



Nutrition: Food is Fuel

These are the topics covered in this section:

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- Acid vs. Alkaline
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- Alkaline rich foods
- Artificial sweeteners
- Balance
- Being thirsty
- Benefits of small meals
- Boosting up metabolism
- Brain chemistry
- Carbohydrates (the better choices)
- Carbonation
- Common food allergens
- Controversial subjects (milk, soy)
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- “Diets programs,” why they are temporary
- Eating organic
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- Getting in tune with your body
- Going to extremes
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- How to order out
- How our mind takes over (whenever we say we can't have...)
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- Processed foods (MSG, Gluten, GMO's etc.)
- Protein rich foods

- Recipe ideas
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- Sugar
- The importance of water
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- What to cook with

Before we begin; this next section is designed to inform you. Though there is a great deal of information ahead, there is no need to be overwhelmed, I have done the research for you. No two people are the same. We each process foods differently based on factors such as body chemistry, mindset, and lifestyle. Some of the foods being suggested may conflict with other information provided about grains, meats, common food allergens and foods which contain lectins. There are foods that support the body's healing abilities better than others and some foods wreak havoc in the body. In this section, we will explore the research and nutritional information and learn how to get started, keeping it simple. Experiment and decide what works best for your body.

In my experience when the discussion of nutrition comes up, many people tend to think of "going on a diet," instead of becoming aware of their diet (how they fuel their body).

The things that pop in my head when I think of "going on a diet program", are TEMPORARY, RESTRICTION and DEPRIVATION. Therefore I agree with the statement in the title of Dr. Bob Schwartz's book, "Diets Don't Work." Our "diet" is the fuel that supplies the body."

I am here to explore how to make this part of your life enjoyable once and for all, by giving you an understanding on why fit healthy people feel so good and have more energy. Mindset plays a big part in how we choose to perceive these changes. As we know there are many "diet programs" that are unrealistic and very restrictive and can be hard to sustain over long periods of time. Similarly, with stimulants such as diet pills and energy drinks, these methods may get short term results; however, in the long term, they may cause more damage than good.

Did you know that storing excess fat is not only linked to obesity and metabolic syndrome, it is also linked to; Cancer, Autoimmune disorders and brain disease. Pelmutter quotes: "*the bigger the belly, the smaller the brains' memory center, for every excess pound put on the body the brain gets a little smaller.*"

There was a study done in UCLA where obese people had 8% less brain tissue, while overweight. There was a 4% loss in frontal and temporal lobes of the brain, where we make decisions and store energy. Six months later after not making any changes to their diet or lifestyle, the same people were tested and the studies showed that there was a 40% increase in insulin sensitivity.

Here's how the body works: it is simply designed to protect itself. If we decide to skip meals in hopes to release some extra weight, we are actually going to get the opposite results. In my observations, most people who I have worked with who wanted to release weight, did not eat frequently enough. Skipping meals causes our bodies to go into survival mode. Our metabolism tends to slow down (not knowing when it will be fed again), and will ration the fuel it was fed last. You may be thinking that you're doing a good thing, when in fact the body's ability to burn fat has significantly decreased. What makes matters worse, when your body is not being fueled sufficiently, it starts to borrow from the body's fuel storages exhausting the most efficient energy sources first, which would be our lean muscle. In these circumstances, fat storages are the last thing to be burned off. Remember, the more lean muscle we have, the more fat we burn! This is why people who go on typical "weight loss diets" hoping for weight loss, eventually gain more back than they started with. That is how the cycle of "Yo Yo dieting" begins.

Dr. Bob Schwartz, "Diets Don't Work" did a study, where he put participants who were looking to gain weight, on a typical "weight loss diet" for three days. It didn't matter which one he chose. Typically, they lost anywhere from 2-7 pounds, only to feel more frustrated. But after the three-day period, participants went back to eating normally and within a few days, they gained the weight back that they had lost, plus additional weight. The participants would repeat this cycle a few times to continue gaining weight.

I found this study so interesting! Bob Schwartz came across this realization in his own experience working with patients. He did not really understand why people were struggling the way they were with dieting, so although he did not need to reduce his weight, he decided to show them how easy it could be. The first week he shared, that even though his body ached (as if to say, "don't continue"), he was able to lose 11 pounds. He continued trying the next few diets that came along, this time not having those dramatic results. Until one day he found his pants weren't fitting anymore and there began his personal experiences struggling with his weight.

Schwartz's' quest for answers then became personal. It wasn't until he started to study the mentality of fit, healthy people, rather than focusing on the habits of overweight people, did he discover his answers. He quotes: "If you want to be rich you don't study poor people; you study rich people."

What he learned was, that fit/healthy people put very little focus on what they eat and therefore, don't focus on, or obsess over food, they merely eat when hungry. When I thought about it, that is exactly what happens. I realized this is about mindset and unconscious habits. Remember, what we focus on (as "a problem") becomes just that, if we are not careful.

Common Food Allergens:

- A. Dairy
- B. Eggs
- C. Gluten

An excerpt from Dr. Kimarie's book, "Inner Power-Outer Strength." 2017

- D. Peanuts
- E. Corn
- F. Soy
- G. Citrus fruits
- H. Tomatoes, potatoes, peppers, eggplant
- I. Chocolate
- J. Yeast
- K. Beans
- L. Nuts

When you are suffering from a food intolerance, along with typical allergic reactions such as sneezing, this can wreak havoc in your digestive system, cause inflammation and even effect your moods. If you are having a reaction, be sure to note how your body reacts after ingesting these foods.

Note: our body's chemistry changes all the time, so even though you may have never had an issue with a certain food in the past, does not mean you will not become intolerant to that food. Sometimes eating a particular food too often can cause an intolerance.

Diet Pills and Energy Drinks are very harmful to your health;

Although they curb your appetite and temporarily raise your metabolism, they also raise your heart rate. Over the last 25 years I have observed side effects, due to the use of these kinds of products; such as anxiety, nervousness and rage, as well as more severe outcomes, like heart attack and death.

Our appetite doesn't need curbing, we just need to shift certain habits, by understanding how the body works. There are natural ways to boost your metabolism, without putting stress on your heart. There are only positive side effects when the body is fueled properly.

The great news, is that it doesn't have to be hard anymore! I would like to offer a better understanding of what works long term for optimum health along with what breaks down the body.

Water: Mother Nature's Perfect Drink.

Drinking water is so important for our health and wellbeing. Good hydration is the foundation of good health. The human body is made up of 75% water and 25% solid matter. In those percentages: Blood is 83%water, muscles are 75% water, and the brain is 95% water, along with the lungs.

By the time we are actually feeling thirsty, the body is already dehydrated. Doctors are the first to know that dehydration robs you of your life force, fastest. Dehydration is second only to loss of oxygen, for causes of death. That is pretty startling. This is why,

the first protocols of a patient upon arrival at the hospital, are intravenous with a saline solution, according to Dr F. Batmanghelidj MD. In his book: "Water: For Health, for Healing, for Life: You're Not Sick, You're Thirsty! " He shares over 20 years of clinical studies and scientific research on the health benefits of water, stating that water can relieve a wide range of medical conditions. Simply adjusting your fluid and salt intake can help you treat and prevent dozens of diseases, avoid costly prescriptions drugs, and enjoy vibrant new health. From his perspective, he states that "Most of so-called incurable diseases are nothing more than labels given to various stages of drought."

Benefits of drinking water and proper hydration include:

- Increases energy and boosts metabolism
- Regulates appetite
- Reduces water retention
- Alleviates migraine headaches
- Helps reduce high blood pressure
- Reduces Cholesterol
- Eases joint pain, low back/ disc pain and Rheumatoid arthritis by lubricating joints
- Decreases the risk of some cancers, such as Leukemia and Lymphoma
- Less chance of developing Kidney stones.
- Assists in releasing toxic waste, detoxifies and protects organ function, assists in elimination of body wastes and toxins
- Improves skin: The skin is the largest organ of the body, when not properly hydrated it loses moisture and can cause premature aging
- Regulates body temperature
- Less cramps and sprains: When hydrated the joints are properly lubricated
- Helps prevent Osteoporosis: dehydration is responsible for calcium loss in bones
- Helps maintain the body's PH balance to prevent disease
- Promotes good eye health
- Transports oxygen to cells
- Maintains muscle tone
- Helps alleviate allergies
- Brain productivity: Benefit of drinking water to prevent Brain Damage

Organs are made of cells. The cells are made of and live in a water solution. Blood also is mostly water and serves to dissolve, process and transport nutrients, as well as, eliminate waste materials.

