. Cover; reduce heat to low, and simmer, stirring occasionally, 15 minutes.

Vegetable Side Dishes

Garlicky Greens

Serves: 4

Ingredients

1 cup(s) organic, low sodium chicken broth
1 Tbsp(s) organic extra virgin olive oil
1/4 tsp(s) fresh ground black pepper (to taste)
3/4 cup(s) sliced leek, white part only
1/2 cup(s) chopped organic scallions
1 Tbsp(s) minced organic garlic
3 cup(s) chopped organic kale
1 cup(s) chopped organic broccoli rabe
3 cup(s), chopped organic collard greens

Directions

Heat 1 tablespoon organic chicken broth in a large, heavy skillet over medium-high heat. Add leek, scallions and garlic. Sauté until leeks are limp, about 4 minutes. Add kale, broccoli rabe and collards, stirring until wilted. Mix in spinach. Add remaining broth and simmer, stirring occasionally, until greens are tender, about 15 minutes. Drizzle with extra virgin olive oil and season with pepper.

Curried Cauliflower

Serves: 4

Ingredients

1 head(s) organic cauliflower, quartered
2 Tbsp(s) organic lemon juice
3 tsp(s) organic extra virgin olive oil
2 tsp(s) organic curry powder

Directions

Preheat oven to 350 F. Whisk lemon juice, curry and oil. Add cauliflower to a glass baking dish. Drizzle the dressing over cauliflower. Cover and roast 20-25 minutes.

Roasted Butternut Squash

Serves: 8

Ingredients

1 medium organic butternut squash
1 tsp(s) organic coconut oil

Directions

Preheat oven to 350. Carefully slice butternut squash in half and scoop out seeds. Grease a cookie sheet with coconut oil. Place squash flesh side down on the cookie sheet and bake 45 minutes. Allow to cool slightly, then slice and serve.

Roasted Asparagus

Serves: 4

Ingredients

4 cup(s) fresh organic asparagus
2 Tbsp(s) organic balsamic vinegar
1 Tbsp(s) organic extra virgin olive oil
1/2 tsp(s) freshly ground black pepper
1/2 tsp(s) Celtic sea salt

Directions

Preheat oven to 350 F. Trim asparagus to remove woody stem and cut on diagonal into 2 inch pieces. Put asparagus in large zip seal bag, pour in olive oil, vinegar, and season with salt and pepper. Shake bag to coat asparagus with oil/vinegar mixture. Pour into ceramic or glass baking dish. Cook asparagus 20-30 minutes, removing from oven when asparagus is still slightly crisp and firm.

Roasted Brussels Sprouts

Serves: 4

Ingredients

4 cup(s) organic Brussels sprouts
2 tsp(s) organic coconut oil
2 Tbsp(s) organic olive oil

Directions

Preheat oven to 450°F with rack in upper third. Grease 17-by 12-inch pan or cookie sheet with coconut oil. Wash sprouts. Slice Brussels sprouts in half lengthwise. Arrange Brussels sprouts, cut sides down on baking sheet. Roast, without turning, until outer leaves are tender and brown, about 40 to 45 minutes. Place in a serving dish, add olive oil and toss to coat.

Sautéed Collards

Serves: 4

Ingredients

6 cup(s), chopped organic collards
3 clove(s) organic garlic, finely chopped
1/2 cup(s) organic vegetable broth

Directions

Add broth and garlic to a large skillet. Heat over medium high. Add collards and sauté 5-7 minutes until bright green and crisp tender

Sautéed Broccoli

Serves: 4

Ingredients

4 cup(s), chopped organic broccoli
2 clove(s) organic garlic, chopped
1/2 cup(s) organic chicken or vegetable broth
1/2 tsp(s) Celtic sea salt

Directions

Place a sauté pan over medium-high heat. Add broth. Add garlic and cook until translucent, about 2 minutes. Turn heat to medium; add broccoli, sprinkle with salt, and cook until bright green and crisp-tender, about 5 minutes.

Sautéed Bok Choy

Serves: 4

Ingredients

2 clove(s) organic garlic, chopped
1 Tbsp(s) organic toasted sesame oil
1/3 cup(s) organic chicken broth
1 Tbsp(s) organic tamari (wheat-free soy sauce)
1 head(s) organic Bok choy

Directions

Heat sauté pan or wok over high heat. Add broth and garlic, stir-fry until pale golden, 5 to 10 seconds. Add bok choy and stir-fry until leaves wilt, about 2 minutes. Cover with lid and cook, stirring occasionally, until vegetables are crisp-tender, 2 to 4 minutes. Drizzle with sesame oil and soy sauce, and then transfer to a serving dish.

Simple Veggie Stir Fry

Serves: 4

Ingredients

4 cup(s), chopped organic green cabbage
1 cup(s) sliced organic carrots
1 tsp(s) organic sesame oil
1 cup(s) sliced organic onion
1 Tbsp(s) organic tamari

Directions

Preheat a large skillet or wok over medium-high heat. Add oil to coat the pan. Add the carrots and the onions, cooking 1 minute. Then add the cabbage and the tamari. Stir to coat all vegetables with tamari, and cook until crisp-tender, about 2 minutes.

Sautéed Broccoli Rabe

Serves: 4

Ingredients

1/2 tsp(s) Celtic sea salt
1 tsp(s) freshly ground black pepper
2 whole organic shallots, thinly sliced
1 pound(s) organic broccoli rabe
1 Tbsp(s) organic, extra virgin olive oil

Directions

Prepare an ice water bath by filling a bowl halfway with ice and water; set aside. Fill a medium saucepan with heavily salted water and bring to a boil over high heat. Blanch broccoli rabe until stalks are just tender, about 2 minutes. Drain broccoli rabe and place in the ice water bath. When cool, remove from the ice bath, shaking off excess water. Slice on the bias into 2-inch pieces, pat dry with paper towels, and set aside. Place a large frying pan over medium-high heat and add oil. Once oil shimmers, add shallots and cook until golden, about 3 minutes; season with salt and freshly ground black pepper. Add broccoli rabe and cook, stirring occasionally, until heated through, about 5 minutes.

Roasted Curried Cauliflower

Serves: 4

Ingredients

1 tsp(s) organic paprika
1/4 tsp(s) fresh ground black pepper (to taste)
1/4 tsp(s) organic cumin seed
1/2 tsp(s) organic coriander
2 Tbsp(s) organic apple cider vinegar
4 cup(s) organic cauliflower florets
1 Tbsp(s) organic curry powder
1 Tbsp(s) organic coconut oil
1/4 tsp(s) Celtic sea salt
1 medium organic onion, peeled and coarsely chopped

Directions

Preheat oven to 450°F. Place cauliflower florets in large roasting pan, add onions. Stir coriander seeds and cumin seeds in small skillet over medium heat until fragrant, about 2 minutes. Crush coarsely in mortar with pestle. Place seeds in medium bowl. Whisk in oil, vinegar, curry powder, paprika, and salt. Pour dressing over vegetables; toss to coat. Spread vegetables in single layer. Sprinkle with pepper. Roast vegetables until tender, stirring occasionally, about 20 minutes.

Asparagus & Red Bell Pepper Sauté

Serves: 4

Ingredients

4 cup(s) fresh organic baby asparagus ends trimmed
1/4 cup(s) organic chicken broth
1 medium organic red bell pepper, sliced

Directions

In a safe sauté pan, heat broth over medium high heat. Add asparagus in a thin layer, top with sliced peppers, stir to coat. Cover and cook 5-7 minutes or until asparagus is crisp-tender and bright green.

Baked Sweet Potato Wedges

Serves: 4

Ingredients

2 medium organic sweet potatoes, quartered
1/2 Tbsp(s) organic extra virgin olive oil
1/2 tsp(s) Celtic sea salt

Directions

Preheat oven to 400 F. Toss sweet potato wedges with oil in a medium bowl. Sprinkle with salt. For oven cooking, place wedges on a cookie sheet. Bake 30 minutes.

Beans and Greens

Serves: 6

Ingredients

1 16-oz can(s) organic white beans (Great Northern or Cannellini)
6 piece(s) organic sundried tomatoes, chopped
1/2 cup(s) organic chicken broth
4 clove(s) organic garlic, sliced
6 cup(s) chopped organic kale, cut into 1 inch pieces
2 Tbsp(s) organic extra virgin olive oil

Directions

In a large saucepan, bring 2 quarts spring water to a boil. Add greens and cook about 5 minutes until crisp-tender and bright green. Drain greens and set aside. Return saucepan to burner. Add chicken broth and heat over medium-high. Add garlic and cook 2 minutes. Stir in beans and cook for 6-8 minutes. Add sundried tomatoes and cook one additional minute. Return greens to saucepan and cook just until heated through (about 2 minutes). Drizzle with extra virgin olive oil and serve.

Braised Leeks

Serves: 8

Ingredients

8 whole organic leeks, trimmed, sliced lengthwise
2 Tbsp(s) organic butter
1/4 cup(s) organic chicken broth
1 tsp(s) organic lemon zest

Directions

Add leeks to a shallow dish with cold water. Let soak 15 minutes, rubbing occasionally to remove any grit. In a heavy skillet melt butter over moderate heat. Remove leeks from the water and add to skillet. Cook leeks, stirring occasionally, five minutes and add broth and zest. Braise leeks, covered, 5 minutes, or until very tender, and season with salt and pepper.

