

Anti-Inflammation Handbook



**Recipes, Meal Plan & Easy
To Integrate Lifestyle Tips**

ANTI-INFLAMMATORY HANDBOOK



RECIPES, MEAL PLAN
& EASY TO INTEGRATE
LIFESTYLE TIPS



Designed exclusively for the use of Wellness By Design and
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THE FIVE "R" FRAMEWORK FOR INFLAMMATION

REMOVE, REPLACE, REINOCULATE, REPAIR, REBALANCE

The healing process can be confusing to navigate and disorganized. Below you'll find some relief in this process! These steps are based on a functional medicine approach to healing guided by research and nutritional considerations. Organized below are the 5 steps to healing with questions for you to consider in your own healing journey. Feel free to use the pages indicated for further education and resources on the questions asked. Answer honestly and with an open mind.



Self-Assessment

Take a moment to assess your current state and write down what you can work on:

- Am I consuming any inflammatory foods?*
- Am I living an inflammatory lifestyle?*
- Am I sleeping an adequate amount for my bodies healing?*
- Am I choosing foods in their whole forms?*
- What has been done to the foods I eat and is it promoting inflammation in my body?*
- How have the foods I'm eating been processed?*
- Were any chemicals, pesticides or hormones used in the processing of this food?*
- Am I consuming any known foods that I am sensitive, allergic or have had a bad response to?*
- Do I need to figure out what I am sensitive to using an Elimination diet or Food sensitivity testing?*
- Are there any parasitic, bacteria or yeast overgrowths that I need to get treatment for?*
- Do I have any deficiencies present?*
- Am I exposed to any environmental toxins?*

Remove Triggers

Food sensitivities, Food allergens, Bacteria/Pathogens, Inflammatory food habits

The digestive tract is where we get most of our interaction with the environment. Naturally, it's the first place to go when looking at what I call the inflammation offenders. In inflammation control, our first priority is to remove anything that is negatively affecting the environment including allergic foods, parasites and potential problematic bacteria or yeast. This might involve testing for delayed-onset food sensitivities, using an allergy "elimination diet" to find out what foods are causing GI symptoms or it may involve taking medications or herbs to eradicate a particular bug. Other mechanisms could include accessing the diet for inflammatory foods, testing for micronutrient deficiencies, or other offenders.

Remove & Switch Out

The Anti-inflammatory Diet Guidelines:

Consume adequate omega-3 fatty acids. Eat two servings (4 ounces or 113 g each) of fatty fish per week OR supplement with 1–4 g of combined EPA+DHA daily. These will be listed on the supplement facts label. Reduce intake of omega-6 fatty acids to keep ratio of omega-6 to omega-3 in the range of 2:1 to 4:1.

Choose healthy fats. Replace vegetable oils, trans-fats, or butter with extra-virgin olive oil.

Increase vegetable and fruit intake (especially vegetables).

Consume 5–9 servings of vegetables and fruits per day, with more than half as vegetables. Color your diet! Deeply colored fruits and vegetables contain higher amounts of protective phytochemicals. Use the plate method: the biggest portion (half the plate) is where the vegetables go (excluding potatoes).

Choose whole grain carbohydrates and limit the portion sizes. Choose carbohydrates that are whole grain and aim for a total of 25 g of fiber per day. Food as Medicine: Double your vegetable intake, and cut

in half your intake of refined carbohydrates (anything with flour and/or sugar)!

Get your protein from plant sources. Use legumes, nuts, and seeds, and/or choose lean, natural animal sources of protein in moderate amounts.

Spice it up! Include anti-inflammatory herbs and spices. Use garlic, turmeric, rosemary, ginger, oregano, cumin, and cayenne in your diet.

Eat mindfully. Be mindful of your food portions. Quality AND quantity matter. Regardless of how healthy your food choices are, excess calories from any source can increase inflammation and obesity. Savor your food.

Adopt an anti-inflammatory LIFESTYLE. Incorporate regular exercise that you enjoy into your life. It is important to prevent and reduce excess weight, especially excess abdominal fat, as excess weight and especially obesity itself sets up chronic inflammation in the body.

Enjoy 1–2 ounces (28–56 g) of dark chocolate (at least 70%) as an occasional treat!

**Eat More:**

Food high in omega-3 fats

Cold water fish (salmon, Spanish mackerel, anchovies, sardines, herring)

Ground flaxseed or lignin-rich flax oil

Walnuts

Vegetables: Yellow, orange, and red veggies (peppers, carrots, beets), Dark leafy greens (spinach, kale, arugula, broccoli)

Deeply-colored fruits: Berries, melons, citrus fruits

Whole grains: Steel-cut or whole rolled oats

Sprouted-grain breads

Anti-inflammatory spices: Turmeric, Ginger, Rosemary, Oregano, Cayenne

**Eat Less:**

Foods high in trans- and omega-6 fats

Processed and red meats

Dairy products

Partially hydrogenated oils: Corn, cottonseed, grapeseed, peanut, soy oils

Refined carbohydrates (high glycemic load)

White breads or bagels

English muffins

Instant or white rice

Rice and corn cereals

Crackers, cookies, cakes

Sodas and juices: Including "diet" drinks

Easy Anti-Inflammatory Habit Switch Outs:



High-sugar foods (especially refined sugars)

Lead to immunosuppression for 2–4 hours after consumption. Opt for fruits which phytonutrients and fiber to change the interaction with the body. Also, grade B maple, locally sourced honey, brown rice syrup and date sweetened options tend to be more nutrient dense.



Low quality high-fat foods that aren't balanced can lead to inflammation.

Processed foods often use low quality oils leading to oxidation and inflammation promotion. Opt for pasture raised organic meat and dairy options because the fatty acid ratio tends to be more balanced. Include foods that are living to balance food consumptions. For optimal healing, try choosing as many alive and colorful foods as possible. If struggling with appetite or desire to eat alive foods, be patient with yourself and allow the process to be fun. Enjoy each bite of a food and think on the benefits and quality of the food you are eating. Look at the food and admire it. Taste the food and describe it. Explore new foods, learn how to make them taste good and make your plate a canvas!



Food allergens and sensitivities

Allergens may form immune complexes and lead to inflammation and water retention. Delayed-onset food sensitivities (also known as IgG or Type III immune response) are thought to be caused from what's called leaky gut. The intestinal tract needs to be penetrable like a mesh so that fluid and electrolytes can exchange through the barrier. However, inflammation can impair this mechanism. Leaky gut occurs when the gastrointestinal tract becomes inflamed and penetrable to larger molecules such as proteins. When protein molecules get through, this is thought to be how food sensitivities are developed. Once a protein molecule gets through, the immune system marks it as an intruder and causes an inflammatory response from cytokines secreted. This is how a healthy food option like a blueberry can even become inflammatory. An MRT (Mediator Release Test) can be helpful in determining food triggers and creating better responses with exposure.



Foods that promote bacterial overgrowth in the gut

E.G, simple sugars and complex carbohydrates that are quickly digested (e.g., refined white flour and potatoes). Starchy vegetables like squashes, zucchini and sweet potatoes make great options when you are craving simple sugars. Pair them with a healthy fat for sustained energy.



Insufficient fiber

Fiber removes toxins from the gut, acting like a broom to sweep them out, while also promoting probiotic growth in the gastrointestinal tract. Start small! Consuming a diet rich in leafy greens and fruits is an easy way to ensure you are getting enough. Start one meal at a time. Ask yourself what vegetable would pair with your protein at each meal and snack. Each meal and snack, strive to have a vegetable or fruit, protein and fat.



Insufficient phytonutrients

Phytonutrients primarily found in fruits, vegetables, nuts, and seeds have anti-inflammatories and antioxidants properties, which quench inflammation.



Insufficient exercise

1) Adipose tissue (fat) is pro-inflammatory; 2) Exercising muscle reduces inflammation and improves insulin sensitivity. Even 15 minutes of brisk walking can be helpful! Start by getting up from your desk during the day or going for a morning or evening walk. Walking and body weight strength exercises are easy to incorporate and boost our body's glutathione production which correlates with healing and proper immune system response. Exercise improves insulin responses, enhances detoxification and improves the storage of the amino acid glutamine for times when glutamine is needed and often limited (such as chronic gastrointestinal inflammation, stress or infection).



Vitamin D deficiency

Causes inflammation, promotes auto-immunity, and expedites progression of osteoarthritis. Consider making it a habit to get sunlight every day for the vitamin D and healing benefits of being outdoors. If you live in an area that has limited sunlight or you suffer from autoimmune diseases or chronic inflammation you may also want to consider supplementing for added benefit.



Fatty acid imbalances:

Especially between omega-3 and omega-6 fats, along with excesses refined fats, trans fats and oxidized or denatured fats that lead to inflammation. Choose food in its whole form whenever possible. Always look at what's been done to a food before consumption. Check the oils chart for further guidance. Opt for grass-fed organic beef, pasture raised organic chicken and eggs, and grass-fed organic dairy options (if dairy is tolerated). Grass fed organic options have been found to have five times the amount of omega-3 fatty acids than a grain fed conventional protein source which promotes inflammation reduction!



Vitamin and mineral deficiencies:

Especially magnesium, deficiency of which is seen in 20–40% of most "industrialized" populations. Consider getting on a high quality supplement and look at getting a micronutrient panel to see what might be imbalanced. Micronutrient panels that measure nutrient utilization would be a good measure of any deficiencies present. Also, seek high quality supplements that are well regulated to promote healing and avoid toxic overload.



Xenobiotic/toxin accumulation:

non-specific but can lead to inflammation. Some examples of switches here would be to opt for reduction in pesticide exposure from food sources by choosing organic options. Another switch would be to limit exposure to the plastics. The BPA in plastics is an endocrine disruptor and promotes inflammation and other issues. Never cook with plastic (ex. Frozen meals with plastic or those cooked in plastic bags) or store hot food in plastic containers. Opt for glass or steel options when possible. Limit water bottles and instead look for steel containers.



Emotional stress and toxic relationships:

Promote inflammation, impair wound healing, and promote immunosuppression. Consider mind-body therapies such as meditation, music therapy, massage and other modalities that promote emotional wellbeing.

Replace What's Missing:

Micronutrients, Macronutrients, Enzymes and more.