In the case of dehydration, the blood becomes thick and saturated, not being able to flow properly. What happens is that the excess of toxins must then be stored, and over time this space begins to resemble a toxic waste site - an acidic medium. Since the cells cannot have the proper oxygenation and nutrition, they begin to change in form and function in order to survive.

The end stage of this process, results in the cells not resembling normal cells at all, and they continue living by means of fermentation, rather than the normal oxidative mechanisms. - This is when the oncologist will tell you that you have CANCER" - source: J.H. Tilden, Toxemia.

On average, the human brain weighs about 3 pounds. It is estimated that the brain consists of 85% water. The brain is extremely sensitive to water loss. It is said that the brain cannot tolerate even a 1% loss of water. If it were to be dehydrated to the point of being only 84% water for long, the brain would not function properly. Remember that nerve cells in the brain are one-time-living units. They don't multiply like other cells in the body and don't regenerate. Dehydration can cause damage in the blood vessels in the brain, leading to bleeding and plaque, which are at the base of most neurological disorders, such as, multiple sclerosis, Parkinson's disease and Alzheimer's disease.

Water can help prevent and treat conditions such as:

- Depression: hydration helps the body naturally replenish its supply of the neurotransmitter, serotonin.
- Sleep disorders: hydration is needed for the production of nature's sleep regulator, melatonin.
- Lack of energy: water generates electrical and magnetic energy in every cell, providing a natural power boost.
- Attention Deficit Disorder: a well hydrated brain is continually energized, to imprint new information in its memory banks.

Considering two thirds of the body consists of water, you can see how being properly hydrated, assists brain function and the body's chemistry, to provide better moods and an overall feeling of wellbeing.

Harmful effects and symptoms of Dehydration:

- Tiredness
- Migraines
- Constipation
- Muscle cramps
- Dry skin
- Irregular blood pressure
- Kidney problems
- 20% dehydration risk of death

Signs of dehydration:

Dark Urine or strong odor: Dark yellow or orange urine is a sign that you need more water. Urine should be pale yellow to clear.

Thirst: The most obvious sign of dehydration is thirst. By the time your body actually experiences thirst, you are already dehydrated.

Hunger: Most of the time the brain gives the same signal when thirsty or hungry, so before you grab something to eat, drink a glass of water.

Fatigue: Water is a source of energy, and gives a natural boost.

We now have a better understanding of the importance of water, as well as, the relevance it has on the body's functions. Be sure not to confuse water consumption with fluid consumption. Soda and coffee are NOT an acceptable substitute for water. In fact, you need to consume even MORE water if you're drinking soda and coffee. Caffeine, one of the main components of most soda, causes increased urine production and acts as a dehydrating agent; that's why you can drink sodas all day and never feel satisfied, the water doesn't stay in the body long enough. Plus, you may mistakenly think that you've consumed enough "water" by drinking soda or another water substitute. When your body cries out for thirst, you're likely to over feed it with food instead.

I would like to point out that there are a lot of imitators out there, such as flavored water and vitamin water. The question is, if you add flavors with sweeteners, is there much difference between that and another non-carbonated soft drink? It is all in the marketing. The sweeteners in these drinks, whether it is sugar or artificial sweeteners, both deplete the body's natural defenses, rather than enhance it in any way.

So, it is important to cleanse and purify the body with water and no additives. I asked what the best thing to drink was, and I was told "Anything I would use to wash my clothes." Here's a better visual: picture washing your car with one of these water imitators. How do you think the paint would hold up over time?

Do you think the body's internal organs may be a little more delicate than the materials your car is made of?

In addition, there are better choices of water, such as choosing purified water, alkaline water or mineral water, over tap water, due to the chemicals and contaminants found in tap water.

It is recommended to drink at least 64 oz. of water daily. To release excess weight, it is beneficial to consume between 1/2 and 1 oz. for every pound of body weight in water. For instance, if you weigh 150 lbs., you would consume between 75 to 150 oz. of water daily.

Remember, if you are consuming drinks such as coffee and soda with caffeine, you will need to replenish your body additionally. Just get into the habit of drinking water everywhere you go. I like to keep a gallon of water with me each day, so I have an idea of how much I am drinking. If I have it with me, I will continue to keep hydrated.

Here's where it gets interesting! As we discussed earlier, we know our body is made up of energy. Our thoughts and feelings produce different reactions or manifestations. Remember, that our body consists of 75% water. Our health is closely related to the quality of the water contained in every single cell of our body.

In his book called "The Hidden Messages in Water," Masaru Emoto discovered that when crystals formed in frozen water, they revealed obvious changes when specific, concentrated thoughts were directed towards them. He and his team tested samples of water from different sources, and also labeled some with statements such as "forgiveness" and "You make me sick". They also tested different styles of music and qualities of water as well. He concluded that clear spring water, calming music and loving thoughts, produced brilliant and colorful snowflake patterns. In contrast, polluted water and negative thoughts formed incomplete, dis-eased looking patterns with dull colors.

Quote: "Nothing exists in isolation, so that everything you interact with, your diet, family, work or relationships, has an effect on your health and wellbeing" Deepak Chopra.

An Understanding of Acid and Alkaline:

Human blood pH should be slightly alkaline (7.35 - 7.45), below or above this range means symptoms and disease. A pH of 7.0 is neutral. A pH below 7.0 is acidic. A pH above 7.0 is alkaline.

An acidic pH can occur from, an acid forming diet, emotional stress, toxic overload, and/or immune reactions, or any process that deprives the cells of oxygen and other nutrients. The body will try to compensate for acidic Ph, by using alkaline minerals. If the diet does not contain enough minerals to compensate, a buildup of acids in the cells occur.

An acidic balance will:

- Decrease the body's ability to absorb minerals and other nutrients, as well as the energy production in the cells.
- Decrease its ability to repair damaged cells and detoxify heavy metals, make tumor cells thrive, and make it more susceptible to fatigue and illness.

A blood pH of 6.9, which is only slightly acidic, can induce coma and death. The reason acidosis is more common in our society, is mostly due to the typical American diet. It is far too high in acid producing animal products, like meat, eggs and dairy, and far too low in alkaline producing foods, such as fresh vegetables. Additionally, we eat acid producing, processed foods, like white flour and sugar, and drink acid producing beverages such as, coffee and soft drinks.

Drugs are acid forming, as well as artificial chemical sweeteners, which are extremely acid forming. One of the best things we can do to correct an overly acidic body, is to clean up the diet and lifestyle.

For optimal health, your diet should consist of approx. 60% alkaline forming foods and 40% acid forming foods. To restore health, the diet should consist of 80% alkaline forming foods and 20% acid forming foods. Studies show that an acidic body is a magnet for dis-ease.

Typically, alkaline forming foods include: most fruits, green vegetables, peas, beans, lentils, spices, herbs, seasonings, and seeds and nuts.

Acid forming foods include: meat, fish, poultry, eggs, grains, and legumes.

Here is a list of alkalinizing foods:

Alkalizing Vegetable includes:

- Alfalfa -Barley Grass -Beet Greens -Beets -Broccoli -Cabbage -Carrot - Cauliflower -Celery -Chard Greens -Chlorella -Collard Greens Cucumber - Dandelions -Edible Flowers -Eggplant -Fermented Veggies -Garlic -Green Beans Green Peas -Kale -Kohlrabi -Lettuce -Mushrooms -Mustard Greens -Nightshade - -Veggies -Onions -Parsnips (high glycemic) -Peas -Peppers -Pumpkin
- Radishes -Rutabaga -Sea Veggies -Spinach, green -Spirulina -Sprouts -Sweet Potatoes -Tomatoes -Watercress -Wheat Grass -Wild Greens

Asian Vegetables Include:

- Daikon -Dandelion Root -Kombu -Maitake -Nori -Reishi -Shita -Umeboshi - Wakame

Alkalizing Fruits include:

- Apple -Apricot -Avocado -Banana (high glycemic) Berries -Blackberries - Cantaloupe -Cherries (sour) -Coconut (fresh) -Currants -Dates (dried) -Figs (dried)
- Grapes -Grapefruit -Honeydew Melon -Lemon -Lime -Muskmelons -Nectarine - Orange -Peach -Pear -Pineapple -Raisins -Raspberries -Rhubarb -Strawberries -- Tangerine -Tomato -Tropical Fruits -Umeboshi -Plums -Watermelon

Alkalizing Proteins Include:

- Almonds -Chestnuts -Millet -Tempeh (fermented) -Tofu (fermented) -Whey Protein Powder- Vegetable Protein Powder

Alkalizing Nuts and Seeds Include:

Almonds, Brazil, Cashews, Chestnuts, Flax Seeds, Macadamia, Pumpkin Seeds, Sesame Seeds, Squash Seeds, Sunflower Seeds

Alkalizing Sweeteners:

- Stevia -Raw Honey – Maple syrup

Alkalizing Spices and Seasonings include:

-Chili Pepper -Cinnamon -Curry -Ginger -Herbs (all) -Miso -Mustard -Sea Salt - Tamari

Other alkalizing things:

-Alkaline Antioxidant Water -Apple Cider Vinegar -Bee Pollen -Fresh Fruit Juice - Green Juices -Lecithin Granules -Mineral Water -Molasses (blackstrap)

-Probiotic Cultures -Soured Dairy Products -Veggie Juices

Alkalizing Minerals Include:

-Calcium: pH 12 -Cesium: pH 14 -Magnesium: pH 9 -Potassium: pH 14 -Sodium: pH 14

A food's acid or alkaline forming tendency in the body, has nothing to do with the actual pH of the food itself. Although it might seem that citrus fruits, such as lemons, would have an acidifying effect on the body, the citric acid they contain, actually has an alkalizing effect on the system. The same applies with examples such as meat. It will test alkaline before digestion, but it leaves very acidic residue in the body, so, like nearly all animal products, meat is very acid forming.

