

Health, Wellness, and Joy! Lifestyle Guide



**A lifestyle and pantry makeover
3-day super food cleanse
Easy-to-read smart charts
A knowledge base you can apply today**



**Judith Toscano ND ©
2nd Edition**

***Health, Wellness
and Joy!
Lifestyle Guide***

By Judith Toscano, ND

Published by Lotus Wellness Cottage 2018

Testimonials/Success Stories from Patients

We had such a great time with you last weekend. Thank You! We are well on the path to renewed joy thanks to your willingness to share your knowledge about raw foods! Thanks again – Whitney and hubby

Thank you, Dr. Jude, for teaching me that energy comes from living food, and when the body gets it from juice, the digestive system is given a chance to rest and the body can heal. – Katie

Thank you for being a part of Women's Wellness Weekend at Fairy Stone and for sharing your knowledge and healthy foods with our participants.
Pat - Virginia State Parks

Thank you for the wonderful cookbook and breakfast show. I can't wait to try some recipes. It has been about a week and a half of green smoothies for breakfast. I feel great and have less cravings for the bad stuff! Thank you for being my inspiration! Namaste – Eileen

The cleanse went okay. It was a real challenge to stay satiated. I was constantly hungry, almost famished by the third day. However, with that said, I am not having any allergy symptoms. I am planning to do it again.
Blessings of peace and well-being – Colleen

The cleanse went great. I lost eight pounds and got rid of my headaches. Thank you for getting me on the road to better health. – Kay

The best part of the cleanse was the chia gel water. I drank it 3-4 times a day. It gave me energy and took away some of my fibromyalgia pain. – Vicki

I just want to say thank you for the amazing job you did while we made the kale soup. There is nothing like fresh kale and fresh herbs. The soup was fantastic. Everyone in the house raved on how good it was. A warm green smoothie is a wonderful and tasty meal. – Shelley

Table of Contents

Dedication & Gratitude	4
Introduction	5
What is Your Relationship with Food?	6
Joy and Happiness	7
How Can You Connect with Your Digestive Health?	8
Happier Choices	9
Why Choose Vegetarian or Vegan?	10
Becoming Vegan	11
Protein, What to Eat, What to Order	
Acid/Alkaline Balance	12
Cycles of Acidosis, Cycles of Alkalinity, How to Alkalize Your Tissue	
Vitamin Mineral Absorption	18
Processes Minerals Influence, Rasajit, Hydrate Tonic, Hair Analysis	
Enzymes	21
Amino Acids	22
Food Values	24
Good Fats, Bad Fats	26
Sugar	28
Probiotics	30
Candida	31
Activated Charcoal	32
Cleanse Information	34
Household Tips	44
GMO's	45
Toppers	46
Recipes	48
Pink Himalayan Salt	52
Superfoods	53
Goji Berries, Chia, Hemp H, Cacao, Coconut Oil, DE	
Emotional Techniques	56
Brain Wave, Alternate Nostril Breathing, Emotional Freedom	
Bio Electro Magnetic Energy Regulation (BEMER)	60
Electromagnetic Fields (EMF's) & Grounding	61
Messages in Water	62
B-12	63
Coenzyme Q10 (CoQ10)	64
Castor Oil & Bone Healing Protocol	65
Frankencinse Oil	68
Colon Hydrotherapy	69
Homeopathy	71
References	75
Vegan Shopping List	77

Dedication and Gratitude

I dedicate this book to you the reader.

May you find the courage you need in your pocket to gain wisdom and better health. I send out to you joy and a conscious awareness about the foods you choose to eat and the life you choose to live.

Special thanks go out to:

Mitone Cooke: who shared her personal experience and honesty about food, true love and life's addictions.

Jessica Hines: the best research and office manager one could ever hope to have.

Graphic designers: Mitone, Jeff and Eugene.

Tamra Hall Smith: for her listening ear and great laugh.

Mary Beth Coffey: for her grammar and spelling corrections.

Joy and appreciation go out to my students, patients, friends and family who have helped me to stay on this journey. A big "Thank You" to all!

May your kitchen and your life be full of love, gratitude, and just the right amount of pink Himalayan salt!



Introduction

This patient manual is designed to introduce you to health, wellness and joy. A healthy lifestyle is created from the best nutritional ingredients, found knowledge and innate wisdom.

There are no hidden secrets; only experiences and chances to adjust our choices to stay well.

This manual will teach you facts about the inter-relationship between what you think and what you eat. Experience your own personal wellness as a result of deliberate effort, wise choices and conscious, personal joy.

Celebrate Life!

This guidebook was envisioned and created to help educate you about the choices you can make to improve your digestion and maybe even your life.

The appeal of detoxification and cleansing has become more mainstream. Our food supply is over-processed and laden with chemicals. In our bodies, these foreign toxins create sluggishness, irritation and, quite frankly, steal our vital life-force energy.

This book is designed as a guide to help you acquire more energy and help you live the life you were meant to live. Food choice suggestions and healthy outlines will give you simple, uncomplicated ways you can integrate better health into your lifestyle.

Take back your power through knowledge. I hold a space for your body's brilliance. Learn how to adjust the intake of the foods you eat to fit your body's specific needs. A cookbook approach is concrete and "by the book." Your life is creative and organic. To regain your energy and harness your health takes wisdom and willpower.

I will share my wisdom here, and I ask you to reach for a higher vibration of knowledge, your personal knowing. You can do it. You can feel better, move through each day with grace and ease, and celebrate your life!

These statements have not been evaluated by the Food and Drug Administration. The Health, Wellness and Joy life-style guide, cookbook, and diet plan are not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking medication or have a medical condition, consult your physician before starting any diet plan.

What Is Your Relationship with Food?

Every relationship begins with a story. If you stop and think about it, everyone has a relationship with food. When did your relationship with food begin? Did some flavor excite you? Did you get a warm, cozy feeling? Were you scolded and told to eat less or eat more? Did you get sick from overeating? Do you fear not having enough food? When did you connect with food to realize it has many multidimensional powers?

My story started when I was a little girl growing up in New Jersey. My grandma would come to our house in the country and cook outside under our big apple tree, making scrumptious, rich Italian meals. She fried homemade, breadcrumb-coated pumpkin flowers flavored with fresh parsley and strong Italian cheese, and the flavors exploded in our mouths. She made tomato sauce with three different meats and fresh tomatoes from the garden, cooking it for five hours; the memory of its aroma brings me right back under the apple tree. Grandma shared her love through food, and when I think of it, it is a memory of pure joy and a feeling of richness.

As a young adult, I went off to college and forgot about good food, getting swept away by the college scene and losing my connection with food and the earth. I returned home from college with a degree in art, chronic bladder infections, back and knee pain, and not much hope for relief. However, a book from the library got me started on fasting and led me back to that connection.

I started growing a garden and found myself becoming aware of the power of nature's bounty and the colorful, nutrient-rich gifts it brings. As I increased my nutrients, I felt better and began to reconnect with myself and the earth. Now, I feel joy when I consciously eat healthy vegan and vegetarian foods. Greens, beans, nuts, and seeds allow my body and mind to float through the day with grace and ease. I get less stressed by events that pop up, I don't have sugar swings or unmanageable hormone imbalances, and my strength and volition for life are strong. I stay in balance and don't get sucked into other people's drama.

According to Gabriel Cousins, M.D., author of Conscious Eating (2000), "the food we eat affects our body, emotions, mind, and spiritual life." Awareness is the key element here. Our bodies are smart; they show us when food is bad and communicate through different detoxification channels when we are overloaded and out of balance. We just need to pay attention to the different effects that foods have on our balance. Breathe, listen and be present.

Joy and Happiness

Listen to your heart and sing your inner song of joy. Pay attention, and you will notice things that you never noticed before. Let go, let go, let go, and then realize happiness comes when you are free from a rigid set of ideas in your mind. Please, think outside of the box; get creative. Turn a negative thought upside down or recreate it backwards to change your thought process.

Change your thoughts, sway in the wind and go with the flow. Grow tall like a tree spreading out your branches to reach for joy, and your happiness will grow. Use the ingredients you have, your own personal talents and whatever is in your spice cabinet.

Sticky notes with uplifting sayings and positive thoughts written on them are constant reminders of the joys that fill life. I have a gratitude bathroom and a gratitude medicine cabinet. When I open the medicine cabinet every morning and night, I am reminded of a little bit of joy. The words “thank you” uplift our energy and move our thoughts to a different place. Focus on the positive and eliminate the negative. Stay in the moment, and your mind will be free of negative “what if’s” and circular thinking. Make a declaration: “Negative emotions will not steal my happiness and joy anymore.”