This might include adding things back things like digestive enzymes, increasing hydrochloric acid production in the stomach, and bile acids that are required for proper digestion and that may be compromised by diet, medications, diseases, aging, or other factors. Micronutrients include the vitamins and minerals the body needs to maintain the detoxification and metabolic processes our bodies perform daily. Environmental toxins, changes in the soil and changes in our genetic make-up have led to increased demand for these nutrients. Consider supplementing or seeking counsel on micronutrient testing. Macronutrients include protein, fat and carbohydrates which when insufficient can cause immune system dysfunction, inadequate micronutrient absorption and other issues.



Self-Assessment

Take a moment to assess your current state and write down what you can work on:

Do I have trouble digesting certain foods? Would enzymes be helpful?

Do I have a supplement regimen?

Would a multivitamin be useful for me?

Am I taking any medications that would increase my nutrient demands?

Do I have any diseases present that would increase my nutrient demands?

Does my age lend to any increased demands for the nutrients I'm consuming?

Am I exposed to any toxins that would lead to increased demand of nutrients?

Am I consuming enough protein, fat and carbohydrates?

Am I chewing food adequately to provide enough enzymes for digestions?

Antioxidant-Rich Foods:

Herbs & Spices:

Clove
Oregano
Ginger
Cinnamon
Turmeric
Basil

Other Fruits:

Cranberries
Pomegranate
Red grapes
Plums
Kiwi fruit
Prunes

Vegetables:

Kale
Red Cabbage
Spinach
Artichokes
Broccoli
Artichokes

Berries:

Blackberries
Sour Cherries
Raspberries
Strawberries
Blueberries

Nuts & Seeds:

Walnuts
Pecans
Flaxseed*
Sunflower Seeds
Pistachios

Other:

Dark Chocolate
(70% or higher)
Raw Cacao*
Green tea*

Flaxseed*: Note that flax oil is one of the best and most convenient options here. Flax seed tends to oxidize very quickly once it is ground which could counteract some of its antioxidant and anti-inflammatory benefits. Therefore, I recommend either purchasing a grinder to grind whole seeds just prior to eating or if time is an issue utilizing flax oil.

Raw Cacao Powder*: Contains even more potassium and magnesium content to help with blood pressure regulation and inflammation. Magnesium levels tend to be depleted with stress and prior to menstruation in females which can lead to muscular cramping, constipation and blood pressure regulation issues. In many studies where magnesium is measured, 48-52% of average participants had sub-optimal magnesium levels.

Green Tea*: In addition to its notable antioxidant activity, green tea contains L-theanine which promotes serotonin production which influences our mood and provides a calming effect on the body.

Black Coffee*: Coffee contains excellent antioxidant promoting compounds. However, it should be consumed moderately such as one to two cups (8 ounces) daily or ½ cup to 1 cup of coffee if the coffee is strong. Excessive coffee drinking can have contradictory effects on the body such as magnesium and potassium loss. It can also influence B12 absorption and other nutrients and induce adrenal fatigue. So go easy on the coffee!



A Complete Kitchen Makeover

Antioxidant Support for Inflammation Relief

Antioxidant rich foods relieve our body of inflammation caused by oxidative damage from stress, exercise and environmental toxins. Inflammatory conditions, deficiencies, inadequate diets, exposure to environmental pollutants and toxins lead to our need of additional micronutrients and phytonutrients that support antioxidant activity. Below are some of the top Antioxidant-rich foods by serving size.

Top 15 foods:

Blackberries, Walnuts, Strawberries, Artichokes, Cranberries, Coffee, Raspberries, Pecans, Blueberries, Ground cloves, Grape juice, Baking chocolate, Cranberry juice, Sour cherries



Eating by Color for Phytonutrients:

Grocery List

Red Foods:

Apples
Beans (adzuki, kidney, red)
Beets
Bell peppers
Blood oranges
Cranberries
Cherries
Grapefruit (pink)
Goji berries
Grapes
Onions
Plums
Pomegranate
Potatoes
Radicchio
Radishes
Raspberries
Strawberries
Sweet
Red peppers
Rhubarb
Rooibos tea
Tomato
Watermelon

Red Phytonutrient Benefits:

Anti-cancer, Anti-inflammatory, Cell protection, Gastrointestinal health, Heart health, Hormone health, Liver health

Orange Foods:

Foods
Apricots
Bell peppers
Cantaloupe
Carrots
Mango
Nectarine
Orange
Papaya
Persimmons
Pumpkin
Squash (acorn, buttercup, butternut, winter)
Sweet potato
Tangerines
Turmeric root
Yams

Orange Phytonutrient Benefits:

Anti-cancer, Anti-bacterial, Immune health, Cell protection, Cellular regeneration, Reduced mortality, Reproductive health, Skin health, Source of vitamin A, Antioxidant Supportive, Inflammation reduction

Yellow Foods:

Foods
Apple
Asian pears
Banana
Bell peppers
Corn
Corn-on-the-cob
Ginger root
Lemon
Millet
Pineapple
Starfruit
Succotash
Summer squash

Yellow Phytonutrient Benefits:

Anti-cancer, Anti-inflammatory, Cell protection, Cognition, Eye health, Heart health, Skin health, Vascular health

REPLACE

Green Foods:

Apples	Broccoli	Greens	Swiss chard
Arugula	Broccolini	Kale	Turnip
Artichoke	Brussels sprouts	Limes	Watercress
Asparagus	Cabbage	Mustard	Zucchini
Avocado	Celery	Greens	
Bamboo sprouts	Collards	Okra	
Bean sprouts	Cucumbers	Olives	
Bell peppers	Green beans	Pears	
Bitter melon	Green peas	Snow peas	
Bok choy	Green tea	Spinach	

Green Phytonutrient Benefits:

Anti-cancer, Anti-inflammatory, Brain health, Cell protection, Skin health, Hormone balance, Heart health, Liver health

Blue/Purple/Black Foods:

Bell peppers
 Berries (blue, black, boysenberries, huckleberries, marionberries)
 Cabbage
 Carrots
 Cauliflower
 Eggplant
 Figs
 Grapes
 Kale
 Olives
 Plums
 Potatoes
 Prunes
 Raisins
 Rice (black or purple)

Blue/Purple/Black Benefits:

Anti-cancer, Anti-inflammatory, Cell protection, Cognitive health, Heart health, Liver health, Antioxidant support



White/Tan/Brown Foods:

Apples
 Bean dips
 Cauliflower
 Cocoa
 Coconut
 Coffee
 Dates
 Garlic
 Ginger
 Jicama
 Mushrooms
 Onions
 Pears
 Sauerkraut
 Shallots
 Tahini

Tea (black, white)
 Whole grains (barley, brown, rice, oat, quinoa, rye, spelt, wheat)
 Legumes (chickpeas, dried beans or peas, hummus, lentils, peanuts, low-fat refried beans)
 Seeds (flax, hemp, pumpkin, sesame, sunflower)
 Nuts (almonds, cashews, pecans, walnuts)

White/Tan/Brown Benefits:

Anti-cancer, Anti-microbial, Cell protection, Gastrointestinal health, Heart health, Hormone health, Liver health, Anti-inflammatory, Blood sugar regulation, detoxification, Blood pressure regulation

Cooking Optimally for an Anti-inflammatory Lifestyle

Factors to take into account when choosing oils

There are basically two factors to take into account when choosing an oil: the makeup of the oil and the smoke point (or temperature) of the oil:

Makeup of the oil: Some oils that have more poly-unsaturated fatty acid components (PUFAs) are less stable more susceptible to oxidative damage. Oxidative damage to the oil makes them more harmful in our bodies and more inflammatory in cooking.

Smoke Point: Smoke point is the temperature at which the triglycerides start to decompose in the presence of air. Smoke is the visual sign of decomposition. The smoke point/temperature increases with the refining process of an oil. Denatured oils cooked past their smoke point are release free radicals and a substance called acrolein, the chemical that gives burnt foods their acrid flavor and aroma.



Non-refined versus refined oils: There are non-refined (e.g., cold-pressed) and refined edible oils. The concentration of antioxidants in oils is influenced by the oil extraction procedures. In general, non-refined oils tend to have higher antioxidant properties compared to the refined oils and do not go through the same processing and chemical alteration.

Avoid these oils during Anti-inflammatory regimen: Safflower, Canola, Shortening, Corn oil, Soybean Oil, Soya bean oil, Conventional butter, Margarine.



Optimal Oils Based On Cooking Methods

Oils suitable for high-heat cooking

Oil	Smoke point (non-refined/refined)
Coconut oil	350/450
Palm kernel oil	450
Butter/ghee	300/480
Cocoa butter	370
Tallow/suet (beef fat)	400
Palm oil	455
Lard/bacon fat (pork fat)	375
Duck fat	375

Oils not suitable for cooking (best drizzled over food instead)

Oil	Smoke point (non-refined/refined)
Safflower oil	225/510
Sesame seed oil	450
Canola oil	400
Sunflower oil	225/440
Vegetable shortening	330
Corn oil	445
Soybean oil	495
Walnut oil	400
Grapeseed oil	420
Hemp oil	330
Soya Bean oil	450

Oils suitable for very-low heat cooking

Oil	Smoke point (non-refined/refined)
Avocado oil	520
Macadamia nut oil	410
Olive oil	375
Peanut oil	320/450
Rice bran oil	415
Mustard oil	489
Tea seed oil	485

Best Anti-inflammatory oils*:

Coconut oil, Walnut Oil, Olive oil, Avocado Oil, Cocoa Butter, & Ghee or Grass-fed Butter (if tolerated)

**Those who are food sensitive to any of the above oils or have observed a food reaction should avoid those foods to prevent food sensitivity related inflammation from occurring.*

Reinoculate Probiotics & Prebiotics Restoration

Beneficial bacteria flourish by ingesting probiotic foods or supplements that contain the “good” GI bacteria such as bifidobacteria and lactobacillus species, and by consuming the high soluble fiber foods that good bugs like to eat, called prebiotics. Probiotics are beneficial microorganisms found in the gut that are also called “friendly bacteria.” Use of antibiotics and certain medications kill both good and bad bacteria. Probiotics in the form of supplements or food are often needed to help reestablish a balanced gut flora. Fermented foods, such as kombucha, yogurt (dairy or coconut versions), miso, and tempeh are food sources of probiotics. Prebiotics are food ingredients that selectively stimulate the growth of beneficial microorganisms already in the colon. In other words, prebiotics feed probiotics. Prebiotics are available in many foods that contain a fiber called inulin, including artichokes, garlic, leeks, onion, and chicory. Grains such as barley, flax, oats, and wheat are also good sources of prebiotics. The benefits of flora balance in the

gastrointestinal tract extend far beyond just digestion. Flora balance promotes immune systems health, neurotransmitter balance, inflammation control and can even help with outdoor allergies.



