

ACCELERATED HEALING DETOX BOOTCAMP

WEEKLY MEAL PLAN Interval 4

	BREAKFAST	LUNCH	SNACKS (OPTIONAL)	DINNER
DAY 31	HEALING ANTI-AGING BERRY BLAST 32 OZ	HEALING ALL-IN SALAD	ORGANIC APPLE SLICES WITH ALMOND BUTTER SPREAD	SESAME SALAD RAMEN NOODLES
DAY 32	HEALING PINEAPPLE TANGERINE CREAM SMOOTHIE 32 OZ	CHICKPEA CHICK'UN SALAD ON EZEKIEL BREAD	Guacamole with fresh carrots, celery, broccoli, cherry tomatoes	SALAD PESTO PASTA
DAY 33	HEALING ANTI-AGING BERRY BLAST 32 OZ	HEALING CARROT TUNA SANDWICH ON EZEKIEL BREAD	ORGANIC BLUEBERRIES WITH RAW ALMONDS	SESAME SALAD RAMEN NOODLES
DAY 34	HEALING ORANGE MANGO SMOOTHIE 32 OZ	ALL-IN SALAD BLACK BEAN SOUP	Guacamole with fresh carrots, celery, broccoli, cherry tomatoes	BLUEBERRIES TOFU PICCATA BROWN RICE BROCCOLI
DAY 35	HEALING ORANGE MANGO SMOOTHIE 32 OZ	CHICKPEA CHICK'UN SALAD ON EZEKIEL BREAD	ORGANIC BLUEBERRIES WITH RAW ALMONDS 16 OZ	SALAD PESTO PASTA
DAY 36	HEALING PINEAPPLE TANGERINE CREAM SMOOTHIE 32 OZ	SIMPLE SALAD TOMATO SOUP 1 SLICE EZEKIEL BREAD TOASTED	HEALING KALE CHIPS	BLUEBERRIES TOFU PICCATA BROWN RICE BROCCOLI
DAY 37	HEALING STRAWBERRY OVERNIGHT OATS	BLACK BEAN BOWL	ORGANIC APPLE SLICES WITH ALMOND BUTTER SPREAD	SALAD CURRY POTATO & RED LENTIL SOUP

ACCELERATED HEALING DETOX BOOTCAMP

WEEKLY MEAL PLAN Interval 4

	BREAKFAST	LUNCH	SNACKS	DINNER
DAY 38	HEALING GREEN MANGO BOWL	SIMPLE SALAD BLACK BEAN SOUP CILANTRO BROWN RICE	HEALING KALE CHIPS	TOFU SALAD WITH BURMESE SAUCE
DAY 39	HEALING CARROT CAKE OVERNIGHT OATS	BLACK BEAN BOWL	ORGANIC APPLE SLICES WITH ALMOND BUTTER SPREAD	SALAD CURRY POTATO & RED LENTIL SOUP
DAY 40	HEALING ANTI- AGING BERRY BLAST 32 OZ	SIMPLE SALAD TOMATO SOUP 1 SLICE EZEKIEL BREAD TOASTED	ORGANIC BLUEBERRIES WITH RAW ALMONDS	TOFU SALAD WITH BURMESE SAUCE

*THE FOOD PLAN IS NOT TO BE RESTRICTIVE IN ANY WAY. IT IS TO PROVIDE A PLAN FOR EASE OF EXECUTION. YOU MAY USE ANY OF THE RECIPES ON THIS PAGE AT ANY TIME.

HAVE YOU SPOKEN WITH YOUR DOCTOR. TAKE YOUR READINGS TO YOUR DOCTOR. YOUR MEDICATIONS MAY NEED TO BE ADJUSTED OR DISCONTINUED.

*DRINK PURE UNCARBONATED WATER IM FOR AT LEAST 64 OZ THROUGHOUT THE DAY. YOU ARE RELEASING TOXINS IN YOUR URINE AND STOOL. PLEASE NO OTHER BEVERAGES. CARRY YOUR WATER BOTTLE WITH YOU. TRY TO STOP DRINKING LONG BEFORE BEDTIME FOR A FULLER NIGHTS SLEEP. (YOU MAY STILL GET UP TO URINATE.. TOXINS BE GONE!). PLEASE NO CAFFEINATED DRINKS!

Welcome Back!

The change is amazing! It's a beautiful time!

This is a very powerful program that will lower and normalize blood pressure and blood sugar levels. You must include your doctor in this plan if you are being treated for Hypertension or Diabetes with blood pressure-lowering medication or glucose-lowering medication. If you are on long-acting insulin, this is particularly important as your fat and sugar consumption will be lowered dramatically and your blood sugar levels normalize.

Your doctor may suggest cutting your long-acting insulin in half and monitoring your blood sugar and decreasing the dosage as you progress in the detoxification. Or your doctor may switch you to using only regular insulin to decrease elevated blood sugars, if needed. You will notice a drastic lowering of these parameters as you progress through the detox.

Continue to keep up with your physician and try not to rub it in his face that you are doing so well. You may be teaching your doctor something new.

We recommend decreasing animal products like animal milk, meat, cheese and butter as well as excess sugar, coffee and black tea as you come off of the detox to maintain a more healthful lifestyle.

If you incorporate animal products into your diet again, do it carefully. We can help you with that.

Continue to monitor your blood pressure if you are still on medications to ensure that it stays in a safe range.

Did you make any changes to your medication lists? Record how you are feeling and what effect this incredible food plan has on your health.

Most of all, keep going. Health is the new currency. Spend it wisely!

