

# THE DNA DEFENSE PLATE™

21 DAYS TO MORE ENERGY, STRENGTH & VITALITY

Your body is constantly rebuilding itself.  
The question is: what are you giving it to work with?

A whole-food, plant-powered guide by  
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Founder, Reverse It Now

*No animal products. No hemp. No seedless shortcuts.  
Just colorful food, daily rhythm, and practical restoration.*

### **Medical Note**

This guide is for education and wellness support only. It is not intended to diagnose, treat, cure, or prevent disease. Continue your medical care, medications, testing, and treatment plan with your healthcare team. If you have diabetes, kidney disease, cancer treatment, digestive disorders, pregnancy, eating disorders, food allergies, or take blood thinners or glucose-lowering medication, review dietary changes with your clinician.

## **How to Use This Guide**

- Use the 21-day plan as a reset, not a rigid diet.
- Eat the simple foods first: fruit, salad, soup, smoothies, and steamed vegetables before heavier combinations.
- Build meals around greens, cruciferous vegetables, beans, intact whole grains, herbs, spices, and colorful fruits.
- Drink juices as additions, not replacements, unless supervised clinically.
- Track energy, bowel movements, movement, sunshine, sleep, and cravings. These are signals, not failures

## A PERSONAL NOTE FROM DR. HELEN

My journey into medicine was shaped long before I ever opened my own practice. It began with my parents.

While I was in medical school, my mother struggled with complications related to type 2 diabetes. Despite the best medical care available at the time, I watched the disease slowly take its toll on her health. Losing my mother during medical school was one of the most difficult experiences of my life.

I was still grieving her loss when life delivered another unexpected challenge.

The following year, my father was diagnosed with metastatic cancer. The cancer had spread to his liver, lungs, colon, prostate, and bone. We were told his prognosis was poor, and our family was forced to confront the possibility of losing him as well.

As a medical student, I felt the weight of that reality deeply.

My father received conventional medical treatment, but we also began paying close attention to the things that were within our control. We focused on nutrition, movement, rest, hydration, and creating an environment that would support his body as much as possible.

Over time, another challenge emerged. The treatments that helped manage his cancer also contributed to the development of diabetes. Suddenly, our family was navigating both cancer and diabetes at the same time

What I witnessed during those years changed the trajectory of my life. Instead of living the six months we were initially led to expect, my father lived eleven more years.

Eleven years of birthdays. Eleven years of family gatherings. Eleven years of memories we never expected to have.

Those years taught me something I have never forgotten: while we cannot always control a diagnosis, we can influence the environment in which our bodies function.

Food matters. Movement matters. Sleep matters. Stress matters. The choices we make every day can either support our body's ability to function at its best or make that job more difficult.

This guide was created to help you discover the power of those daily choices - not because you are trying to become perfect, and not because you are trying to follow another diet, but because you deserve to feel energized, strong, clear-minded, and vibrant.

The DNA Defense Plate™ is built around one simple idea: give your body the nourishment it needs, and it will often surprise you with what it can do.

## THE VITALITY FRAMEWORK

Every meal sends signals. A colorful, fiber-rich plant meal sends a different message than a meal built around animal products, refined oils, and highly processed foods.

### **1. Eat Plants in Their Most Recognizable Form**

Choose foods that still look like they came from a garden, orchard, vine, field, or tree.

### **2. Choose Foods With Seeds**

Seeds represent design, reproduction, and wholeness.

Choose seeded grapes, seeded watermelon, seeded citrus, and fruits with natural seeds when available. Seedless cherries? Noooo. Let the fruit be fruit.

### **3. Eat the Simple Foods First**

For better digestion, begin meals with water, fruit, salad, soup, or lightly steamed vegetables before heavier cooked combinations.

### **4. Remove Animal Products During the Reset**

This plan removes meat, dairy, eggs, fish, and animal-based ingredients to reduce inflammatory burden and make room for high-fiber, antioxidant-rich plants.

### **5. Support the Exit Routes**

Bowel movements, sweating, movement, hydration, and sleep help the body clear what it no longer needs.