Self-Assessment

Take a moment to assess your current state and write down what you can work on:

Am I consuming enough probiotic foods?

Am I consuming enough prebiotics and fiber?

Do I have any inflammatory condition, chronic disease, gastrointestinal distress, immune system dysfunction, allergies or other condition that would require increased probiotic/prebiotic treatment?

Balance & Restore Gut Flora

Cultured & Fermented Food Benefits:

Important nutrients: Fermented foods can be great sources of essential nutrients such as vitamin K2, which help prevent arterial plaque buildup and promotes heart health. Fermented food is also high in a variety of B vitamins.

Optimizing your immune system: An estimated 70 percent of the immune system is actually located in your gastrointestinal tract. Probiotics aid in the production of antibodies to pathogens and also play a protective role in the mucosal lining maintenance. Reducing inflammation, outdoor allergies and optimal health starts with creating healthy flora balance.

Detoxification: Beneficial bacteria in these foods are highly potent detoxifiers, capable of drawing out a wide range of toxins and heavy metals.

Neurotransmitter Balance: Your gastrointestinal tract is called your second brain as it is where most of the neurotransmitter serotonin is produced. Your gastrointestinal tract is known to have more of an influence on overall mood than your brain!

Where to find them:

Kefir
Yogurt
Kim Chi
Tempeh
Kombucha (fermented tea)
Miso
Sauerkraut
Raw unheated vinegar

Where to find them in this book:

Overnight oats
Lox & Kale
(when yogurt is used with the dish)

What if dairy has been eliminated?

Not to worry, there are plenty of flora promoting products that do not have dairy! There are even yogurts with a coconut base. Look for other fermented foods, learn to ferment your own foods or even choose to use a supplement in combination with a probiotic food regimen or alone.

Repair

Help the lining of the GI tract repair itself by supplying key nutrients that can often be in short supply in a compromised gut, such as zinc, antioxidants (e.g. vitamins A, C, and E), fish oil, and the amino acid glutamine.



Self-Assessment

Take a moment to assess your current state and write down what you can work on:

Do I have any gastrointestinal inflammation that could benefit from food-as-medicine repair?

Do I have any gastrointestinal pain (to touch or other), changes in stool, mucus, blood, cramping, gas or other that would benefit from treatments?

Do I need to supplement for short term/long term repair of my gastrointestinal lining?

Am I consuming enough antioxidants to and micronutrients for proper repair and healing?

Restorative Approaches using Food

Food-as-Medicine Treatments: Gelatin, Bone Broth, Turmeric Tea, Coconut Macarons.

Bone Broth Recipe

Food-as-medicine:

This bone broth has as much acetyl-cysteine (but a much more beneficial and effective form!) as what is put in bronchitis drugs but it is a much more natural form. The apple cider vinegar extracts glutamine and minerals (plus vitamin D) from the bones of the chicken to heal gut irritations and support the immune system! This is a spectacular medicinal remedy!

Medicinal Treatment:

1-3 cups daily. Rotate bone source (chicken, beef marrow, fish) to avoid causing food sensitivities.

Therapeutic Treatment for:

Useful as a healing agent for chronic inflammation, headaches, Rheumatoid Arthritis, Immune Support, Respiratory Infection, Leaky gut, IBS, Colitis, Crohn's, Healing joint or muscular injuries

INSTRUCTIONS:

Take a rotisserie chicken (no hormones or antibiotics in this chicken because that would defeat the purpose of its great qualities). Take most of the meat out and store leaving the bones, collagen and skin to put in the crock pot. Cover the chicken carcass with water covering the top. Add 1/2 cup of apple cider vinegar. Add salt (I like pink Himalayan sea salt for all its mineral content!). Add 1-2 TBS of turmeric for extra immune/anti-inflammatory/antioxidant support (optional)* Add a quarter onion, celery and carrots. Cook for 8-12 hours. Remove the bones from the broth. You can add the stored chicken back into the broth and continue to cook for a few hours to make a soup, you can also use the broth to cook other food items like rice, spaghetti, or vegetables. Or for the treatment of GI discomfort, immune support or colds: Drink 3 cups daily for healing.



Turmeric Tea Golden Milk Recipe

Turmeric Anti-inflammatory Therapy:

Curcumin (turmeric) has been used for centuries in other countries to stop bacteria growth on wounds and as a go-to cure all in many cases. Turmeric may stop the action of a liver enzyme that activates environmental toxins into carcinogenic forms, and may be especially useful in deactivating the carcinogens in cigarette smoke and chewing tobacco. Turmeric in the diet increases the production of enzymes that digest fats and sugars, and stop cholesterol from forming gallstones. Turmeric prevents the release of histamine in the stomach, quelling nervous stomach and counteracting food allergies and it fights gum inflammation by halting the action of a gene that creates irritant chemicals. Without the irritation, bacteria cannot find a place to grow, and the absence of bacteria reduces both bad breath and gingivitis. Turmeric has been researched to be as effective and faster acting than common NSAIDS (non-steroidal anti-inflammatories) common-

ly used to treat headaches or chronic inflammation conditions. In addition, Turmeric doesn't have the added colorings, artificial sugars and chemicals that traditional medicines do making it a great addition or substitute in some cases

Medicinal Treatment:

1 tsp daily along with other regimens. Rotate food and avoid consumption too regularly to avoid causing food sensitivities. Can use ginger as an alternate option for anti-inflammatory properties. Turmeric is traditionally used in curry dishes and chicken noodle soup- feel free to use in its typical recipes too!

Therapeutic Treatment for:

Useful as a healing agent for chronic inflammation, headaches, Rheumatoid Arthritis, Leaky gut, IBS, Colitis, Crohn's, Healing joint or muscular injuries, reduction in cellulite, weight management, skin/hair/nail strength.

INGREDIENTS:

1 can of Coconut Milk plus 1 cup of water OR store bought (avoid carrageen and 'gums' added because they can be inflammatory and gastrointestinal-irritants).

1 teaspoon Turmeric

1 teaspoon Cinnamon

1 teaspoon raw honey or maple syrup or to taste

Pinch of black pepper (increases absorption)

Tiny piece of fresh, peeled ginger root or ¼ tsp ginger powder

Chocolate Dipped Coconut Macaroons

Polyphenolics isolated from virgin coconut oil inhibits adjuvant induced arthritis through antioxidant and anti-inflammatory action.

Medicinal Treatment:

1-3 daily along with other coconut oil regimens. Rotate food and avoid consumption too regularly to avoid causing food sensitivities.

Therapeutic Treatment for:

Useful as a healing agent and preventing bacterial, fungal and parasitic infections, Rheumatoid Arthritis, Leaky gut, IBS, Colitis, Crohn's, Healing joint or muscular injuries, reduction in cellulite, weight management, skin/hair/nail strength.

INGREDIENTS:

2 ½ cups unsweetened shredded coconut (if you buy flaked be sure to blend to shredded to keep accurate measurements)
 1 large egg white
 pinch and a half sea salt
 1/3 cup coconut milk
 1 Tablespoon local honey
 ½ teaspoon vanilla extract
 4 oz dark chocolate (70-85% dark for antioxidant benefits, I like Taza and Theo chocolates best!)



DIRECTIONS:

Preheat the oven to 350 degrees. Line a baking sheet with parchment paper. Place the shredded coconut in a medium bowl and set aside. Using a blender or mixer, beat the egg white with the pinch of sea salt until soft peaks begin to form, about 2 minutes. Add the coconut milk, honey and vanilla extract and continue to beat until incorporated. Fold the beaten egg white mixer into the shredded coconut and mix until combined. Pack together tightly using your fingers. Place the dough on the baking sheet and bake 15-20 minutes, until the tops begin to brown.

Cool for one hour. Melt the dark chocolate in and begin to dip the bottoms of the macaroons. Cool upside down so that the chocolate can dry. Makes 10-12 macaroons. Can last for up to one week.



Raspberry Cherry Gelatin

Gelatin can be therapeutic reduction in systemic inflammation and repair of the gastrointestinal tract. In addition, research also shows that gelatin has restorative effects in joint health producing outcomes superior to Glucosamine supplements.

Medicinal Treatment:

1x1 or 1x2 inch squares daily.

Therapeutic Treatment:

Rheumatoid Arthritis, Leaky gut, IBS, Colitis, Crohn's, Healing joint or muscular injuries, reduction in cellulite, weight management, skin/hair/nail strength.

INGREDIENTS:

1/2 cup boiling water
 1/2 cup 100% tart cherry juice (not from concentrate and without added sugars and colorings, R.W. Knudsen brand is good)
 Sprinkle of ginger to taste (1 tsp- 1 tbsp of powder)
 1/4 cup gelatin (unsweetened, unflavored AND grass fed!)
 1/3 cup raspberries

DIRECTIONS:

Let water come to a boil and then mix with gelatin. Mix in a blender until it is smooth and without clumps. Then add pure cherry juice and ginger and blend until incorporated. Distribute raspberries throughout the ceramic or glass dish and pour in gelatin and juice mixture on top of the berries. Set in the fridge for 2 hours. Serve as a dessert or therapeutic food for the treatment of IBS, joint health, autoimmunity, rheumatoid arthritis, leaky gut, colitis, healing injuries and more.

Gelatin as medicine?

What does Gelatin do? Gelatin is comprised of glycine and proline, two amino acids that are found abundant in organs, bones, and fibrous animal tissues not commonly consumed in most diets. The amino acids contribute to healthy organ tissue and skin with promoting collagen formation as well as promoting hair and nail strength. Gelatin, like okra has mucilaginous compounds that protect and restore the gastrointestinal lining.

Why does it need repair?