Dr. Helen

Disclaimer

The information provided is for educational purposes only and does not replace the sound advice of your healthcare provider. Your participation in this bootcamp is at your own risk since your blood pressure will be lowered and most often normalized. This may mean that blood pressure-lowering agents may make the blood pressure go too low. It is for this reason that your blood pressure must be monitored daily if you are on medication and your doctor must be notified.

In addition, this is a very powerful tool for lowering blood sugar levels so that they will normalize. Any blood sugar-lowering medications may make blood sugar levels go too low which can be life-threatening. It is for this reason that you must monitor your blood sugar levels 3 times daily (if on oral glucose-lowering medications) or 5 times daily (if on insulin-- long-acting or short-acting) and your doctor must be notified.

Pain 2 Wellness Healthcare or its partners are not responsible for any untoward effects. Instructions must be followed carefully as this is a very powerful tool at lowering blood pressure and blood sugar levels.

Look at you!



You Made It!

Who said it couldn't be done?

Accelerated Healing Phase 1 Interval 4 (Days 31-40)

This is the home stretch. When it first starts it seems like it is an uphill battle, but then it starts to accelerate. Not only did the program accelerate, but so did your health.

Let's take inventory of the last 30 days. How do you feel? What is your skin like? How is your blood pressure? Your blood sugar levels? Can you remember things better like who your spouse is, what your children's names are --in order? LOL! Look at your waistline (a fortunate side effect). Yes, these are incredible benefits of cleaning out the cells to decrease or even eliminate inflammation. Your cells are thanking you. Please consider your food supply over the next 10 days as you begin to incorporate eliminated foods back into your diet. Notice that the foods that you have been consuming during these past few intervals are energizing and not fatiguing. They are mind clearers and not cloggers. Imagine what is happening with your heart and your privates. Your sex life will improve now. But take it easy. You don't want to kill anybody. Lol! Couldn't resist.

Accelerated Healing Interval 4

(Days 31-40)

Stress Management

It is amazing how stress affects you. In the short-term, stress can be a friend to get you out of trouble fast. But chronic stress can damage the mind and the body leading to fatigue, foggy thinking and irritability. When stress is reduced it can lead to better sleep, lower blood pressure, better digestion, less tension and a much better immune system.

Stress elimination or management may involve removing yourself from situations, but if you can't do that, try stress-relieving techniques like stretching, prayer, reading, walking along the beach or listening to the sound of rain. It matters.

Community

We were made for each other. Our lives are so much better in community than they are in isolation. Studies show that people who have social support from family, friends and their community have fewer health problems and guess what? They live longer. Find or strengthen your community.

Spend time with the people you love. Join a book club, Silver Sneakers or just watch a good movie with friends. It too, matters.

DETOX

INTERVAL 4 GREEN RECIPES DAYS 31-40

Start each morning with 8 oz fresh water with the juice of 1/2 lemon to get your digestion started

HEALING PINEAPPLE TANGERINE GREEN CREAM

- 2 handfuls of fresh kale (about 5-6 c)
- 6 Tangerines, peeled
- 1 cup fresh pineapple
- ¼ - ½ avocado
- 3 T chia seeds
- 1 frozen banana
- 4 c water
- 1 t ashwagandha powder
- 1 c ice (optional)

HEALING MANGO BANANA

- 1 ripe frozen banana
- 2 ripe frozen mango (about 2 cups)
- 6 c fresh kale
- 2 T chia seeds
- 1 t ashwagandha powder
- water for desired consistency



DETOX

INTERVAL 4 GREEN SMOOTHIE RECIPES DAYS 31-40

Start each morning with 8 oz fresh water with the juice of
1/2 lemon to get your digestion started

HEALING ANTI-AGING BERRY BLAST

5 c red swiss chard
2 c frozen mixed berries or
blueberries
1 c coconut water
1 c pomegranate juice
1 c filtered water
2 T chia seeds
1 t ashwagandha powder

HEALING ORANGE MANGO

3 c spinach, packed
3 c kale, packed
2 large oranges, organic to use
zest or wash extremely well
2 carrots
2 c frozen or ripe mango
1-2 c coconut water (or water)
¼ c flaxseeds
½-1 t orange zest (optional)
1 t ashwagandha powder



Flavor

INTERVAL 4 SHOPPING LIST FOR SMOOTHIES DAYS 31-40

Start each morning with 8 oz fresh water with the juice of
1/2 lemon to get your digestion started

GREENS

red swiss chard (about 3 bunches)
small spinach clamshell
Fresh kale at least 10-12 leaves

FRUITS

frozen blueberries (2 cups)
frozen bananas (2)
frozen berries (2 cups, optional)
frozen mango (4 cups)
avocado (1)
lemon (1)
tangerines (6)
oranges (2)
fresh pineapple

ROOTS

carrots (2)

MISCELLANEOUS

chia seeds
flaxseeds
ashwagandha powder

LIQUIDS

pure water (filtered, non-
carbonated)
almond milk
coconut water (3 cups)
pomegranate juice



INTERVAL 4 GREEN RECIPES DAYS 31-40

Start each morning with fresh water with the juice of
1/2 lemon to get your digestion started

HEALING PINEAPPLE TANGERINE GREEN CREAM

2 handfuls of fresh kale (about 5-6 c)

6 Tangerines, peeled

1 cup fresh pineapple

¼ - ½ avocado

3 T chia seeds

1 frozen banana

4 c water

1 t ashwagandha powder

1 c ice (optional)

HEALING MANGO BANANA

1 ripe frozen banana

2 ripe frozen mango (about 2 cups)

6 c fresh kale

2 T chia seeds

1 t ashwagandha powder

water for desired consistency

r

Note: I eat blueberries everyday
because they are anti-aging.