The unconscious mind believes what it is told. Turn your stress into excitement! Set your mind on a fixed positive and really feel that joy. Most of the time, you can turn a stressful situation into excitement and joy!

Make a plan, alter it as you go and have no fear. You are unique; your situation is unique. Stop reacting to your thoughts and start analyzing. Become conscious and become in the moment. Think **JOY**: Be the Juiciest Outstanding You!



How Can You Connect with Your Digestive Health?

Every person is unique. Each body has its own sense of awareness and level of tolerance that connects to its own personal digestive health. What some would label “sensitive,” I call smart. My body knows instinctively how to heal and what to do when I cut my finger. It also knows how to react to bad food (provided it is given the correct nutrients and the ability to rest and detoxify), and all this starts in the digestive tract. We need to choose and chew our fresh, healthy foods, be conscious not to overeat and remember not to snack throughout the day.

The Chewing Process Serves as the First Step to Proper Digestion

- Chewing too fast and/or gulping allows large, hard-to-digest particles of food to enter your stomach and intestines, possibly causing gas and bloating and leading to digestive distress.
- Consciously chewing your food thoroughly allows you to absorb more nutrients from your food; think about and connect with the food you are eating, maintain a healthy weight, ease digestion, and usually leads to less gas, bloating, and constipation.
- Chewing a full minute, until your mouthful of food is liquefied and has lost all of its texture, will allow you to connect with what you are eating. You will feel the sensation of being full (satiated) and will know when to stop eating.
- Eating throughout the day (snacking) puts a stress on the digestive system. Digestive fire (that is, the sensation of being hungry) should be felt before you eat.
- Knowing what you are eating, read labels and choosing wisely saves your body from overworking and having to detoxify chemical additives.
- Taking a probiotic and food-based vitamin daily is important.
- Exercise regularly, preferably something that makes you happy. Walking and Qigong are my favorites. Take an exercise class; try something new.
- Paying attention to your body will make a noticeable difference. Your body's cry for rest unnoticed may turn into a chronic illness.

We Need to Make Healthy, Happier Choices

Digestive health is not something we think about until there is a problem. But the truth is, “We hold everything in our gut.” Really, when something happens we say, “My stomach was in my throat,” or “I just knew; my gut told me.”

Scientific studies have revealed the brain and gut connection, proving that an imbalance in intestinal flora may lead to mental disorders, a decreased immune system and constipation. A healthier choice is to take a probiotic supplement.

What is a probiotic? “Probiotic” was first coined in 1951, probably because of the abuse of antibiotics. A probiotic is a dietary supplement containing live bacteria (as lactobacilli), that is taken orally to restore beneficial bacteria to the body. * These “gut flora” as they are called, act to support the immune system and help the body digest food for better nutrient absorption.

“Probiotics can improve intestinal function and maintain the integrity of the lining of the intestines,” says Stefano Guandalini, M.D., Professor of Pediatrics and Gastroenterology at the University of Chicago Medical Center. These friendly organisms may also help fight bacteria that cause diarrhea. The digestive tract houses a 24’-30’ long multilayer, hose-like muscular organ that absorbs nutrients as well as fights off disease. It is a fact that the digestive system houses 75% of the immune system and has been called the “second brain.” This immune response has to do with the gut flora, or the “good bacteria” in the digestive tract.

Probiotics may be the solution to IBS and constipation. Processed foods are destroying good bacteria, and this wreaks havoc on our ability to properly digest food and have regular bowel movements. An imbalance in intestinal flora may lead to IBS and constipation, and then much more. Bad bacteria in our stomachs can affect everything from our appearance, to our immune system, to even our moods.

Yes, you read that correctly. If your gut flora is out of balance, new studies show, everything else in your body becomes affected. This imbalance leads to skin not appearing as radiant and healthy and may be more prone to acne. The imbalance can also lead to a weaker immune system, to mood changes that may cause stress, anxiety and depression-related behavior.

*Merriam-Webster.com

Why Choose To Be Vegetarian or Vegan?

Why eat a vegetarian or vegan diet? Well, why not?

The Mayo Clinic* states that a plant-based diet, which emphasizes fruits, vegetables, grains, beans and legumes and nuts is rich in fiber, vitamins, and other nutrients. People who eat only plant-based foods (vegans), generally eat fewer calories and less fat, weigh less and have a lower risk of heart disease than non-vegans do. Plant-based diets make it easier for our bodies to digest, process and absorb nutrients.

Plant-based diets have phytonutrients that contain minerals and vitamins to super-charge our vital life-force energy. Minerals and vitamins are the main ingredients needed to fuel our electrical systems and super-charge our energy.

Foods that are made from animal products and animal proteins slow our digestive process and transit time down and have no phytonutrients. In addition, vitamins are lost from heat in the cooking process, while minerals and proteins are often amplified and condensed. Nutrients are also lost when food is harvested, shipped and not eaten for 7 to 10 days, organic or not. So, consider choosing home-grown or local produce first. Whenever possible, choose high-nutrient, fresh and raw plant foods!

*The Mayo Clinic is based on an integrative medical approach that started in 1863.

Some Great Thoughts About Plant-Based Diets

“Nothing will benefit human health and increase chances of survival for life on earth as much as the evolution to a vegetarian diet.”

~ Albert Einstein

“As long as there are slaughterhouses, there will be battlefields.”

~ Leo Tolstoy

“To my mind, the life of a lamb is no less precious than that of a human being.”

~ Mahatma Gandhi

“For as long as men massacre animals, they will kill each other. Indeed, he who sows the seed of murder and pain cannot reap joy and love.”

~ Pythagoras

“Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages.”

~ Thomas Edison

Becoming Vegan – Choosing More Vegetarian Meals

Consciously choosing a vegetarian or vegan lifestyle way of eating isn't that hard if you surround yourself with a plan and ammunition. What's ammunition? Knowing the answers to questions people are going to ask you about your newfound energy and diet choices.

“How will you get enough protein?”

Did you know all vegetables contain protein? Vegetable proteins are easier to digest; they require less processing so our bodies absorb amino acids more easily. I have more energy because my body isn't working so hard to process animal protein. (Amino acids are the building blocks of health. One-quarter of a cup of beans equals one ounce of protein, about 7 grams.)

“What do you eat besides vegetables?”

There are so many choices if I pair my favorite vegetables with spices and a good gluten-free bread and protein from nuts, seeds and beans. I love making smoothies and soups!

“What do you order when you go out to eat?”

I look over the menu, and I take a moment to think about what I would cook with the ingredients listed in the menu selections. Sometimes a special item will have sautéed spinach or asparagus, and I will mix and match to create something new. I also plan ahead and look for healthy restaurants.

Undeniably becoming vegan or vegetarian is a choice. I agree that everyone is different. Gentle changes inspire permanent lifestyle changes.

Green leafy vegetables and whole foods will help you break through to your body's brilliance by supplying phytonutrients.



Acid/Alkaline Balance

Everybody has an acid alkaline balance called pH. The body's pH is influenced by emotional stress, toxic overload, acid-forming foods and acid-forming drinks.

Balancing the pH ratio between positively charged ions (acid forming) and negatively charged ions (alkaline forming) is a function the body constantly performs at the cellular level.