Caribbean-Style Sweet Potatoes

Serves: 4

Ingredients

4 tsp(s) organic, expeller pressed coconut oil
1 tsp(s) organic ground nutmeg
1/2 tsp(s) organic cayenne pepper
2 medium organic sweet potatoes

Directions

Preheat oven to 350. Wash sweet potatoes and prick with fork. Bake 45 minutes or until tender. Remove from oven, slice in half and mash inside. Whisk nutmeg, coconut oil and cayenne pepper. Drizzle over sweet potatoes and serve.

Fish Dishes

Baked Citrus-Herb Salmon

Serves: 6

Ingredients

1 tsp(s) Celtic sea salt
5 tsp(s) chopped fresh organic chives
1 whole organic lemon, sliced into 10 slices
1/2 tbsp(s) grated organic orange rind
1 Tbsp(s) grated organic lemon rind
1 tsp(s) fresh oregano, chopped
2 ½ pounds (lb) wild salmon fillet
1/2 tsp(s) freshly ground black pepper
2 Tbsp(s) tarragon sprigs
2 sprig(s) thyme sprigs

Directions

Preheat oven to 450°. Line a shallow roasting pan with foil; coat foil with cooking spray. Sprinkle salmon with salt and pepper. Combine rinds; spread over fish. Arrange chives, thyme, oregano, and tarragon horizontally across fish. Arrange lemon slices on top of herbs. Place fish on prepared pan. Cover with foil; seal. Bake at 450° for 30 minutes or until fish flakes easily when tested with a fork. Serve warm or at room temperature.

Pan Roasted Wild Salmon with Olives

Serves: 4

Ingredients

1/4 tsp(s) Celtic sea salt
16 small organic kalamata olives
2 Tbsp(s) fresh organic basil leaves, thinly sliced
1 Tbsp(s) organic, grass-fed butter (salted)
1/2 tsp(s) freshly ground black pepper
24 ounce(s) wild Alaskan salmon

Directions

Preheat oven to 400 F. Add butter to a medium oven-proof sauté pan and heat over medium high heat. Rinse salmon, pat dry and sprinkle with salt and pepper to taste. When butter has melted and pan is hot, add the salmon fillets - skin side up - to the pan. Cook 2-3 minutes. Do not turn. Add the olives to the pan around the fish and stir gently, cooking 2 more minutes. Flip the fish. Place the pan in the oven to complete cooking to desired doneness (2 minutes for medium-rare; 4 minutes for medium-well). Remove from oven, top with fresh basil and serve.

Horseradish Crusted Salmon

Serves: 6

Ingredients

36 ounce(s) wild salmon fillets
8 Tbsp(s) organic horseradish
1 whole organic shallot, minced
1 tsp(s) Celtic sea salt
1/2 tsp(s) freshly ground black pepper
2 Tbsp(s) organic extra virgin olive oil
2 Tbsp(s) fresh dill, chopped



Directions

Heat oven to 450 degrees and position rack 8 to 12 inches from heat. Mix 1/2 teaspoon salt, 1/4 teaspoon pepper, shallot, dill, horseradish, and 2 tablespoons olive oil. Rub bottom and sides of a 12-by-17-inch pan with olive oil. Place salmon on pan, spacing fillets 2 inches apart. Sprinkle salmon with remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Pat mixture onto top of each fillet. Bake until just cooked through, 5 to 6 minutes. Turn heat to broil, and cook until tops are a rich golden brown, 1 to 2 minutes. Serve immediately.

Pan Roasted Wild Salmon with Grape Tomatoes and Wilted Spinach

Serves: 4

Ingredients

24 ounce(s) wild Alaskan salmon
10 ounce fresh organic spinach
1 Tbsp(s) organic salted butter
1/2 tsp(s) freshly ground black pepper
1/4 tsp(s) Celtic sea salt
20 whole grape tomatoes (preferably organic)

Preparation

Preheat oven to 400 F. Add butter to a medium oven-proof sauté pan and heat over medium high heat. Rinse salmon, pat dry and sprinkle with salt and pepper to taste. When butter has melted and pan is hot, add the salmon fillets - skin side up - to the pan. Cook 2-3 minutes. Do not turn. Add the grape tomatoes to the pan around the fish and stir gently, cooking 2 more minutes. Flip the fish. Place the pan in the oven to complete cooking to desired doneness (2 minutes for medium-rare; 4 minutes for medium-well). During the last minute of cooking, place the fresh spinach leaves over the salmon and allow to wilt. Remove from oven, layer spinach on plates and top with salmon and tomatoes.

Simple Poached Salmon

Serves: 6

Ingredients

36 ounce(s) wild salmon fillets
1/2 tsp(s) Celtic sea salt
1 whole organic lemon, sliced into wedges
1 whole organic shallot, minced
1/2 tsp(s) freshly ground black pepper
1 ounce dry white wine

Preparation

Preheat oven to 425°F. Coat a 9-inch glass pie pan or an 8-inch glass baking dish with cooking spray. Place salmon, skin-side (or skinned-side) down, in the prepared pan. Sprinkle with wine. Season with salt and pepper, then sprinkle with shallots. Cover with foil and bake until opaque in the center and starting to flake, 15 to 25 minutes, depending on thickness. When the salmon is ready, transfer to dinner plates. Spoon any liquid remaining in the pan over the salmon and serve with lemon wedges.

Baked Halibut with Spinach and Cherry Tomatoes

Serves: 4

Ingredients

4 Tbsp(s) fresh organic lemon juice
8 cup(s) organic baby spinach
2 clove(s)
1/2 tsp(s) fresh ground black pepper
16 ounce(s) Pacific halibut fillet
4 Tbsp(s) organic extra virgin olive oil, divided
2 cup(s) cherry tomatoes, halved
1/2 tsp(s) Celtic sea salt

Directions

Preheat oven to 425°F. Whisk 1 tablespoon oil and lemon juice in bowl. Season dressing with salt and pepper. Place halibut on a baking sheet. Drizzle with some of dressing. Bake until just opaque in center, about 12 minutes. Add 1 tablespoon oil and garlic to saucepan. Sauté over medium heat 1 minute. Add spinach and tomatoes and stir to coat. Remove from heat. Cover and let stand 1 minute to wilt spinach. Top halibut with spinach, tomatoes and remaining dressing.

Cod with Lime and Coconut

Serves: 4

Ingredients

1 Tbsp(s) organic expeller pressed coconut oil
4 tsp(s) fresh organic lime juice, divided
1 1/2 cup(s) chopped organic leek (white/pale green only)
2 clove(s) organic garlic cloves, minced
1/2 cup(s) canned unsweetened coconut milk
1 tsp(s) grated organic lime peel
1 1/2 pound(s) skinless black cod fillet
1/2 tsp(s) Celtic sea salt
1/4 cup(s) chopped fresh cilantro

Preparation

Preheat oven to 350°F. Sprinkle fish with salt (and pepper, if desired). Place in 11x7x2-inch glass baking dish. Drizzle with 1 1/2 teaspoons lime juice. Heat oil in large skillet over medium heat. Add leek and garlic; sauté 7 minutes. Add coconut milk and remaining lime juice; simmer until thick, about 4 minutes. Stir in lime peel. Spoon sauce over fish. Bake until fish is just opaque in center, about 20 minutes. Transfer to platter. Whisk juices in baking dish. Spoon over fish and top with cilantro.

Caribbean Grilled Scallop Salad

Serves: 4

Ingredients

1/3 cup(s), cubes diced peeled organic avocado
2 Tbsp(s) fresh organic lime juice
2 tsp(s) organic olive oil
12 whole sea scallops
1 cup(s) diced fresh organic pineapple
2 Tbsp(s) chopped organic mango
2 tsp(s) Caribbean spice
4 cup(s) shredded torn organic Boston lettuce

Directions

Prepare grill to high heat. Pat scallops dry with a paper towel. Sprinkle 1 1/2 teaspoons fish rub evenly over scallops. Coat scallops with cooking spray. Place scallops on grill rack; grill 3 minutes on each side or until done. Remove scallops. Add pineapple to grill rack; grill 2 minutes on each side. Remove pineapple from grill; chop pineapple. Combine salad greens, lettuce, pineapple, and avocado in a large bowl. Combine mango, lime juice, olive oil, and remaining 1/2 teaspoon fish rub in a small bowl. Add dressing to salad, and toss well. Place 1 1/2 cups salad into each of 4 bowls. Arrange 3 scallops over each salad.

Beef Dishes

Beef and Broccoli with Garlic

Sauce

Serves: 4

Ingredients

4 cup(s) organic broccoli florets
1/2 tsp(s) arrowroot
1 tsp(s) organic tamari (gluten-free soy sauce)
1 tsp(s) organic sesame oil
1/4 cup(s) organic low sodium chicken broth
6 clove(s) organic garlic, finely chopped
2 tsp(s) organic ginger, finely chopped
1/4 tsp(s) white or black pepper
8 ounce(s) grass-fed beef sirloin
1 can(s) sliced bamboo shoots, drained
1/4 tsp(s) Celtic sea salt

Directions

Cut beef lengthwise into 2-inch strips. Cut strips crosswise into 1/8 inch slices. Toss beef with salt and white pepper. Place broccoli in 1-inch boiling water; blanch just until bright green. Drain. Mix tamari and arrowroot; stir in sesame oil and broth. Heat wok over medium high heat and spray with organic high heat cooking spray. Add beef; stir fry 2 minutes. Remove beef from wok. Cool wok, wipe and spray again. Heat wok over medium-high heat. Add garlic and ginger; stir fry 30 seconds. Add bamboo shoots; stir-fry 20 seconds. Stir in beef and broccoli. Stir in tamari mixture; cook and stir 30 seconds. Serve over organic brown rice.