## SMART PRODUCE SHOPPING: *DIRTY DOZEN & CLEAN FIFTEEN*

Use this as a money-saving guide. Buy organic when you can for the Dirty Dozen. Conventional options from the Clean Fifteen are often a more budget-friendly way to keep eating produce. The most important message is still: **eat fruits and vegetables every day.**

2026 Dirty Dozen - prioritize organic	2026 Clean Fifteen - lower-residue choices
<ul style="list-style-type: none"><li>• Spinach</li><li>• Kale, collards, and mustard greens</li><li>• Strawberries</li><li>• Grapes</li><li>• Nectarines</li><li>• Peaches</li><li>• Cherries</li><li>• Apples</li><li>• Blackberries</li><li>• Pears</li><li>• Potatoes</li><li>• Blueberries</li></ul>	<ul style="list-style-type: none"><li>• Pineapple</li><li>• Sweet corn</li><li>• Avocados</li><li>• Papaya</li><li>• Onions</li><li>• Frozen sweet peas</li><li>• Asparagus</li><li>• Cabbage</li><li>• Cauliflower</li><li>• Watermelon</li><li>• Mangoes</li><li>• Bananas</li><li>• Carrots</li><li>• Mushrooms</li><li>• Kiwi</li></ul>

Source note:

*Based on the Environmental Working Group 2026 Shopper's Guide to Pesticides in Produce and supporting reporting. See sources page.*

# THE DNA DEFENSE PLATE™ ANATOMY

## **Half the plate: Greens + cruciferous vegetables**

Kale, spinach, arugula, broccoli, cabbage, cauliflower, Brussels sprouts.

## **Quarter plate: Strength foods**

Beans, lentils, chickpeas, tofu/tempeh if tolerated, quinoa, millet, oats, sweet potatoes.

## **Quarter plate: Color + comfort**

Beets, carrots, berries, pomegranate, purple cabbage, squash, tomatoes.

## **Top with: Plant fats and flavor**

Ground flaxseed, chia, walnuts, pumpkin seeds, sesame/tahini, avocado; garlic, onion, ginger, turmeric, herbs.

## **Hydrate: Water, vitality waters, herbal teas**

Aim for steady hydration throughout the day, especially when increasing fiber.

## THE DAILY RHYTHM THAT MAKES FOOD WORK BETTER

### **Bowel Movements Matter**

A high-fiber plan works best when the bowels are moving. Track bowel movements daily. Increase fiber gradually, drink water, move your body, and make time to go at the same time each day.

### **Movement Moves More Than Muscles**

Walking after meals supports digestion and glucose handling. Aim for a gentle 10-minute walk after meals when possible, plus strength work 2 days per week.

### **Sunshine Sets the Clock**

Morning outdoor light helps anchor the sleep-wake rhythm. Even 10-20 minutes outside early in the day can be a powerful signal.

### **Sleep Is Cellular Housekeeping**

Make 10:00 PM your target bedtime. The goal is not just more sleep; the goal is a repeatable rhythm your body can trust.

## 10 PM SLEEP ROUTINE

Time	Practice
6:30 PM	Finish heavier meals when possible. Keep dinner lighter if digestion is slow.
7:30 PM	Gentle walk, stretching, kitchen cleanup, prepare tomorrow's food.
8:30 PM	Dim lights. No work emails. Herbal tea if desired.
9:00 PM	Warm shower, prayer, gratitude, reading, journaling.
9:30 PM	Screens off or blue-light protection. Bedroom cool, dark, and quiet.
10:00 PM	Lights out. Let the body repair.

## RECIPE METHOD: SIMPLE FIRST, COMPLEX LATER

A simple digestive sequence can make a big difference: water first, fruit or juice early, salad/soup before heavier cooked meals, and cooked starch/beans after greens. This is not a rigid food-combining rule; it is a practical way to reduce heaviness and help people notice their digestion.

### **Vitality Insight:**

Eat Glutathione Support Glutathione is one of the body's major antioxidant systems. You do not have to chase exotic foods. Cruciferous vegetables, onions, garlic, asparagus, avocado, spinach, and herbs help provide building blocks and support liver pathways.

## WEEK 1 – RESET

Clear the clutter. Focus on hydration, smoothies, salads, soups, bowel regularity, and early bedtime.

**Day 1: Chew until the food is almost liquid. Digestion starts in the mouth, not the stomach.**

Meal	What to Eat
Upon Waking	16-24 oz water with lemon or plain water. Morning sunlight when possible.
Optional Juice	Ruby Renewal Juice
Breakfast	Berry Defense Smoothie
Lunch	Raw Rainbow Salad
Snack	Fruit with seeds when natural + walnuts or pumpkin seeds, or veggie sticks with hummus.
Dinner	Sweet Potato Black Bean Power Plate
Daily Rhythm	10-minute walk after meals when possible. Track bowel movement. Begin sleep routine by 8:30 PM.