Ramen noodles

DETOX

INTERVAL 4 GREEN SMOOTHIE RECIPES DAYS 31-40

Start each morning with fresh water with the juice of
1/2 lemon to get your digestion started

HEALING ANTI-AGING BERRY BLAST

5 c red swiss chard
2 c frozen mixed berries or
blueberries
1 c coconut water
1 c pomegranate juice
1 c filtered water
2 T chia seeds
1 t ashwagandha powder

HEALING GIVE IT A REST

5 c fresh kale
2 c fresh frozen blueberries
3 c water
½ avocado
½ t lavender flower petals if dried
(or 1 t if fresh depending on your
taste)
1 lemon, juiced
1 t ashwagandha powder



DETOX (bonus)

INTERVAL 4 GREEN RECIPES DAYS 31-40

Start each morning with 8 oz fresh water with the juice of 1/2 lemon to get your digestion started



HEALING TROPICAL SMOOTHIE

- 6 c kale
- 1 kiwi, peeled
- 1 c pineapple chunks
- 1 inch fresh ginger
- 1 mango, peeled
- 2 T chia seeds
- 1c almond milk
- 2 c water

BLUEBERRY BEET SMOOTHIE

- 5-6 c kale
- ½ large beet
- 1 banana
- 1 pint blueberries
- 1 handful of almonds
- 1 T flaxseeds
- juice of ½ lemon
- 2 c water



Detox (bonus)

INTERVAL 4 SHOPPING LIST FOR SMOOTHIESDAYS 31-40

Start each morning with 8 oz fresh water with the juice of
1/2 lemon to get your digestion started

GREENS

red swiss chard (about 3 bunches)
small spinach clamshell
Fresh kale at least 15 leaves

FRUITS

frozen blueberries (2 cups)
frozen bananas (1)
kiwi (1)
frozen mango (2 cups)
frozen pineapple (1 cup)
lemon (1)
tangerines (6)
oranges (2)
fresh pineapple

ROOTS

fresh ginger
large beet

MISCELLANEOUS

raw almonds
flaxseeds

LIQUIDS

pure water (filtered, non-
carbonated)
almond milk



NIGHTTIME SMOOTHIES

INTERVAL 4 SHOPS

DAYS 31-40

Start each morning with 8 oz fresh water with the juice of
1/2 lemon to get your digestion started

GREENS

Large clamshell spinach (1)
kale leaves (25)

FRUITS

frozen bananas (5)
frozen blueberries (10 cups)
avocado (3)
lemons (6)
fresh blueberries (5 cups)

rolled oats

HERBS

lavender flowers or dried
lavender

MISCELLANEOUS

almond butter
raw almonds
tart cherry juice
chamomile tea
non-carbonated fresh water

POWDERS

ashwagandha



NIGHTTIME SMOOTHIES

INTERVAL 4 GREEN RECIPES DAYS 31-40

Start each morning with 8 oz fresh water with the juice of 1/2 lemon to get your digestion started

HEALING GIVE IT A REST

5 c fresh kale
2 c fresh frozen blueberries
3 c water
1/2 avocado
1/2 t lavender flowers if dried (or 1 t if fresh depending on your taste)
1 lemon, juiced
1 t ashwagandha powder

BEDTIME SMOOTHIE

1/4 c rolled oats, uncooked
1 c spinach fresh
1/2 c chamomile tea brewed and cooled
1/2 c tart cherry juice
1 banana, frozen
1 T almond butter

PS One of the best ways to relax is with natural lavender. I love the smell and taste of lavender. It is so relaxing. I also use lavender pillows for my eyes while sleeping or a drop a few drops on my pillow for a relaxing evening. Here, I added it for taste. Lavender lemonade is also a winner. ' Lemon is added to give it a zing.

DIRECTIONS

Healing Give It a Rest

Place all ingredients in a high-speed blender (preferably) and blend until smooth

Bedtime Smoothie:

Place uncooked oats in blender. Blend until finely ground. Add spinach, chamomile tea, cherry juice, bananas, and almond butter to the blender. Puree until smooth.
Enjoy!



NIGHTTIME SMOOTHIES

INTERVAL 4 GREEN RECIPES DAYS 31-40

Start each morning with 8 oz fresh water with the juice of 1/2 lemon to get your digestion started

SLEEPY TIME SMOOTHIE

5 c fresh kale
2 c fresh frozen blueberries
3 c water
½ avocado
½ t lavender flowers if dried (or 1 t if
fresh depending on your taste)
1 lemon, juiced
1 t ashwagandha powder

SHOPPING LIST

kale 5-6 leaves
avocado (1)
lavender flowers
lemon (1)
Ashwagandha

PS

PS One of the best ways to relax is with natural lavender. I love the smell and taste of lavender. It is so relaxing. I also use lavender pillows for my eyes while sleeping or a drop a few drops on my pillow for a relaxing evening. Here, I added it for taste. Lavender lemonade is also a winner. '

Lemon is added to give it a zing and honey is optional.



GOOD FOOD

INTERVAL 4 SALADS/SOUPS/BOWLS SHOPPING LIST DAYS 31-40

Start each morning with 8 oz fresh water with the juice of
1/2 lemon to get your digestion started

VEGETABLES

carrot pulp (4 cups)
mixed greens (1)
English cucumber (2)
Brussels sprouts(12)
butternut squash (1)
green leaf lettuce (1)
yellow pepper (2)
red sweet peppers (3)
roma tomatoes (10)
purple cabbage (1)

NUTS/SEEDS

raw cashews
raw almonds
pumpkin seeds

MISCELLANEOUS

pure maple syrup

HERBS/SPICES

fresh cilantro
fresh basil
fresh sage
nutritional yeas
kelp granules
onion powder
bay leaf
turmeric
pink salt/celtic salt