Once again, most acid forming foods include: meat, fish, poultry, eggs, dairy, grains, legumes, artificial sweeteners, alcohol, nut butters, catsup, cocoa, coffee, custard, pepper and soft drinks. However, some are more acidic than others.

As we may already know, acidifying foods should be reduced from your diet to obtain good health and should be eaten sparingly:

These items include: Processed, fried and genetically modified foods, coffee and meat.

Vegetables and fruits that have higher acidity:

-Corn -Olives -Canned or Glazed Fruits -Cranberries -Currants -Plums -Prunes

Acidifying Drugs and Chemicals Include:

-Aspirin -Chemicals -Drugs (Medicinal and Psychedelic) -Herbicides -Pesticides - Tobacco

I have read an exorbitant amount of information regarding nutrition in the last 25 years, as well as the plethora of "Diet Plans" that are available, each one claiming to be "the best." Then there are the many "Fads" through years, such as "low fat diets of the 90's, the low carb, high protein diets of the present, as well as vegan and everything in between.

In addition, I have learned a great deal about food allergies and intolerances (where common and even healthy foods can cause adverse reactions), some differently than others. So, there is really no perfect diet for every person.

I have found that it is better to eat smaller meals all day long, because when we tend to get too hungry at meal time, we eat faster than our body has the ability to let us know that we have had enough, and therefore we overeat.

The best thing to do when you get up in the morning is to wake up the metabolism. I like to start with an alkalizing lemon drink, to give my organs what they need before eating. You will learn more about the lemon mixture I use every morning, as well as its benefits later in the chapter.

Also, it is vital to eat a balanced breakfast to start the day. This will jump start your body for optimally burning calories. I sometimes have a smoothie or protein shake, because it is easy, balanced and I do not have to think too much. If this idea appeals to you, be aware that all protein shakes are not created equally. I choose ones with organic ingredients and no artificial sweeteners or stimulants.

Our brains chemistry has everything to do with dictating our moods, hormone levels, cravings, as well as our reactions. So, it is very important to understand that our first choice of the day can *set the mood* (sort of speak).

What happens is, when the body does not receive the nutrients it needs, it sends a signal to the brain saying, "not enough". In turn, we have a craving, still looking for those missing nutrients. This happens with foods that have a high glycemic context, as well as processed and nutritionally depleted foods. This is how the cycle begins and why it can seem like a never-ending problem.

Eating small, nutritious meals all day, vs one big meal, allows the body stay in balance. Hunger is actually a good thing! By training the body to eat smaller meals, is like keeping the furnace burning more efficiently. Many people do quite the opposite. They starve themselves all day long, and then have one big meal at the end of the day. This is the worst thing you can do for your metabolism, because typically we overeat when the body is least efficient.

Picture if, all winter long you turned off the heat completely when you leave in the morning, then upon returning, you turn it way up to warm the house. This would not be the most efficient way to fuel your home. As a matter of fact, your heat bill would be significantly higher.

When choosing to eat one meal at the end of the day, you may find that your portion size is much larger than the size of your fist (which is the size of our stomach), because by that point we are much hungrier or maybe even ravenous. Not only has your metabolism slowed down and held onto what you fed it last, anything more than the size of your stomach (fist), goes into your fat storages.

It just makes sense! It takes a little bit of re-training to get in tune with feeling hungry and knowing that it is ok to eat every 2-3 hours. Remember, it is also very important to be drinking a lot of water throughout the day, because many times we mistake dehydration for hunger.

Going to extremes:

Let me tell you how my mind works and see if you can relate. Whenever I say “I can’t have...” that is the very first thing I crave!

So, if you want my advice, don’t set your parameters so high by telling yourself you can never have ice cream (for example) again. It’s like the laws of attraction, whatever you focus on you will want. One of my clients used to love to test me by saying, “I am dying for a cheeseburger!” I’d say, “then have one,” because in my experience, while I am eating good healthy choices, if I get in the mood for something and try to substitute it with something else, it usually doesn’t satisfy the need. So, in the end I may try two or three substitutions, before giving in to the original craving.

My point is, you do not have to cut certain foods out of your life forever, as long as, you are making mostly healthful choices and keeping things in balance. With that being said, many people have some form of sugar addiction. Coming from my own experience, I will say that the way I was able to best get control of my sugar addiction, was to choose to completely cut it out in all forms, as best as I could. This allowed my sugars and brain chemistry to re-balance and put a stop to the cravings. It actually made it much easier, because I was setting myself up to win, by not having to go through the insulin spikes (like a yoyo) that sugar causes.

The harmful effects of Sugar:

Most people are already aware that sugar is not good for us, so I do not want to be redundant. Rather, I would like to bring awareness to how sugar works within our system, so you can understand why you make certain choices.

The “glycemic index”, is a measure of how any given food, affects blood glucose levels. Each food is measured at a different number rating. The way it works is, the lower the rating, the slower the absorption and digestion process. So, in layman’s terms, the higher the glycemic index levels, the faster it would spike your sugar levels and then drop, causing a short boost of energy, followed quickly with a crash. This alerts the pancreas to supply more insulin, which then induces cravings. The other thing that occurs when sugar is spiked quickly with simple sugars, such as soda, candy bars, processed foods etc. is that your hormone levels and moods are greatly affected as mentioned earlier.

Sugar also breaks down the immune system. One of the ways it does that is, glucose and vitamin C have similar chemical structures, when sugar levels go up, they compete with one another, when it comes to white blood cells. If there is more glucose around, there is going to be less vitamin C going into the cell. So, the body will not absorb it. It doesn’t take much to deplete the vitamin C and slow down the immune system. I have read that all addictions are, an addiction to sugar, because they all trigger the same reaction in the body, spiking Dopamine levels and sending a message to the pancreas to create more insulin. In my observations, working with hundreds of people suffering with addiction, this proved to be so.

Below I will include a list of foods and their glycemic index level. Remember, the lower the number, the slower it will go through your digestion and the more balanced you will feel.

Here is a list of foods that have low Glycemic index levels

Vegetables that are better choices:

- Artichokes -Arugula -Asparagus -Bean sprouts -Bell peppers (red and green)
- Bok Choy -Broccoli -Brussels sprouts -Cabbage -Cauliflower -Celery -
- Cucumber -Eggplant -Endive -Ginger root -Green beans -Heart of palm -
- Jalapeno peppers -Kale -Leeks -Lettuce -Mushrooms -Mustard greens -
- Okra -Onions -Parsley -peas -Pumpkin -Radicchio -Radishes -Sauerkraut -
- Snap beans -Snow peas -Shallots -Spinach -Squash (yellow, butternut, spaghetti, acorn, summer) -String beans -Sweet potatoes/ yams (in moderation) -Swiss chard
- Tofu -Tomatoes -Turnip greens -Watercress -Zucchini.

Vegetables with high glycemic Carbohydrates: Beets, Carrots, Corn, Parsnips, Red or White Potatoes, Turnips, Root Vegetables.

(Vegetables grown underground alter insulin levels.)

Fruits that are better choices:

- Apples -Apricots -Avocados -Blackberries -Blueberries -Boysenberries -
- Cantaloupe -Cherries -Figs (fresh only) -Grapefruits -Honeydew melon -
- Kiwis -Lemons -Limes -Mandarin oranges -Nectarines -Oranges -Peaches
- Pears -Persimmons -Plums -Pomegranates -Raspberries -Strawberries -
- Tangerines.