The gastrointestinal lining can become damaged through chronic inflammation due to inflammatory foods, food allergies/sensitivities, food allergies, auto-immunity, micronutrient deficiencies and disease process itself. Damage to the mucosal lining and loss of gastrointestinal integrity can lead to chronic inflammation of joints, gastrointestinal issues, chronic pain and more. The gastrointestinal tract serves as the 'front line of defense' for our body. Since we are all biochemically unique, damage to the diges-

tive tract can manifest in our body in different ways showing up as joint pain, skin issues, trouble recovering from workouts and can initiate serious chronic diseases. Gelatin helps aging and sun exposure? Time to ditch the sunscreen! A diet rich in gelatin has been shown to protect against skin damage from the overexposure to UV light. This prevents wrinkles for the future and could even help current skin condition! Avoiding sunlight and the use of sunscreen can block Vitamin D which has actually been proven to be more associated with mortality than overexposure to sunlight as low Vitamin D is hugely correlated with auto-immunity and a myriad of health issues. Gelatin provides a way for you to protect your skin and still get your Vitamin D boost! Athletic performance boost to Anti-inflammatory Aid Body builders and athletes have been using gelatin for decades to help reduce inflammation and improved joint health. Current research shows that when taken, gelatin can improve joint integrity and reduce pain levels. This is also helpful for people with inflammatory joint or bone diseases like arthritis and osteoporosis. Getting adequate gelatin can potentially help you keep inflammation and joint pain to a minimum and build stronger bones!

Coconut Oil as Medicine

What does Coconut do? Is the saturated fat harmful? Coconut oil is one of the best fats to cook with because it doesn't denature at high heats and is almost entirely saturated. In fact, coconut oil is more than 90% saturated fat. While in the past saturated fat has been seen as harmful, current research shows differently. Years ago the nutrition world and medical doctors promoted high

carbohydrate, low fat, low cholesterol diets. However, when looking at cardiac incidents in research, 85% of patients had low cholesterol which makes you wonder what the culprit really is?! In fact cholesterol is needed in the body for hormone production and other biochemical responses. Also what role does food quality play in this picture? Organic and grass fed or pasture raised animal protein sources have been shown to have 5 times the amount of omega 3's than conventional animal protein sources! This completely changes the body's response to a food. The omega 6 to omega 3 ratio plays a huge role in whether something is inflammatory or anti-inflammatory. Cholesterol does play a role in plaque formation however. In healthy, uninflamed arteries, cholesterol moves freely through vessels. If arteries are sticky from inflammation, plaque will move less freely through and sometimes cause injury to a vessel. When this happens, plaque will collect in the vessel leading to myocardial infarction (heart attack) and stroke. An anti-inflammatory diet and lifestyle can be extremely helpful in preventing this! When looking at coconut oil, it is a safe healthy fat for a variety of reasons and is very much an anti-inflammatory food!

Other properties of Coconut In addition to being a great fuel source for the body, coconut oil has some unique properties. It is a special type of saturated fat called medium chain triglyceride (MCT). Unlike other fats, MCTs do not require bile acids for digestion. This means they are easily absorbed in the upper part of the small intestine and they also help with protein metabolism. Coconut oil is also rich in lauric acid, a fatty acid that is anti-fungal, anti-bacterial and anti-viral.

Sourcing Your Coconut You can get a variety of benefits from coconut in many different forms. Ultimately, raw (un-heated) coconut oil provides the most therapeutic benefits for healing. However, consuming coconut also in a macaroon, smoothie, cooking at low heat and even topically on the skin can be helpful and a key component of an anti-inflammatory lifestyle. Consider coconut oil also for use as a moisturizer as the skin can absorb 60% of what we put on it. You'll avoid toxins found in some skin care products while also protecting your immune system and getting all of the coconut oil benefits! You can also use for bug bites, urinary tract infections, yeast infections, as a lubricant, to treat skin conditions and heal wounds faster and a long list of other treatments!



Juicing & Smoothies

Medicinal Smoothies & Juice

Juicing can be an excellent way to get phytonutrients especially with impaired digestion on inflammation. Since inflammation often starts in the gastrointestinal tract, when we treat inflammation, we also start with the gastrointestinal tract. Often the gastrointestinal tract is impaired with chronic inflammation making it difficult to digest foods. Chronic inflammation leads to greater demand of nutrients that are often hard to get in quantity when chewing is involved! Lack of interest in the foods that are helpful for healing is also an obstacle for many people. Fortunately, juicing and smoothies can help bridge that gap of phytonutrient demand and food appeal! Some ideas are below.

Tips: Mix blender use with juicing. Juicing can sometimes leave behind the fiber that stabilizes blood glucose levels. Try using a blender for some ingredients to add in more fiber. Celery, cucumbers, bell peppers, carrots and beets are best juiced. Consider blending apples, oranges, pineapple, papaya, pear, avocado, herbs and swiss chard to get more out of the fruit/vegetable/herb.

Juice & Smoothie Combos:

Peachy Keen:

Carrot (14 Medium)
Peach (5 medium)
Lemon (1/2)
Basil (3-5 leaves)

Green Mexican Style Jugo:

Cucumber (2 cucumbers)
Apple (2 medium)
Cilantro (1 bunch)
Bell Pepper (1/2 Green)
Lime (1/2)

Green Goddess:

Apple (1)
Cucumber (2)
Orange (1)
Chard (3 cups blended or juiced)
Lemon (1/2)
Ginger Root (1/4 inch)
Peppermint (a few leaves
or essential oil)

Mango Tango:

Pineapple (blended 1 cup)
Mango (1 fruit)
Parsley (handful)

Green Fiesta:

Papaya (1/4 fruit blended)
Cucumber (1/2)
Apple (1/2)
Pear (1/2)
Celery (1/2)
Parsley (handful)
Ginger Root (1/2 inch)
Spinach (1 cup)

Green Cheer:

Apple (2)
Cucumber (1)
Avocado (1)
Orange (1)
Spinach (2 handfuls)
Parsley (1 handful)
Ginger root (1/2 inch)
Lemon (1/2 fruit)

Support Juice:

Carrot (3 large)
Celery (2 stalks)
Asparagus (4 spears)

Turn up the Beet:

Carrot (8 Medium)
Apple (1 Medium)
Beet Root (1 Beet)
Celery (2 Stalks)
Spinach (3 cups)

Rebalance

It is important to pay attention to lifestyle choices. Sleep, exercise, and stress can all affect the GI tract. Balancing those activities is important to an optimal digestive tract.



Self-Assessment

Take a moment to assess your current state and write down what you can work on:

Am I sleeping an adequate amount that allows my body to repair and restore?

*Am I getting exercise to support inflammation reduction?
What are my current stressors?*

What can I do to limit my stressors?

How can I improve my reaction to my current stressors?

What mind-body medicine tools can I utilize for healing?

How can I modify or structure my day to promote my healing?

Are there any thought patterns or things I say that are counteractive to healing?

How can I modify my environment to reinforce healthy habits and healthy thoughts?

Making Life Promoting Choices

Restorative Sleep

Consider getting on a sleep schedule that will allow your body to heal better. Sleep deprivation can lead to inflammation throughout the body and long term sleep deprivation can increase your chances for a stroke and heart attack. Consider limiting media before sleep and using amber lights (that do not reflect blue light) to promote circadian rhythm after dark.

Exercise

Brisk walks, body weight exercise, running, playing with your pet, dancing can all count as exercise! Do what is enjoyable for you. Try to get moving for at least 20-30 minutes of continuous movement. Enjoy the process and get outdoors if you can. Being outside and in nature has its own restorative and renewing effects on our bodies.

Mind body Medicine

Our views on ourselves, our environment and our intentions for healing all play a role in the healing process. There is continually more research revealing the mind's ultimate role in determining how

well we heal within our wellness path. Promote your body's healing with mind-body tools such as meditation, music therapy, breathing awareness, gratitude exercises, affirmation exercises, visualization techniques, dance and anything else you find useful in your journey.

Mindful Breathing

Shallow breathing may lead to tension, fatigue and can create stress within the body even though we are not in a stressful situation. Changing your breathing can change your mood and biochemical response. Breathing with your diaphragm tends to reduce stress and improve energy. Abdominal breathing, also known as diaphragmatic breathing, is a powerful way to decrease stress by activating relaxation centers in the brain. The abdominal expansion causes negative pressure to pull blood into the chest, the venous flow of blood back to the heart. Find a comfortable place lie down (or sit down if preferred), with your feet slightly apart, one hand on your abdomen near the navel, and the other hand on your chest (optional). Gently ex-

hale the air in your lungs through your mouth, then inhale slowly through your nose to the count of 4, pushing out your abdomen slightly and concentrating on your breath. As you breathe in, imagine warm air or white light flowing all over your body. Hold the breath for a count of at least 4. Try not to exceed holding breath for over 7 seconds. Slowly exhale through your mouth while counting to 8. Gently contract your abdominal muscles to completely release the remaining air in the lungs. Repeat a total of 5 cycles.

Visualization

Visualization can be a powerful tool. Lie down comfortably on the floor and start by imagining a white light that shines on your forehead. On your own time, visualize the light coming down throughout your body and healing different areas that need attention. Bring your awareness to areas that need attention. Focus on accepting your body as it is and embracing and allowing healing to occur.



Supplementation for Healing

Although food can be a wonderful medicine for maintaining optimal health, preventing disease and treating disease; when we are in a state of increased need or depletion, supplementation is often necessary.

Choose regulated supplements

The supplement industry that is available to the public isn't under regulation by an external regulatory body and it is therefore important to ensure you are taking adequate measures to ensure your health. Many of the supplements available to the public have been tested to not contain what is advertised. For example, some protein supplements that have been investigated are actually just filled with rice flour!

Choose supplements tested for purity

In addition, many of the supplements that have been tested also contain toxins and heavy metals that can cause them to be more harmful than helpful in the body.

Choose supplements that are absorbed and worth the value!

Considerations for the bioavailability of a supplement or how well a product is absorbed should also be taken into account. The sourcing of fish oil and type of coating on fish oil for example can dictate its absorption as well. Absorption can range anywhere from 30-90% depending on the sourcing and processing!

Pharmaceutical-grade supplements are only available to medical practitioners due to their potency. Speak with your healthcare practitioner about supplementation and ask about the brands they carry and their regulations or schedule an appointment from the information listed below. There are some supplements that are worth the value and do have good regulatory standards. Investigate the company you purchase from and get to know how they process their supplement.

Overwhelmed?

Here are a few things you can do right now to make a big change!