PRODUCE

lemon (1)
lime (2)
celery
cherry tomatoes (2 pints)
mandarin oranges (3)
fresh garlic (2 bulbs)
red onion (2)
sweet onion (2)

CANS

olives
chickpeas
low fat coconut milk

DRY

black beans (1 lb)
brown rice
Ezekiel bread
black salt (optional)
dried basil
dried tarragon
dried oregano
cinnamon
chili powder
cumin powder
black pepper/turmeric
vegan bouillon cubes



Good Food

INTERVAL 4 SHOPPING LIST DAYS 31-40

Start each morning with fresh water with the juice of
1/2 lemon to get your digestion started

DRY

brown rice (basmati or long grain)
gluten-free all purpose flour
torula yeast (hickory smoke)
black sesame seeds (optional)

PROTEIN

extra firm tofu in water (4 blocks)
1 lb red lentils

CANNED & JAR

capers
Spinach Pesto
white miso paste
amino acids
Apple cider vinegar
pure sesame oil
almond butter



Ramen noodles

GOOD FOOD

INTERVAL 4 SALADS/SOUPS/BOWLS SHOPPING LIST DAYS 31-40

Start each morning with 8 oz fresh water with the juice of
1/2 lemon to get your digestion started

VEGETABLES

carrots
broccoli heads (2)
1 small clamshell spinach
green cabbage (Napa or regular)
green onions (1 bunch)
organic potatoes ie russets

PRODUCE

lemon (2)
fresh ginger
lime (2)
avocado (1)
sweet onion (1)
fresh garlic (2 bulbs)

NUTS/SEEDS

sesame seeds (white)
sesame seeds (black, optional)
pine nuts or cashews
raw almonds

MISCELLANEOUS

pure maple syrup
non-diary milk

HERBS/SPICES

fresh cilantro
fresh basil
fresh sage
fresh parsley
nutritional yeast
onion powder
bay leaf
pink salt/celtic salt

dried basil
dried tarragon
smoked paprika
chili flakes
black pepper
mushroom powder
jamaican curry powder
vegan chicken bouillon cubes

Accelerated Healing Interval 4 (Days 31-40)

How are you feeling? Have you had to change any of your medications? Make sure to keep your doctor in the loop. By now you can see how very powerful food is at lowering blood sugar levels and blood pressure levels and just making you think and feel better.

Use your Success Journal to record your readings and keep a record of what foods and how foods affect your blood pressure and blood sugar levels. Record how food makes you feel because we can sometimes forget. Share them with your doctor.

You are consuming more cooked foods. But please remember that eating for health is more about the amount of antioxidants and fresh water you can add to your diet. The antioxidants are the disease fighters. The water is the flusher.

Unfortunately, animal products are very rich in toxins that cause disease, but very poor in providing antioxidants that fight it.

Always eat fruits and veggies, preferably raw and eat them prior to your protein meals. This will aid in digestion and will provide the necessary antioxidants to keep your liver working to detox properly. Water should be consumed 30 minutes to an hour before meals or 2 hours after.

There is so much to enjoy in plants and water, both for your taste and your health. Enjoy Life!



Green Mango Bowl

INGREDIENTS

2 c spinach, organic
1 1/2 c frozen mango chunks
1 frozen banana, chopped
1/2-1 c non-dairy milk
1 t moringa powder
juice of 1/2 lemon
Toppings
5 T chia seeds, divided
4 strawberries, sliced, divided
1/2 c blueberries, divided
2 T coconut flakes, divided
1/2 c almonds, divided
1/2 c granola, divided

DIRECTION

Put all ingredients in a high speed blender in the order listed and blend smooth, but maintain a stiff texture. Put the mixture in 2 bowls and divide toppings between the two bowls.

*Preferable to make your granola or a low fat granola without canola oil.

SERVING

2

TIME

15 MINS

LEVEL

easy



INGREDIENTS

4 cups rolled oats
 $\frac{3}{4}$ c flax seed, ground
 $\frac{3}{4}$ c almond flour
 $\frac{1}{2}$ c sunflower seeds
1 c chopped or sliced almonds
 $\frac{1}{2}$ c chopped pecans
 $\frac{1}{2}$ t salt
 $\frac{1}{2}$ c maple syrup
 $\frac{1}{2}$ c honey
 $\frac{1}{4}$ c coconut oil, melted
2 T ground cinnamon
1 T cardamon
1 T vanilla extract
1 T almond extract
 $\frac{1}{2}$ c freeze dried blueberries, unsweetened
cranberries or other unsweetened dried fruit,
optional
 $\frac{1}{4}$ - $\frac{1}{2}$ c flaxseeds



DIRECTIONS

Preheat the oven to 325 degrees F (165 degrees C). Line two large baking sheets with parchment paper.

Combine the oats, ground flax seed, sunflower seeds, almonds, pecans, and walnuts in a large bowl. Stir together the salt, maple syrup, honey, melted coconut oil, cinnamon, cardamon, vanilla and almond then pour over the dry ingredients, and stir to coat. Spread the mixture out evenly on the baking sheets.

Bake in the preheated oven until crispy and toasted, about 15 minutes. Stir once and continue baking 10 more minutes. Cool for 10 minutes then stir in the flaxseeds and blueberries before storing in an airtight container.

Doc's Granola

SERVING
MULTIPLE

TIME
45 mins

LEVEL
moderate



PS I always purchased granola and it was always expensive. Then one day, I looked at the ingredients and said, "wow, I can make this myself!" Then, I did. I use freeze dried blueberries, but you can certainly use any fruit you like. I put the flax seeds in after the mixture is almost cooled to ensure that the omega 3s in the flaxseeds are untainted. It is a delicious part of breakfast, brunch or even desert. Store in an airtight container. I keep mine in the fridge. Make a batch and enjoy!