Fruits with high Glycemic Carbohydrates: Bananas, Dates, Fruit juice, Grapes, Honey, Mango, Papaya Raisins, Watermelon.

(These can be eaten during recovery of exercise: avoid if weight is a concern)

Beans: -Black beans -Black eyed peas -Butter beans -Cannelloni (white kidney beans) -Chickpeas (Garbanzo beans) -Green beans -Green split peas -Kidney beans -Lentils -Lima beans -Mung beans -Navy beans -Pinto beans -Yellow beans -Soybeans.

Grains, Cereals, Crackers and flours:

(These are the Better choices, but keep in mind to keep these to a minimum if at all.)

Grains: -Barley - Brown rice - Brown basmati rice -Bulgar - Millet -Quinoa - Semolina -Steal cut oats -Wild rice.

Pasta: -Whole wheat -spelt -artichoke -egg noodles.

Avoid: White pasta or Gnocchi (made from potato.)

Breads and crackers that are better choices:

-Stone ground -whole grain Flaxseed bread -Pumpernickel -Rye -Sprouted grain (Ezekiel)

(Look for 100% Whole grain cooked cereals and crackers.)

Avoid: Breads and crackers with sugar added (including corn syrup and molasses), anything that is not stone ground, sprouted or whole grain bread.

Cereals: Shredded wheat, fiber one, bran, multigrain, whole grains, wheat bran.

Avoid: cereals with more than 3 grams of sugar per serving, rice or corn based cereals.

Flours: Stone Ground Whole Wheat, Buckwheat, Whole grain Rye, Spelt, Coconut and Almond.

Avoid: White Flour and Cornmeal.

Jams, Jellies and Juices: Go for the ones that are 100% fruit no sugar added.

Soups: Look for soup with no sugar added and/or white flour, potatoes or rice added.

Note: Cheese can be eaten in moderation, all salads such as fruit salad, bean salads, slaws and mixed greens are fine as long as there is no sugar added.

In addition, sugar has been known to contribute conditions such as:

- Suppresses the immune system
- Weakens defense against bacterial infection
- Contributes to hyperactivity, anxiety, depression, concentration difficulties, crankiness, Eczema, and high adrenaline levels
- Can produce a significant rise in triglycerides
- Causes drowsiness and decreased activity
- Reduces helpful high-density cholesterol (HDLs)
- Promotes an elevation of harmful cholesterol (LDLs)
- Hypoglycemia
- Diabetes
- Cardiovascular disease
- Increases systolic blood pressure
- Kidney damage
- Increases the risk of coronary heart disease
- Chromium deficiency
- Interferes with absorption of calcium and magnesium
- Promotes tooth decay and leads to periodontal disease
- Produces an acidic stomach

- Speeds the aging process, causing wrinkles and grey hair
- Can contribute to weight gain and obesity, along with fluid retention
- High intake of sugar increases the risk of Crohn's disease and ulcerative colitis
- Contributes to osteoporosis
- Food allergies
- Free radical formation in the bloodstream
- Toxemia during pregnancy
- Depression
- Hormonal imbalance
- Hypertension
- Headaches, including migraines
- Can cause an increase in delta, alpha and theta brain waves, which can alter the mind's ability to think clearly
- Increases blood platelet adhesiveness which increases risk of blood clots and strokes
- Increases bacterial fermentation in the colon

The better alternatives to sugar or artificial sweeteners are: Stevia, raw honey, and organic grade B maple syrup.

Artificial Sweeteners:

Aspartame, Acesulfame Potassium (K), Saccharin or Sucralose, Equal®, NutraSweet® or Splenda® are extremely acid forming.

The chemical used to make NutraSweet and equal is known as Aspartame. It is used in many soft drinks and diet products. Health problems associated with Aspartame are weight gain, hair loss, medical ailments and mental and eating disorders. Aspartame has been known to cause sexual dysfunction, as well as, dysfunctions with fetal development. Many patients find that it stimulates the appetite (Forman M.D)

Quote: “After 20 minutes in your body, Aspartame begins to break down from its ingested compound. What is in your body, then?

- Methanol
- Formaldehyde (a Class-A carcinogen used to embalm corpses)
- Formic acid (ant venom)

Quote: “Splenda is probably one of the worst offenders of sweeteners, claiming to be "healthy," as they say that it's made from real sugar. What they don't tell you, is that Splenda is actually a chemically modified substance where chlorine is added, making it more similar to a chlorinated pesticide, than something we should be eating or drinking.” (Michael Geary TruthAboutAbs.com.)

There have been many studies done on these artificial sweeteners and the truth is that artificial sweeteners are not even close to being healthy. In fact, even though they have fewer calories, there is growing evidence that they can increase your appetite for sweets and other carbohydrates, causing you to eat more. Therefore, you don't really save any calories. Also, studies have shown that artificial sweeteners can stimulate high insulin levels in your body, which again can promote fat storage (back to my theory on cutting out ALL sweets to break the addiction.)

Most people think that they are doing something good for themselves by choosing the "diet" drinks or "lite" yogurts, compared to the sugar-filled versions. Unfortunately, you're exposing yourself to a whole new set of problems, with the artificially sweetened drinks and foods. So again, you are better off going with the natural alternatives, they are much better tasting anyway. But, I still recommend reducing sugar intake as much as possible.

Research on Grains:

According to Dr. Perlmutter, MD, author of Grain Brain, he states; "If you're someone who suffers from any type of brain disorder, such as Chronic Headaches, Depression, Epilepsy or Extreme Moodiness, it may not be encoded in your DNA, rather, it is the food you eat."

He further quotes: "Grains and other damaging carbohydrates, is the origin of many of our modern scourges linked to the brain; Including: Anxiety, depression, Epilepsy, Movement Disorders, Schizophrenia, ADHD, Senior Moments that will cognately decline and Brain Disease.

Foods can naturally prevent, treat and many times cure the body without the use of drugs. Things such as ADHD, Depression, Anxiety, Insomnia, Autism, Tourettes Syndrome, Headaches, Alzheimer's, Diabetes and Heart Disease.

Grains, which is where Gluten is derived from, causes inflammation in the body, which is a deadly biochemical reaction, that lies at the surface of many diseases.

What is gluten?

Gluten is a protein that naturally occurs in a number of grains, such as wheat, triticale, barley, rye and oats. North American wheat has higher gluten content than European wheat, giving North American baked goods a distinct texture.

Which people benefit most from a gluten-free diet?

People with celiac disease, a clinically-diagnosed condition, have a cell-mediated allergy to gluten, that results in inflammation of the lower gastro-intestinal tract. People with celiac disease must completely avoid consumption of gluten. People with a gluten-sensitivity have not been clinically-diagnosed as having celiac disease. However, they exhibit similar symptoms after ingestion of gluten, such as diarrhea, chronic fatigue and headaches, which are alleviated upon exclusion of gluten from the diet.

Symptoms of Gluten Intolerance:

Symptoms of gluten intolerance occur after the person has consumed wheat. The following checklist gives some signs to look out for:

- Bloating
- Belly pain
- Diarrhea
- Nausea
- Feeling unwell, including tiredness

(Medical Newsday, 2017)

Gluten sensitivity is linked to: Schizophrenia, Bipolar, Epilepsy, Depression, Autism, ADHD. "Gluten breaks down in the stomach, to become a mix of Polypeptides that cross the blood-brain barrier. Once they gain entry, the kind binds the brains morphine receptor, to which opiate drugs bind. Creating their pleasurable, addicting effect. Therefore, while starting to reduce and cut out grains from your diet, many experience unpleasant withdrawal symptoms.

Signs of gluten sensitivity:

- ADHD
- Alcoholism
- ALS
- Anxiety
- Loss of balance
- Autism
- Autoimmune disorders (Diabetes, Hashimotos, Thyroid, Rheumatoid Arthritis)
- Bone Pain -Osteopenia, Osteoporosis
- Brain fog
- Cancer
- Chest Pain
- Constantly getting sick
- Dairy Intolerance
- Delayed growth
- Depression
- Digestion issues: gas, bloating, diarrhea, constipation, cramping
- Heart disease
- Hives, rash
- Infertility
- Irritable bowel syndrome
- Malabsorption of food

- Migraines
- Miscarriages
- Nausea, vomiting
- Dementia, Alzheimer's, Schizophrenia, Parkinson's
- Seizures, epilepsy
- Sugar cravings

Food that may contain gluten: Many products have been modified to be *Gluten Free* be sure to look for it on the packaging.