**Day 2: Today's strength food is beans or lentils. Fiber feeds the gut and helps support steady energy.**

Meal	What to Eat
Upon Waking	16-24 oz water with lemon or plain water. Morning sunlight when possible.
Optional Juice	Purple Power Juice
Breakfast	Breakfast Apple Chia Oats
Lunch	Liver-Love Cruciferous Slaw
Snack	Fruit with seeds when natural + walnuts or pumpkin seeds, or veggie sticks with hummus.
Dinner	Hearty Lentil Stew
Daily Rhythm	10-minute walk after meals when possible. Track bowel movement. Begin sleep routine by 8:30 PM.

**Day 3: Color is not decoration. Deep pigments often signal protective plant compounds.**

Meal	What to Eat
Upon Waking	16-24 oz water with lemon or plain water. Morning sunlight when possible.
Optional Juice	Golden Glow Juice
Breakfast	Golden Glow Smoothie
Lunch	Mediterranean Lentil Bowl
Snack	Fruit with seeds when natural + walnuts or pumpkin seeds, or veggie sticks with hummus.
Dinner	Mushroom Walnut Bolognese
Daily Rhythm	10-minute walk after meals when possible. Track bowel movement. Begin sleep routine by 8:30 PM.

**Day 4: Sunshine is part of the plan. Get outside early if possible.**

Meal	What to Eat
Upon Waking	16-24 oz water with lemon or plain water. Morning sunlight when possible.
Optional Juice	Green Machine Juice
Breakfast	Purple Power Pudding
Lunch	Chickpea Harvest Salad
Snack	Fruit with seeds when natural + walnuts or pumpkin seeds, or veggie sticks with hummus.
Dinner	Vegetable Shepherd's Pie
Daily Rhythm	10-minute walk after meals when possible. Track bowel movement. Begin sleep routine by 8:30 PM.

**Day 5: Sleep by 10 PM is a food strategy too. Late nights can drive cravings the next day.**

Meal	What to Eat
Upon Waking	16-24 oz water with lemon or plain water. Morning sunlight when possible.
Optional Juice	Pomegranate Beet Spark Juice
Breakfast	Glutathione Green Smoothie
Lunch	DNA Defense Rainbow Bowl
Snack	Fruit with seeds when natural + walnuts or pumpkin seeds, or veggie sticks with hummus.
Dinner	Creamy Broccoli Detox Soup
Daily Rhythm	10-minute walk after meals when possible. Track bowel movement. Begin sleep routine by 8:30 PM.

**Day 6: A good reset leaves the body lighter, not deprived. Add more vegetables if hungry.**

Meal	What to Eat
Upon Waking	16-24 oz water with lemon or plain water. Morning sunlight when possible.
Optional Juice	Cilantro Lime Mineral Juice
Breakfast	Berry Defense Smoothie
Lunch	Raw Rainbow Salad
Snack	Fruit with seeds when natural + walnuts or pumpkin seeds, or veggie sticks with hummus.
Dinner	Sweet Potato Black Bean Power Plate
Daily Rhythm	10-minute walk after meals when possible. Track bowel movement. Begin sleep routine by 8:30 PM.

**Day 7: Start simple today: hydration, fruit, greens, then the heavier meal. Notice bloating, energy, and bowel movement timing.**

Meal	What to Eat
Upon Waking	16-24 oz water with lemon or plain water. Morning sunlight when possible.
Optional Juice	Pineapple Ginger Digestive Refresher
Breakfast	Breakfast Apple Chia Oats
Lunch	Liver-Love Cruciferous Slaw
Snack	Fruit with seeds when natural + walnuts or pumpkin seeds, or veggie sticks with hummus.
Dinner	Hearty Lentil Stew
Daily Rhythm	10-minute walk after meals when possible. Track bowel movement. Begin sleep routine by 8:30 PM.

## WEEK 2 – RESTORE

Build strength from the inside out with beans, lentils, ancient grains, cruciferous vegetables, and colorful plates.