Consume 6-8 cups of leafy greens daily (kale, chard, spinach).
Too much? Start with 1-3 cups.

Explore a new recipe or come up with your own recipe using your fruit or vegetable of choice.

Try a new healthy food option from this book every week.

Walk daily outside and in nature. Get sunlight to boost vitamin D and promote healing.

Also, every 20 minutes of sitting, get up and move around! If you don't want to exercise, turn on your favorite dance music and dance freely!

Meditate on healing. If that sounds boring to you, take a minute or two daily and be appreciative of nature and thankful to your body. You can also just focus your attention on your breath- a simple but effective task!

4 WEEK MEAL PLAN & RECIPES





Week 1

Find Your Moment and Enjoy It!

What if getting more nutrition out of your food, better digestion and better mood were as simple as enjoying the experience of eating? Research is continually revealing that it actually can be that simple! The difficult part is most people in our culture are often rushed for time and eat on the go or in the midst of multitasking. This makes it difficult for proper digestion to occur and limits the potential benefits we could get from our food. Undigested food passing through the digestive tract is one major cause of food sensitivities that develop. Low acidity in the stomach, chronic inflammation and leaky gut can also create the food sensitivity cycle. Since digestion starts in the mouth, it's important to properly chew food so that enzymes can help with the breakdown of the food that we eat.

The gastrointestinal tract is considered the 2nd brain for the level of neural activity that occurs and for the fact that there are more nerves in the digestive tract than the brain!

The lining of the gastrointestinal tract is lined with the neurotransmitter serotonin receptors. In fact, the gastrointestinal tract is the largest producer of serotonin, it's home to 90% of serotonin and is intimately involved in gastrointestinal function and physiology. Abnormalities of serotonin function contribute to symptom progression in bowel disorders, inflammatory and infectious diseases of the gut, depression, sexual dysfunction, memory and obesity. Supporting research shows that serotonin levels can be balanced with the use of light therapy (aka sunlight), exercise, meditative strategies and dietary interventions. But how do we do this? How can we slow down, get enhanced nutrition AND boost serotonin levels?

This week focus on "CREATING YOUR MOMENT" of slowing down to enjoy the eating experience. I prefer the morning, but pick a time that feels right. Give yourself 5-10 minutes to enjoy.

Creating Your Moment:

If you can get outside to be in the sunlight, spend some time savoring

the sunlight against your skin. Not only are you getting a serotonin boost, you are also increasing levels of Vitamin D and one of our bodies most important antioxidants glutathione. If it's cloudy, just enjoy being outdoors in nature. Plants have been well researched to increase healing in patients recovering from surgery- even just looking out a window can be helpful!

Drink a tea of choice as you savor your moment or start your day. As you drink set yourself up for success by reading something motivating, creating a moment of positive self talk or think on the things you are looking forward to for that day. If you can't think of anything, just find beauty in the world around you.

When eating, focus on chewing food to the point of allowing it to be more of a liquid than a solid as it goes down. I don't recommend counting the bites, as that can be quite contradictory to enjoying your food.

During your moment, you can also try standing or sitting in what is called a power pose or loving pose. This automatically causes both change in behavior and mood!

Week 1 - Meal Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Open faced Avocado Sandwich*	Glowing Green Smoothie*	Migas & Uno Leche Toast*	Glowing Green Smoothie*	Open faced Avocado Sandwich*
SNACK	Banana Nut Muffins*	Ants on a Log Celery and Almond Butter w/raisins	Banana Nut Muffins*	Ants on a Log Celery and Almond Butter w/raisins	Banana Nut Muffins*
LUNCH	Beef Stir Fry 5-6 ounces beef strips and 2-3 cups of veggies	Pineapple Chicken & Walnut Broccoli*	Beef Stir Fry 5-6 ounces beef strips and 2-3 cups of veggies	Tandoori Chicken*	Pineapple Chicken & Walnut Broccoli*
SNACK	Berries & Cream ½ cup Berries w/ ½ cup full fat organic yogurt	The Cheesy Break 1 ounce Grass Fed Organic Cheese w/1 Apple	Berries & Cream ½ cup Berries w/ ½ cup full fat organic yogurt	The Cheesy Break 1 ounce Grass Fed Organic Cheese w/1 Apple	Berries & Cream ½ cup Berries w/ ½ cup full fat organic yogurt
DINNER	Tandoori Chicken*	Maple-Garlic Pork Tenderloin*	Tandoori Chicken*	Pineapple Chicken & Walnut Broccoli*	Maple-Garlic Pork Tenderloin*

*See Recipes On Pages 38-48



Week 2

What Is An Antioxidant Exactly?!

Antioxidants have received a lot of attention in the past years. The term 'antioxidant' and 'superfood' have become buzzwords used to market a variety of foods. Many people understand conceptually that antioxidants are healthy and protect the body. Typically promoted antioxidants are Vitamins A, C and E. But did you know there are actually thousands of compounds involved in antioxidant activity and only three of those are vitamins? And that there are pro-oxidants such as Zinc and Iron that are necessary for allowing antioxidant activities within our cells?

Let's start with antioxidants. Antioxidants as their name suggests, protect us from what's called oxidative stress. Oxidative stress or cellular damage occurs on a daily basis from our body's natural metabolic processes and even exercise. Of course additional oxidation can occur with stress, illness, inflammation, poor diet and environmental toxins. Excessive oxidative stress is linked to coronary heart disease, neurodegenerative diseases, autism, diabetes, cancer arthritis, fibromyalgia and many other inflammatory conditions. Antioxidants help with detoxification pathways of the liver, repairing the damage from oxidative stress and prevent-

ing disease process from occurring. The mitochondria in our cells play a huge role in protecting against oxidation. Mitochondrial protection works in same way that the insulation of a wire protects the wire from damage to the environment. Interestingly, mitochondria are considered separate organisms that have evolved a symbiotic (or beneficial) relationship with our bodies. Nutrients that interact within the mitochondria include glutathione, lipoic acid, coenzyme Q10 and carnitine.

Selenium also has antioxidant like properties. Selenium protects our bodies by binding to heavy metals that we are exposed to. Deficiencies in selenium may present in an individual as heavy metal toxicity. Pregnant women have increased need for selenium in their diets and are often deficient. This is why pregnant women are often requested to avoid fish that may be higher in mercury such as tuna.

How to guide for getting the most out of "Antioxidant Activity":

Include a variety of leafy greens, sulfur containing vegetables (garlic, kale, brussel sprouts, asparagus, broccoli ect.) to get the full spectrum of nutrients and phyto compounds necessary for antioxidant activity. Aim for 3-9 cups daily. If inflammation or disease is present, aim for the higher end of that range.

Glutathione is one of the most interesting and well researched antioxidant that correlates positively with preventing autoimmunity and inflammatory conditions. From outdoor allergies to food sensitivities, this antioxidant can be very helpful in changing our responses to the environment when supplemented properly. Glutathione is naturally increased with exercise, sulfur vegetables, and grass-fed undenatured dairy products (avoid protein isolates).

Consider taking a multivitamin that can give you the full spectrum of nutrients your body needs daily. I recommend working with a qualified healthcare professional that can recommend nutraceutical supplementation. Some of the supplements found at GNC, Walgreens and other stores have been found to have toxins and harmful compounds because of their poor regulation. Also, working with a healthcare professional can help you uncover the type of compounds you need. Some individuals are unable to properly convert nutrients to their active form and may need to consume methylated or active forms of nutrients and in higher amounts.

Week 2 - Meal Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Eggstraordinary Casserole*	Sprouted Morning Oats*	Eggstraordinary Casserole*	Sprouted Morning Oats*	Eggstraordinary Casserole*
SNACK	Pina Colada Smoothie*	Lox & Cream Cheese*	Pina Colada Smoothie*	Lox & Cream Cheese*	Pina Colada Smoothie*
LUNCH	Lemon Cannellini Bean Salad w/ chicken*	Morrocان Carrot & Beet Salad w/Tuna*	Lemon Cannellini Bean Salad w/ chicken*	Morrocان Carrot & Beet Salad w/Tuna*	Lemon Cannellini Bean Salad w/ chicken*
SNACK	Red Velvet Black Bean Brownies*	Cacao Nut Truffles*	Red Velvet Black Bean Brownies*	Cacao Nut Truffles*	Red Velvet Black Bean Brownies*
DINNER	Squash Pizza*	Pineapple Chicken & Walnut Broccoli*	Squash Pizza*	Pineapple Chicken & Walnut Broccoli*	Squash Pizza*

*See Recipes On Pages 38-48



Week 3

Creating REST and RHYTHM - even in chaos.

Resting is as important as the food we put in us. It's often the first neglected health behavior and it doesn't help that as a culture over-working and lack of sleep is often rewarded and respected. However, creating a lifestyle of allowing yourself and your body to rest even if that means setting new boundaries can be motivating to family members, co-workers and friends to do the same. Resting is the time when our bodies repair and recover from all of the things we asked our bodies to do that day! Creating a routine and flowing with the bodies natural circadian rhythm is therapeutic and allows for optimal recovery and healing. Our bodies are built to rise with the sun and sleep in darkness. However media and electronics has drastically changed our abilities to do this. Prolonged exposure to com-

puters and cell phones (especially at night) is harmful because both electronics reflect blue light which interacts with the cones within our eyes. This disrupts innate circadian rhythm and leads to decreased sleep quality, duration and in turn leads to an increase in the cytokine interleukin-17. Interleukin-17 is a highly inflammatory production from our bodies. In times of infection when it might be needed, it can be helpful. But prolonged and unnecessary secretions can lead to chronic inflammation, gastrointestinal distress, fibromyalgia and is linked to a myriad of auto-immunity issues.

How to "Create Rest & Rhythm":

Look into purchasing Amber lights. Amber lights do not reflect blue light and can be turned on after hours as sunlight dissipates. This will create a more sleep conducive environment.

Turn off electronics after a set time, this will create a space to alert your brain that you are getting ready to rest and relax.

Create a routine that works for you. Find what helps you wind down. Reading, journaling, listening to calming music, light yoga or meditation are all wonderful options. Some people may also want to spend some time with a loved one.

Create a time you look forward to! Sleeping is more of a priority when you can look forward to it. You can use all of your sense to create a 'sleep time space'. Diffusing essential oils can be helpful in this process. Therapeutic grade essential oils contain compounds that can be helpful to the body at a cellular level. Lavender and other calming oils can help with relaxation and winding down.