-Barley -Bulger -Couscous -Farina -Graham flour -Kamut -Matzo -Rye -Semolina
 -Spelt -Triticale -Wheat -Wheat germ

Other foods:

-Canned baked beans - Blue cheese -Bouillon -Beer -Breaded foods -Cereals -Broths
 -Chocolate milk -Cold cuts -Wafers -Egg substitute -Energy bars -Flavored coffee or teas
 -French fries -Fried veggies -Fruit fillings/puddings/gravy -Hot dogs -Ice cream
 -Imitation crab meat or bacon -Instant hot drinks -Ketchup -Malt/malt flavoring/malt vinegar
 -Marinades -Mayonnaise - Meatballs/meatloaf -Non-dairy creamer -Oat bran/oats
 -Processed cheese -Roasted nuts -Root beer -Salad dressings -Sausage
 Seitan -Soups -Soy and teriyaki sauce -Syrups -Tabbouleh -Trail mix -Veggie Burgers
 Vodka -Wheatgrass -Wine coolers

A little information about MSG:

Monosodium Glutamate also known as MSG, is a food additive that causes an addiction, similar to the nicotine, from cigarettes. MSG is found in the majority of the foods eaten by Americans, such as soups, chips, hamburgers, and prepackaged meals.

Many of the foods our children eat everyday are filled with MSG, yet most do not realize the harm it can produce such as obesity. **Quote:** "MSG actually triples the amount of sugar that the pancreas creates." (author unknown). By injecting MSG into rats, they had found the rats were getting extremely obese. MSG consumption has been referred as "slowly poisoning America." (author unknown.)

Studies have shown since 1978 there has been hypothalamic lesions, migraines, headaches, autism, ADHD and even Alzheimer's, as a result of MSG being added to our foods.

Food additives that always contain MSG are Monosodium Glutamate, Hydrolyzed Vegetable Protein, Hydrolyzed Protein, Hydrolyzed plant protein, Plant Protein extract, Corn oil, Yeast extract to name a few.

What are GMOs?

A genetically modified organism (GMO) is an organism whose genetic material has been altered. The different Modifications may include the mutation, deletion or insertion of genes from another species, to achieve characteristics that may be more desirable, such as bigger size or resistance to disease and bugs.

How do you avoid GMOs?

It may not be possible to completely avoid GMOs, but to limit them, choose organic products, especially fruits and vegetables. All organic foods sold in the U.S. must be certified according to the USDA National Organic Standards, which prohibit the use of GMOs. Look at the barcode on produce stickers. A four-digit code means the product was "conventionally grown." A five-digit code that starts with a "9" means that the product was organically grown. A five-digit code that starts with an "8" means that the product was genetically modified (Chicago Tribune, staff report 2014). Quote: "All disease begins in the gut"- Hippocrates

What is Leaky Gut?

According to Dr. Josh Axe (at draxe.com), Leaky gut is the root cause of the majority of the health conditions that people are struggling with, all across the world today.

Leaky gut occurs when you get holes in the tight pockets in your gut and intestinal lining. If we were to imagine the gut lining to be like a net, what happens over time is tears develop in the net. If you get a larger hole in the intestinal wall, things start to leak from your gut into your bloodstream, that should never get in there.

As particles like toxins, microbes, bad bacteria and undigested, protein leak into the bloodstream, this causes an immune reaction or immune response.

How does Leaky Gut start?

Eating poorly causes intestinal inflammation. Over time it will cause leaky gut, which in turn results in nutrient malabsorption. Then there will be an immune response, which triggers GI issues, food sensitivities and autoimmune diseases. Leaky gut is really the first stage, that can lead to numerous other health conditions.

Conditions associated with Leaky Gut:

Gas, bloating digestive issues, food sensitivities, thyroid conditions, adrenal fatigue, joint pain, headaches, skin issues, IBS, weight gain.

What are some causes of Leaky Gut:

- When there is a deficiency in pro-biotics
- Antibiotic drugs: "taking a prescription antibiotic is potentially the most devastating thing that can happen to somebody's gut." Quotes: Dr. Axe, 2017
- Other NSAID drugs kill off probiotics

- Lack of probiotics in diet
- Inflammatory foods

Foods that cause Leaky gut:

Excess sugar, dairy, especially casein, found in cow milk today, grains (gluten and phytic acid), GMO foods with the pesticides and herbicides, hydrogenated oils (canola, vegetable and other processed oils, chemicals.

Remember that, emotional stress is one of the biggest factors that will cause leaky gut. Like in every area of life, taking care of emotions and stress is critical to overall health.

Organic bone broth to aid in healing Leaky Gut:

Bone broth is rich in minerals that support the immune system and contains healing compounds like collagen, glutamine, glycine and proline.

Bone broth is good for:

1. **Healing and sealing your gut:** According to Jill Grunewald, a holistic nutrition coach and founder of Healthful Elements, a cup a day works miracles for leaky gut syndrome, but it's also good for protecting non-leaky guts. The gelatin in the bone broth (found in the knuckles, feet, and other joints), helps seal up holes in intestines. This helps cure chronic diarrhea, constipation, and even some food intolerances.
2. **Protect your joints:** Bone broth has natural glucosamine, but unlike taking the supplements, the broth also includes a lot of other great benefits that help keep your joints happy, healthy, and pain-free. The chondroitin sulfate in bone broth has been shown to help prevent osteoarthritis.
3. **Look younger and more radiant:** Bone broth is a rich source of collagen and is great for hair and nails.
4. **Sleep and feel better:** The glycine in bone broth has been shown in several studies to help people sleep better and improve memory.
5. **Immune support:** Mark Sisson, author of The Primal Blueprint, calls bone broth a "superfood," thanks to the high concentration of minerals. He says that the bone marrow can help strengthen your immune system.
6. **Stronger bones:** The phosphorus, magnesium, and calcium in the bones transfers into the broth, leaving you with the essential building blocks for healthy bones.
7. **More energy:** The collagen in bone broth heals your gut lining and reduces intestinal inflammation as well as being good for the skin, bones, and joints.

How to make organic bone broth:

Get an organic chicken, or use chicken or beef bones (including the neck and feet.) In a large pot add a whole onion, some celery, carrots, approx. 1/4 cup of apple cider vinegar, Himalayan sea salt, and pepper to taste. Bring to a boil and then let it simmer for 24 hours (beef 48 hours.)

After it is cooked, strain it and let it cool. You can remove the fat before serving. It is good to take every day, even if it is just one ounce in the morning.

Nutritional Yeast:**Is it good for you?**

Nutritional yeast is a unique and rich source of many nutrients, including B vitamins, amino acids, at least 14 minerals and 17 vitamins (not including vitamins A, C and E). It also contains phosphorus, chromium and more. As noted, it is a myth that it naturally contains B12, but this vitamin is often added in. Taste cheesy and nutty.

Is Nutritional Yeast OK with Candida?

It is an excellent source of nutrients, especially protein. Nutritional yeast is quite different from brewer's yeast, baker's yeast and pathogenic, or disease causing, yeast. It cannot cause or contribute to Candida yeast infections, because it is derived from a different species that has been deactivated.

Can Candida cause inflammation in the body?

Yes, and gut inflammation can actually worsen conditions like (leaky gut), and the overgrowth of yeast or bacteria in your intestines. Inflammation is closely linked to Candida, both as cause and effect.

Is there a difference between brewer's yeast and nutritional yeast?

The difference is that with nutritional yeast, the *Saccharomyces Cerevisiae* is not obtained from the brewing industry but is grown on molasses or some other medium. As is true with making Brewer's Yeast into a nutritional supplement, Nutritional Yeast is deactivated, dried and made into a powder or flakes.

Is nutritional yeast fortified?

Most nutritional yeast is excessively fortified with B vitamins, but Dr. Fuhrman's Nutritional Yeast provides the delicious cheesy flavor without the synthetic folic acid found in most brands. Use as an ingredient in dressings, dips and sauces, or as a savory topping for salads or vegetable dishes.

Where is nutritional yeast come from?

Nutritional yeast is made from a single-celled organism, *Saccharomyces Cerevisiae*, which is grown on molasses and then harvested, washed, and dried with heat to kill or "deactivate" it. Because it's inactive, it doesn't froth or grow like baking yeast does so it has no leavening ability.

Eat Organic:

Let's face it, the food industry's main concern is making products look and taste appealing, without putting much concern in the products nutritional value.

Our processed foods are loaded with chemicals that are very addictive. Chemicals such as sulfur, formaldehyde, and sodium nitrate are used to preserve and disinfect our common meats and vegetables. In the stomach, sodium nitrate is converted into nitrous acid, which is suspected of in sighting stomach cancer. (North American Diet), yet due to harmfulness, this toxin had been banned from Norway and Germany.