**Day 8: Chew until the food is almost liquid. Digestion starts in the mouth, not the stomach.**

Meal	What to Eat
Upon Waking	16-24 oz water with lemon or plain water. Morning sunlight when possible.
Optional Juice	Emerald Energy Juice
Breakfast	Golden Glow Smoothie
Lunch	Mediterranean Lentil Bowl
Snack	Fruit with seeds when natural + walnuts or pumpkin seeds, or veggie sticks with hummus.
Dinner	Mushroom Walnut Bolognese
Daily Rhythm	10-minute walk after meals when possible. Track bowel movement. Begin sleep routine by 8:30 PM.

**Day 9: Today's strength food is beans or lentils. Fiber feeds the gut and helps support steady energy.**

Meal	What to Eat
Upon Waking	16-24 oz water with lemon or plain water. Morning sunlight when possible.
Optional Juice	Ruby Renewal Juice
Breakfast	Purple Power Pudding
Lunch	Chickpea Harvest Salad
Snack	Fruit with seeds when natural + walnuts or pumpkin seeds, or veggie sticks with hummus.
Dinner	Vegetable Shepherd's Pie
Daily Rhythm	10-minute walk after meals when possible. Track bowel movement. Begin sleep routine by 8:30 PM.

**Day 10: Color is not decoration. Deep pigments often signal protective plant compounds.**

Meal	What to Eat
Upon Waking	16-24 oz water with lemon or plain water. Morning sunlight when possible.
Optional Juice	Purple Power Juice
Breakfast	Glutathione Green Smoothie
Lunch	DNA Defense Rainbow Bowl
Snack	Fruit with seeds when natural + walnuts or pumpkin seeds, or veggie sticks with hummus.
Dinner	Creamy Broccoli Detox Soup
Daily Rhythm	10-minute walk after meals when possible. Track bowel movement. Begin sleep routine by 8:30 PM.

**Day 11: Sunshine is part of the plan. Get outside early if possible.**

Meal	What to Eat
Upon Waking	16-24 oz water with lemon or plain water. Morning sunlight when possible.
Optional Juice	Golden Glow Juice
Breakfast	Berry Defense Smoothie
Lunch	Raw Rainbow Salad
Snack	Fruit with seeds when natural + walnuts or pumpkin seeds, or veggie sticks with hummus.
Dinner	Sweet Potato Black Bean Power Plate
Daily Rhythm	10-minute walk after meals when possible. Track bowel movement. Begin sleep routine by 8:30 PM.

**Day 12: Sleep by 10 PM is a food strategy too. Late nights can drive cravings the next day.**

Meal	What to Eat
Upon Waking	16-24 oz water with lemon or plain water. Morning sunlight when possible.
Optional Juice	Green Machine Juice
Breakfast	Breakfast Apple Chia Oats
Lunch	Liver-Love Cruciferous Slaw
Snack	Fruit with seeds when natural + walnuts or pumpkin seeds, or veggie sticks with hummus.
Dinner	Hearty Lentil Stew
Daily Rhythm	10-minute walk after meals when possible. Track bowel movement. Begin sleep routine by 8:30 PM.

**Day 13: A good reset leaves the body lighter, not deprived. Add more vegetables if hungry.**

Meal	What to Eat
Upon Waking	16-24 oz water with lemon or plain water. Morning sunlight when possible.
Optional Juice	Pomegranate Beet Spark Juice
Breakfast	Golden Glow Smoothie
Lunch	Mediterranean Lentil Bowl
Snack	Fruit with seeds when natural + walnuts or pumpkin seeds, or veggie sticks with hummus.
Dinner	Mushroom Walnut Bolognese
Daily Rhythm	10-minute walk after meals when possible. Track bowel movement. Begin sleep routine by 8:30 PM.

**Day 14: Start simple today: hydration, fruit, greens, then the heavier meal. Notice bloating, energy, and bowel movement timing.**

Meal	What to Eat
Upon Waking	16-24 oz water with lemon or plain water. Morning sunlight when possible.
Optional Juice	Cilantro Lime Mineral Juice
Breakfast	Purple Power Pudding
Lunch	Chickpea Harvest Salad
Snack	Fruit with seeds when natural + walnuts or pumpkin seeds, or veggie sticks with hummus.
Dinner	Vegetable Shepherd's Pie
Daily Rhythm	10-minute walk after meals when possible. Track bowel movement. Begin sleep routine by 8:30 PM.

## WEEK 3 – REINFORCE

Practice meals that can become your lifestyle: bowls, soups, comfort foods, travel-friendly meals, and family meals.