If you want to cheat, you can use Pure Elizabeth Original granola. It is a delicious alternative, but can be expensive.



Sesame Salad with Almond Ginger Dressing

INGREDIENTS

Slaw

- 1 green cabbage sliced thin
- 2 scallions, chopped including the bulbs
- 2 c shredded carrots
- 2 T chopped fresh basil
- ½ c chopped cilantro

DIRECTIONS

Place vegetables for slaw in a large bowl and toss together. Set aside.

Preferably in a high speed blender (or regular one), blend together all of the sauce ingredients for a smooth texture. Pour over vegetables and toss to evenly coat. Enjoy now or refrigerate for later. Either way, it is delicious!

Garnish

- ¼ c chopped raw cashews
- black sesame seeds (optional, but adds to the flavor and intrigue.



Healing Cucumber Salad

INGREDIENTS

4 roma tomatoes

1 English cucumber

½ medium red onion

1 can jumbo black olives 1 small clove fresh garlic

1 T ACV

1 T Bragg's amino acids or coconut aminos

1-2 T water if using Bragg's

½ dried oregano

1 t ground garlic

pepper to taste

Chop tomatoes and cucumber into bite sized pieces and slice the olives and onions. Toss in minced garlic and season with ACV, aminos, oregano, garlic and water (if needed--amino acid can be a little salty, not so with coconut aminos. Toss together and enjoy!



CITRUS SALAD

INGREDIENTS

1 clamshell of mixed greens
1 c cherry tomatoes
1 c cucumber, diced
1/2 c mandarin oranges
1/2 c raw almonds

Citrus Dressing

2 mandarin oranges, peeled
1 large garlic clove
1 T coconut oil, melted
1/4 c amino acids
1/4 c organic ACV

Assemble washed and dried ingredients. Layer each ingredient so that each layer will be filled with yumminess.



Healing All-In Salad

INGREDIENTS

15 oz organic chickpeas
3 cups raw kale (~3 leaves)
¼ purple cabbage, thinly sliced
12 fresh brussels sprouts, thinly sliced
½ c green leaf lettuce, sliced
6 oz black olives, sliced
¼ thinly sliced red onion
dulse flakes (optional)

Toss all salad ingredients together and put aside. In a small food processor, mix together dressing ingredients and pour over salad. Sprinkle Dulse flakes on top particularly if there is hypothyroid disease or slowed metabolism.



Citrus Salad Dressing

INGREDIENTS

Citrus Dressing

2 mandarin oranges, peeled

1 large garlic clove

1 T coconut oil, melted

1/4 c amino acids

1/4 c organic ACV

Assemble washed and dried ingredients. Make dressing by placing all items into a food processor. Adjust taste to your liking if needed.



Tangy Salad Dressing

INGREDIENTS

4 T lemon juice
¼ raw cashews, soaked, rinsed
2 large garlic cloves
3 T maple syrup
3 T Apple Cider Vinegar (with the mother)
1 t dried basil
¼ t smoked paprika
2 pimento seeds (allspice seeds) crushed
1 t salt

Prepare cashews by covering with boiling water for about 15-20 minutes. Rinse and then place in blender with all the other ingredients in a high speed blender and blend smooth. Add ½ c water or to your desired consistency. Less if you want it thicker. Mine is more of a vinaigrette. Serve over your favorite salad.



Sesame Almond Ginger Dressing

INGREDIENTS

Sauce

- ¼ c almond butter
- 2 cloves garlic, finely chopped
- 1 inch ginger , grated
- 2 T apple cider vinegar
- ¼ c cilantro
- juice of 1 lime
- 1 T sesame seeds
- 3 T amino acids
- 3 T honey or pure maple syrup





Dr. Helen's Ramen

INGREDIENTS

5 cups water

1 not chicken bouillon cube

2 T white miso paste

3 large garlic cloves-minced or grated

½ medium onion - sliced

**1 t each onion powder, garlic powder and
mushroom powder**

white parts of green onions

1 t pure sesame oil

2-3 cups spinach, washed

1 c broccoli broken into bitesize pieces

1 inch fresh ginger, grated

2 bricks brown rice noodles

Pepper to taste

Toppings

**14 oz Extra firm tofu (in water), dried and
cubed**

1 T amino acids (tamari, low sodium soy sauce)

2 T water

**3 green onions, sliced, greens and whites
separated**

Fresh basil

Fresh cilantro

Fresh lime



INGREDIENTS

Prepare Tofu

Prepare tofu by removing tofu from package and draining the water. Wrap the entire block in 2-3 layers of paper towel and place on plate with another plate on top and then something heavy on top of that for about 30 minutes to 24 hours. When time is up, squeeze out any excess water and cube the tofu. Place amino acids and water in a bowl (may not need to add water with low sodium tamari or low sodium soy sauce) and add tofu pieces to coat well and then remove. Place on a baking sheet with parchment paper or silicone mat and bake in the oven at 400 degrees x 20 minutes turning half way through. Alternatively, place in air-fryer at 370 degrees for 15 minutes, flip and bake 5 minutes or more depending on how crisp or brown you prefer them.

Prepare broth

In a large pot, add water, not chicken cube, fresh and raw garlic, ginger, onion powder, mushroom powder and sesame oil and combine well over medium heat. Allow broth to gently simmer on low heat for 20 minutes, stirring it half way through to be sure miso paste isn't sticking to the bottom of the pot.

Place another pot with 2-3 cups of water to boil to be ready to boil the noodles.

Meanwhile, When the broth has 5-10 minutes left to simmer, drop in fresh broccoli . Drop 2 cakes of noodles in the boiling water for 4 minutes then rinse well. Do not overcook.