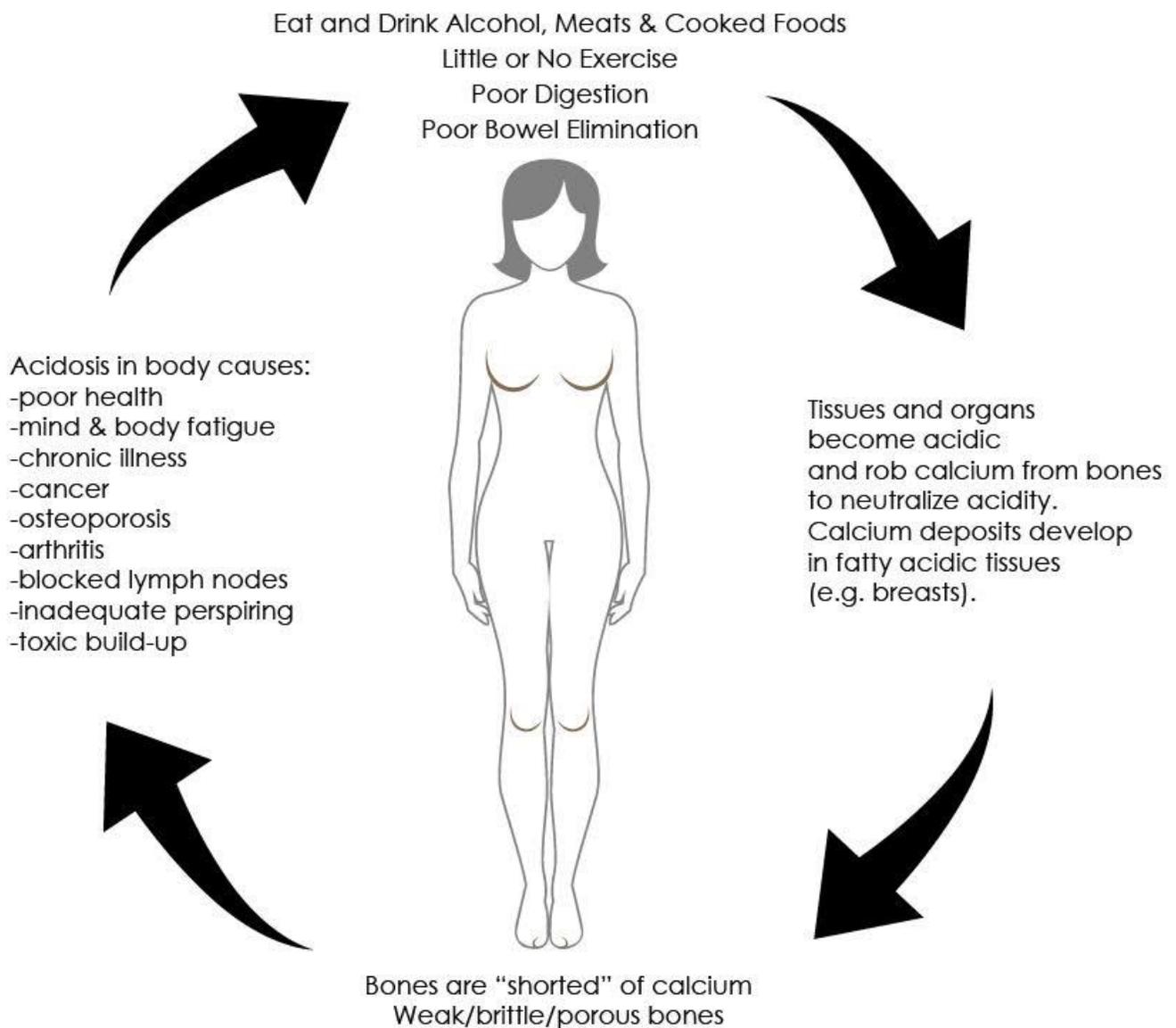
Building diet choices around alkaline-forming foods will get you eating more vegetables and may even help you lose weight. A good rule to follow in the beginning is a 60% alkalinity to 40% acidity ratio of foods and drink. Once you understand the concept and know how to pick and organize your food choices, 80% alkalinity to 20% acidity is an ideal ratio to maintain. Paying attention to how your body feels (Is your energy up or down?) with different food combinations and ratios, and "to check in" regularly will get you on the road toward optimal digestion.

Exercise is a great tool to help you decrease your stress levels. Emotional stress does affect digestive processes. The purpose of balancing your acidity is to optimally digest nutrients so you will absorb these nutrients. We need oxygen to deliver nutrients in our bodies. Exercise gets us breathing, oxygenates us and has been scientifically proven to decrease stress levels. So get out and take a walk. Find an exercise partner and make a commitment to change for the better.

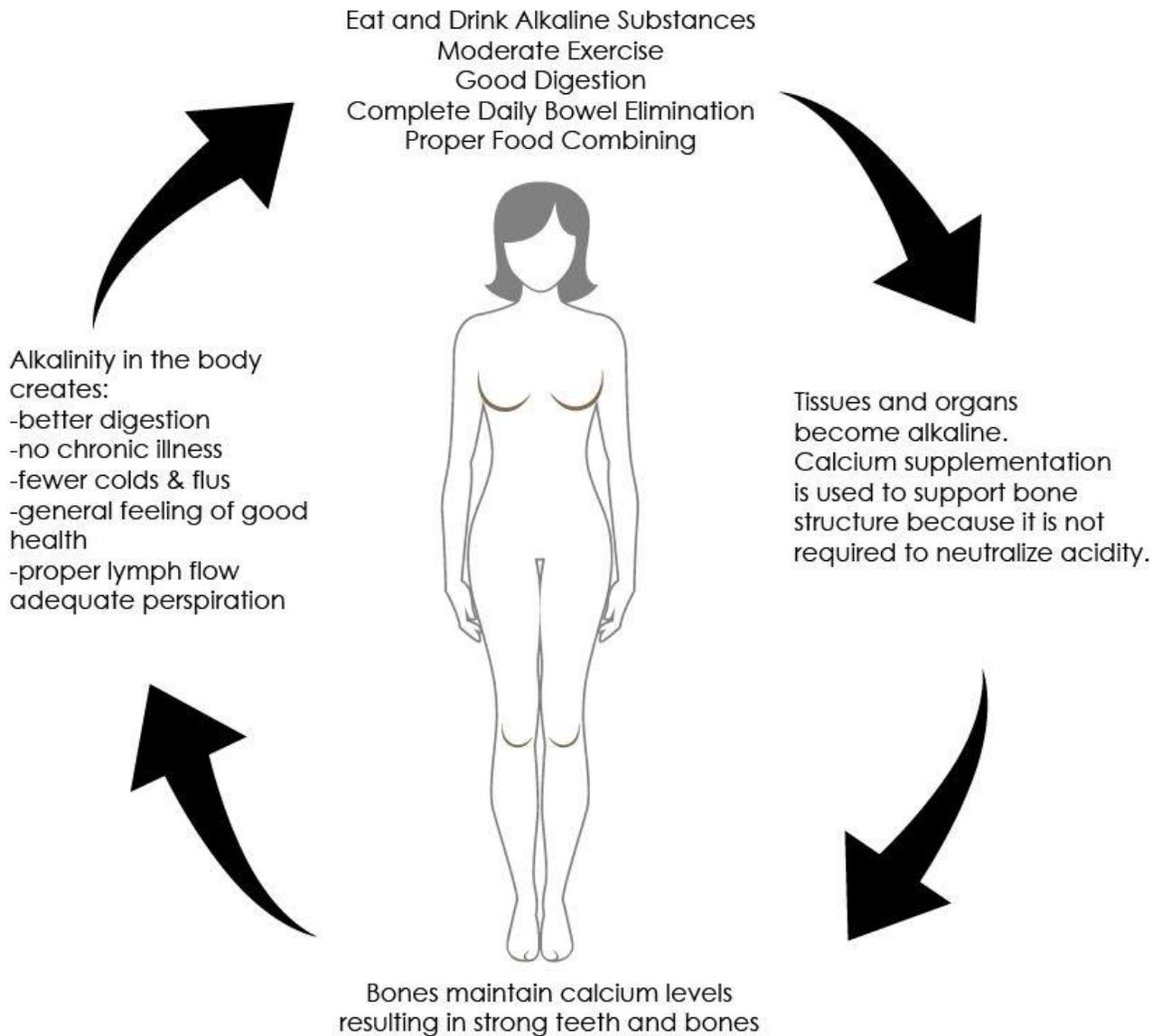
An easy way to start is to think vegetables first. Look in the refrigerator and make a plan to grocery shop more often, at least two times a week. Ask the produce manager at your local grocery store when the truck delivers. Fresh vegetables always taste better. If you are overwhelmed by too many greens, freeze them or make a blended soup. Freezing raw kale or greens makes an easy, ready-to-use healthy addition!

Without getting too technical, use the following charts I have created to highlight foods you like and create a healthy lifestyle plan. Becoming aware of how to balance your own acidity through healthy food choices will get you on a path toward better health, both physically and emotionally.