**Day 15: Chew until the food is almost liquid. Digestion starts in the mouth, not the stomach.**

Meal	What to Eat
Upon Waking	16-24 oz water with lemon or plain water. Morning sunlight when possible.
Optional Juice	Pineapple Ginger Digestive Refresher
Breakfast	Glutathione Green Smoothie
Lunch	DNA Defense Rainbow Bowl
Snack	Fruit with seeds when natural + walnuts or pumpkin seeds, or veggie sticks with hummus.
Dinner	Creamy Broccoli Detox Soup
Daily Rhythm	10-minute walk after meals when possible. Track bowel movement. Begin sleep routine by 8:30 PM.

**Day 16: Today's strength food is beans or lentils. Fiber feeds the gut and helps support steady energy.**

Meal	What to Eat
Upon Waking	16-24 oz water with lemon or plain water. Morning sunlight when possible.
Optional Juice	Emerald Energy Juice
Breakfast	Berry Defense Smoothie
Lunch	Raw Rainbow Salad
Snack	Fruit with seeds when natural + walnuts or pumpkin seeds, or veggie sticks with hummus.
Dinner	Sweet Potato Black Bean Power Plate
Daily Rhythm	10-minute walk after meals when possible. Track bowel movement. Begin sleep routine by 8:30 PM.

**Day 17: Color is not decoration. Deep pigments often signal protective plant compounds.**

Meal	What to Eat
Upon Waking	16-24 oz water with lemon or plain water. Morning sunlight when possible.
Optional Juice	Ruby Renewal Juice
Breakfast	Breakfast Apple Chia Oats
Lunch	Liver-Love Cruciferous Slaw
Snack	Fruit with seeds when natural + walnuts or pumpkin seeds, or veggie sticks with hummus.
Dinner	Hearty Lentil Stew
Daily Rhythm	10-minute walk after meals when possible. Track bowel movement. Begin sleep routine by 8:30 PM.

**Day 18: Sunshine is part of the plan. Get outside early if possible.**

Meal	What to Eat
Upon Waking	16-24 oz water with lemon or plain water. Morning sunlight when possible.
Optional Juice	Purple Power Juice
Breakfast	Golden Glow Smoothie
Lunch	Mediterranean Lentil Bowl
Snack	Fruit with seeds when natural + walnuts or pumpkin seeds, or veggie sticks with hummus.
Dinner	Mushroom Walnut Bolognese
Daily Rhythm	10-minute walk after meals when possible. Track bowel movement. Begin sleep routine by 8:30 PM.

**Day 19: Sleep by 10 PM is a food strategy too. Late nights can drive cravings the next day.**

Meal	What to Eat
Upon Waking	16-24 oz water with lemon or plain water. Morning sunlight when possible.
Optional Juice	Golden Glow Juice
Breakfast	Purple Power Pudding
Lunch	Chickpea Harvest Salad
Snack	Fruit with seeds when natural + walnuts or pumpkin seeds, or veggie sticks with hummus.
Dinner	Vegetable Shepherd's Pie
Daily Rhythm	10-minute walk after meals when possible. Track bowel movement. Begin sleep routine by 8:30 PM.

**Day 20: A good reset leaves the body lighter, not deprived. Add more vegetables if hungry.**

Meal	What to Eat
Upon Waking	16-24 oz water with lemon or plain water. Morning sunlight when possible.
Optional Juice	Green Machine Juice
Breakfast	Glutathione Green Smoothie
Lunch	DNA Defense Rainbow Bowl
Snack	Fruit with seeds when natural + walnuts or pumpkin seeds, or veggie sticks with hummus.
Dinner	Creamy Broccoli Detox Soup
Daily Rhythm	10-minute walk after meals when possible. Track bowel movement. Begin sleep routine by 8:30 PM.

**Day 21: Start simple today: hydration, fruit, greens, then the heavier meal. Notice bloating, energy, and bowel movement timing.**

Meal	What to Eat
Upon Waking	16-24 oz water with lemon or plain water. Morning sunlight when possible.
Optional Juice	Pomegranate Beet Spark Juice
Breakfast	Berry Defense Smoothie
Lunch	Raw Rainbow Salad
Snack	Fruit with seeds when natural + walnuts or pumpkin seeds, or veggie sticks with hummus.
Dinner	Sweet Potato Black Bean Power Plate
Daily Rhythm	10-minute walk after meals when possible. Track bowel movement. Begin sleep routine by 8:30 PM.