Assembly

Divide fresh spinach evenly amongst 2 bowls. Also divide broth and broccoli over spinach in the two bowls. Top with several pieces of tofu, basil, cilantro and green onions. Garnish with fresh lime.

To Enjoy

Squeeze fresh lime over ramen.

Enjoy!



Chickpea Chick'un Salad



tofu piccata

1 Tofu block, drained
 ½ c gluten-free all purpose flour for dredging
 ½ c non-dairy milk
 2 t vegan chicken seasoning
 ½ t dried basil
 1 t tarragon
 1 T nutritional yeast flakes
Piccata
 ½ cube not-chicken bouillon cube
 1 c water
 ¼ c capers, rinsed
 1 T nutritional yeast flakes
 the juice of 1 lemon
 ¼ c fresh parsley, chopped

Wrap tofu in paper towel to dry.
 Slice tofu lengthwise to make 4 slice.
 Season flour with basil, tarragon, nutritional yeast and vegan chicken seasoning.
 Dredge tofu slices in milk, then flour mixture and then back into milk and back into flour.
 Repeat for each piece.
 Cook in air-fryer at 370° for 15 minutes until golden brown.
 Meanwhile, make piccata. In a large skillet, heat bouillon, water, lemon juice and capers and bring to a boil.
 Add tofu into the pan and simmer for about 5 minutes.
 Remove from pan and place on serving platter.
 Pour sauce over tofu and garnish with fresh parsley



tofu salad with burmese sauce

INGREDIENTS

Tofu

**1 block tofu, drained and dried
and sliced across 10 times (about
¼ inch) and then halved**

1 T each water and amino acids

1 Napa cabbage, chopped

3 spring onions finely

2 carrots, shredded

Sauce

2 inches fresh ginger

4 cloves garlic

2 T amino acids

4 T water

2 T apple cider vinegar

2 T maple syrup

½ tsp chilli flakes

Topping

4 T almond, chopped

DIRECTION

Lightly coat tofu pieces in amino acids and place on air fryer rack and cook at 370 degrees x 10-12 minutes (lightly browned).

Remove.

In a bowl, toss in tofu with cabbage, carrots, and scallions. In blender, add garlic, ginger, amino acids, water, apple cider vinegar, maple syrup.

Put in high-speed blender and blend well. Add chili flakes.

Mix into salad well

Top with chopped almonds

ps

Tofu is a great protein source. Always purchase nonGMO souce since much of the tofu is genetically modified. It can take on the taste of any flavor from savory to sweet foods. If you have not tried it or not tried it *right,,* now is a great time!

SERVING

4

TIME

20 MINS

LEVEL

easy



INGREDIENTS

2 15 oz can garbanzo beans, smashed

1 1/2 t chicken-like seasoning

2 T nutritional yeast flakes

¼ c sweet onion, chopped

1 t dried tarragon

1 t ground garlic

1 t onion powder

1 t dried basil

1 1/2 t black salt

1-2 organic tomatoes, chopped

salt to taste

**cashew mayo amount based on your
preference**

DIRECTIONS CHICKPEA CHICK'UN SALAD

Drain and rinse the beans. Smash the beans in a bowl and add seasonings

Mix well. Add ½ c cashew mayo (see recipe) and combine well

Spread on gluten-free bread, add 2 lettuce leaves tomato, cucumber and enjoy!

***spread on Ezekiel bread, gluten-free crackers or fresh vegetable sticks.**





INGREDIENTS

1 cup of raw unsalted cashews, soaked and rinsed
1/2 c water
2 t of apple cider vinegar
2 t of freshly squeezed lemon juice
3/4 t pink Himalayan sea salt
1 large garlic clove

Cook's note

To make it spicy, add cayenne pepper or chipotle seasoning for a nice kick.



DIRECTIONS CASHEW MAYO (2)

Begin by preparing the cashews for blending by soaking. The quick method is to soak your cashews in hot water for at least 20 minutes.

Drain and rinse the cashews and add them to a blender along with the rest of the ingredients. Blend until smooth and a bit fluffy. Refrigerate to thicken.

It will also thicken up a bit more once it has chilled... it's amazing. Store your in a sealed container in the fridge for up to about a week or even a little longer - it keeps well.



Carrot Tuno

The carrot pulp is the perfect texture to pull off this mock tuna. You can be creative and add your own touch.

INGREDIENTS

2 cups carrot pulp, drained
3 T cashew mayonnaise
2 ½ T nutritional yeast flakes
4 t kelp granules (dulse works also)
1 celery stalk finely chopped
1 small onion, finely chopped
1 t dried basil
2 dashes turmeric
⅛ t salt

DIRECTIONS CARROT TUNO

Add 2 cups carrot pulp to a bowl. Add kelp granules, celery onion, turmeric, nutritional yeast, salt and pepper and combine well. Refrigerate for about 30 minutes (optional) and serve on a bed of lettuce as a nice lunchtime meal.



Roasted Roma Tomato and Red Pepper Soup

INGREDIENTS

6 organic roma tomatoes

1 carton organic cherry tomatoes

1 organic yellow pepper, cut lengthwise, seeds and veins removed

1 organic red pepper, cut lengthwise, seeds and veins removed

6 garlic cloves

3 stalks of basil

2 organic sweet peppers

~~Preheat oven~~ Preheat oven to 400 degrees. Roast together tomatoes, peppers, garlic and basil for 20 minutes. Discard charred basil. Blend all roasted vegetables until smooth in a blender adding a 3 leaves of fresh basil. Serve hot.

PS This is one of the easiest soups I have ever made. I washed and halved the tomatoes. Tomatoes are so good for you with over 10,000 phytonutrients including lycopene and vitamin C. These along with peppers and fresh basil were first roasted while I dressed. When I finished getting dressed for work I went back down and put it in my high speed blender and voila! Tonight's dinner!