CYCLES OF ACIDOSIS

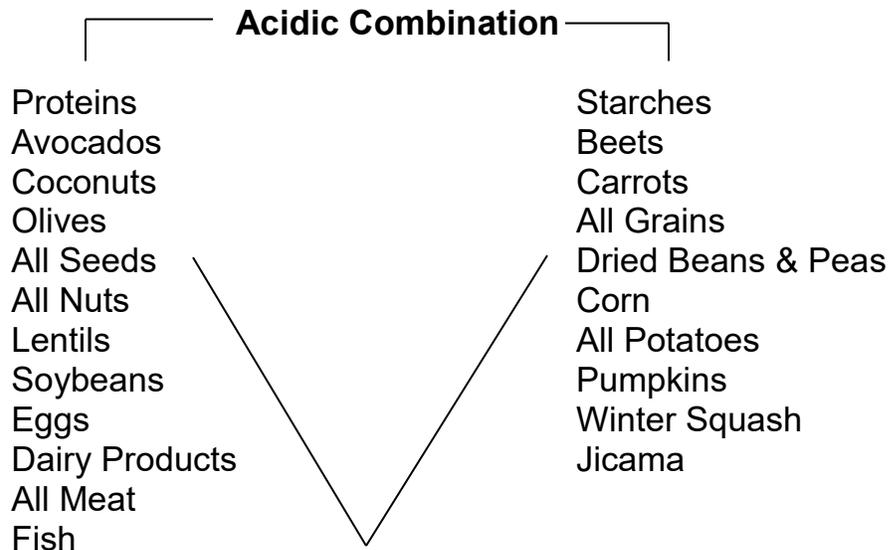


CYCLES OF ALKALINITY



How to Alkalize Your Tissue

Food Combining Guidelines



Best Combinations

Green Leafy, Non-Starchy Vegetables

Alfalfa Sprouts	Eggplant
Mung Bean Sprouts	Lettuce
Artichokes	Mushrooms
Asparagus	Okra
Fresh Green Beans & Peas	Parsley
Broccoli	Peppers
Cabbage	Radishes
Cauliflower	Spinach
Celery	Summer Squash
Cucumber	Turnips - Onions

Combine proteins with green leafy and non-starchy vegetables.

Nuts and seeds on a salad.

Eggs and cheese with asparagus and spinach salad.

Enjoy baked or roasted potatoes with a full cup of steamed green beans and a side of raw or steamed zucchini squash.

Big green leafy salad with fresh herbs topped with beans or steamed frozen peas.

Steamed broccoli and cauliflower topped with spicy soaked and toasted nuts and seeds.

Include a salad on the side.

Cooked and cooled lentils tossed in spicy vinaigrette on top of a big green leafy salad.

Fish, meat, and eggs are easily paired with big green leafy salads and spicy toppers.

Acidic Combination

Acid Fruits

All Citrus Fruits
Cranberries
Currants
Gooseberries
Pineapples
Pomegranates
Strawberries
Tomatoes

Sub-Acid Fruits

All Stone or Pit Fruits
All Core Fruits
Blueberries
Fresh Figs
Grapes
Mangoes
Papaya
Raspberries

Sweet Fruits

Bananas
Carob
Dates
Persimmons
All Dried Fruit

Melons

Eat melons alone or leave them alone.

Cantaloupe
Honeydew Melon
Crenshaw Melon
Casaba Melon
Watermelon

Best not to eat PROTEINS with

STARCHES - no exceptions

FRUIT - exceptions - avocados and coconuts

- seeds and nuts - combine well with ACID FRUITS

Best not to eat any kind of FRUIT with STARCH - no exceptions

Best not to eat ACID and SWEET FRUITS together - no exceptions

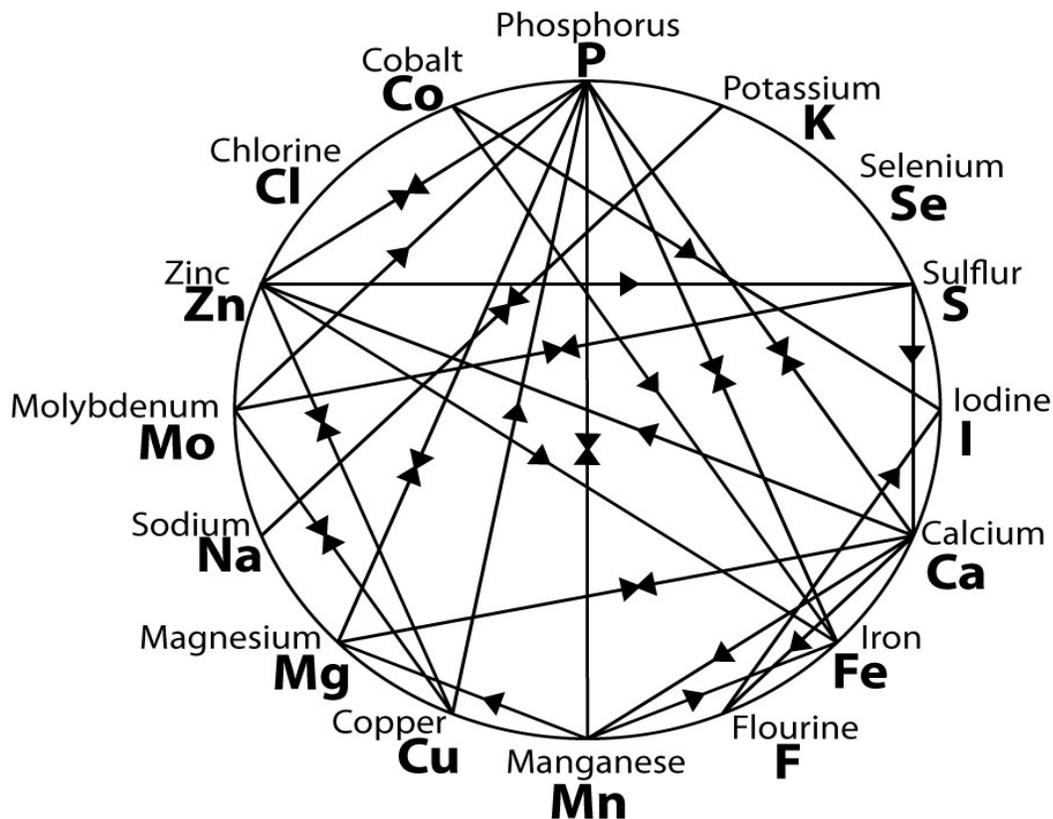
Best not to eat FRUITS and VEGETABLES together

Eat melons alone or leave them alone - no exceptions

Best for digestion, 1 PROTEIN or 1 STARCH at a meal.

Acid Alkaline Food Chart Notes

Vitamin and Mineral Absorption



This diagram is simply to show you a small part of the intricate relationship between vitamins and minerals and their actions inside every one of us. Vitamins and minerals work together to perform many roles and aid with energetic reactions that support life. Certain vitamins help with energy production and help cells multiply, keeping us alive. Vitamins and minerals also act as coenzymes and are synergistic allies in many enzymatic reactions. Coenzymes help to release energy from the foods we eat. The mineral content of foods will vary according to the amount of minerals in the soil in which the food is grown, as well as processing methods and type of cooking utensils used in preparing it (copper, aluminum, etc.).(1) (2)

Max Gerson, M.D. was a German-born American physician who developed the Gerson Therapy, an alternative dietary therapy that initiates the cure of most degenerative diseases. Gerson stated, "When you fix the healing mechanism of the body, the body is healing itself, not just one problem." A high-mineral, plant-based diet is the easiest way for the body to digest and absorb vitamins and minerals and initiate fixing the healing mechanism. Vitamins are both antagonistic and synergistic. In this chart, you can see how a vitamin deficiency can cause a chain reaction of many problems.

(1) David L. Watts, D.C., Ph.D., F.A.C.E.P.1, Nutrient Interrelationships Minerals — Vitamins — Endocrines, *Journal of Orthomolecular Medicine* Vol. 5, No. 1, 1990

(2) Davies I: *The Clinical Significance of the Essential Biological Metals*. M.B. London, 1921

What Processes In Our Bodies Do Minerals Influence?

- Delivery of oxygen molecules
- Blood pressure
- Electrical transmission of nerves
- Enzyme production
- Utilization of proteins
- Protection of immune system
- Coordination of muscles

Chemical and electrical processes require minerals to both alkalize and energize our bodies. Plant source minerals are more bioavailable when bound to amino acids. For years, vegetables and vegetable proteins were considered not enough protein. Now that you understand this information about minerals, you can say, "Kale is the new beef!"

Shilajit, one of the most potent plant-based mineral substances, is a decomposed plant matter that has been compressed between rocks for millions of years. Plant matter turns into a gummy substance that contains minerals and an ingredient called fulvic acid.