# FULL RECIPES: VITALITY MEALS

*Healing Food Note: Blue, black, red, and purple foods bring polyphenols that help protect cells from everyday oxidative stress.*

## GLUTATHIONE GREEN SMOOTHIE

### Ingredients:

- 2 cups spinach
- 1 cup kale
- 1/2 cucumber
- 1/2 green apple with seeds removed, peel on
- 1 tbsp ground flaxseed
- 1 tbsp chia seeds
- Juice of 1/2 lemon
- 1 cup water or unsweetened plant milk
- Ice

**Method:** Combine simply. For bowls, layer greens first, add cooked items warm, finish with seeds, herbs, and dressing. For soups/stews, saute aromatics in a splash of broth or water, simmer until tender, and finish with lemon or fresh herbs. For smoothies, blend until creamy.

## BERRY DEFENSE SMOOTHIE

### Ingredients:

- 1 cup blueberries
- 1/2 cup blackberries
- 2 cups spinach
- 1 tbsp ground flaxseed
- 1 tbsp walnuts
- 1/2 banana
- 1 cup unsweetened plant milk
- Cinnamon

**Method:** Combine simply. For bowls, layer greens first, add cooked items warm, finish with seeds, herbs, and dressing. For soups/stews, saute aromatics in a splash of broth or water, simmer until tender, and finish with lemon or fresh herbs. For smoothies, blend until creamy.

### *Healing Food Note*

*Cruciferous vegetables are included often because they bring sulfur-containing compounds that support detoxification pathways and healthy inflammatory balance.*

## **GOLDEN GLOW SMOOTHIE**

### **Ingredients:**

- 1 cup frozen mango
- 1/2 cup pineapple
- 1 carrot, chopped
- 1/2 inch ginger
- 1/4 tsp turmeric
- Pinch black pepper
- 1 tbsp chia
- 1 cup water

**Method:** Combine simply. For bowls, layer greens first, add cooked items warm, finish with seeds, herbs, and dressing. For soups/stews, saute aromatics in a splash of broth or water, simmer until tender, and finish with lemon or fresh herbs. For smoothies, blend until creamy.

## **DNA DEFENSE RAINBOW BOWL**

### **Ingredients:**

- 2 cups chopped kale
- 1 cup spinach
- 1 cup roasted broccoli
- 1/2 cup purple cabbage
- 1/2 cup chickpeas
- 1/4 cup pomegranate arils
- 1 tbsp pumpkin seeds
- Lemon-tahini dressing

**Method:** Combine simply. For bowls, layer greens first, add cooked items warm, finish with seeds, herbs, and dressing. For soups/stews, saute aromatics in a splash of broth or water, simmer until tender, and finish with lemon or fresh herbs. For smoothies, blend until creamy.

*Healing Food Note*

*Cruciferous vegetables are included often because they bring sulfur-containing compounds that support detoxification pathways and healthy inflammatory balance.*

## **MEDITERRANEAN LENTIL BOWL**

### **Ingredients:**

- 1 cup cooked lentils
- 1 cup quinoa
- Cucumber
- Tomatoes
- Parsley
- Red onion
- Lemon-tahini dressing

**Method:** Combine simply. For bowls, layer greens first, add cooked items warm, finish with seeds, herbs, and dressing. For soups/stews, saute aromatics in a splash of broth or water, simmer until tender, and finish with lemon or fresh herbs. For smoothies, blend until creamy.

## **MUSHROOM WALNUT BOLOGNESE**

### **Ingredients:**

- 2 cups mushrooms, minced
- 1/2 cup walnuts, minced
- 1 onion
- 3 garlic cloves
- Crushed tomatoes
- Italian herbs
- Lentil or chickpea pasta / zucchini noodles

**Method:** Combine simply. For bowls, layer greens first, add cooked items warm, finish with seeds, herbs, and dressing. For soups/stews, saute aromatics in a splash of broth or water, simmer until tender, and finish with lemon or fresh herbs. For smoothies, blend until creamy.

*Healing Food Note*

*Cruciferous vegetables are included often because they bring sulfur-containing compounds that support detoxification pathways and healthy inflammatory balance.*

## **CHICKPEA HARVEST SALAD**

### **Ingredients:**

- 1 cup chickpeas
- 2 cups greens
- Diced apple with peel
- Celery
- Parsley
- Walnuts
- Lemon-Dijon dressing

**Method:** Combine simply. For bowls, layer greens first, add cooked items warm, finish with seeds, herbs, and dressing. For soups/stews, saute aromatics in a splash of broth or water, simmer until tender, and finish with lemon or fresh herbs. For smoothies, blend until creamy.