DIRECTION

In a bowl soak overnight the beans with enough water

In a pot sauté the onion and garlic. Add the overnight soaked black beans to the pot and cover with water. Bring it to boil and simmer until the beans are soft.

Finish with chopped cilantro and season with salt to taste.



Black Bean Soup

INGREDIENTS

1 pound (16 ounces or scant 2 ½ cups)
dried black beans*

1 medium red onion, chopped

4 medium cloves garlic, peeled and
smashed

2 bay leaves

1 t sea salt

1 t ground cumin

6 c water**, more if needed

2 T finely chopped cilantro, optional

1 T lime juice

A close-up photograph of a bowl of black bean soup. The bowl is bright yellow and hexagonal. The soup is a dark, rich brown color, filled with numerous black beans. Some beans are whole, while others are broken apart. There are also some translucent, gelatinous pieces, possibly corn or another vegetable, mixed in. A small garnish of fresh green cilantro leaves is placed in the center of the soup. The bowl is set against a light blue and white patterned background.

Black Bean Soup

Roasted Butternut Squash and Sage Soup

INGREDIENTS

SERVINGS 4-6

1 large butternut squash

3 large garlic cloves, minced

1 c coconut milk

1 T pure maple syrup

¼ t ground cinnamon

2 T fresh sage, coarsely chopped and divided

Water to desired consistency start with 1 c slowly added
salt to taste

pumpkin seeds for garnish

crema for garnish

Preheat oven to 425 degrees. Toss squash, oil, salt, garlic and sage in a large pyrex baking dish. Bake until light gold and tender about 40 minutes. Let cool.

When the roasted butternut squash is cool enough to handle, place the flesh in a blender along with second teaspoon of sage. Add coconut milk and maple syrup to the blender and blend until completely smooth. Transfer the soup to a saucepan and heat it, stirring frequently, until hot.

Use fresh sage leaf and sprinkle of cinnamon for garnish. Serve hot!



Healing Carrot Ginger Soup

INGREDIENTS

3 c baby carrots
2 c fresh kale
1 t onion powder
1 t turmeric
½ t ground cumin
1 T sweet onion, finely chopped
1½ inch ginger
2 T cashews
the juice of ½ fresh lime (whole lime if dry)
salt

Put all ingredients in a high speed blender and blend until smooth. It will heat in the container after about 5 minutes if you have a vitamix. You will have to blend longer to smooth if you do not have a high speed blender.



Curry Potato and Red Lentil Soup

INGREDIENTS

2 large potatoes, washed and diced into large pieces

2 c red lentils

1 garlic bulb, minced

1 T Jamaican curry powder

1 t smoked paprika

1 t dried tarragon

1 t torula yeast (hickory smoke)

8 ¼ c water

1 large bay leaf

1 not chicken bouillon cube

Salt

Pepper

Saute minced garlic in ¼ c water over medium heat until fragrant, about 2 minutes stirring frequently. Add bouillon cube and mash it to combine well with the garlic. Add curry, tarragon, paprika, yeast and 1 c of water and allow to combine for 2-3 minutes. Add potatoes and mix well with the seasoning along with bay leaf and 8 c of water. Bring to a boil and then reduce heat to simmer x 15 minutes. Add lentils and simmer x 1 hour. Salt and pepper to taste. Serve hot.





Cilantro Brown Rice

DIRECTION

Rinse rice in 2-3 changes of water. In a deep skillet or boiler, dry saute rice over medium heat for 5 minutes stirring constantly to prevent burning. This keeps the rice kernels from getting too fat and mushy. Add water, bay leaf and salt. Boil according to package directions about 30 minutes. When complete add, lemon and lime juice. Allow to cool slightly and add fresh cilantro.

Cook's note:

I like for the water to be about 1 inch above the rice. For rice that is less firm add a little more water.



Cilantro Brown Rice

INGREDIENTS

1 ½ cups long-grain brown rice or brown basmati rice, rinsed

3 c water

1 bay leaf

¼ cup chopped fresh cilantro

2 tablespoons lime juice (from about 1 lime)*

1 ½ teaspoons lemon juice (from 1 small lemon)

½ teaspoon fine sea salt

Cook's note

Eliminate cilantro and citrus to make plain brown rice.



Pesto Pasta

DIRECTION

Place the spinach, avocado, basil, pine nuts, garlic, lemon juice and salt in a food processor and pulse until pureed into a smooth consistency. Add nutritional yeast and continue to smooth



Pesto Pasta

INGREDIENTS

1 lb your favorite gluten-free pasta

***Spinach Pesto**

2 c fresh basil

1 c fresh organic spinach

½ small avocado

2 cloves garlic

¼ c nutritional yeast flakes

2 t lemon juice (juice of ½-1 lemon)

¼ t salt

¼ c pine nuts or cashews





Pesto

DIRECTION

Water sauté fresh garlic about 1-minute in $\frac{1}{4}$ c water in a heavy saucepan. Stir frequently to scent the pan. Add the rest of the water to saucepan along with powders and salt to taste. Bring to a boil. Add broccoli while boiling about 1 minute. Cover the pot. Turn off fire and allow to steam 8-10 minutes. Eat hot while still beautiful and green.



Steamed broccoli

INGREDIENTS

**1 head fresh broccoli
4 fresh garlic cloves, minced
1 t garlic powder
1 t onion powder
1 c water
Salt to taste**





DIRECTION

Prepare each component according to directions (the beans will take the longest, approximately 1 to 2+ hours on the stove, but all of the components will keep well if made in advance).