Arsenic had been added to chicken feed to increase egg production, give the chicken yellowed skin and stimulate growth. The substance that is in antifreeze and paint remover, which is propylene glycol has been used to produce ice cream.

Carboxymethylcellulose which is found in ice cream, salad dressing, cheese spreads and chocolate milk, has produced tumors in eighty percent of rats injected (North American Diet). "Yet the FDA flatly denies it as a carcinogen because when it was given to rats orally, it didn't cause cancer" (North American Diet).

There are six synthetic hormones currently approved by the US FDA used to speed up lean muscle growth in our livestock. Europe and Canada both banned the use of artificial growth hormones (NH Leadership). Three are naturally occurring hormones found in humans and animals and the other three are synthetic simulations of those. The synthetic hormones are injected into ninety percent of livestock which increases their growth by fifteen percent. Although hormones are essential for development of healthy tissues, synthetic steroid hormones used in pharmaceutical drugs, have been found to increase cancer risk, raising a question of safety of these additives being injected into our food (NH Leadership).

There are many chemicals in our environment that are used to mimic estrogen which are called Xenohormones, also known as hormone disruptors. Too much estrogen in women causes PMS, and pre-menopause. Studies have shown that children are developing breasts at an early age due to hormones ingested.

Organic food is much healthier for you and the difference in flavor is unbelievable!

Here is a list items considered Superfoods:

1. **Greek Yogurt:** Regular yogurt's thicker, creamier version is full of protein and probiotics. It fills the belly, improves digestion, and bolsters the immune system. It is also a great healthy recipe substitute for sour cream, cream cheese, and even mayonnaise.

2. **Quinoa:** This teeny-tiny, grain-like seed has some serious nutritional value. It has a mild, nutty flavor and a texture similar to rice or couscous. Quinoa is one of the only grains or seeds, that provides all nine essential amino acids our body can't produce themselves. And it's filled with protein— eight grams per one-cup serving. Quinoa can be used with sautéed vegetables, in soups, or as a side dish.
3. **Blueberries:** Filled with fiber, vitamin C, and cancer-fighting compounds. Studies suggest blueberries may even improve memory. Throw in smoothies, hot cereals, salads crepes and baking recipes.
4. **Kale:** This green provides more antioxidants than most other fruits and veggies, and is also a fantastic source of fiber, calcium, and iron. Prepare it virtually any way, from boiled or steamed, sautéed, roasted or stewed, as well as a great addition to a smoothie.
5. **Chia seeds:** Loaded with the most essential fatty acids of any known plant. One serving is loaded with magnesium, iron, calcium, and potassium. Add to smoothies, salads or stir-fries.
6. **Oatmeal:** High in fiber, antioxidants, and tons of other nutrients, this breakfast staple has been shown to help lower cholesterol levels, aid in digestion, and improve metabolism. Go for the steel cut oats. Can be made both savory or on the sweeter side, with fresh berries and honey or maple syrup.
7. **Green Tea:** This has been used as a natural remedy for everything from cancer to heart disease, because it is packed with Antioxidants. It is known to slow irregular cell growth, which could potentially help prevent the growth of some cancers.
8. **Broccoli:** Packed with vitamins, minerals, disease-fighting compounds, and lots of fiber, which essential to our diet. Broccoli is exceptionally high in vitamin C and folate (which can reduce risk of heart disease, certain cancers, and stroke.) Broccoli can be sautéed, steamed, broiled, baked or added to stir-fries and salads.
9. **Strawberries:** Loaded with C, great for the immune system and helps promote healthy eye function. Just one cup satisfies the daily requirement for vitamin C (74 milligrams per day for women, 90 for men). Studies suggest the antioxidants in strawberries helps build and repair the body's tissues, boosts immunity, and fights excess free radical damage. Strawberries can be mixed with yogurt, oatmeal, crepes, salads or baking recipes.
10. **Salmon:** This heart-healthy fish is packed with protein and a healthy dose of omega-3 fatty acids, which have been shown to help reduce the risk of cardiovascular disease. Salmon can be baked, broiled, steamed or added to salads.

11. Watermelon: Low in sugar and calories and high in vitamins A and C. Studies suggest that watermelon could also potentially lower blood pressure and reduce the risk of cardiovascular disease.

Watermelon can be added to salads, smoothies and salsas, as well as eaten off the rind.

12. Spinach: Rich in Antioxidants, anti-inflammatories, and vitamins, which promote vision and bone health. Just one cup has up to 12 percent of the recommended daily dose of calcium and enough vitamin K to help prevent bone loss. Spinach can be sautéed, steamed, baked and used in salads or smoothies.

13. Pistachios: Have lots of protein, fiber, potassium and are naturally cholesterol-free. Pistachios can be added to salads, oatmeal and yogurt, as well as using as crust.

14. Eggs: Loaded with nutrients, a single large egg is just about 70 calories and offers six grams of protein. Eggs are also a great source of omega-3 fatty acids, which are essential for normal body function and heart health.

15. Almonds: The most nutritionally dense nut, meaning they offer the highest concentration of nutrients per calorie per ounce. For just 191 calories, a one-ounce serving provides 3.4 grams of fiber (that's about 14 percent of the daily recommended value), and a healthy dose of potassium, calcium, vitamin E, magnesium, and iron. They can also be eaten as BUTTER. Put in stir-fries, yogurt, oatmeal, sautéed vegetables. Almond butter is great served on celery or in smoothies.

16. Ginger: Ginger has been used for years as a delicious flavoring and an all-natural remedy for everything from an upset stomach, to unwanted inflammation. Ginger can be used in juicing, smoothies and a variety of recipes.

17. Beets: Contains tons of vitamins, minerals, and antioxidants that can help fight disease and strengthen vital organs. Studies suggest the purple pigments in these veggies, may help ward off cancer and other degenerative diseases.

18. Beans: High in protein and low in cholesterol, beans of any variety can add a healthy twist to any dish (even brownies!). They're also loaded with fiber, folate, and magnesium. Studies have shown that legumes (like beans) can actually help lower cholesterol and reduce the risk of certain cancers. Because they are so high in soluble fiber, they rid the body quickly of toxic waste. Beans can be added to every meal: used as a thickener in soups, in your favorite sauces, sautés, smoothies and salads.

19. Pumpkin: Loaded with antioxidants, vitamins and beta-carotene (which converts to vitamin A), is known for its immune boosting powers and essential role in eye health. Pumpkin can be used in soups, stir-fries, crepes, baked dishes and baked goods.

An excerpt from Dr. Kimarie's book, "Inner Power-Outer Strength." 2017

20. Apples: High in fiber, and associated with reduced risk of cardiovascular disease, certain cancers, diabetes, and asthma. Apples can be added to salads, baked dishes, smoothies, oatmeal, crepes and baked goods.

Foods that help flush fat: Keep in mind that just because foods help flush fat doesn't mean they are the best choices to be eaten in large quantities.

These food suggestions help stabilize blood sugar, which in turn curbs the appetitive and prevent fatty deposits. They help balance the ratio between good and bad cholesterol, detoxify, and help rid the body of toxins which cleanses the liver. As well as, eliminates excess water, boosts energy levels and raises body temperature to burn fat efficiently.

- Almonds
- Anise
- Apples
- Apple Cider Vinegar
- Asparagus
- Beef
- Berries
- Broccoli
- Cabbage
- Cauliflower
- Cayenne
- Cinnamon
- Cloves
- Coriander
- Cranberries
- Cucumbers
- Cumin
- Dill
- Dried Mustard
- Flaxseed Oil
- Flaxseeds
- Eggs
- Lemons
- Fennel Seeds
- Garlic
- Ginger
- Kale
- Olive Oil
- Parsley
- Peaches
- Quinoa
- Salmon

- Spaghetti Squash
- Spelt
- Sweet Potatoes
- Tomatoes
- Watercress
- Whey Protein
- Yogurt
- Zucchini

Ways to incorporate healthful options into your diet:

Apple Cider Vinegar:

- Mix with flax oil as a salad dressing
- Mix with water and a little grade b maple syrup or organic honey and drink
- Mix with any of your favorite organic fruit juices
- Soak fish to tenderize and give it sweeter taste
- Marinate meat overnight mixed with your favorite seasonings

Flaxseed Oil:

Keep refrigerated it is highly perishable: Do no bake or cook with it. No direct exposure to heat.