## **HEARTY LENTIL STEW**

### **Ingredients:**

- 1 cup lentils
- Carrots
- Celery
- Onion
- Garlic
- Tomatoes
- Kale
- Vegetable broth
- Bay leaf

**Method:** Combine simply. For bowls, layer greens first, add cooked items warm, finish with seeds, herbs, and dressing. For soups/stews, saute aromatics in a splash of broth or water, simmer until tender, and finish with lemon or fresh herbs. For smoothies, blend until creamy.

### *Healing Food Note*

*Cruciferous vegetables are included often because they bring sulfur-containing compounds that support detoxification pathways and healthy inflammatory balance.*

## **VEGETABLE SHEPHERD'S PIE**

### **Ingredients:**

- Lentils
- Mushrooms
- Carrots
- Peas
- Onion
- Garlic
- Mashed sweet potato topping
- Thyme

**Method:** Combine simply. For bowls, layer greens first, add cooked items warm, finish with seeds, herbs, and dressing. For soups/stews, saute aromatics in a splash of broth or water, simmer until tender, and finish with lemon or fresh herbs. For smoothies, blend until creamy.

## **RAW RAINBOW SALAD**

### **Ingredients:**

- Romaine
- Purple cabbage
- Carrots
- Cucumber
- Bell pepper
- Sprouts
- Pumpkin seeds
- Citrus dressing

**Method:** Combine simply. For bowls, layer greens first, add cooked items warm, finish with seeds, herbs, and dressing. For soups/stews, saute aromatics in a splash of broth or water, simmer until tender, and finish with lemon or fresh herbs. For smoothies, blend until creamy.

*Healing Food Note*

*Cruciferous vegetables are included often because they bring sulfur-containing compounds that support detoxification pathways and healthy inflammatory balance.*

## **LIVER-LOVE CRUCIFEROUS SLAW**

### **Ingredients:**

- Cabbage
- Broccoli slaw
- Carrot
- Parsley
- Apple
- Tahini-lemon dressing
- Pumpkin seeds

**Method:** Combine simply. For bowls, layer greens first, add cooked items warm, finish with seeds, herbs, and dressing. For soups/stews, saute aromatics in a splash of broth or water, simmer until tender, and finish with lemon or fresh herbs. For smoothies, blend until creamy.

*Healing Food Note*

*Blue, black, red, and purple foods bring polyphenols that help protect cells from everyday oxidative stress.*

## **BREAKFAST APPLE CHIA OATS**

### **Ingredients:**

- 1/2 cup oats
- 1 tbsp chia
- 1 apple with peel, chopped
- Cinnamon
- Walnuts
- Unsweetened plant milk

**Method:** Combine simply. For bowls, layer greens first, add cooked items warm, finish with seeds, herbs, and dressing. For soups/stews, saute aromatics in a splash of broth or water, simmer until tender, and finish with lemon or fresh herbs. For smoothies, blend until creamy.

## **PURPLE POWER PUDDING**

### **Ingredients:**

- 2 tbsp chia
- 3/4 cup blended blueberries/blackberries
- Unsweetened plant milk
- Vanilla
- Walnuts

**Method:** Combine simply. For bowls, layer greens first, add cooked items warm, finish with seeds, herbs, and dressing. For soups/stews, saute aromatics in a splash of broth or water, simmer until tender, and finish with lemon or fresh herbs. For smoothies, blend until creamy.

# THE DNA DEFENSE JUICE BAR™

*Use juices as a nutrient boost, especially when appetite is low or you want a colorful addition. For glucose concerns, pair juice with a high-fiber meal, dilute with cucumber/celery, or choose smoothies more often because smoothies preserve fiber.*

## EMERALD ENERGY JUICE

- 2 cups kale
- 1 cucumber
- 2 celery stalks
- 1 green apple
- 1 lemon, peeled
- 1 inch ginger

Juicer method: Wash produce, juice, stir, and drink fresh. Blender method: Blend with water and strain only if desired. Keep more pulp for more fiber.