Hydrate Tonic - 2oz. Bottle

Contains: Shilajit Minerals, Fulvate Minerals, Sodium Chloride and Ancient Sea Minerals.

Hydration is important to every cell in your body. Hydrate tonic combines plant-based minerals with ancient sea minerals. Minerals activate your internal battery and charge up your body.

Hydrate tonic helps to decrease these symptoms and rejuvenate you:

- tired or sleepy feeling
- headaches
- dry skin
- dizziness
- dry mouth
- rapid heartbeat
- decreased urine output
- lazy attitude
- poor skin elasticity

Rasajit - 2oz. Bottle

Contains: Shilajit Minerals, Antioxidants, Fulvate Minerals

Minerals are electrolytes in your body that hold an electrical charge known as ions. A balance of electrolytes maintains the body's blood chemistry, muscle action, brain function and other processes.

Rasajit tonic energizes your internal battery, feeding your body's cells with plant-based minerals. Working with hydration, minerals promote health, help with pain relief, reduce allergy symptoms and reduce stress. Minerals have anti-inflammatory effects that help all of our body's systems work better.

Hair Analysis - Test for Minerals, Test for Toxins

Minerals are important to our nervous system, they are responsible for intracellular communication. The chemistry of life depends on our bodies having enough minerals.

Usually, hairs on your head grow for six years before falling out. Blood vessels feed the base of each strand of hair with vitamins, minerals and toxic elements.

What can I expect from my hair analysis?

Hair analysis can tell you what your metabolic type is and recommend the foods that will help your body heal itself.

Hair analysis can tell you if you have a low thyroid or adrenal fatigue.

Hair analysis helps you assess the accumulation of toxic heavy metals.

What do I need to do Next?

About two ounces of hair is collected from four parts of the scalp or private areas. The hair is cut as close to the skin as possible to give a current reading. Hair that has been colored cannot be used.

Ask for your hair analysis packet and we will be glad to send it off to the lab and get you started on a path toward better health.

Enzymes, Catalysts to Digestive Health

It's simple; it's not what you eat, it's what nutrients you absorb. Yes, healthier food choices matter, along with chewing, portion size and state of mind. But enzymes are a key factor in our digestive processes and our ability to be healthy. Uncooked fresh vegetables and raw foods have naturally occurring enzymes called food enzymes. This makes raw food easier to digest. In capsule form, food enzymes help to break down the components of food and help to boost our metabolism by delivering nutrients. We also have metabolic enzymes. They run our bodies and help to rev up your metabolism.

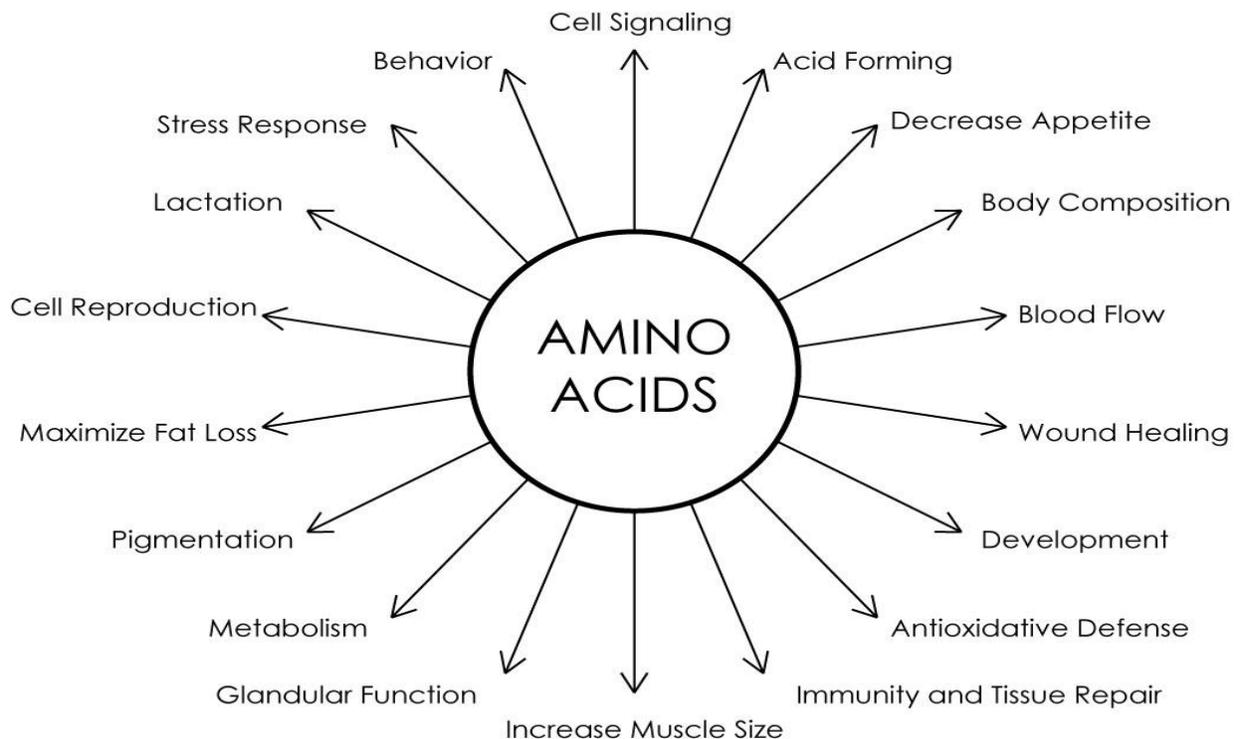
Different enzymes break down different components of foods. A combination enzyme taken before eating will help with digestion and help prevent gas and bloating. Enzymes that digest proteins may be taken with and in between meals. This is recommended to help cleanse the blood and increase the blood's ability to deliver oxygen and nutrients.

Acid reflux often occurs from a depletion of enzymes and a compromised system that is screaming for digestive help. You can't overdose on enzymes, so consult the list below and see what you think your body may benefit from. When you pay attention to your digestive processes, it is a step toward achieving your best health.

- **Amylase:** carbohydrate digestion (starches and other polysaccharides) to sucrose, lactose, and maltose. Amylase converts starches to sugar and dairy products to milk sugar.
- **Cellulase:** cellulose digestion. Cellulase enzymes help to digest fiber.
- **Protease:** breaks up proteins into amino acids. Protease enzymes are responsible for breaking down polypeptides (proteins) into absorbent amino acids that are used to feed our cells.
- **Pepsin:** produced in the stomach, in the presence of hydrochloric acid will split proteins.
- **Lipase:** digests fats and oils. Lipase enzymes digest fats into fatty acids and glycerol.
- **Lactase:** digests milk sugar. Lactase enzymes decrease with age, making it difficult for 65% of the population to eat dairy products as they age.

How do you know you need enzymes? The body cries out for help through pain and chronic inflammation. Inflammation manifests into disease states and is given a label. High blood pressure, diabetes, and arthritis are just a few of those labels.

The Many Actions of Amino Acids



This chart illustrates some of the many actions that amino acids perform. It will get you thinking. When we consume protein, it is broken down in our digestive system into individual amino acids, and then put back together again as new proteins. This complex biological process is called protein biosynthesis. The entire amino acid pool is transformed, or “exchanged,” three to four times a day. This is why the most amount of energy our body uses is for digestion.

In Gabriel Cousins’ book Conscious Eating, he describes how some people are able to metabolize proteins quickly and others metabolize them slowly. I share this information with you because you have the power to experiment. Pay attention! If you feel sluggish and weighed down after eating too much protein, make different choices. See how you feel.

Diet and exercise do matter, and your diet choices and the amount of food you eat have been clinically proven to affect how long you live and how healthy you are. Consider trying the three-day cleanse in this book and continue balancing your energy with food-combining and conscious choices.

Amino acids are organic compounds that combine to form proteins. Amino acids and proteins are the building blocks of life.

Trumbo P, Schlicker S, Yates AA, Poos M; Food and Nutrition Board of the Institute of Medicine, The National Academies. Dietary reference intakes for energy, carbohydrate, fiber, fat, fatty acids, cholesterol, protein and amino acids. *J Am Diet Assoc.* 2002;102(11):1621-1630. Escott-Stump S, eds. *Nutrition and Diagnosis-Related Care.* 6th ed. Philadelphia Pa: Lippincott Williams & Wilkins; 2008.