- Unflavored yogurt and flaxseed oil is a healthier alternative to mayonnaise
- Mix into your favorite smoothie, shake or yogurt
- Add to mashed potatoes, stir fries, soups or over salads
- Can substitute oil in your salad dressing recipe

Flaxseeds:

It is better to grind them fresh right before adding to recipes

- Flaxseeds can be sprinkled into so many things such as: your shake, smoothie, salads, yogurt, oatmeal, fresh fruit or veggies to add texture
- Mix into muffin, cookie, brownie or bread recipes

Lemons:

You can use fresh lemons (unlike oranges, lemons continue to ripen after picked.) Look for firm fine textured lemons that are heavy for their size. You can also buy organic lemon juice by the jar. (Not the same as the little plastic lemon concentrate). Use lemon as quickly as possible after cutting it open. Lemons produce more juice when they are warm or at room temperature.

- Add with flaxseed oil and spices to make a dressing
- Helps poached eggs keep their shape, by adding a few drops to cooking water
- Squirt lemon on fresh cut fruits and vegetables to keep their color

- Add fresh squeezed lemons to water, with grade B maple syrup, add a sprinkle of cayenne pepper to help cleanse the organs

Proteins:

Some people may decide that meat it not for them, there are many options where you can get protein other than animal protein.

Beef: Up to four 4 oz. servings per week

Use leaner cuts such as: Flank steak, sirloin, round steak, tenderloin and rump roast. Go for beef with the least amount of fat. Grass fed organic is better, it is lower in fat, so it can be brushed with olive oil to cook.

- Skewer steak cubes with your favorite veggies and brush with olive oil to cook.
- Sauté with coconut oil, onions, peppers and serve with quinoa, sweet potato or brown rice.

Eggs: Up to 2 per day.

Organic, free range, Omega 3 enriched eggs are better. Keep eggs in original carton to help maintain their freshness and be aware of the expiration date.

- Hard boiled eggs are a quick and easy snack (you can store them in their shells for a week in the refrigerator)
- Poach them and serve over steamed spinach
- Scramble and top with 1 tsp on (organic) nonfat yogurt add salsa, and top with sliced avocado...Yum!

Salmon: 2 servings per week.

Wild salmon has the most nutritional value. Refrigerate and prepare within a day or two from purchase.

- You can bake, broil, or grill it
- Serve over salads, mix in stir fries, and make patties or Mexican dishes
- Broil, grill, bake or poach
- Marinate in apple cider vinegar
- Sprinkle with dried mustard and flaxseed oil
- Coat in crushed pecans and bake

Whey or Vegan Protein:

There are flavored protein powders that can be blended with a couple of ice cubes and water or fruit juice to make a nutritious shake. Add raw nuts or a tbsp. of almond butter for a heartier shake.

- Add to fruit smoothie with fresh berries and ground flaxseeds
- Mix with your favorite fruits and some cranberry juice, with a dash of cinnamon

Vegetables:**Asparagus:**

- Steam upright if possible
- Brush with coconut oil and grill
- Cook quickly 5-10 minutes
- Add to quiches, stir fries or scrambled eggs

Broccoli:

- Serve raw tossed in salad or with your favorite dip
- Use broccoli slaw with cabbage mixture for richer tasting Cole slaw recipe
- Do not overcook; should be tender but still crisp and bright
- Sprinkle lemon and flaxseeds over lightly steamed broccoli
- Chop and add to omelets or scrambled eggs
- Mix in quiches, soups, pasta or stir fry

Cabbage:

Use within a day or 2 after being cut so it doesn't lose its nutrients.

- Throw chopped cabbage into vegetable soup
- Shred some red and white cabbage with broccoli slaw, add fresh lemon juice, flaxseed or olive oil, and sprinkle with curry and cayenne; slaw with some zest
- Use cabbage leaves to stuff with ground meat mixture (stuffed cabbage recipe in the back)

Cauliflower:

Cook after a day or 2 after purchase. Store cooked cauliflower up to two days, it spoils quickly.

- Mashed cauliflower is a great substitute for mashed potatoes
- For a quick soup, puree cooked cauliflower, add fennel seeds and other herbs and spices
- Toss in salads or eat as a raw snack with your favorite dip
- Add to stir fries, pasta or omelets
- Use as a rice substitute for fried rice with other sautéed vegetables, sprouts and scrambled egg

Cucumbers:

- Eat by itself, mixed in salads, add to tuna or chicken salads
- Cut in chunks and mix with tomato chunks, fresh basil, apple cider vinegar and olive oil
- Slice cucumber and red onion; add to plain yogurt and fresh dill
- Use to freshen the taste of water or any sandwich

Kale:

Steam, blanch, sauté or boil it. Cooking time 5-30 minutes (depending on method).

- Baby kale can be mixed in salads, coleslaw recipe, soups and pasta dishes.
- Mix in shakes and smoothies
- Sautee with olive oil, sliced almonds and sea salt

Quinoa:

- Add to soups, salads and stir-fries

Spaghetti Squash:

If you have trouble cooking the spaghetti squash, try cooking it in a slow cooker with 2 cups of water. Pierce it several times with a fork. Cook on low for 8-9 hours.

- Can also be baked, broiled or steamed. Once the squash is cooked, let it sit for ten minutes before cutting in half. Remove the seeds and pull the fork length wise, to pull the strands
- Serve with your favorite pasta sauce (substitute as pasta for any recipe)
- Serve cold with fresh tomatoes, basil, apple cider vinegar and olive oil

Tomatoes:

- Add to salads, sandwiches, pasta and soups
- Combine olive oil, sea salt, and fresh basil for bruschetta
- Toast a slice of whole grain bread, top with sliced tomato, sliced avocado and sprinkle with apple cider vinegar, sea salt and pepper
- Slice and top with fresh basil and organic, low fat cheese
- Sprinkle with apple cider vinegar and olive oil

Watercress:

- Use like you would lettuce, chop and add to your omelet or soups
- Steam it as a side dish

Zucchini:

- Add to stir fries, quiches, pasta, omelets or soups (do not overcook)
- Spiral it like spaghetti and add your favorite sauce

Fruits:**Apples:**

- Eat on the go
- Add to tossed salads or chicken salad
- Use tart apples for cooking, bake with sprinkled cinnamon
- Slice and top with almond, cashew or pecan butter

Berries:

- Add to salads, shakes and smoothies
- Add to nonfat yogurt and, drizzle with honey and sprinkle with flaxseeds
- Add to oatmeal, cottage cheese

Peaches:

- Poach peaches and serve as a simple dessert
- Add to skewers along with meats and vegetables to grill
- Blend in smoothie or shake
- Serve over pancakes or French toast
- Add to oatmeal or cottage cheese

Herbs:**Anise:**

- Sprinkle on salads or salad dressing
- Add to cooked cabbage
- Sprinkle ground anise in hot lemon water. Drink first thing in the morning to boost the digestive system
- Baked apples with ground anise seeds on top

Cayenne:

- Add to steamed veggies, soups and sauces for a kick
- Add cayenne and lemon juice to cooked bitter greens, such as kale
- Sprinkle in your lemon water for a boost

Cinnamon:

- Add to cooking to prevent bitterness that comes with extended cooking, such as spaghetti sauce, beef stew and chili
- Sprinkle in coffee
- Sprinkle on baked apples, pears or peaches or sweet potatoes

Cloves:

- Add to tomato dishes or sprinkle over cooked sweet potato
- Add 1-2 cloves to your chicken or vegetable broth
- Season baked ham
- Add to hot apple cider, sauces and eggnog

Coriander:

- Add to dishes in the last few minutes of cooking
- Use as a substitute for parsley in most recipes

- Season fish with lemon juice, coriander and mustard then broil
- Stir fry with spinach and fresh garlic, season with ginger and cumin
- Used in chili, lentils, stews and variety of dishes

Cumin:

- Add to beef, pot roast or stew recipes
- Season steamed vegetables or sprinkle on kabobs
- Add to potatoes, meats, sauces, pasta or rice

Dill:

- Combine dill, plain yogurt and chopped cucumber for a great dip or seafood sauce
- Season while cooking salmon or trout
- Use in dips, spreads or stews

Dried Mustard:

- Add to dip for vegetables
- Add to chicken marinade
- Use as a rub for meat recipes
- Add to potato salad, soups and salad dressings

Fennel Seeds:

- Compliments fish and Italian dishes
- Add to your favorite meatloaf recipe or sprinkle it over an apple before baking
- Use for making pizza, soups, stews, pasta recipes, potato salad etc.

Garlic:

The finer the chop, the stronger the taste. If you just want a mild taste leave cloves whole.

- Add to a large variety of soups, stews, stir fries, sauces etc.