Buffalo Cherry Burgers

Serves: 4

Ingredients

1 6 ounce(s) organic, grass-fed buffalo
1 cup(s), frozen organic tart cherries, thawed
1 tsp(s) freshly ground black pepper
1 clove(s) organic garlic, minced
1 tbsp(s) organic balsamic vinegar
2 tsp(s) Worcestershire sauce
□/4 tsp(s) Celtic sea salt

Directions

First, finely chop cherries and drain. Place ground buffalo in a large bowl and gently mix in cherries, garlic, vinegar, Worcestershire sauce, salt and pepper until combined. Divide into 4 equal portions and form into 1/2-inch-thick patties. Grill or broil 5 to 6 minutes per side.

Buffalo Bolognese with Spaghetti Squash

Serves: 4

Ingredients

1 cup(s) chopped organic yellow onion
3 cup(s) cubes organic spaghetti squash
2 clove(s) organic garlic, minced
2 can(s) organic seeded tomatoes (15 oz each)
1/2 whole organic spaghetti squash
1 tsp(s) freshly ground black pepper
1 tsp(s) dried oregano, crushed
1 lb. grass-fed buffalo, ground
1 cup(s) chopped organic green bell pepper

Preparation

First, cook the spaghetti squash. Preheat the oven to 400 F. Poke holes in the outside of the squash and place on a baking sheet. Bake 45 minutes to 1 hour. Meanwhile, spray a large skillet with nonstick spray coating. Preheat over high heat. Add buffalo; cook, stirring occasionally, for 5 minutes. Drain fat and discard. Stir in tomatoes with their juice, green pepper, onion, garlic, oregano, and black pepper. Bring to a boil; reduce heat. Simmer covered for 15 minutes, stirring occasionally. Remove cover; simmer for 15 minutes more. (If you like a creamier sauce, give sauce a whirl in your blender or food processor.) Shred the spaghetti squash and place on serving plates. Place sauce over squash and serve.

Chicken Recipes

Chicken Breasts with Leeks and Pine Nuts

Serves: 4

Ingredients

1 1/2 cup(s) organic chicken broth
1 Tbsp(s) organic extra-virgin olive oil
1 cup(s) dry white wine
2 -8oz. breast(s) organic pasture-raised chicken, with skin
2 whole organic shallots, thinly sliced
2 whole medium organic leeks, white and tender green parts
1 tbsp(s) organic, grass-fed butter
3 tbsp(s) pine nuts

Directions

Preheat the oven to 300°. In a skillet, toast the pine nuts over moderately high heat, stirring, until golden brown, 2 minutes. Transfer to a small plate. In the same skillet, heat the oil. Season the chicken breasts with salt and pepper (to taste) and add them to the skillet skin side down. Cook, turning once and pressing with a spatula, until browned on both sides, about 6 minutes. Transfer the chicken breasts to a large rimmed baking sheet and bake in the oven until just white throughout, about 20 minutes. Meanwhile, add the leeks and shallots to the skillet and cook over moderately low heat, stirring, until softened, 7 minutes. Add the wine, increase the heat to high and boil until reduced by half, about 3 minutes. Add the stock and boil until reduced to 1/2 cup, about 10 minutes. Off the heat, add in the butter 1 tablespoon at a time. Transfer the chicken to plates. Pour the sauce over, garnish with the pine nuts and serve.

Chicken Provencal

Serves: 4

Ingredients

2 -8oz. breast(s) organic chicken, trimmed
1 Tbsp(s) organic extra virgin olive oil
2 Tbsp(s) organic capers, drained
1 28-oz can(s) organic diced tomatoes with juice
3 clove(s) organic garlic, finely chopped
16 small organic Kalamata olives

Directions

Preheat oven to 350 F. Season chicken breasts with salt and pepper (optional). In a medium skillet that has a lid, add olive oil and heat over medium-high heat. Don't let oil smoke. Add chicken breasts, seasoned side down into pan with olive oil. Cook 3 minutes on each side. Turn heat to low. Add garlic cloves and stir to heat through. Pour in the tomatoes, olives and capers. Transfer pan to oven and cook until chicken is no longer pink in the center and juices run clear (about 25 minutes).

Grilled Chicken Pail laird

Serves: 4

Ingredients

1/2 tsp(s) Celtic sea salt
1 tsp(s) freshly ground black pepper
4 Tbsp(s) organic lime juice
2 tsp(s) organic lime zest
1 tsp(s) organic chili powder
1/4 tsp(s) crushed organic red-pepper flakes
2 clove(s) organic garlic, crushed
2 -8oz. breast(s) organic chicken, split and pounded to 1/4" thick

Preparation

First, make the marinade. In a small bowl, combine garlic, zest, juice, chili powder, and red- pepper flakes. Place the chicken in a large resalable plastic bag, and add the marinade. Seal the bag, and toss to coat the chicken. Transfer bag to refrigerator, and chill 10 to 15 minutes, or up to 24 hours. Heat grill; when very hot, remove chicken from bag, and carefully place on hot grill. Cook about 5 minutes; discard bag and excess marinade. Turn chicken over, and continue cooking 4 to 5 minutes more. Season with salt and pepper.

Herb Chicken Pail lards with Artichoke-Tomato Salsa

Serves: 4

Ingredients

2.5 Tbsp(s) organic extra virgin olive oil
1 whole lemon organic lemon, juiced
2 tsp(s) dried oregano
1 medium organic tomato, chopped
1/2 cup(s) organic artichoke hearts, quartered
8 small organic kalamata olives, halved
24 ounce(s) organic pasture-raised chicken breast cutlets
2 Tbsp(s) fresh basil
3 clove(s) organic garlic, minced

Preparation

First, prepare the chicken. Add cutlets to a large zip-top bag or marinating dish with 2 Tbsp olive oil, lemon juice, 2 cloves minced garlic, sea salt and pepper. Marinate in the refrigerator for 15 minutes. Meanwhile, prepare salsa. In a non-reactive bowl combine tomatoes, artichokes, olives, vinegar, basil and remaining oil and garlic. Set aside. Preheat grill. Grill cutlets 2-3 minutes per side. Serve chicken with salsa.

Mediterranean Chicken with Artichokes, Grape Tomatoes & Kalamata Olives

Serves: 4

Ingredients

2 -8oz. breast(s) **organic, pasture-raised chicken**
1 6.5 oz. jar(s) **organic artichoke hearts in liquid**
16 organic cherry **tomatoes, whole**
1/2 tsp(s) **Celtic sea salt**
1/4 tsp(s) **fresh ground black pepper**
16 small **organic Kalamata olives**
1 Tbsp(s) **organic extra virgin olive oil**

Directions

Preheat oven to 350 F. Sprinkle chicken breasts with salt and pepper (optional). In a medium skillet that has a lid, add olive oil and heat over medium-high heat. Don't let oil smoke. Add chicken breasts, seasoned side down into pan with olive oil. Add whole grape tomatoes to the pan in the oil around the chicken. Let chicken and tomatoes sear 2 minutes. Pour artichoke juice all over the chicken and tomatoes (this helps to tenderize the meat and makes flipping the breasts easier). Now, flip the chicken. It should be just a light golden brown. Pour the artichoke hearts and olives over the chicken. Add additional filtered or spring water to just barely cover chicken to keep moist. Put the lid on the chicken and place in the preheated oven. Bake covered for 45 minutes. Remove from oven, divide chicken, vegetables and sauce among plates. Serve.

Spicy Jerk Chicken

Serves: 4

Ingredients

3 Tbsp(s) Frontier Organic Jamaican Jerk Seasoning Blend
1 whole organic, free range chicken, cut in half, lengthwise
1/2 cup(s) organic lime juice

Preparation

Place chicken in a large freezer bag or roasting pan. Pour lime juice over the chicken. Add the jerk seasoning, coating well. Seal the bag or cover the chicken in the pan with plastic wrap. Refrigerate overnight. Remove chicken from the marinade bag or pan. Put the remaining marinade into a small saucepan. Bring to a boil, reduce heat and simmer for 10 minutes. Set aside to use as a basting sauce for the chicken. Reserve some of the "safe" marinade (boiling 10 minutes kills bacteria) if desired. Preheat oven to 350°F. Place chicken in a rimmed baking pan, skin side up. Roast until cooked through, about 45 minutes. The chicken is done when the juices run clear (not pink) when a knife tip is inserted into both the chicken breast and thigh, about 165-170°F for the breast and 180-185°F for the thigh.

Quick Chicken Creole

Serves: 4

Ingredients

4 -8oz. breast(s) organic chicken, cut into 1-inch strips
1 cup(s) low-sodium chili sauce
1 1/2 cup(s) chopped organic green peppers
1/2 cups(s) organic celery, chopped
1/4 cup(s) chopped organic sweet onion
2 clove(s) organic garlic, minced
1 Tbsp(s) fresh basil
1 Tbsp(s) fresh parsley
1/4 tsp(s) crushed red pepper
1/4 tsp(s) sea salt

Preparation

Spray a deep skillet with nonstick spray coating. Preheat pan over medium high heat. Cook chicken in hot skillet, stirring, for 3-5 minutes, or until no longer pink. Reduce heat. Add tomatoes and their juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling; reduce heat and simmer, covered, for 10 minutes. Serve over hot cooked brown rice.