When you're ready to serve, divide the rice into bowls. Top with a generous portion of black beans, kale, tomatoes, avocado and onions. Finish it off and a dollop or two of chimichurri sauce.



Black Bean Bowl

INGREDIENTS

Left over black beans, (see recipe-beans, beans! Good for your heart)

Cilantro Lime Brown Rice

2 c raw organic kale

½ red onion, sliced

toasted pepitas (green pumpkin seeds)

1 avocado, sliced

cherry tomatoes, halved (not pictured)

chimichurri sauce





Black Bean Bowl

DIRECTION

Place all ingredients in the blender combine well. Sprinkle with chili peppers.



Chimichurri Sauce

INGREDIENTS

- 1 bunch fresh cilantro or 1 c packed***
- ½ c fresh flat-leaf parsley, packed***
- 2 T fresh oregano* (about 3-4 sprigs, leaves released)**
- 2 T fresh basil***
- 3 large garlic cloves**
- 2 T fresh lime juice (about 2 juicy lime)**
- ½ small avocado**
- 1 T apple cider vinegar**
- ¼ water**
- ½ t salt**
- 1 t crushed red pepper (optional)**

DIRECTION

Place all ingredients in the blender combine well.
Sprinkle with chili peppers.



Guacamole INGREDIENTS

- 1 bunch fresh cilantro or 1 c packed*
- ½ c fresh flat-leaf parsley, packed*
- 2 T fresh oregano* (about 3-4 sprigs, leaves released)
- 2 T fresh basil*
- 3 large garlic cloves
- 2 T fresh lime juice (about 2 juicy lime)
- ½ small avocado
- 1 T apple cider vinegar
- ¼ water
- ½ t salt
- 1 t crushed red pepper (optional)

Spicy Cashew Mayonnaise

1 c raw cashews soaked
and rinsed
½ c water
2 t ACV
2 t lemon juice
¾ t pink salt
1 large clove garlic
1 t smoked paprika
dash cayenne pepper

Mix all ingredients in a
high speed blender until
cream. Transfer to a
small mason jar. Store
up
to 5 days

LEVEL
easy

SERVING
MULTIPLE

TIME
15
mins

DIRECTIONS

Drain and rinse the beans

**Smash the beans in a bowl and
add seasonings**

Mix well

**Add ½ c cashew mayo (see
recipe) and combine well**

**Spread on gluten-free bread, add
2 lettuce leaves, tomato,
cucumber and enjoy!**

***spread on gluten-free crackers
or fresh celery, cucumber or
carrot sticks**





DIRECTION

Wash and dry kale with salad spinner if available. Remove kale from its stem (can use stem for a vegetable broth with other vegetables) and put into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Massage kale with cheesy sauce.

Sprinkle with nutritional yeast flakes to finish, Place in dehydrator for 12-24 hours. Alternatively, Preheat an oven to 300 degrees. Line a cookie sheet with unbleached parchment paper. Bake until the edges brown but are not burnt, 10 to 15 minutes. Watch closely. Remove ones that are crispy and put bake any that require more baking for 3-5 minutes. Personally, the dehydrator works best, but you will still have a tasty result in the oven.



Savory Kale Chips

INGREDIENTS

1 bunch of kale
1 T nutritional yeast flakes
cheesy sauce

"Cheesy Sauce"

2 c raw cashews, soaked
2 T nutritional yeast flakes
2 T smoked paprika
1-2 garlic cloves
1 T amino acids
1 T apple cider vinegar with the mother
juice of 1 lemon
1 t red pepper flakes, optional

INGREDIENTS

Organic apples 1 or 2, sliced

Almond butter 1-2 T

**(you can make your own or you can
purchase almond butter with nothing
added.**

APPLES AND ALMOND BUTTER SNACK

DIRECTIONS

**Spread almond butter on your apple
slices and enjoy!**

Great snack!





INGREDIENTS

1 c blueberries

¼ c raw almonds

BLUEBERRIES AND ALMONDS SNACK

DIRECTIONS

**Combine blueberries and almonds for a
delicious pick me up.**

Great snack!



It has been an amazing journey walking through this transformation with you. You have learned a lot about food and nutrition, but this education doesn't stop here. Our food supply is constantly be tampered with causing more and more disease. Some foods claim to be nutritious, but they are not. This is found across the food industry, but some categories are worse than others.

The meat industry has been very sneaky. Different products are used to simulate real food or the best cuts and they are not. Animals are fed with antibiotics and growth hormones and these substances are passed right on to us.

At first glance, it sounds like antibiotics would be a good thing, but unfortunately, it is not. Animals that grow artificially are more likely to cause medical conditions in people.

This is also happening with fish. The worst part is that food laboratories are all over the place and it makes it look so convenient and easy, but health is not always easy. It takes research and vigilance to be able to navigate what is good and what to avoid.

In order to keep your body strong and in a highly disease-resistant state, it is important to continue to include foods that are high in antioxidants and other phytonutrients.

Continue to follow us at Pain 2 Wellness Healthcare. Our goal is to keep you informed and educated on how to navigate the grocery stores these days. You won't have to do it alone. We are here to help.

Again, thank you for allowing us to participate in your transformation. You can learn more about what we do at Pain 2 Wellness Healthcare at www.pain2wellnesshealthcare.com or call us at 256-325-5700. You can also follow us on Instagram, Facebook, Youtube and Tiktok.

Stay in touch!





CONTACT US



Thank you!

We offer coaching services to continue you on this journey for you or someone you love. Contact us at the number below for more information.



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ABOUT — me

Dit Helen



- Howard University Medical School
- Johns Hopkins/Sinai Hospital Trained
- Board-Certified Physician
- Author, Speaker
- Plant-Based Chef
- Reverses Type 2 Diabetes