Warm teas and showers also help the body create the circadian.

Week 3 - Meal Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Green Goddess Smoothie*	Migas & Uno Leche Toast*	Green Goddess Smoothie*	Migas & Uno Leche Toast*	Green Goddess Smoothie*
SNACK	Cacao Nut Truffles*	Roasted Herb Nuts Raw nuts or toast in oven with coconut oil/herbs	Cacao Nut Truffles*	Roasted Herb Nuts Raw nuts or toast in oven with coconut oil/herbs	Cacao Nut Truffles*
LUNCH	Caribbean Tenderloin w/Mango Salsa*	Beef Stir Fry 5-6 ounces beef strips and 2-3 cups of veggies	Caribbean Tenderloin w/Mango Salsa*	Beef Stir Fry 5-6 ounces beef strips and 2-3 cups of veggies	Caribbean Tenderloin w/Mango Salsa*
SNACK	Nori Seaweed Jerky*	Chocolate Banana Cream*	Nori Seaweed Jerky*	Chocolate Banana Cream*	Nori Seaweed Jerky*
DINNER	Garliky Kale Salad w/crispy Chickpeas*	Spaghetti Squash w/ground beef, basil & spinach	Garliky Kale Salad w/crispy Chickpeas*	Spaghetti Squash w/ground beef, basil & spinach	Garliky Kale Salad w/crispy Chickpeas*

*See Recipes On Pages 38-48



Week 4

Eating as an Art and Experience

Eating is an art! Make your plate your canvas. Use varieties of color to get in a variety of health promoting antioxidants and phyto-compounds. By using color and many food varieties you are likely to have a more anti-inflammatory diet as well. Try to focus on rotating your foods to prevent food sensitivities from occurring and to allow the proper balance of nutrients. Rotating your foods is essentially not eating the same foods on an excessively regular basis. For example, if you have an avocado on Monday, it might be a good idea to postpone having another for 2-3 days which exploring other food options. Make it a habit to try new things whenever possible. You can explore this by trying to add something new each grocery store visit. In France, it is very common for cheese plates to be brought out in restaurants with a cheese from a variety of local villages. Each cheese has a different story and taste which makes the eating experience much more enriched! Try to

apply this French concept to your eating style. I like to compare this mindset to being a world traveler of different foods! Try a new food or farmers market and explore. If at a farmers market, ask the seller how the food was grown or raised. Learn about the food you are putting into your body. You'll have a new appreciation for the food and the experience.

The Artful Eating Guidelines:

- 1. Try new foods weekly.*
- 2. Rotate foods to prevent food sensitivities and get a variety of phytonutrients. Use color in creating your plate. Food should both taste and look appealing. Try eating with your mouth and eyes!*
- 3. Check out your local farmers market and ask about how your food was grown or raised.*
- 4. When buying food ask yourself: What has been done to this food? What has been added or taken away from the food? If the food is a processed food- how many ingredients does this have? Do I know what the ingredients are and are they edible? This is a great guideline when purchasing a food and gauging its quality.*

Week 4 - Meal Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Green Eggs & Ham*	Sprouted Morning Oats*	Green Eggs & Ham*	Sprouted Morning Oats*	Green Eggs & Ham*
SNACK	Chocolate Banana Cream*	Grapes & 1 ounce Organic Grass-fed cheese	Chocolate Banana Cream*	Grapes & 1 ounce Organic Grass-fed cheese	Chocolate Banana Cream*
LUNCH	Morrocان Carrot & Beet Salad w/Salmon*	Pineapple Chicken & Walnut Broccoli*	Morrocان Carrot & Beet Salad w/Salmon*	Pineapple Chicken & Walnut Broccoli*	Morrocان Carrot & Beet Salad w/Salmon*
SNACK	Grapes & 1 ounce Organic Grass-fed cheese	Cashew "cheese" cake*	Chocolate Banana Cream*	Cashew "cheese" cake*	Grapes & 1 ounce Organic Grass-fed cheese
DINNER	Garliky Kale Salad w/crispy Chickpeas*	Tandoori Chicken*	Morrocان Carrot & Beet Salad w/Salmon*	Tandoori Chicken*	Garliky Kale Salad w/crispy Chickpeas*

*See Recipes On Pages 38-48



The Glowing Green Smoothie

INGREDIENTS:

- 1 1/2 cups water
- 1 head organic romaine lettuce, chopped
- 3 to 4 stalks organic celery
- 1/2 head of a large bunch or 3/4 of a small bunch of spinach
- 1 organic apple, cored and chopped
- 1 organic pear, cored and chopped
- 1 organic banana
- Juice of 1/2 fresh organic lemon
- Optional: 1/3 bunch organic cilantro (stems OK) and 1/3 bunch organic parsley (stems OK)

DIRECTIONS:

Add water and chopped head of romaine to blender. Blend at a low speed until smooth. Add spinach, celery, apple, and pear, and blend at high speed. Add cilantro and parsley (which help chelate heavy metals from your body). Finish with banana and lemon.

Green Goddess Smoothie

INGREDIENTS:

- 1 C baby spinach
- 1 C cucumber chunks
- 1/2 avocado, halved, pitted, and peeled
- 1 lg kiwifruit, peeled and chopped
- 1/2 C frozen kefir (we used Lifeway) or low-fat vanilla frozen yogurt
- 1/2 C fresh orange or tangerine juice
- 1/4 C mint leaves

Open Faced Avocado Sandwich

- Use Ezekiel Sprouted Grain bread and toast
- Heat 1-2 eggs over medium-hard in coconut or walnut oil over medium heat.
- Drizzle Olive Oil over Toast and add sea salt.
- Add avocado to toast and top with Egg.

Eggstraordinary Casserole

INGREDIENTS:

- 1 tsp Coconut oil
- 1 large yellow onion, diced
- 1.5 cups of cut vegetables (spinach, okra or collard) or 2-3 bell peppers for a nice kick
- 2 tsp chili powder (if spice sensitive, avoid)
- 1/4 tsp paprika
- 1 tsp red pepper flakes (if spice sensitive, avoid)
- 12 ounces turkey breakfast sausage
- 2 cups organic milk (for dairy free, use Almond milk)
- 8 grass fed eggs
- 9 egg whites
- 3/4 tsp salt (I prefer pink Himalayan sea salt)
- 8 Organic sprouted corn tortillas (cut into quarters)
- 1 cup scallions
- 4 oz. can of hatch green chilies
- 1 cup (4 ounces) organic grass fed cheese

DIRECTIONS:

Heat vegetables over medium heat in coconut oil. Add spices if used. Add turkey meat to pan and saute with cooked vegetables. Cook meat until browned or around 5 minutes, and allow it to cool. Combine milk, eggs and salt/pepper in a large bowl. Whisk. Lightly coat 13x9-inch baking dish with coconut oil. Add green chilies on the bottom of pan. And layer Turkey above chilies. And then layer tortilla strips. Continue layering until completed. Top with cheese mixture and scallions. Pour egg mixture in baking dish. Cover and refrigerate overnight. Bake at 350 for 45-50 minutes.

Green Eggs and Ham

INGREDIENTS:

2 Organic poached eggs
 ½ cup to 1 cup chopped swiss chard
 ½ cup to 1 cup Brussel sprouts
 1-3 cloves of chopped garlic
 1/8 onion chopped
 1 TBSP coconut oil
 Bone broth (chicken)- optional
 Add ham or bacon if desired, avoid nitrates whenever possible
 Sea salt (I like pink himalayan sea salt)

DIRECTIONS:

Sautee onion and garlic until onion is slightly clear. Add in and sautee swiss chard in bone broth for 3-5 minutes or until tender. Add cooked and chopped Brussel sprouts. Salt to taste and then add coconut oil and mix for 1 minute. Put to the side and cook eggs poached. Top eggs with vegetable topping

HOW-TO GUIDE FOR EGGS:

Cook poached, over medium or scrambled eggs over medium heat. Add Vegetables of choice, preferably green! You can add Brussel sprouts, collards, spinach, kale or broccoli to the mix. For flavor & as an aid to

digestion, add bone broth to vegetables in cooking process. For convenience and nutrients, you can use flash frozen vegetables. Although nothing beats a fresh from the garden vegetable, often vegetables lose some of their nutrition value after the first five days of sitting out and being transported. Opt for farmer's market organic produce whenever possible and use flash frozen vegetables as well especially when you don't have a lot of time to cook. Topping with fermented vegetables like Kim Chi or Fresh Sauerkraut contains probiotics that can help with digestion and gastrointestinal flora. Avoid canned sauerkraut with additives and preservatives and opt for a fresh refrigerated version. Experiment with oils such as Walnut oil, Coconut Oil, Sesame oil, Avocado Oil and Olive Oil. Rotate oils for greater nutritional gains. Breakfast doesn't have to be boring, and if you learn to make it right, you'll probably never go back to cereal again!

FOOD FOR THOUGHT:

Remember that oils all have different smoke points. When cooking you should avoid heating an oil past its smoke point. Heating an oil past its smoke point denatures the oil and its nutritional value while also making it more difficult for the body to process. Prolonged heating past the oils smoke point makes it much more harmful to the body. Some oils have their smoke point listed on the side of the container. Coconut oil and walnut oil make great medium heat cooking oils and add a great flavor profile to foods.



Morning Sprouted Oats

INGREDIENTS:

¼ cup – ½ cup of dry rolled oats
 1/3 - 2/3 cup of nut milk or dairy milk (you can make your own nut milk or buy in the store)
 ½ cup organic greek or regular yogurt
 ½ cup of berries or fruit of choice
 2 tsp of chia seeds or ground flax seeds
 Optional: Add local raw honey (1 tsp)

FOOD POWERED TIP:

Sprouting is one way to make nutrients more bioavailable to the body and make the food easier to digest. You can sprout raw oats, raw nuts and grains for an extra nutrition boost.

FOOD FOR THOUGHT:

Pro-biotics and Pre-biotics... what's the difference? Pre-biotics are the soluble fibers in oats and other foods that enhance probiotic action within the gut. Aside from enhancing probiotics, pre-biotics also play a role in insulin regulation by helping things move faster through the gastrointestinal tract. Probiotics are live microbial food ingredients that play a huge role in our overall health. This extends even beyond gastrointestinal health and can help reduce inflammation throughout the body and strengthen the immune system. Also, did you know healthy gut flora can even help reduce seasonal outdoor allergies? The benefits of a healthy gut are endless!