Dressings/Marinades

Balsamic Vinaigrette

Perfect on any salad or drizzled over roasted veggies

Ingredients

1 pinch Celtic sea salt
2 clove(s) organic garlic
4 Tbsp(s) organic extra virgin olive oil
1/4 tsp(s) freshly ground black pepper (to taste)
1 tsp(s) mustard powder
3 Tbsp(s) organic white balsamic vinegar

Directions

In a small bowl, whisk together olive oil, white balsamic vinegar, garlic, and mustard powder. Season to taste with salt and black pepper. Stir in minced fresh herbs if desired.

Basil Vinaigrette

Ingredients

1/2 tsp(s) freshly ground black pepper
3 cup(s) organic basil leaves
1/2 cup(s) organic extra virgin olive oil
1/4 tsp(s) Celtic sea salt
3 clove(s) organic garlic, chopped
4 Tbsp(s) organic raw apple cider vinegar

Directions

Add all ingredients to a food processor or Magic Bullet. Process until smooth.

Champagne Vinaigrette

Ingredients

1/4 Tbsp(s) chopped organic shallots
2 Tbsp(s) rice wine vinegar
1/4 cup(s) organic extra virgin olive oil
1/4 tsp(s) freshly ground black pepper (to taste)
2 tsp(s) organic Dijon mustard
1 tsp(s) dried parsley
1 pinch Celtic sea salt
1/4 Tbsp(s) dried tarragon
2 ounce(s) champagne

Directions

Add all ingredients to a non-reactive bowl. Whisk and serve.

Citrus Vinaigrette

This light and refreshing dressing pairs perfectly with delicate, bitter greens like arugula and frisée.

Ingredients

1 whole **organic grapefruit, squeezed**
2 tsp(s) **organic extra virgin olive oil**
1 Tbsp(s) chopped **organic shallot**
1 pinch **Celtic sea salt**
2 Tbsp(s) **organic Champagne vinegar**

Directions

Add all ingredients to a non-reactive bowl. Whisk well to combine. Keep refrigerated for up to one week.

Cumin-Lime Vinaigrette

Bold spices and tangy lime infuse this assertive vinaigrette

Ingredients

1 tsp(s) organic ground cumin
2 Tbsp(s) fresh organic lime juice
2 Tbsp(s) organic apple cider vinegar
1 Tbsp(s) fresh organic cilantro, finely chopped
4 Tbsp(s) organic extra virgin olive oil

Directions

Whisk all ingredients together until well-blended. Refrigerate leftover dressing.

Orange-Balsamic Dressing

Add a snap of citrus to your favorite salad

Ingredients

1/4 cup(s) organic balsamic vinegar
1/4 cup(s) fresh organic orange juice
1 tsp(s) organic orange zest
2 Tbsp(s) organic extra virgin olive oil

Preparation

Mix orange juice, balsamic vinegar and oil. Grate in orange zest and mix well.

The Nutrients and Other Dietary Essentials

How to Keep up with the Latest Health Information

As bad a reputation as the Internet has gotten (and deserved) in some cases, *it's also the most likely place to find the best, most current information on health and nutrition*. So, I'm going to recommend two websites for you to follow *at the outset* to help you avoid riding off on your horse in a dozen directions or feeling that the top of your head might pop off from information overload and conflicting viewpoints. Of course, these websites are certainly not the only sources of information on wellness, but they are wonderful places to start. You'll be able to retain your sanity as you gain a foothold. With time, you'll find yourself in a better position to spread your wings as you learn more about wellness practice and follow your educated hunches about what might be right for you and what might not. These websites are:

www.mercola.com - This is one of the Web's most visited and trusted health and wellness information sites. It's run by Dr. Joseph Mercola, a doctor of osteopathy (DO), who has full medical training. However, in the early years of his practice, he concluded that wellness practice offers more health than the practice of conventional medicine. He has a passion not only for myth busting, but also for breaking the existing medical and drug establishment's perilous and self-serving holds in this country. His site is always at the *leading edge of health discoveries* and other interesting revelations, as is his free e-newsletter. Sure, he has his own slant toward helping the health-seeking public get out from under the thumb of wellness ignorance, but so what? Everybody has a slant, even those who claim immaculate objectivity. The information on the Mercola site is there for our benefit, if we want to practice wellness. And, though controversial in some circles, it's proven time and again to be generally good information.

www.WellnessResources.com/leptin - An excellent place to do your leptin research. The website is run by the author of *Mastering Leptin*, Byron Richards.

Well, that's it for my best, most practical recommendations for keeping up as you dip your toe into the waters of optimized living. You don't want to throw such opportunities away because wellness practice is a full-time, full-contact sport!

Carbohydrates (4 calories per gram)

In the past few years, carbohydrates have been labeled the primary culprit in America's obesity epidemic. Here is the thought process: eliminate carbs and you eliminate obesity. To further push this epidemic into a tailspin, the public is

being taught that it's okay to load up on a high protein, high fat diet as long as we cut out potatoes and bread. So, people are now replacing their bread with high-caloric foods such as cheese and bacon, thinking this makes sense. I'm sorry, but this is madness, and the cost is high.

It's true that ingesting certain types of carbohydrates is one of the main reasons for obesity in this country, but drastically eliminating carbohydrates does not solve the problem. Fruits and high-fiber vegetables are carbohydrates. We need to replace these grain-based carbohydrates with nutrient and antioxidant rich fruits and vegetables. We would not suffer as many health problems from lack of nutrients and fiber. And, we'd age much more slowly.

Ingesting more fiber-rich fruits and vegetables only has a positive effect on your health, while simultaneously helping you shed unwanted body fat. Go ahead, try to get fat while taking most of your calories in the form of whole fruits and vegetables. It's difficult. These foods are typically low in calories while high in fiber and water. This means it's tough to consume too many calories before getting full. Even with most fruit, which has a higher concentration of natural sugar (calories) than vegetables, we tend to fill up easily and don't have the ongoing cravings associated with processed carbohydrates.

However, major problems have arisen through assumptions about fructose, the dominant sugar in fruit and some vegetables. What can possibly be bad about fruit sugar, right? It's so natural! It was also thought to be healthy when introduced in large quantities as a sweetener.

Although classified as a simple sugar, fructose does not require the same demands on the pancreas hormone, insulin, as do other sugars, especially processed sugars. In other words, it creates less insulin spiking from a meal because it is a low glycemic index food. That's the upside. But, everything goes downhill from there - and fast - especially if you don't get your fructose from whole fruits and vegetables.

Processed fructose - abundantly present in high-fructose corn syrup (HFCS) in order to make it sweeter - has *many* more metabolic negatives than other types of sugar, including its penchant to raise cholesterol and serum triglyceride levels. As you know, elevated levels of these substances are high-risk factors for heart disease. Worse still, because fructose is not metabolized in the same way as other sugars (it converts to ethanol), it doesn't trigger the appetite-suppression mechanism. It leaves those who consume it feeling unsatisfied so they keep eating.

Growing evidence says that fructose, in abundance, promotes insulin resistance by back-door means, eventually leading to type-2 diabetes. Moreover, HFCS

converts to fat in the body more easily than any other type of sugar. Large quantities of fructose (74+ grams) - just 2 ½ sugary soft drinks a day - cause the liver to pump fats into the bloodstream that may damage arteries. Such quantities also raise the risk of high blood pressure.

HFCS is downright ornery because it is present in so many places in the American food supply. It's dirt-cheap to manufacture. In addition to being used as a sugar substitute, we find it in many processed foods and beverages, including soft drinks, yogurt, industrial bread, cookies, salad dressings, and even tomato soup. It's everywhere! And, people's livers are being overwhelmed by it. When this happens, livers immediately turn it into triglycerides and release it into the blood to be stored as fat. HFCS is now believed to be the primary culprit for the obesity epidemic that we see around us. The observed correlation between the growing use of HFCS and the obesity/diabetes epidemic is compelling.

By the way, the recent upstart, agavé syrup, also called agavé nectar, is even higher in processed fructose than HFCS. Agavé is marketed as a natural, healthy, low-glycemic-index sweetener. Well, it's not natural or healthy, no matter what the marketers say. It is a highly processed fructose product, sometimes even watered down with HFCS to make it cheaper to manufacture. Again, it is not natural! It goes through much processing to deliver its high level of sweetness.

Having said that, unless you're diabetic or have developed insulin resistance (which many people don't recognize), you don't need to monitor your intake of fructose so long as you are getting it from eating whole fruits and vegetables. Fructose ingested as part of its whole food component is mostly innocuous. Fruit juice, on the other hand, is extremely high in calories and should be mostly avoided. Fructose-intense drinks, including many sodas, are slow, steadfast killers. As far as the processed and fast-food industries are concerned, the slower they kill you, the better. More sales before you go.

By the way, have you seen recent ads on TV promoting the naturalness of HFCS because it's starting to take the heat? That's your processed food industry at work, trying to keep you hooked on a bad, bad food additive. Don't fall for it. They aren't telling the whole story.