Knowledge is Power

Review the charts and lists on the next few pages and take note of the foods you like. What do you reach for? Do your food choices have more proteins? Notice the sugar content of the foods you eat and your energy after you eat them. This is your opportunity to experiment, understand, and pay attention. Be aware of the components of the food you eat. Use this knowledge to gain a level of sustained energy. Notice, your personal wellness revolves around your choices.

Regardless of the specific name brand diet you choose, vegan, vegetarian, or carnivore, choosing nutrient rich foods to create a balanced diet will get you on a path toward better health.

Healthy Protein Snacks:

- 1/4 cup almonds
- 1/4 cup hemp seeds
- 1/4 cup sunflower seeds
- 1/4 cup pumpkin seeds
- 1/4 cup tempeh
- miso soup

Healthy Vegetable Snacks:

- green beans raw or lightly steamed
- broccoli florets
- zucchini slices
- cucumber slices
- celery sticks

Low Sugar Snacks:

- avocado
- raspberries
- strawberries
- blackberries

Foods (1 cup Servings)	Calories	Carb (grams)	Fat (grams)	Protein (grams)
Almonds	828	30.82	71.40	30.24
Amaranth grain – cooked (no salt)	251	45.98	3.89	9.35
Avocado – raw	240	12.80	21.99	3.00
Beans, green snap – raw	31	6.97	0.22	1.83
Beans, green snap – cooked (no salt)	44	9.85	0.35	2.36
Beans, black – cooked (no salt)	227	40.78	0.93	15.24
Brazil Nuts	876	15.61	89.24	19.05
Broccoli – raw	31	6.04	0.34	2.57
Broccoli – cooked (no salt)	27	5.60	0.32	1.86
Carrots – raw	52	12.26	0.31	1.19
Carrots – cooked (no salt)	55	12.82	0.28	1.19
Cashews	1254	68.47	99.45	41.32
Celery – raw	16	3.00	0.17	0.70
Celery – cooked (no salt)	27	6.00	0.24	1.24
Chestnuts	445	100.18	2.84	3.70
Chia Seeds	1102	95.53	69.72	37.51
Chickpeas – cooked (no salt)	269	44.97	4.25	14.53
Cocoa, dry, unsweetened	196	49.79	11.78	16.86
Coconut	283	12.18	26.79	2.66
Coconut Oil	1879	0.00	218.00	0.00
Cornstarch	488	116.83	0.06	0.33
Cucumber	16	3.78	0.11	0.68
Dates	502	133.50	0.69	4.36
Eggplant – raw	20	4.82	0.15	0.80
Eggplant – cooked (no salt)	35	8.64	0.23	0.82
Endive – raw	8	1.68	0.10	0.62
Figs – raw	371	95.00	1.00	5.00
Flax Seeds	897	48.52	70.83	30.73
Flour, chickpea	356	53.19	6.15	20.60
Flour, sorghum	434	92.73	4.04	10.20
Flour, white rice	578	126.61	2.24	9.40
Goji Berries	352	76.12	1.96	15.48
Hazelnuts	848	22.54	82.01	20.18
Hemp Seeds – raw	720	8.00	60.00	40.00
Honey	1031	279.34	0.00	1.02
Jicama – raw	49	11.47	0.12	0.94
Kale – raw	8	1.40	0.15	0.68
Kale – cooked (no salt)	36	7.32	0.52	2.47
Leaf Lettuce	5	1.03	0.05	0.49
Lentils – cooked (no salt)	230	39.86	0.75	17.86
Lentils – sprouted	32	17.05	0.42	6.90
Macadamia Nuts	962	18.52	101.53	10.60

Foods (1 cup Servings)	Calories	Carb (grams)	Fat (grams)	Protein (grams)
Maple Syrup	819	211.18	0.19	0.13
Millet -cooked	207	41.19	1.74	6.11
Miso	547	72.79	16.53	32.15
Molasses	977	251.84	0.34	0.00
Mushroom, Portabella – raw	19	3.33	0.30	1.81
Mushroom, Portabella – grilled	35	5.37	0.70	3.97
Mustard Greens – raw	15	2.62	0.24	1.60
Mustard Greens – cooked (no salt)	36	6.31	0.66	3.58
Oats	607	103.38	10.76	26.35
Olives, Black	142	8.00	13.00	1.00
Olives, Green	172	7.94	16.57	1.35
Onion	64	14.94	0.16	1.76
Peanut Butter, w/out salt	1543	57.56	132.51	57.30
Peanuts	828	23.55	71.89	37.67
Pecans	684	13.72	71.25	9.08
Pine Nuts	909	17.66	92.30	18.48
Pistachios	691	33.84	55.83	24.93
Potato, white – baked	138	26.07	2.79	3.09
Pumpkin – raw	49	12.00	0.17	1.76
Pumpkin – cooked (no salt)	30	7.54	0.12	1.16
Pumpkin Seeds	721	13.82	63.27	39.00
Red Pepper	29	5.55	0.28	0.91
Rice, long grain brown – cooked	216	44.77	1.76	5.03
Rice, long grain white – cooked	205	44.51	0.44	4.25
Sesame Seeds	825	33.77	71.52	25.53
Spinach – raw	7	1.09	0.12	0.86
Spinach – cooked (no salt)	41	6.75	0.47	5.35
Split Peas – cooked (no salt)	231	41.36	0.76	16.35
Sunflower Seeds	818	28.00	72.04	29.09
Tempeh	320	15.59	17.93	30.78
Walnuts	654	13.71	65.21	15.23
Zucchini	21	3.86	0.40	1.50

Values based on the United States Department of Agriculture Agricultural Research Service National Nutrient Database for Standard Reference Release 27. Values will vary slightly based on size, ripeness, etc.

Good Fats and Bad Fats

	Unsaturated Plant-Based Fats: Nuts, Seeds, Greens & Beans	Saturated Animal Fats, Hydrogenated Oils
Cell Membranes	Support and are essential for healthy cells	Clog up and decrease cell function
Hormones	Enhance & help balance hormone production	Block/clog up hormone production
Inflammation	Reduce inflammation	Create and encourage inflammation
Heart Disease	Raise HDL "good" cholesterol	Raise LDL "bad" cholesterol
Omega-3 Fatty Acids	Put in tissues and conserve Loaded with good absorbable Omega-3	Reduce good fat levels in tissues Makes the body work harder
Diabetes	Help cleanse insulin receptors	Block insulin receptors
Immune System	Enhance and support	Depress/clog

The Harvard School of Public Health reports:

All fats are not created equal. Choose foods with healthy fats, limit foods high in saturated fat and avoid foods with trans fat.

“Good” fats, mono-unsaturated and polyunsaturated fats lower disease risk. Foods high in good fats include vegetable oils, nuts and seeds. “Bad” fats, saturated, and especially trans fats, increase disease risk. Foods high in bad fats include red meat, pasteurized butter, cheese and ice cream, as well as processed foods made with trans fat from partially hydrogenated oil.

The key to a healthy diet is to choose foods that have more good fats than bad fats. Use coconut oil (instead of most oils) for pan frying and sautéing and decrease all animal products. Read labels and don't eat foods that contain trans fats or partially hydrogenated oils.

We do not catch diseases. We create them by breaking down the body's natural defenses according to the way we eat, drink, think, and live.

Notes for Good Fats and Bad Fats

Sugar: How Sweet Is It?

I once spoke to a group of women about the many nasty side effects of sugar. I shared information about the hardening of our internal organs, the lack of ability to stay level all day and the empty calories. But what made them sit up in their chairs and gasp, was this simple truth: "Sugar causes wrinkles." So, this became my anti-sugar mantra. Don't think it's the only thing that causes wrinkles, though, because that's far from the truth. The most difficult thing for people to grasp is that all carbohydrates turn to sugar during the digestive process. When you add more sugar to your diet, plus eat foods high in carbohydrates (such as pasta, breads, dried fruits and fruits in general) you really are on a sugar high. Since all foods have calories, we need to eat foods that give us a slow and steady energy burn, low in sugar and carbohydrates and high in nutrients and fiber. How sweet is that?

Happy Natural Sugar Alternatives... use your judgment, experiment with moderation and joy.