Vaquero Migas & “Uno Leche” Toast

INGREDIENTS:

(Serves 6)
 16 organic yellow corn tortillas
 Avocado oil
 12 eggs, beaten
 1/2 teaspoon salt
 1/2 teaspoon freshly ground pepper
 1 cup grated cheese
 1/4 cup finely chopped onion
 1/4 cup finely chopped firm but ripe tomato

DIRECTIONS:

Cut tortilla strips into triangles and add coconut oil and sea salt. Bake Tortillas strips in a light coating of coconut oil and top with sea salt. Cook at 300 until lightly brown. Set aside. Cook eggs in pan the salt and pepper and stir constantly. As the eggs begin to set, add the tortilla chips and continue to stir, scraping the bottom of the pan. When the eggs reach a soft scramble, fold in the cheese, followed by the onion, tomato, and jalapeño. Serve with black beans, fresh spinach and top with cilantro.

“Uno Leche” Toast: For a delicious addition to this dish, try toasting a sprouted grain bread (I like Ezekiel bread). After toasting add a light coating of your yogurt of choice (plain or vanilla). Drizzle honey and nutmeg or cinnamon on top for a treat.



Nori Sticks

INGREDIENTS:

4-5 Nori Sticks
 1 cup walnuts
 ¼ cup sun-dried tomatoes
 2 Tbsp maple syrup
 2 Tbsp Apple cider vinegar
 2 Tsp Tamari
 ½ Tsp cumin
 ½ Tsp paprika
 1 Tsp chili powder/paprika
 ½ Tsp sea salt

DIRECTIONS:

Pulse walnuts in food processor until it forms a powdery texture. Add sundried tomatoes that have been soaked in water (drain first), maple syrup, Tamari, Paprika, Chili powder, Salt and apple cider vinegar. Blend until incorporated. Should form a paste. Cut Nori Sheets in half. On one side of the cut Nori (not all the way to the edge though) place a small amount of the blended mixture directly on the Nori lining it up along the edge. Put water on your fingertips and place directly on the Nori edges which will soften the Nori and enable it to be rolled. Continue rolling the Nori and placing a little water on it as you go. You should have created your rolled up Nori sticks at this point! For the best texture, I recommend dehydrating the Nori Sticks or simply heating them in the oven for a few minutes to draw out the excess moisture

Banana Chocolate Ice Cream

INGREDIENTS:

¼ cup Almond or other Nut Milk, unsweetened
 3 frozen bananas
 2 Tbsp unsweetened raw cocoa powder
 Sea Salt (pinch)
 Optional- Chopped Nuts
 Can also add a scoop of protein party

DIRECTIONS:

Blend ingredients in food processor or blender.



Cashew Cheese

INGREDIENTS:

1 cup raw cashews (soaked for 1hr or more)
 ¼ cup filtered water
 2 Tbs. lemon juice
 2 cloves garlic
 2 Tbs. white wine (wine you'd drink) or use 1 Tbs. raw apple cider vinegar
 1 Tbs. dijon mustard
 sea salt and pepper to taste
 Scallion: Add scallions, garlic and parsley to taste
 Sun-Dried Tomato: ½ cup sun-dried tomatoes, chopped
 Olive: 1/3 cup green and kalamata olives, chopped

DIRECTIONS:

Blend ingredients in a food processor or blender.

FOOD POWERED TIP:

Cashews are a great source of minerals (especially copper and zinc) and mono-saturated fatty acids and like walnuts also contain mood elevating components.

Cocoa Nut Truffles

INGREDIENTS:

¼ c. walnuts
 ¼ c. ground chia seeds
 ½ c. pitted dates
 1/3 c. raw cacao powder
 1/8 c. pure maple syrup
 ½ c. pure almond butter (no sugar or oil added)
 ½ tsp. vanilla extract
 ¼ tsp. sea salt
 ½ cup whole almonds
 2 c. shredded unsweetened coconut

DIRECTIONS:

Place the walnuts and ground chia seeds in a food processor and process until coarsely ground. Add the dates, and pulse until combined with the nuts. Add the cacao powder, syrups, almond butter, vanilla and salt. Process until the mixture is thick and smooth. Add the almonds, and pulse a few times until combined- you want the almonds to still remain in crunchy chunks. Form the balls with a scoop and then roll them between your hands to form a ball. Roll the balls in the coconut. Place in a sealed container in the freezer until hardened.

FOOD POWERED TIP:

Dates are a good source of fiber, an excellent source of easily digested carbohydrates. Dates are among the most alkaline of foods, and contain a special type of soluble fiber called beta-D-glucan which has been shown to decrease the body's absorption of cholesterol and balance blood sugar.

FOOD FOR THOUGHT:

What's the difference between cocoa and cacao? Cocoa is much more refined and processed and because of the steps taken in its processing, it doesn't have the same nutrition value as raw cacao. Raw cacao is has potassium and is loaded with phytonutrients, antioxidants and minerals.

Pina Colada Smoothie

INGREDIENTS:

1 cup of Pineapple (& strawberries if desired)
 ½ cup of Organic yogurt
 ¼ cup of water
 ½ cup of coconut water
 ½ cup of coconut milk
 1 TBSP protein (optional)

DIRECTIONS:

Blend ingredients in food processor or blender.



LOX + Kale

Use ½ cup full fat organic yogurt, add dill and ½ fresh squeezed lemon juice.

Spread out smoked salmon and spoon yogurt mixture on to salmon.

Roll salmon into a roll

De-steam and cut kale. Rinse and massage kale for 2 minutes.

Add ½ lemon to bunch of kale, continue massage.

Add walnut oil or olive oil and sea salt.

Banana Almond Meal Muffins

INGREDIENTS: (Serves 8)

2 small eggs
 2 medium ripe bananas
 3 Tbsp maple syrup or honey
 3 Tbsp unsweetened vanilla or plain coconut milk
 1 tsp pure vanilla extract
 1 tsp baking powder
 1 cup almond meal (ground from raw almonds)
 1/2 cup + 2 Tbsp oat flour (ground from GF oats)
 Optional toppings: chopped nuts, rolled oats, crumb topping

DIRECTIONS:

Preheat oven to 350 degrees F and line a muffin tin with 8 paper liners. In a large bowl, prepare flax egg by mixing flaxseed + water and letting rest for a few minutes. Next add bananas and mash. Add agave, baking powder, vanilla, almond milk and stir. Add almond meal and oat flour and stir once more. Taste to see if it needs more sweetener. I added a touch more because I prefer sweeter muffins. Bake for 25-30 minutes or until a tooth pick or knife inserted into the center comes out clean and they become somewhat firm to the touch with a little give. Remove and let rest in pan for 5 minutes. Then cool all the way on a cooling rack. Store in an airtight container or covered with plastic wrap for several days. Freeze for longer storage.

Red Velvet Brownies

INGREDIENTS:

2 1/4 cup oats
 1/2 large cooked beetroot
 1/4 cup unsweetened cocoa or cacao powder
 1/3 cup milk of choice, plus more if needed (nut milk, coconut milk or dairy milk)
 1/4 cup melted coconut oil or walnut oil
 1/2 can black beans (about 1/2 cup) drained and rinsed (can sub with garbanzo)
 1/2 cup pure maple syrup
 1/2 tsp baking powder
 1/4 tsp salt
 1 tsp pure vanilla extract
 1/2 cup chocolate chips, plus more if desired

DIRECTIONS:

Preheat the oven to 375 degrees F. In a food processor or high powered blender, blend the oats, cacao powder, salt, and baking powder until they have formed a "flour." Add in the milk of choice, vanilla extract, oil, and maple syrup, and blend until fully combined. Add in the cooked beetroot and the beans and blend until the mixture has formed a thick batter (the texture of brownie batter – add milk if needed). Stir in the chocolate chips. Pour the batter into a small brownie pan (preferably one half the size of a 13×9 pan) lined with parchment paper. Sprinkle more chocolate chips on top if desired. Bake in the oven for 22-25 minutes or until the top is fully cooked. To check if it is fully cooked, insert a toothpick into the brownies. If it comes out clean, the brownies are ready. If there is batter on the toothpick, bake the brownies for 5-10 more minutes or until fully cooked. Let cool for 15 minutes, slice, and enjoy.



Vegan Cheesecake

INGREDIENTS: (Serves 12)

Crust:

- 1 cup pitted dates (soaked in warm water for 10 minutes then drained)
- 1 cup raw walnuts or almonds

Filling:

- 1.5 cups raw cashews, soaked in water 4-6 hours then drained (NOTE: If short on time, pour boiling hot water over the cashews, soak for 1 hour, then drain and blend as instructed!)
- 1 large lemon, juiced (scant 1/4 cup)
- 1/3 cup coconut oil, melted
- 1/2 cup + 2 Tbsp full fat coconut milk (see instructions for note)
- 1/2 cup maple syrup (or honey if not vegan)

Optional Flavor Add-Ins:

- 2 Tbsp salted almond, pecan or walnut butter
- 1/4 cup strawberries, wild blueberries or raspberries (fresh or frozen)

DIRECTIONS:

Add dates to a food processor and blend until small bits remain and it forms into a ball. Remove and set aside. Next add nuts and process into a meal. Then add dates back in and blend until a loose dough forms - it should stick together when you squeeze a bit between your fingers. If it's too dry, add a few more dates through the spout while processing. If too wet, add more almond or walnut meal. Optional: add a pinch of salt to taste. Lightly grease a standard, 12 slot muffin tin. To make removing the cheesecakes easier, cut strips of parchment paper and lay

them in the slots. This creates little tabs that makes removing them easier to pop out once frozen. Next scoop in heaping 1 Tbsp amounts of crust and press with fingers. To pack it down, use a small glass or the back of a spoon to compact it and really press it down. I found the bottom of a glass works well. If it sticks, separate the crust and the glass with a small piece of parchment. Set in freezer to firm up. Add all filling ingredients to a blender and mix until very smooth. For the coconut milk, I like to scoop the "cream" off the top because it provides a richer texture. But if yours is already all mixed together, just add it in as is. You don't need a Vitamix for this recipe, just a quality blender. I mixed mine for 1 minute, then "liquified" or "pureed" it until silky smooth. If it won't come together, add a touch more lemon juice or agave or a splash more coconut milk liquid as the liquid should help it blend better. Taste and adjust seasonings as needed. If adding peanut butter, add to the blender and mix until thoroughly combined. If flavoring with blueberry or caramel, wait and swirl on top of plain cheesecakes (optional). Divide filling evenly among the muffin tins. Tap a few times to release any air bubbles, then cover with plastic wrap and freeze until hard - about 4-6 hours. Once set, remove by tugging on the tabs or loosening them with a butter knife. They should pop right out. Keep in the freezer for up to 1-2 weeks. Optional: you can set them out for 10 minutes before serving to soften, but I liked them frozen as well.