* * *

Overall, we need complex carbohydrates in our diet. We can break these into three categories:

Starch - Potatoes, grains, and legumes

Fiber - Wheat bran, oat bran, and vegetable cellulose

Glycogen - Quick-release, high-energy fuel stored natively in muscles and the liver

As you can see, this list includes some of the foods we have recently been taught are bad for us, i.e. potatoes and bread. Yes, bread is a processed food; however, whole-grain sprouted products offer essential nutrients and fiber when not sweetened with HFCS. Neither potatoes nor HFCS-free, whole-grain sprouted breads are bad for people who have retained good insulin and leptin sensitivity. **They just don't belong with every meal.** And, when it comes to potatoes, try to enjoy them without frying or putting all the junk on them. A typical potato has only about 150 calories. ***Important note:** Those with autoimmune conditions will most likely need to avoid gluten for life.

By far, your best source of complex carbohydrates comes from fibrous vegetables. You should be getting plenty of them in your diet.

Carbohydrates serve as the body's main fuel source. Proteins and fats must be converted to glucose within the liver before the body can burn them, while complex carbohydrates are easily broken down to simple sugars that the body can use immediately.

The types of carbohydrates responsible for America's bulge are mainly the processed variety. What are processed carbohydrates? Just about any food that comes in a box, a wrapper, or in the form of bottled drinks other than water. This may be too simplistic in some regards, but certainly paints a reasonable picture for a shopper interested in moving towards wellness practice. Stay away from anything in a box, wrapper, or drink bottle and you're already way out in front. Forego baked goods (cakes, brownies, rolls, biscuits), cereals (Wheaties®, Cap'n Crunch®, Raisin Bran), pasta (macaroni and cheese), prepared sweets (cookies, candy bars, cinnamon crackers), sodas, juices, and other sweetened drinks. Just by eliminating the foods in boxes, wrappers, and drink bottles, you eliminate the majority of processed foods.

Now, I'm not saying that *all* boxed or wrapped foods or bottled drinks are off limits. Just pay attention to what's in them if you want to get results that last. You'll note that processed carbohydrates, unlike fruits and vegetables, can live on a store shelf quite nicely without canning or refrigeration. The fact that insects won't eat them says a lot!

Most processed carbohydrates have minimal nutrient value and are loaded with sugar. As I mentioned earlier, this sugar creates havoc in the body's ability to control blood sugar or glucose levels. Over time, this leads to the loss of insulin

and leptin sensitivity, and a diminished ability to use glucose. Although fructose (usually from high-fructose corn syrup) won't raise your glucose levels as much as other sugars in a meal, it has devastating consequences in ways that I mentioned earlier, including raising insulin levels with long-term ingestion. Processed carbohydrates are also high in calories and don't promptly satiate the appetite. It's easy to eat too much before you realize you're full. The result, of course, is fat buildup.

Recommended Daily Intake of Carbohydrates

So, just how much of your daily food consumption should be made up of carbohydrates? About 40 - 65% of all the calories you consume should be in the form of complex or high-fiber carbohydrates. Where in that range you fall depends on whether you're attempting to lose weight, maintain your weight, or pack on some additional muscle. Caloric intake must flex according to your goal, while the total grams of protein you ingest depend on your body weight. Here's a summary of the recommended carbohydrate percentages.

- Grow muscle - 55-65% of total calories
- Maintain weight - 50-55% of total calories
- Lose weight (fat) - 40-50% of total calories

Carbohydrate Myths

Myth 1: Carbohydrates make you fat.

Fact: Excessive calories and leptin resistance make you fat.

Fact: Processed carbohydrates make you fat because they harm your leptin sensitivity.

Myth 2: All carbohydrates are alike.

Fact: Complex carbohydrates slow down digestion a bit, don't spike insulin levels as much, and are usually more nutritious.

Fact: Processed carbohydrates increase the demand on the pancreas.

A continuous demand leads to adult-onset diabetes.

Myth 3: Low carbohydrate foods are preferable.

Fact: Low carbohydrate foods are often high in BAD fat.

Fact: High-fiber *vegetables* are low in fat and carbohydrates.

Protein (4 calories per gram)

One can't overstate the importance of protein. If you're to succeed in changing your body composition for the better, which means to lean out and tone up, you *must* eat enough protein. Protein provides the building blocks (amino acids) for tissue building.

The average American diet is lacking in good sources of protein. Sure, most of us are not vegetarians and do consume meat, which is a complete source of protein, but often the grade of meat isn't so good (excess fat and loaded with hormones). Don't kid yourself into thinking that the hamburgers served at fast-food joints are of high or even moderate quality. In truth, I highly recommend that you avoid them entirely.

On the other hand, whole breast of chicken or turkey is a better bet depending on who is serving it. Aside from how it's prepared, the fowl itself is lean and offers a complete source of protein. **The main recommendation here, as with all animal and fowl products, is to avoid consuming products not fed correctly and raised organically.** Why is that? Because most supermarket and restaurant meats are raised with synthetic hormones that can build up within your system when eaten. These hormones, mostly estrogens, tend to block hormone receptor sites within your glands and prevent normal hormonal function. These synthetic hormones are called *endocrine disruptors*. They play a major role in contributing to the obesity epidemic.

What about good old-fashioned red meat? Sure, why not? Red meat is an excellent source of amino acids and contains important vitamins not found in other foods. The only downfall with red meat is that it tends to create inflammation, if eaten too often. To stay out of trouble, simply choose the lean variety, and eat it in moderation. Again, choose only organic varieties and preferably grass-fed, when eating at home.

If you really want to improve your ability to burn fat while getting a superior source of protein, choose fish, especially the variety that is high in omega-3 fatty acids (the good kind of fat). Wild Alaskan salmon is by far the best choice since it has the perfect ratio of omega 3's to omega 6's - 1:2. I mention the wild version because, compared with the farmed variety, it is of higher quality and contains less-toxic PCBs and lower levels of saturated fat. Tilapia, on the other hand, is most often farmed and fed foods that not only make it fatty, but also make it too high in omega 6. Best avoided, if possible.

Other good choices of fish include halibut, light tuna (best kept to about two cans per week because of latent mercury levels), mackerel, sardines, and

sablefish. Unfortunately, fish isn't a staple of the American diet. Nor is it ever likely to be.

For those who enjoy fish as a main protein source, please stay informed about mercury levels in particular types of fish. In recent years, poisons have managed to make their way into the flesh of our swimming friends because of contaminants and pollutants being poured into our streams and rivers. Unfortunately, these same poisons can affect us. All I'm saying is to be responsible, for your health, and try to stay informed, if you consume a moderate amount of fish or crustaceans. In any case, do try to include fish in your diet. It's good for you.

You can get your daily quota of protein without depending solely on meat. Primary sources of both complete proteins (all of the essential amino acids are present) and incomplete proteins include:

Animal Proteins - Grassfed Beef, Free Range Chicken, Pastured or Free Range Eggs, and Raw milk from Grassfed Cows or Goats (Organic is always preferred)

- Contain all the amino necessary acids (complete)
- Longer digestion and absorption time

Plant Proteins – legumes and nuts

- Incomplete source of amino acids
- Slow digestion and absorption time

You may note that soy is missing from plant proteins. And, for good reason. Recent research has been showing that soy isn't nearly the health food that it's promoted to be. For example, soy protein is high in phytoestrogens, which are *endocrine disruptors*. For safety, avoid using unfermented soy products. (fermented soy products may include: natto, miso, tempeh, some soy sauces, *fermented* tofu) This isn't so easy because soy has been sneaking its way into many foods as a meat substitute and protein booster. It's so cheap! Soy is often hidden on labels as something else; for example, textured vegetable protein, soy protein isolate, lecithin, or vegetable oil. In truth, soy, in an unfermented state, may be quite harmful to the body over long periods. Thousands of studies link soy to malnutrition, digestive distress, immune-system breakdown, thyroid dysfunction, cognitive decline, reproductive disorders, and infertility - even cancer and heart disease. Hard to believe, yes?

With regard to infant soy formulas, the estrogens in soy can irreversibly harm a baby's future sexual development and reproductive health. The negatives go

on and on, but commercial interests continue to promote soy as a health food. Please do your research. Start with searches on soy at mercola.com, or read Dr. Kaayla Daniel's groundbreaking book, *The Whole Soy Story: The Dark Side of America's Favorite Health Food*. Educating yourself is part of your wellness practice, and it's a life-long endeavor.

* * *

When you're consuming whole foods, you can easily fulfill your protein needs without putting too much thought into planning. Animal foods contain more saturated fat, so you should monitor how much you consume, as well as, their grades. Choose lean meats. Use only RAW milk (but only if it's already a common staple in your household). Request more information from the doctors or your mentor if you are interested in having whole, raw milk. A new study finds that higher milk fat intake is linked to *less* heart disease. Also, to lower risk for a first heart attack, it seems that the skim milk fad may be one more health myth that we must put to bed.

When frying eggs or making omelets, use a small amount of quality coconut oil and avoid the temptation to add cheese. Coconut oil is the safest oil to use for frying since it doesn't denature as easily as other oils. Virgin olive oil is fine for cooking at lower temperatures, but not for frying temperatures. Olive oil denatures easily at frying temperatures.

And, while we're on the topic of eggs, let me say this: No one, and I mean no one, has ever developed a high-cholesterol level simply by eating eggs. In fact, whole eggs contain high levels of lecithin, which reduce LDLs or bad cholesterol. Eggs are one of nature's near-perfect foods. Plus, it's hard to find another food whose proteins are more efficiently used by the body. The amino acid ratios are close to being perfect for assimilation.