- **Stevia**, a plant that is 200 times sweeter than sugar and contains no calories. Some complain of an aftertaste but I say, "no calories, sweet taste." Try it. Just remember, all stevia is not created equal.
- **Whole stevia leaf** contains stevioside, a proven health benefit. But using certain brands of stevia that have been processed and altered with chemicals and white sugar are not good. The best thing you can do is grow your own plants and harvest them. Dry them and use the leaves. If growing your own stevia plant is not an option, read labels to find the least processed stevia products.
- **Birch sugar Xylitol**, a healthy natural sugar that boosts immunity, heals and repairs and has anti-aging benefits. Xylitol is a sugar replacement with 40% less calories. It has blood sugar balancing benefits and tooth decay fighting properties. Use Xylitol with caution. For some people, it may have a laxative effect. This sweetener may originate from birch bark or corn products; make sure you know its origin.
- **Date sugar**, dehydrated dates ground into powder. Can be used as a substitute for brown sugar in any recipe. (It is so sweet, use 1/3 less). Benefits include antioxidants and fiber.
- **Blackstrap molasses** contains concentrated minerals, highest in potassium with significant amounts of iron, calcium, magnesium, manganese and copper. Dilute one tablespoon Blackstrap molasses in warm water as an afternoon pick-me-up.

- **Honey**, a byproduct of a lot of hardworking bees. When eaten raw, honey has over 5,000 enzymes, antioxidants, is antibacterial and has been proven to increase athletic performance. Although honey is natural and a good choice, too much of a good thing is still too much. Honey is high in carbohydrates!
- **Maple syrup**, a maple tree sap that is collected and boiled down. During this process, the nutrients remain, making it a sweet nutrient-rich liquid. Try maple syrup in a summer herb tea, you will be sweetly surprised.
- **Monk fruit**, indigenous to China and Thailand. This green, round melon-looking fruit is 300 times sweeter than sugar and has fewer calories. Watch out; it sure is pricey! Experiment with monk fruit in baked goods, smoothies and hot drinks.
- **Coconut sugar**, the boiled and dehydrated sap from cut flowers of the coconut palm tree. A tasty light brown sugar offers the same number of carbohydrates and calories as table sugar and boasts more nutrients. Coconut sugars advantage over table sugar: inulin, a type of dietary fiber that feeds the good bacteria (probiotics) in your digestive tract.
- **Chicory root sugar** is derived from the root of the chicory plant. Naturally, it contains B-vitamins and trace amounts of vitamins A and C. The root fiber helps to balance blood sugar and may help to prevent constipation. Like coconut sugar, it contains inulin which helps to maintain a healthy balance of bacteria in the colon. Plant-based fiber has also been scientifically proven to lower blood cholesterol levels. Check the label to see whether the sweetener contains just chicory root or other added sugars. Tastewise, chicory root is very similar to white sugar, unlike stevia. When baking, the same amount of chicory root sugar can be substituted for white sugar in any recipe. When using chicory root in baking, I usually use half organic sugar and half sugar substitute. Chicory root is said to help create good texture in baking recipes.

I suggest you try one new sugar at a time to see which one pleases your taste buds.

Probiotics

A microbe war is going on in my gut, Oh My!

This may sound a bit dramatic to you, but really there is a constant struggle for balance going on in our digestive systems. Our digestive tract is the home to 75% of our immune system. The immune system is your body's defense system, which has the ability to fight off disease and decrease stress on your entire body.

Healthy gut flora, along with probiotics, help our digestive systems function optimally by aiding in the digestion of plant cellulose, (plant skeletal fiber) and balancing our immune systems. We often don't think about this, but our bodies process and utilize the foods we eat through digestion, turning the foods we choose to eat into usable nutrients that affect every process and synapse that our brain unconsciously does or doesn't do.

Probiotics have also been found to influence the activity of hundreds of your genes, helping them to express in a positive, disease-fighting manner.

Clinical studies show that depression and gut health are connected.

Probiotics boost pets' immunity, support their digestion, aid metabolism, improve nutrient production and absorption and promote oral health.

"Probiotics can improve intestinal function and maintain the integrity of the lining of the intestines," says Stefano Guandalini, MD, Professor of Pediatrics and Gastroenterology at the University of Chicago Medical Center.

Often people go on a temporary health kick and feel better. This is because the healthy foods they are now eating take the heavy, hard-to-digest load off the digestive tract. As a local once said to me, "It's like I started putting high test gasoline in my body and now when I go back to putting cheap gasoline in, my engine doesn't run as well."

The most amount of energy that our bodies use every day is during the process of digestion. If you choose foods that are easier to digest, you will have a clearer mind and extra energy for the rest of the tasks you choose to do.

Yes, many external factors play a part as well, but if you feel better, you have more energy, and you are happier. Wouldn't you make the healthier choices that ultimately lead to a healthier life style?

What is Candida?

Candida is a parasite, a type of fungus that normally lives in balance on our skin and in our digestive tract. Don't worry; many different types of bacteria are found in and on our bodies naturally.

Candida, like any other parasite, is an opportunist. With the right environment and excess food supply, this fungus can get out of control and become a systemic nuisance. Sugar in any form feeds the candida. Sugar helps to create the acidic environment that this bacteria and fungus thrive in. The over-abundance of fungus in our system blocks our receptors and our bodies cannot absorb nutrients or function at optimal levels. Simply put, "you are out of balance." I tell my patients, "Too much of a good thing is still too much."

So how do you get the balance back? Search for the cause and control the input. Create the balance, through consciousness of what you eat, how you think and how you choose to react.

You know this is true, because when you eat too much, you don't feel good. Your system is overloaded, out of balance and, to some extent, poisoned.

Every system of medicine applies modalities to assist you in getting the balance back. The systems that regulate the functions of our bodies strive to balance all the time. The interesting thing is everyone's balance is different and requires different approaches to get the desired result. This depends on how far you have let your body get out of balance, and if your system has enough strength to come back and achieve balance.

Questions to Consider

- Do I have candida? ("What is that?" you may ask, or you may sigh and think, "Probably so.")
- Why don't I feel good?
- Why do I have skin issues?
- Why can't I think straight?
- Why can't I remember stuff?
- Why am I so gassy and bloated?
- Why does my heart race?
- Why am I so tired all the time?

Having done fasting and green food cleanses, I remember how great my body feels when it is in balance. If I have a symptom that clouds my system, I tune in and think, "What do I need to do to get back to when I floated in my body?" For me, it has always been changing my diet and listening to my body that creates a healthy balance.

- Eat light healthy choices
- Food combine
- Decrease acidity
- Get rest and drink water

Activated Charcoal

Toxins are poisons. They can be accumulated over a period of time or come from a sudden intense exposure.

Accumulations of toxins pollute our bodies and rob us of our health. The easiest way to help you get rid of toxins and return to health is to take activated charcoal on a regular basis and avoid further toxin exposure.

Charcoal creates a beneficial filtering reaction. How does it work? Activated charcoal is a highly absorbent material with a negative electric charge that attracts positively charged, unwanted toxins and gases. Under a microscope, it has millions of tiny pores that fill as the electrical charge binds and removes poisons, heavy metals and chemicals.

There are no specific test results or proof that I have found to figure out exactly how long, what and when charcoal absorbs these toxins. I follow my trusted pharmacist's directions and take it two hours away from any drug or nutrient. That is why I suggest taking two caps before bedtime. You will, however, need more when you do a cleanse.

Some of Activated Charcoal's Many Benefits

- **Has anti-aging and detox properties:** Studies show activated charcoal prevents changes associated with aging, adrenal glands and kidney function. Gerontologists discovered its powerful anti-aging properties in a study that showed activated charcoal increased the average lifespan of older test animals by approximately 34%. ¹
- **Supports brain health:** Activated charcoal helps to slow the rate at which the brain becomes increasingly sensitive to toxins as you age. It cleanses the brain, so it helps you think clearer as you get older. Through its ability to absorb toxins, charcoal improves the functioning of essential organs such as the liver, kidneys and adrenal glands.
- **Eliminates bad breath, body odor and skin ailments:** Natural health teaches us that most rashes are from excess heat in the body, often caused by overloading our filtering system, the liver. Activated charcoal has the ability to decrease inflammation, thereby decreasing heat in the body. Body odor and bad breath are usually a result of toxins attempting to leave the body through the only elimination channel available.
- **Reduces flatulence and diarrhea:** In my practice, I have seen many patients that are never well after antibiotic use or gallbladder surgery. They battle with uncontrolled flatulence and diarrhea. This often leads to a decrease in their ability to perform daily activities or leave their homes. Activated charcoal helps them get back on track and give them their lives back. ³

- **Improves heart health:** Activated charcoal helps lower the amount of total lipids, cholesterol and triglycerides in your blood, liver, heart and brain. In a study where patients with high cholesterol took 2 grams of activated charcoal, three times a day, patients showed a 25% reduction in total cholesterol and doubled their HDL/LDL cholesterol ratio. Studies examining microscopic tissues showed that a daily dose of activated charcoal helps prevent abnormal hardening (or sclerosis) in heart coronary blood vessels.⁴

1. V. Frolkis, et al., "Enterosorption in prolonging old animal life." *Exp. Gerontol.* 19; 217-25, 1984.
2. E.P. Krenzelok and M. B. Heller, "In vivo comparative effectiveness of live commercial activated charcoal products." *Vet. Hum. Toxicol.* 28; 498, 1986.
3. J. A. Riese and F. Damrac, "Use of activated charcoal in gastroenterology: value for flatulence and nervous diarrhea." *J. Am. Ger. Soc.* 12: 500, 1964.
4. P. Kuusisto, et al., "Effect of activated charcoal on hypercholesterolemia." *Lancet* 16:366-67, August 1986.