Ginger:

- Great for settling stomach
- Add ground ginger to cranberry juice
- Add grated ginger and ground flaxseed to apples and bake
- Grate ginger over sweet potatoes
- Sprinkle on oatmeal and over fruit
- Add to sauces and baked desserts

Parsley:

- Sprinkle fresh parsley over steamed vegetables, into salads, and over cooked foods

- Parsley enriches the flavor of broth, stir leaves and stems in
- Add to potatoes, soups, stews and sauces

More Fat Reducing Foods:

Almonds:

- Eat as a snack, serve over salads or sauté with vegetables
- Add to stir fries, baked desserts and with fruit
- Spread almond butter on apple slices

Olive Oil:

Store in cool, dark place.

- Perfect to marinade meat, fish and poultry. Brushing the meat before grilling helps brown the meat and seal in the juices
- Substitute for butter while serving bread and in baking recipes
- Sprinkle olive oil on cooked vegetables
- Combine with Herbs and apple cider vinegar for salad dressing

Spelt:

- Use spelt bread for your next sandwich
- Spelt flour and substitute wheat flour in most baked goods and cereals
- Used for salads recipes

Sweet Potatoes:

- Sweet potatoes can be broiled, grilled, baked and roasted
- They are delicious sautéed with olive oil and onions, sprinkled with sea salt
- Bake sweet potato with cinnamon and cloves. Top with flaxseed oil, flaxseeds and crushed almonds. Sprinkle with honey

Yogurt:

- Use plain yogurt for making dips for fruits and vegetables, as well as sauces for meat, fish and poultry, and dessert toppings
- Use as a sour cream substitute
- Mix yogurt with fresh cucumber and dill for a delicious dip

Simple suggestions:

1. Shop on the outside isles of the supermarket
2. Eat organic when possible
3. Eat fresh vegetables and fruits (fresh first choice, frozen second choice and canned last)

4. Prepare food in advance so it's readily available
5. Eat small meals all day long and try not to go too long between meals (2-3 hours)
6. Do your best NOT to skip meals or go too long without eating
7. Eat meals slowly and mindfully
8. Write down what you eat and when
(Pay attention/become aware of emotional eating or out of habit)
10. Drink lots of water
11. Avoid soft drinks and alcohol as much as possible
12. Avoid artificial flavorings, MSG and GMOs
13. Grass fed lean meats
14. Keep red meats to a minimum
15. Free range eggs
16. Use milk alternatives such as: unsweetened almond or coconut milk
17. Use raw milk and cheeses, sparingly
18. Avoid sugar: If you insist on a sweeter replace it with stevia, organic maple syrup or raw honey
19. If you choose to continue eating grains, be sure to eat whole grain products (such as brown rice, whole grains and sprouted breads), instead of white flour products (such as white bread, pasta, rice, cookies, crackers cereals etc)
20. Choose butter or Ghee over margarine, it tastes better, it's natural and is a lot better for you; studies done on margarine would blow your mind. Top choices for getting essential fats are extra virgin olive oil or coconut oil
21. Avoid cooking or heating food in the microwave when possible, (it changes the molecules of the food)
22. Avoid drinking water out of plastic bottles when possible
23. Avoid overly cold foods and ice in your drink, it is not good for digestion
24. Drink water 10 minutes before your meal and try not to drink until 15 minutes after meals
25. Drink hot lemon water 15 minutes after you have eating. This will help with digestion, so your stomach acids can properly break down foods without being diluted
26. Be mindful while eating; try not to get distracted with other things at the same time. Taste the food with every bite and check in with your body to see how it feels. Put down your fork or spoon between bites and chew slower. You will not only enjoy your food more, but you may also find that you end up eating a lot less this way, because your body has time to register when it has had enough
27. Try not to wait until you are stuffed to stop eating, stop when your body feels satisfied, you will feel so much better this way

While ordering out:

- Ask to cook without butter, salt and MSG
- Wrap half your meal and eat it later
- Get all dressings on the side (note: many dressings have more fat and calories than ordering a cheeseburger and fries. Olive oil and balsamic Vinegar is the best choice for dressing)
- Be aware of added extras that are extremely high in fat and calories, such as: croutons or cheese added to your salad
- White cream sauces (such as Alfredo,) are usually much higher in calories and fat, than red or clear sauces
- Skip soft drinks and order water with lemon

Do your best NOT do go out starving! Eat something small before you go if you are really hungry, so you don't get there and fill up on bread.

Healing Benefits of Olive Oil and Lemon juice:

Olive oil and lemon are used individually as health and beauty remedies and, in combination, for a variety of conditions and health complaints. Olive oil is a natural oil, derived from the olive fruit. Because extra virgin olive oil only requires minimal treatment and handling during the extraction process, nutrients are preserved, and the pure oil is rich in minerals and vitamins.

Lemons are vitamin C-rich and provide vitamin B, proteins, potassium, carbohydrates and phosphorous. Lemons also contain flavonoids, which have antioxidant qualities, according to Dr. Madhukar Patil, Ph.D., of Organic Facts.

Cholesterol: The cholesterol-lowering effects of olive oil are greatest if you choose extra-virgin olive oil, which is less processed and contains more antioxidants than other olive oils. Olive oil contains monounsaturated fatty acids, which are healthier dietary fats than saturated and trans fats. Monounsaturated and polyunsaturated fats may lower your total cholesterol and your bad LDL cholesterol levels. Olive oil also helps maintain good HDL cholesterol levels and may reduce your risk for heart disease. Lemon can lower blood pressure and increase good HDL cholesterol, levels, according to the 2010 article, "25 Health Benefits of Lemons" by LiJingMing.

Heart Disease: Extra virgin olive oil contains heart-healthy antioxidants, such as tocopherols, the natural form of vitamin E. These antioxidants may help reduce the risk of heart disease, by protecting your body from the oxidation of cholesterol, which can clog your bloodstream and lead to hardening of the arteries according to Richard Ash, M.D., of The Ash Center. Olive oil contains powerful heart-disease-fighting anticoagulants that thin the blood, reduce the chances of blood clots and blood vessel blockages. Lemon juice contains potassium, and drinking it can be helpful for people who have heart problems or high blood pressure.

Gastrointestinal: Fresh lemon juice has antibacterial and antimicrobial qualities. It is used in treating various stomach problems including stomachache, indigestion, acid stomach and cramps. The carminative effects of lemon can soothe your digestive tract

and help reduce gas and bloating. Mixing and drinking one spoonful each of olive oil and lemon juice before a meal may help protect your stomach from ulcers and relieve constipation without aggravating your intestinal tract.

Gallbladder, Liver and Kidney: Consuming olive oil may discourage the growth of gallstones. Drinking a mixture of lemon, olive oil and water an hour before eating breakfast can flush and help detoxify your gallbladder, liver and kidneys.

Skin, Nails and Hair: To strengthen weak, brittle, breaking or chipped nails, try mixing 1 tbsp. of heated extra virgin olive oil, with 1 tbsp. of lemon juice in which to soak your nails for 10 minutes before you go to bed. You can also sleep in thin cotton gloves to allow the lemon and olive mixture to penetrate your nails overnight. Lemon oil may help make your hair healthy, strong and shiny, and it can help control dandruff. The lemon's antiseptic and astringent qualities may help treat skin disorders. Mix and drink 1 tbsp. of olive oil with fresh-squeezed lemon juice to help maintain a healthy body, lustrous hair and smooth skin.

Morning Lemon cleanse drink recipe: (keep in mind I am used to very little sugar so the vanilla is enough for me, you may need a little sweetener, but it may take a little getting used to. It does make me feel amazing!)

1 whole lemon

16 oz. of filtered water

2 tbsps. of extra virgin organic olive oil

A couple of drops of vanilla extract

Sprinkle turmeric

Blend all together with lemon rind on until emulsified, strain and drink. (I like to drink it through a straw first thing with my morning meditation) I hope you enjoy it!

To conclude this section: I realize this is a whole lot of information. My motivation in sharing all of my research, is to bring awareness to the body's ability to function when it is fueled and maintained well. Too many people are being prescribed medications, which have dangerous side effects. In actuality, those medications are only treating symptoms and not addressing the *cause* of the issue at its origin. The fuel we put in our body has everything to do with the quality of our health and overall quality of life, along with how quickly the body can heal.

I have concluded that the body needs as much *live* food as possible! Therefore, increasing our daily intake of vegetables (particularly green and leafy), are going to increase alkalinity (our body's PH), provide more fiber, increase water intake for better elimination and so much more. The majority of our meals should come from live foods. The goal for rebuilding health is to reach for the 80/20 rule (80 % live foods such as vegetables and fruits and 20% other), in doing so, you will be on the road to a much healthier and more enjoyable life!