So, why the bad rap for eggs? Since egg yolk is high in cholesterol, the school of thought has been that this must convert to high-cholesterol levels when digested. But it's not that simple. What goes into your mouth is not necessarily what goes into your blood. High blood cholesterol is a function of genetics, lifestyle, activity, stress, and overall diet. For example, if you totally stress out because your eggs are taken away from you, guess what will happen? Your cholesterol level will go up. But, eggs do not raise cholesterol significantly, if at all. And, they do not cause heart disease. In truth, they are a heart-friendly food because of their very high choline content. Choline acts like a fat solvent in the blood. And, in its metabolized form, betaine, it helps protect against plaque formation in the arteries and helps clear homocysteine, a known risk factor for hardening of the arteries.

So, don't freak out about eating eggs, if you like them and are not allergic to them. Just don't go to excess. Keep one thing in mind when deciding how to cook eggs: the more liquid the yolk, the healthier they are for you. Soft-boiling is the best way to cook an egg if you must. Higher temperatures that harden yolks also oxidize the cholesterol to create negative forms of LDL.

Bottom line with eggs and raw milk (and saturated fat in general): Plenty of data suggests that a diet high in bad saturated fat points to a greater risk of heart disease, especially when the diet is part of an excess-calorie regimen. So, the secret for getting the benefits of eggs and milk is to eat them in moderation as part of a balance diet. Some saturated fat in the diet, in the form of animal products, is healthful for most people. Don't be taken in by the prevailing myths.

Plant proteins are an excellent source of amino acids. They just have to be combined to supply all the essentials. Without all the essential amino acids present, plant proteins will likely be digested and used for fuel instead of lean tissue development. You needn't be too concerned about this, however, unless you're a true vegetarian. As an omnivore, you seldom eat a meal strictly of fruits and vegetables. You most likely have some kind of animal protein with your meal, which supplies all the essentials. These essentials complement the incomplete amino acid sources found in your vegetables, offering additional complete protein.

If you're a vegetarian, you need to learn how to combine certain foods to form complete proteins. It's not difficult once you get the hang of it. And, you don't necessarily have to eat them at the same meal, as once believed. A well-educated vegetarian can meet the necessary protein requirements to develop a nice physique while avoiding many health complications linked to the over-consumption of saturated fats found in bad animal products. However, it is not my recommendation to be a vegetarian.

Protein Supplements

I've found the best daily protein intake to be between 0.6 - 1.25 grams for each pound of body weight. The lower third of the range is for sedentary individuals, while the higher third applies to bodybuilders and other enthusiasts pursuing lean tissue development with gusto. In any case, that's a lot of protein to get from mostly meat, if you also want to moderate your meat intake.

Protein supplements can be beneficial when chosen wisely. Choose only egg albumin, whey, brown rice, hemp or casein powders that contain no aspartame, sucralose, or saccharine. The latter are dangerous chemicals that

you should avoid at all costs. These chemical sweeteners lurk in such common, popular products as Nutri-Sweet®, Equal®, Splenda®, and Sweet'n Low®. A safe sweetener is stevia. You can find it in many higher quality products. Another is xylitol, when taken in smaller amounts to avoid any possible laxative effect. Avoid protein bars and cookies. If you must have a treat, a protein bar would be the better choice, but these foods are mostly junk. Find a protein bar that doesn't have all the junk.

Here are some basics about protein supplements:

Egg Protein

- *Has perhaps the best protein efficiency ratio, but is expensive*

Milk Protein

- Casein: Slow digestion (time released); good before going to bed to help spare muscle during sleep
- Whey: Absorbed rapidly; good following a workout. Use cross-flow, micro-filtered, or ultra-filtered products for a complete spectrum of proteins.

Other sources of Protein

Hemp Protein

Brown Rice Protein

I usually consume one or two servings per day of a protein supplement. Supplements are much better these days, being easier to mix without using a blender. All you need is cold water and a plastic mixer found at HEB or any vitamin store. Voilà, you have an instant protein shake that's not too thick and heavy, and which tastes great.

To consume both slow - and long-acting proteins, I like to mix a scoop of vanilla whey or egg (albumin) with a scoop of banana casein. When I'm away from home, I simply pack a few scoops of protein in a plastic baggy. I also carry my shaker with me.

You may have to develop your protein supplementation level by trial and error. There are plenty of good supplements on the market, so it's hard to make a mistake. You might easily be better off buying unsweetened products and sweetening with stevia for no calories; xylitol, which has very few negatives; or more typical sweeteners such as table sugar or maple syrup, both of which are far less desirable because of their insulin-spiking effect. Still, they don't have the

more dangerous qualities of the common artificial sweeteners. We've been finding with time that the artificial sweeteners are actually leading to more obesity (through different metabolic channels) than the old-fashioned sweeteners with calories. That's why wellness advocates must keep up-to-date with recent findings. Nutrition science is moving rapidly.

Recommended Daily Intake of Protein

- * For sedentary individuals: 0.6 – 0.8 grams per pound of body weight - 20% – 30% of total daily calories
- * For active individuals: 0.8 - 1.0 grams per pound of body weight - 25% - 30% of total daily calories
- * For the bodybuilder or one actively pursuing lean tissue development: 1.0 – 1.25 grams per pound of body weight - 25% – 35% of total daily calories

Note: For the bodybuilder or individual wishing to put on additional size, the percentage of daily protein calories remains fairly constant even though total calories increase.

Protein Myths

Myth 1: Excess calories from protein are used to build muscle.

Fact: Excess protein is either used as fuel or stored as fat.

Myth 2: Diets high in protein and fat, and low in carbohydrates, are best for losing weight.

Fact: These diets may be good for quick weight loss, but most of this loss is in the form of lean tissue (muscle and bone) and water. Further, these diets can actually slow your metabolism and are hard to maintain.

Myth 3: All proteins are equal.

Fact: Animal sources are superior because they contain all the essential amino acids. (Animal protein sources include supplements made from eggs, casein, and whey.)

Fat (9 calories per gram)

Without a doubt, dietary fat is the one essential that Americans are getting plenty of. The American diet is filled with saturated fat to the point that it constitutes as much as 40-50% of total calories consumed. Combine this added bad fat with processed carbohydrates and you have a real health crisis on your hands. No wonder nearly two-thirds of this country's population is overweight

and over thirty percent is obese. What we need is more consumption of the good kind of fat - unsaturated or monounsaturated. Bad fats are typically saturated and solid at room temperature, except for palm and coconut oils. Unsaturated fats include those that contain the essential fatty acids (EFAs) required in our diet.

Saturated – Bad fats (except palm and coconut oil)

- Animal fats from animals that were not fed proper diets
- Some vegetable fats (vegetable shortening, margarine, cottonseed oil)
- Solid at room temperature

Unsaturated – Good fats containing EFAs

- Olive and sesame oils (olive is monounsaturated)
- Nuts, fish
- Liquid at room temperature

An extremely low fat diet is NOT the answer to better health. Fat is an essential food source because of the many roles it plays in supporting our body's health. Fat delivers energy and essential fatty acids (EFAs). It's important for our skin, hair, and nails; protects our organs from trauma; insulates our bodies; allows the transport of fat-soluble vitamins; and is needed to produce hormones and prostaglandins (cardiovascular function and inflammatory response).

Essential fatty acid deficiencies and disorders are common in the United States. Researchers think that up to 80% of the U.S. population consumes inadequate levels of EFAs. Many people don't eat food that is high in EFAs such as fish, nuts, and olive oil. Instead, they have succumbed to a diet taken directly from the pits of mass commercialization. The pits turn good fats into unnatural fats such as trans-fatty acids and hydrogenated fats. Altering the fat structure makes processing easier and allows food to have a longer shelf life.

Commercialized fats are void of essential fatty acids and have a negative impact on proper EFA metabolism. Most of the fats you find in processed carbohydrates are structurally altered in this way. This is one more reason to avoid boxed foods.

To make certain that my patients receive sufficient levels of EFAs in their diets, I often supplement with flax seed, fish oil, or krill oil. Flax seed oil usually comes in a liquid that should be refrigerated, while fish and krill oils are normally marketed in gel capsules (which also should be refrigerated). Keep in mind that your

vitamin E intake must be sufficient if you are supplementing with EFAs. Some people do well on supplemental CLA (conjugated linoleic acid).

Aside from supplementation, you can begin enhancing your diet by changing just a few things. Use olive oil instead of vegetable oils for salads and for cooking (but not for frying). Choose cold-processed, extra virgin oil found in opaque containers, not clear bottles. Heat processing and light can denature olive oil and create free radicals. These molecules do all kinds of damage at the least provocation, including punching holes in healthy cells.

You've heard of antioxidants? They neutralize free radicals and prevent the damaging process we commonly associate with aging. Even cooking with olive oil can denature it so, go lightly on such usage and consider using coconut oil, instead, especially for frying. Peanut oil is another option for frying because it can handle high temperatures and the fat profile is decent.

Recommended Daily Intake of Fat

For all individuals: 20% – 30% of total daily calories.

Note: When calories are restricted, the total percentage of fat in the diet may increase because of a reduction in carbohydrates. The same is true of the protein percentage. Yet, the grams of protein required per pound of body weight must remain about the same.

Fat Myths

Myth 1: As long as my carbohydrate intake is low, it's okay to consume a moderate, high-fat diet.

Fact: The typical American high-fat diet is always unhealthy and can increase your risk of cardiovascular disease. This is a diet high in omega 6's with too many bad animal fats, polyunsaturated fats, hydrogenated fats, and trans fats.

Myth 2: You must cut out all fat when trying to lose weight.