## RUBY RENEWAL JUICE

- 1 beet
- 3 carrots
- 1 red apple
- 1 lemon, peeled
- 1 inch ginger

Juicer method: Wash produce, juice, stir, and drink fresh. Blender method: Blend with water and strain only if desired. Keep more pulp for more fiber.

## PURPLE POWER JUICE

- 1 cup purple cabbage
- 1 cup blueberries
- 1/2 cup blackberries
- 1 lemon, peeled
- 1 inch ginger
- Water if blending

Juicer method: Wash produce, juice, stir, and drink fresh. Blender method: Blend with water and strain only if desired. Keep more pulp for more fiber.

## **GOLDEN GLOW JUICE**

- 4 carrots
- 1 orange, peeled
- 1 cup pineapple
- 1/2 inch turmeric root or 1/4 tsp powder
- 1 inch ginger

Juicer method: Wash produce, juice, stir, and drink fresh. Blender method: Blend with water and strain only if desired. Keep more pulp for more fiber.

## **GREEN MACHINE JUICE**

- 2 cups spinach
- 1 cup parsley
- 1 cucumber
- 1 Granny Smith apple
- 1 lemon, peeled
- 2 celery stalks

Juicer method: Wash produce, juice, stir, and drink fresh. Blender method: Blend with water and strain only if desired. Keep more pulp for more fiber.

## **POMEGRANATE BEET SPARK JUICE**

- 1/2 cup pomegranate arils
- 1 small beet
- 2 carrots
- 1 orange, peeled
- Ginger

Juicer method: Wash produce, juice, stir, and drink fresh. Blender method: Blend with water and strain only if desired. Keep more pulp for more fiber.

## **CILANTRO LIME MINERAL JUICE**

- 1 cucumber
- 1 cup cilantro
- 2 celery stalks
- 1 lime, peeled
- 1 green apple

Juicer method: Wash produce, juice, stir, and drink fresh. Blender method: Blend with water and strain only if desired. Keep more pulp for more fiber.

## **PINEAPPLE GINGER DIGESTIVE REFRESHER**

- 1 cup pineapple
- 1 cucumber
- 1/2 lemon, peeled
- 1 inch ginger
- Mint

Juicer method: Wash produce, juice, stir, and drink fresh. Blender method: Blend with water and strain only if desired. Keep more pulp for more fiber.

## DR. HELEN'S VITALITY WATERS™

### **Cucumber Basil Water**

Cucumber slices, basil, lemon, filtered water.

### **Citrus Mint Cooler**

Orange slices, lemon, mint, filtered water.

### **Berry Basil Splash**

Strawberries, blueberries, basil, filtered water.

### **Kale Lemonade**

Blend lemon juice, kale, water, a small amount of maple syrup if needed, and ice. Strain if desired.

### **Detox Lemonade**

Lemon juice, water, ginger, optional small amount of maple syrup, cayenne if tolerated.

# 21-DAY TRACKER

Circle or write a score from 1-10 each day. Track patterns, not perfection.

Day	Energy	Focus	Mood	Digestion	BM?	Movement	Sleep by 10?
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							

## SOURCE NOTES

*EWG 2026 Shopper's Guide to Pesticides in Produce lists the 2026 Dirty Dozen and Clean Fifteen and emphasizes eating fruits and vegetables while using the lists to reduce pesticide exposure when possible. EWG, 2026 Shopper's Guide to Pesticides in Produce.*

*CDC adult activity guidance recommends at least 150 minutes of moderate-intensity physical activity weekly and 2 days of muscle-strengthening activity. Centers for Disease Control and Prevention, Adult Activity: An Overview.*

*NIDDK constipation guidance includes fiber, water, regular physical activity, and trying to have a bowel movement at the same time each day. National Institute of Diabetes and Digestive and Kidney Diseases, Treatment for Constipation.*

*Light exposure and regular sleep timing help regulate circadian rhythm; this guide uses a practical 10 PM sleep target to support consistency. NIOSH/CDC work-hour training on light and circadian rhythms; National Sleep Foundation light and sleep guidance.*

## READY FOR THE NEXT STEP?

*If this guide helped you feel more energy, less heaviness, improved digestion, or greater clarity, your body may be showing you that daily choices matter.*

*Take the Inflammation Whisper Quiz™ and discover where you are on the HealthFlow Quadrant™. Then continue with the Inflammation Buster Membership™ or VIP Mastery for recipes, education, and deeper support.*

To your health,  
**Dr. Helen Powell-Stoddart, MD, MS, FABPMR**