Squash Pizza

INGREDIENTS: (makes one 30cm pizza)

3 Cups Mashed Butternut Squash (1 large squash)
 1 Cup Almond Flour (You can purchase or make your own with raw almonds in a blender)
 3/4 Cup Garbanzo Flour
 1/4 tsp Sea Salt
 1/8 tsp Black Pepper
 2 Tbsp. plus 1 Tbsp. Ground flax
 1 tsp Dried Oregano

Toppings:

You can add your meats of choice here, any cheeses, ect.

Green Pizza Sauce (recipe below)

A handful of pitted Kalamata olives

1 Cup cherry tomatoes (chopped)

A couple of handfuls arugula, herbs, or baby beet greens

* Or pizza sauce and toppings of choice

Green Pizza Sauce Recipe:

1/4 Cup Cashews (You can use pureed cashews as a base for a lot of different recipes)

1/2 Cup packed basil

1 Cup packed spinach

1/2 Lemon, juiced

Sea Salt and Pepper to taste

8 Tbsp. Olive oil

DIRECTIONS:

Place the walnuts and ground chia seeds in a food processor and process until coarsely ground. Add the dates, and pulse until combined with the nuts. Add the cacao powder, syrups, almond butter, vanilla and salt. Process until the mixture is thick and smooth. Add the almonds, and pulse a few times until combined- you want the almonds to still remain in crunchy chunks. Form the balls with a scoop and then roll them between your hands to form a ball. Roll the balls in the coconut. Place in a sealed container in the freezer until hardened.

FOOD-AS-MEDICINE:

Cacao- Cacao contains the highest concentration of antioxidants of any food in the world. By weight, cacao has more antioxidants than red wine, blueberries, acai, pomegranates and gogi berries combined.

Dates: Dates are a good source of fiber, an excellent source of easily digested carbohydrates. Dates are among the most alkaline of foods, and contain a special type of soluble fiber called beta-D-glucan which has been shown to decrease the body's absorption of cholesterol and balance blood sugar.



Caribbean Tenderloin with Mango Salsa

INGREDIENTS: (Serves 4)

1 mango, chopped
 2 scallions, chopped
 1 tablespoon plus 1 teaspoon olive oil
 1 tablespoon fresh lime juice
 1/4 teaspoon crushed red pepper
 kosher salt
 1 1 1/4-pound pork tenderloin
 1 teaspoon ground coriander

DIRECTIONS:

Heat broiler. In a medium bowl, combine the mango, scallions, 1 tablespoon of the oil, lime juice, crushed red pepper, and 1/4 teaspoon salt. Set aside. Rub the pork with the remaining 1 teaspoon oil. Season with the coriander and 1/2 teaspoon salt. Broil the pork, turning occasionally, until cooked through, 12 to 15 minutes. Let rest 5 minutes before slicing. Serve the pork with the salsa.

Fast Tandoori Chicken

INGREDIENTS: (Serves 4)

2 cups yogurt
 2 teaspoons minced ginger
 2 teaspoons minced garlic
 2 teaspoons paprika
 2 teaspoons ground coriander
 Juice of a lime
 Salt and fresh black pepper
 1 1/2 pounds chicken breasts
 Minced cilantro for garnish

DIRECTIONS:

Preheat broiler or grill. Combine yogurt, ginger, garlic, paprika, coriander, half the lime juice and salt and pepper to taste in a large bowl. If chicken breasts are whole, cut them

in half. Dredge chicken in yogurt mixture and marinate 5 to 60 minutes, as time allows. If you're broiling, line a baking sheet with aluminum foil for easier cleanup. Put chicken breasts on pan, underside facing up; reserve marinade that does not cling to breasts. Broil 3 to 4 minutes, or until lightly browned. Turn chicken, and spoon remaining marinade over. Broil on smooth side another 3 to 4 minutes, or until lightly browned. Garnish, add remaining lime juice over chicken and serve, spooning the cooked marinade over the meat and, if you're serving it, over rice. If grilling, cut marinade by half. Cook 3 to 4 minutes a side, until chicken browns and is cooked through, at times brushing with marinade. Garnish, add lime, serve. Can be served with 1-2 cups of vegetables of choice (squash or spinach could work here)

Maple-Garlic Marinated Pork Tenderloin

INGREDIENTS: (Serves 4-6)

2 tbsp Dijon mustard
 1 tsp sesame seed oil
 3 cloves garlic, minced
 Fresh ground black pepper to taste
 1 cup maple syrup
 1 1/2 lb pork tenderloin

DIRECTIONS:

Combine mustard, sesame oil, garlic, pepper, and maple syrup. Place pork in a shallow dish and coat thoroughly with marinade. Cover, then chill in the refrigerator at least eight hours, or overnight. Preheat grill for medium-low heat. Remove pork from marinade, and set aside. Transfer remaining marinade to a small saucepan, and cook on the stove over medium-low heat for 5 minutes. Brush grate with oil, and place meat on grate. Grill pork, basting with reserved marinade, for approximately 15 to 25 minutes, or until interior is no longer pink. Avoid using high temperatures as marinade will burn.

Pineapple Chicken with Walnut Broccoli

INGREDIENTS: (Serves 6)

1 Rotisserie Chicken
 1-2 Tbsp walnut oil
 Frozen or fresh pineapple in desired quantity (if frozen, thaw out)
 1 (14-oz) bag frozen broccoli florets
 2 tsp fresh ginger, minced (optional)
 2 tsp fresh garlic, minced (optional)
 Scallions and sesame seeds to garnish, (optional)
 Sprinkle with walnuts, (optional)
 3 cups Brown rice (optional)

DIRECTIONS:

If combining ginger, garlic and scallion heat in oil with 1 tsp walnut oil until browned to liking. Combine with chopped rotisserie chicken. Add cooked pineapple and broccoli. Allow mixture to cook for about 5 minutes. Combine with brown rice if desired.



Lemon Cannellini Bean Salad w/Chicken

DIRECTIONS:

Drain the beans and rinse under cold water, drain well. Into a food processor or blender, put the garlic, olive oil, lemon juice, basil leaves, parsley leaves, cumin, salt and pepper. Pulse for a few seconds so that there is still texture. Put the beans into a bowl and pour over the dressing, toss well. Add Rotisserie Chicken (Shredded) and 1 cup of fresh vegetables per serving. I prefer spinach, chard or arugula.

Moroccan Carrot & Beet Salad

INGREDIENTS: (Serves 4)

2 cups of grated carrots (from about 3 carrots)
 1 cup of grated fresh beets (from about 1 medium sized peeled beet)
 1/2 cup golden raisins
 1/2 teaspoon paprika (sweet, not hot)
 1/4 teaspoon ground cumin
 1/4 teaspoon cinnamon
 Small pinch of salt
 Small pinch of cayenne
 2 Tbsp lemon juice
 2 teaspoons honey
 2 Tbsp sliced fresh mint leaves
 Can be served w/canned or fresh Salmon

DIRECTIONS:

Place the grated carrots in a medium sized serving bowl. Place the grated beets into a sieve and briefly rinse with cold water. This will rinse away a little of the excess beet juice that may otherwise color the whole salad beet red. Pat dry with a paper towel. Then add to the bowl with the carrots. Add the raisins. Stir to gently combine. In a small bowl, whisk together the paprika, cumin, cinnamon, salt, and cayenne. Then add the lemon juice and honey and whisk until smooth. Drizzle over the the carrots and beets, then gently fold until the carrots and beets are lightly coated. Let sit for an hour before serving, either chilled or at room temperature, for the dressing to seep into the carrots and beets. Right before serving, stir in a couple tablespoons of sliced fresh mint leaves. Garnish with fresh mint.

Garlicky Kale Salad With Crispy Chickpeas

INGREDIENTS: (Serves 4)

10 ounces (~6 cups) kale, loosely chopped or torn

CHICKPEAS

1 15-ounce can chickpeas, rinsed, drained and thoroughly dried

1.5 Tbsp olive, avocado or grape seed, oil

2.5 - 3 Tbsp tandoori spice*

(see notes for DIY blend)

DRESSING

1 head garlic

1/4 cup tahini

2 Tbsp olive oil + more for roasting garlic

2 lemons, juiced (~1/3 cup)

1-2 Tbsp maple syrup (or honey if not vegan)

Pinch each salt + pepper

Hot water to thin

DIRECTIONS:

Peel apart garlic cloves but leave the skin on. Preheat oven to 375 degrees. Add drained chickpeas to a mixing bowl and toss with oil and seasonings. Add garlic cloves and

seasoned chickpeas to a baking sheet. Drizzle garlic with a bit of olive or grape seed oil. Bake for 20-23 minutes, or until the chickpeas are slightly crispy and golden brown and the garlic is fragrant and slightly browned. Remove from oven and set aside. Squeeze garlic out of skins / peel away skins and add to a mixing bowl. Add all remaining dressing ingredients and whisk vigorously to combine, smashing the garlic with the whisk. Taste and adjust seasonings as desired, adding more lemon for brightness and maple syrup for sweetness. Set aside. Add kale to a large mixing bowl. Before adding dressing, add 1 Tbsp each lemon juice and olive oil to the kale and massage with hands to soften the texture and lessen bitterness. Then add as much dressing as desired (some may be leftover) and mix with a spoon. Top with chickpeas and serve. Best when fresh, though leftovers keep in the fridge for up to a few days.

* **DIY Tandoori Masala Blend:** 3 Tbsp cumin, 2 Tbsp garlic powder, 2 Tbsp paprika, 3 tsp ginger, 2 tsp coriander, 2 tsp cardamom. Multiply as needed.





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