Fact: Omega-3 and omega-6 fatty acids are essential for fat metabolism. This means monounsaturated, polyunsaturated, and saturated fats from coconut oil are essential. However, too many polyunsaturated fats can create a poor omega-3 to omega-6 ratio.

Fact: Fats play a critical role in our overall health, from hormone syntheses to the transport of fat-soluble vitamins.

Fact: Fats aid in satiety and prevent overeating.

Fact: Moderate, high-fat diets (high in omega 3's) are okay and can be valuable for minimizing fat-storing hormones like insulin.

Water (0 calories per gram)

Yes, water is one of the essentials we can't forget about. It makes up 50% - 70% of our body weight and 65% - 75% of our lean body weight. Hydrating your body should become a top priority if it isn't already.

Dehydration places stress on the entire body and hampers normal metabolic processes. Preventing dehydration means ingesting fluids intermittently throughout the entire day, whether you get them from certain foods (fruits and vegetables) or from liquids. If you're one who maintains a diet high in fruits and vegetables, you are less vulnerable to the effects of dehydration. Overall, the majority of us need to pay extra attention to the amount of water we consume and make a conscious effort to drink it whenever we get the chance. Water is the nutrient that bathes our cells and provides a medium for the chemical reactions that support life.

If you don't already have one, lease a bottled-water dispenser (the 5-gallon type) or consider a good filter system (carbon filtration or reverse osmosis) that also removes fluoride if it's being added to your water supply. I highly recommend it. It also saves money compared to purchasing cases of the individual bottles and bottled water can have health risks as well. Anytime we wish to take water with us, we just fill up an empty bottle or two and we're good to go. Note: RO water needs to have himalayan or celtic sea salt added.

Besides the unseen miracles that water constantly provides within and around our cells, it also provides visible changes. Being well-hydrated offers your skin its best chance of looking full and youthful beyond what any state of the art cosmetics claim to be capable of doing. And, once you begin to develop that well-toned body, your adequate hydration level keeps your muscles full and skin taut. So, drink up!

Recommended Daily Intake of Water

Instead of other less desirable substitutes, drink water when you are thirsty. If you're choosing water as your main source of fluids, you probably won't need to worry about how many glasses or ounces you consume each day. Trying to drink gallons of water a day in no way adds additional benefits to your health regimen. In fact, this can actually disrupt the normal potassium and sodium balance in your cells. When such disruption occurs, you find yourself retaining fluids because potassium is being lost.

By the way, as you get older, your sense of thirst may diminish and you may find yourself taking insufficient water. Yet, if you've been paying attention to your water needs over time, this is unlikely to happen because you are more attuned to your real thirst.

General Rule: $\frac{1}{2}$ your body weight in ounces

More on Food and Nutritional Supplements

Building a great body comes not from dietary supplements, but primarily from resistance training and eating nutritious meals. Yes, certain supplements can help. But, by definition, their job is only to supplement the diet so that there is little risk of missing key components that could hinder development. They do not substitute for nutritious foods.

I don't believe in miracle pills or powders and, therefore, have never placed too much emphasis on finding shortcuts to proper diet and training. As I mentioned earlier, however, a good protein supplement may be necessary if one is to consume the necessary daily amount of that nutrient. Here is a list of supplements that should be a part of your diet:

Protein powder (milk, egg, whey, casein)

- Provides an excellent source of amino acids that deliver complete protein
- Is essential for lean tissue growth

Other Protein powders (rice, pea, and hemp)

Essential fatty acids (flaxseed, fish, krill oils, CLA [conjugated linoleic acid])

- Are essential for cardiovascular health and endocrine (hormone) function
- Help balance the ratio of estrogen to progesterone
- Are required for fat metabolism (fat burning)
- Help to minimize or reduce hidden inflammation in conditions such as fibromyalgia and lupus

Vitamin / mineral supplementation

- Because the American diet is deficient of key nutrients
- Because you can find companies that have a proven track record and scientific research to back up the efficiency of their products.

Antioxidants

- Often called anti-aging chemicals, these act as scavengers and bind up free radicals that cause cellular damage.

Antioxidants

You need to protect yourself from the harmful effects of free radicals that I mentioned under the discussion on fats. Pollutants in the air we breathe, poor living habits, and oils and fats heated to high temperatures are just a few sources of these damaging molecules.

Many of today's scientists believe free radicals are one of the primary causes of aging. Free radicals create cellular damage that can lead to common conditions found in the middle-aged and elderly such as arteriosclerosis and skin damage. It's also known that certain chemicals or compounds found in fruits and vegetables offer a solution to controlling or minimizing the negative effects of free radicals. These fruit and vegetable compounds can be extracted and concentrated in the form of dietary supplements that let us achieve adequate ingestion in antioxidant-deficient diets. I regularly supplement with good antioxidants. Common antioxidants are alpha lipoic acid, co-enzyme Q10, l-tyrosine, glutathione, vitamins C & E, and selenium. Green tea, fruits, vegetables, and often their extracts, are also good natural sources of antioxidants. By the way, virtually all overweight people are low in antioxidants.

You now have the basic information and know what you should and shouldn't eat, as well as, how often. The question now is, are you ready to take the steps required to change your present eating habits into the habits of champions? I hope you can now answer with an emphatic, yes. This is the most important part of the program when it comes to shedding body fat and improving your overall health.

Resistance training becomes effective only with proper and adequate nutrition. If you fail at this, I can guarantee you'll fail at achieving your ultimate goal of body metamorphosis.

At a Glance:

Carbohydrates	
To grow muscle	55-65% of total calories
To maintain weight	50-55% of total calories
To lose weight (fat)	40-50% of total calories

Proteins	
For the sedentary individual	0.6 – 0.8 grams per pound of body weight 20% – 30% of total daily calories
Active individuals	0.8 - 1.0 grams per pound of body weight 25% - 30% of total daily calories
For the bodybuilder or one actively pursuing lean tissue development	1.0 - 1.25 grams per pound of body weight 25% – 35% of total daily calories

Fats	
For all activity levels	20% - 30% of total daily calories

Miscellaneous Nutrition

Bone Broth - Bone broth (or technically, stock) is a mineral rich infusion made by boiling bones of healthy animals with vegetables, herbs and spices. You'll find a large stock pot of broth/stock simmering in the kitchen of almost every 5-star restaurant for its great culinary uses and unparalleled flavor, but it is also a powerful health tonic that you can add to your family's diet. It is known to boost the immune system (chicken soup when you are sick anyone?) and improve digestion. Its high calcium, magnesium, and phosphorus content make it great for bone and tooth health. Bone broth also supports joints, hair, skin, and nails due to its high collagen content. In fact, some even suggest that it helps eliminate cellulite as it supports smooth connective tissue.

It can be made from the bones of beef, bison, lamb, poultry, or fish, and vegetables and spices are often added.

There is nothing easier than making broth. It's as simple as boiling water, and making your own allows you to avoid food additives.

4 quarts filtered water	2 tablespoons apple cider vinegar
1 1/2 -2 lbs of bones (beef knuckle bones, marrow bones, meaty bones, chicken or turkey necks, chicken or turkey carcass bones, or any bones you have around)	(organic, unfiltered such as Bragg's brand)
	2 teaspoons (or to taste) unrefined sea salt (optional).
	Cloves from 1 whole head of fresh garlic, peeled and smashed (optional)

Place all ingredients in a 6-quart slow-cooker and set heat to high. Bring the stock to a boil. Then, reduce the heat setting to low. Allow the stock to cook for a minimum of 8 hours and up to 24 hours. The longer it cooks, the better. Turn off the crockpot and allow the stock to cool. Strain the stock through a fine mesh metal strainer or cheese cloth. Place the cooled stock into glass jars for storage in the refrigerator for a few days or the freezer for later use. You can drink the broth or use it as a base for soups, stews, or any recipe that calls for soup stock.

To make vegetable broth, combine .1 onion, 4 carrots, 2 stalks of celery, and 4 cloves of garlic chopped into 1/2-inch pieces, and boil, then simmer for 6 hours. Do not overcook vegetable broth, as it may become bitter.

Broth - For now, we recommend "Pacific Natural Foods" Organic Free Range Chicken Broth and The Mushroom Broth. Do not purchase the other choices until after the detox protocol. We recommend these because the ingredients are void of any of our plans restrictions.

Steel Cut Oats – Oats are naturally gluten free. It is the cross contamination in the factory where they are produced in that is the problem. That is why we recommend steel cut, because oatmeal with the “steel cut” label generally has that specific machine dedicated to cutting the oats without the risk of cross contamination. Not recommended for those trying to lose weight.

Another option is purchasing **Bob’s Gluten Free Rolled Oats**. – Rolled oats are not naturally gluten free but Bob’s Red Mill has a special line with the “Quaker” style oats for those who are weary of eating the steel cut style oats.

Benefits of Buckwheat groats:

Buckwheat - known as kasha once it's toasted - is too rarely consumed in its whole-grain form. Buckwheat flour-based pancakes and soba noodles are popular and delicious, but with their higher glycemic load, are less healthful than dishes made from the intact kernels, or groats. Buckwheat is high in rutin, a flavonoid that protects against disease by strengthening capillaries and preventing blood clotting. Coupled with its high levels of magnesium (one cup cooked provides over 20 percent of the Daily Value), which lowers blood pressure, buckwheat is truly a heart-healthy food. Buckwheat is completely gluten-free and suitable for those with celiac disease. Although you can store buckwheat in a cool, dry place for a short amount of time, it is best to keep it in the refrigerator, where it will last up to three months, or in the freezer, for si

Almond Milk – Soy Milk is not a good alternative and rice milk tends to be higher in sugar. Almond milk generally contains a higher source of calcium and is naturally lactose free.

Health benefits of the Coconut

Coconut Milk and Coconut Oil – Both of these are wonderful choices and even better alternatives to conventional American Milk.

Coconuts can add flavor, variety and - best of all - healthy nutrients to your diet. Coconuts are rich in lauric acid, which is known for being antiviral, antibacterial and antifungal, and boots your immune system.

Fresh coconut juice is one of the highest sources of electrolytes known to man, and can be used to prevent dehydration, for instance in cases for diarrhea or strenuous exercise, instead of a sports drink. Some remote areas of the world even use coconut juice intravenously, short-term, to help hydrate critically ill patients and in emergency situations.

Other health benefits of coconut and coconut oil include:

Help you lose weight, or maintain your already good weight

Reduce the risk of heart disease

Lower your cholesterol

Improve conditions in those with diabetes and chronic fatigue

Improve Crohn's, IBS, and other digestive disorders

Prevent other diseases and routine illness with its powerful antibacterial, antifungal, antiviral, and antifungal agents

Increase metabolism and promotes healthy thyroid function

Boost your daily energy

Rejuvenate your skin and prevent wrinkles

Some food additives are worse than others. **Food Matters** suggests these as the top ones to avoid:

1. **Artificial Sweeteners**

All artificial sweeteners are bad news.

Splenda has been linked to Inflammatory Bowel Disease

Aspartame, also known as **Nutrasweet** and **Equal**, is believed to be carcinogenic and accounts for more reports of adverse reactions than all other foods and food additives combined.

The artificial sweetener Acesulfame-K has been linked to kidney tumors.

2. **High Fructose Corn Syrup**

High fructose corn syrup (HFCS) increases your LDL ("bad") cholesterol levels and contributes to the development of diabetes.

3. **Monosodium Glutamate (MSG)**

MSG is used as a flavor enhancer. It is an excitotoxin, a substance that overexcites cells to the point of damage or death. It also leads to Leptin resistance.

4. **Trans Fat**

Numerous studies show that trans fat increases LDL cholesterol levels and increases your risk of heart attacks, heart disease and strokes.

5. **Common Food Dyes**

Artificial colorings may contribute to behavioral problems in children and lead to a significant reduction in IQ.

6. **Sodium Sulphite**

This is a preservative used in processed foods. People who are sulfite sensitive can experience headaches, breathing problems, and rashes. In severe cases, sulfites can actually cause death.

7. **Sodium Nitrate/Sodium Nitrite**

This common preservative has been linked to various types of cancer.

8. **BHA and BHT**

Butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT) are preservatives that affect the neurological system of your brain, alter behavior and have the potential to cause cancer.

9. **Sulphur Dioxide**

Sulphur additives are toxic and in the U.S., they have been prohibited in raw fruit and vegetables. Adverse reactions include bronchial problems, low blood pressure, and anaphylactic shock.

10. **Potassium Bromate**

This additive is used to increase volume in some breads. It is known to cause cancer in animals, and even small amounts can create problems for humans.

If you've ever read the ingredients lists on packaged foods, you know that there's a lot more in food these days than in generations past. Virtually every processed food now contains a laundry list of preservatives, colorings, flavorings, emulsifiers and more -- and unless you're shopping at a natural specialty store, gone are the days when a loaf of bread contained just a few ingredients.

A food additive refers to virtually any substance added to a food, but according to the U.S. Food and Drug Administration (FDA) definition, a food additive is "any substance the intended use of which results or may reasonably be expected to result -- directly or indirectly -- in its becoming a component or otherwise affecting the characteristics of any food."

There are currently more than 3,000 food additives added to foods in the United States; ideally, you should steer clear of all or most of these, but if you're just getting started the 10 listed above are an excellent starting point of additives to remove from your diet as soon as possible.

What are You Really Eating?

When you purchase a package of cheese, you expect it to contain milk and salt ... bread you'd expect to contain flour, yeast, etc., and when you pick up a can of beans, you may think it only contains beans.

In reality, cheese is commonly laced with preservatives and colorings. Bread contains high fructose corn syrup, preservatives and sometimes trans fats. And even canned beans typically contain a slew of additives including corn syrup, coloring and other sweeteners, along with being packaged in a can that probably leaches BPA from its lining.

The fact is if you're like most Americans who spend 90 percent of their food budget on processed foods, you're eating your share of these additives and then some ... which is concerning when you begin to look into their potential effect on your health:

- **Cancer:** Additives linked to cancer -- BHA/BHT, propyl gallate, trans fats, aspartame, blue 1,2, Yellow 6, potassium bromate and more -- are in countless products from baked goods and chewing gum to chicken soup base, cereal, luncheon meats, vegetable oils and potato chips. If you eat a highly processed food diet, you are therefore potentially exposing yourself to cancer-causing toxins at every meal.
- **Hormone disrupters:** An analysis published in the journal Chemical Research in Toxicology found 31 potential estrogen-mimicking food additives during their research.

These include propyl gallate, a preservative used to prevent fats and oils from spoiling, and 4-hexylresorcinol, which is used to prevent discoloration in shrimp and other shellfish.

Chemicals with estrogen-like effects, known as xenoestrogens, have been linked to a range of human health problems, including reduced sperm counts and increased risk of breast cancer.

- **Behavior Problems:** A carefully designed, randomized, double-blind, placebo-controlled study published in the journal The Lancet concluded that a variety of common food dyes, and the preservative sodium benzoate -- found in many soft drinks, fruit juices and salad dressings -- cause some children to become measurably more hyperactive and distractible.
- **Lower IQ:** The Lancet study mentioned above also found that the E-numbered food dyes (such as tartrazine (E102), ponceau 4R (E124), sunset yellow (E110), carmoisine (E122), quinoline yellow (E104) and allura red AC (E129) do as much damage to children's brains as lead in gasoline, resulting in a significant reduction in IQ.

Processed Foods Depend on Additives

When foods are processed not only are valuable nutrients lost and fibers removed, but the texture, natural variation and flavors are lost also. After processing, what's actually left behind is a bland, uninteresting "pseudo-food" that most people would find entirely unappetizing.

So at this point, food manufacturers must add back in the nutrients, flavor, color and texture to processed foods in order to make them palatable, and this is why they become loaded with food additives. Most commonly, additives are included to:

- Slow spoilage
- Prevent fats and oils from becoming rancid or developing an off-flavor
- Prevent cut fruits from turning brown
- Fortify or enrich the food with synthetic vitamins and minerals (which are lost during processing)
- Improve taste, texture and appearance

When reading product packages, here's a breakdown of some of the most common food additives to watch out for:

- **Preservatives (sodium benzoate, sodium nitrite, potassium sorbate, BHA, BHT, etc.):** Found in fruit sauces and jellies, beverages, baked goods, cured meats, oils and margarines, cereals, dressings, snack foods, fruits and vegetables
- **Sweeteners and artificial sweeteners (fructose, high fructose corn syrup, aspartame, sucralose, acesulfame potassium (acesulfame-K), etc.):** Beverages, baked goods, confections, table-top sugar, substitutes, many processed foods
- **Artificial colors (FD&C Blue Nos. 1 and 2, FD&C Green No. 3, FD&C Red Nos. 3 and 40, FD&C Yellow Nos. 5 and 6, Orange B, Citrus Red No. 2, etc.):** Many processed foods (candies, snack foods, margarine, cheese, soft drinks, jams/jellies, gelatins, pudding and pie fillings)
- **Artificial flavors:** Pudding and pie fillings, gelatin dessert mixes, cake mixes, salad dressings, candies, soft drinks, ice cream, BBQ sauce, etc.

- **Flavor enhancers (monosodium glutamate (MSG), hydrolyzed soy protein, autolyzed yeast extract, etc.):** Many processed foods

The Simplest Way to Avoid Food Additives?

Ditch processed foods.

You might already know that 90 percent of the money Americans spend on food is for processed foods so there is massive room for improvement in this area for most of us.

Swapping your processed food diet for one that focuses on real, whole foods may seem like a radical idea, but it's a necessity if you value your health.

And when you put the history of food into perspective, it's actually the processed foods that are "radical" and "new." People have thrived on vegetables, meats, eggs, fruits and other whole foods for centuries, while processed foods were only recently invented.

It's easy to forget that the processed, packaged foods and fast food restaurants of today are actually a radical change in terms of the history of food production. The frozen food business didn't begin until the mid-1920s when the General Seafoods Company set up shop and began selling crudely frozen fish fillets, and fast food restaurants didn't get a foot hold until after World War II.

TV dinners didn't even come around until the 1950s ... before that it was a home-cooked meal or no meal at all.

If you want to eat healthy, I suggest you follow the 1950s (and before) model and spend quality time in the kitchen (yourself, a family member or someone you hire) preparing high-quality meals for yourself and your family.

If you rely on processed inexpensive foods you will simply exchange convenience and short-term cash savings for long-term health miseries.

For a step-by-step guide to make this a reality in your own life, our curriculum will train you how to eat healthy in the midst of all the chaos of information that surrounds us through marketing and misinformation.

When it comes to staying healthy, avoiding processed foods and replacing them with fresh, whole foods is the "secret" you've been looking for.