Cleanse Questions

Yes No

- _____ _____ Do you drink less than 75 oz. of water a day?
- _____ _____ Do you smoke or use alcohol regularly?
- _____ _____ Do you wake up tired?
- _____ _____ Do you have skin issues: acne, boils, psoriasis?
- _____ _____ Do you have allergies, allergic reactions?
- _____ _____ Do you have low energy?
- _____ _____ Do you have difficulty staying focused?
- _____ _____ Do your bowels move twice a day?
- _____ _____ Do you have frequent gas, belching?
- _____ _____ Do you have joint pain?
- _____ _____ Do you have headaches?
- _____ _____ Do you feel bloated and puffy?
- _____ _____ Do you eat less than 6 servings of green leafy vegetables a day?
- _____ _____ Do you have trouble sleeping?
- _____ _____ Do you have depression or mood changes?
- _____ _____ Are you impatient and angry?
- _____ _____ Do you find that you can't remember names, can't think of words?
- _____ _____ Do you have hot flashes?
- _____ _____ Do you have Hypothyroid / Hyperthyroid?
- _____ _____ Do you crave sweets?
- _____ _____ Do you have an inflammatory disease, high blood pressure, diabetes, arthritis, IBS, colitis?

Cleanse Transitions

How to Transition In or Out of a Cleanse

When motivating yourself to start a cleanse, ease in with simple transition foods, such as a healthy soup or topper snacks (recipes to follow in the next few pages). Don't be too hard on yourself. Be kind but determined! Create a plan that will get you conscious and involved. Plan to drink more water and get some exercise. Plan to have a healthy soup for three days straight. This will help you discover what you like and give you confidence to create foods you love. Oh yes! It really is that simple. Take your time, plan ahead and remember that any time you fast, it is between you and your higher power. Controlling your fears takes consciousness and determination.

When you finish a cleanse, you should ease back into your previous diet or cooked diet choices, slowly, with grace. If you like the Ultimate Breakfast, and you feel good when you eat it, remember that you can have it every day. The Ultimate Breakfast can be modified. Switch your juice and/or switch the ground nuts and seeds. Make the crunchy pudding that you prefer. Plan a soup and salad dinner. Make sure you get the nutrients and proteins you need. Healthier choices get you on the road toward better health, with new habits that create a lifestyle change.

Dancing Green Smoothies

- 1 cup nut or seed milk
- 1 Tbs. superfood of choice
- ¼ cup raw, soaked nuts or seeds (minimum 6 hours)
- ½ avocado
- ¼ to 1 cup of water

Choose one of the following leafy greens: 3 cups spinach, 2 large kale leaves, or 2 handfuls salad greens. Pick and choose; experiment with your ingredients. Blend to preferred consistency.

Try a Smoothie-A-Day!

Sunday Heart-Centered Smoothie!

- 1 cup almond milk
- 1 cup frozen peaches
- 2 cups spinach or kale leaves
- 1 cup ice
- ¼ tsp cinnamon
- ¼ tsp nutmeg
- pinch of cayenne
- pinch of pink Himalayan salt

Place all ingredients in a blender, whip up with joy. Be careful to add and taste the amount of cayenne consciously! Serves 1-3

Monday, Brain Builder with Spice!

2 Tbs. walnuts
2 Tbs. goji berries
2 Tbs. chia seeds or flour
1 cup almond milk
1 Tbs. cocoa
dash of cayenne
pinch of pink Himalayan salt
add more liquid to preferred consistency

Soak walnuts and goji berries in ¼ cup water overnight in refrigerator. Place almond milk in blender with all ingredients and whip. Be careful to add and taste the amount of cayenne.

Serves 1

Tuesday, Immune Boost Smoothie!

2 cups plain coconut milk
1 cup blueberries
2 Tbs. hemp seeds
2 cups spinach
1 cup ice cubes
pinch of pink Himalayan salt
Stevia to taste

Place the coconut milk and other ingredients in blender or Vitamix and whip to perfection.

Serves 1-2

Wednesday, Lung Health Smoothie!

2 cups apple juice (fresh is best)
2 Tbs. chia seeds
1 Tbs. Diatomaceous earth
pinch of pink Himalayan salt
1 cup ice cubes

Blend or shake in a glass jar!

Serves 1-2

Thursday, Soothing Digestive Smoothie!

1 cup fresh pineapple
1 cup coconut milk
¼ tsp ground ginger
2 Tbs. hemp seeds
pinch of pink Himalayan salt

Place the coconut milk, pineapple, and other ingredients in blender or Vitamix and whip to perfection. Serves 1-2

Friday, Kidney Health Smoothie!

1 cup frozen or fresh banana
2 cups coconut or almond milk
2 Tbs. chia seeds
1 tsp. Blackstrap molasses
½ tsp. cinnamon
pinch of pink Himalayan salt

Place the coconut milk, banana and other ingredients in blender or Vitamix and whip to perfection.
Serves 1-2

Saturday, Detox Smoothie!

2 cups almond milk
2 Tbs. pumpkin seeds (raw and soaked)
2 cups kale leaves
2 Tbs. hemp seeds
1 Tbs. Diatomaceous earth
pinch of pink Himalayan salt

Place ingredients in blender or Vitamix and whip to perfection.
Serves 1-2

3-Day Mini Superfood Cleanse

This 3-Day Mini Superfood Cleanse should be fun and stress free! Think of it as a food, feel good, 3-day, fast dance party!

So . . . What are you going to eat?

Healthy superfoods that are easy to digest, and in the process help decrease inflammation. YES! This will take the stress off your digestive system and allow your body to digest with grace and ease.

Superfoods are high in nutrition and full of energy to build your life force. This is a 3-day mini-fast that can be stopped at any time. A pantry of healthy foods, music and time to rest are some of the important ingredients that will allow the body to shift, cleanse and focus on detox.

Plan ahead so you don't have distractions and your body has time to rest and cleanse. Maybe start on a Wednesday gathering and preparing foods, getting unhealthy foods out of your refrigerator. If you are addicted to caffeine, plan on reducing your intake before the cleanse, then use the cleansing time to kick the habit. Stress is the number-one cause of disease so get organized, and you won't stress! Read over the next few pages and the cleanse outline. Clean out your refrigerator. Get rid of old foods and start a new cycle of choice. Lock up your sweet snacks and not-so-healthy, comfort foods. Remember that you choose what goes in your mouth. Tell yourself this is for right now, not forever. This is your choice today.

The night before you start, soak your seeds for the Ultimate Breakfast recipe below. Take two charcoal capsules with an 8-ounce glass of water.

Ultimate Breakfast

½ cup sunflower seeds

½ cup walnuts

½ cup sesame seeds (or chia, pumpkin, etc.)

½ cup pecans (or almonds, etc.)

Grind nuts and seeds in food processor until fine and cover with organic cranberry, pomegranate or black cherry juice. Place in the refrigerator overnight.



Cleanse Check In

Make a few notes here about how you feel in your body.

- Do you have pain?
- Do you have self-sabotaging thoughts?
- Are you short of breath?
- Are you craving sugar?

3-Day Mini Superfood Cleanse Pantry List:

If you are allergic to nuts, think seeds. (Soaking nuts and seeds will make them easier to digest and make their proteins more easily absorbed.) If you can't do either, eat like a cow: greens and low-glycemic grains or a pea protein. Try to purchase organic items if possible.

1 fresh, ripe pineapple
4-6 apples
4-6 lemons
Fresh salad greens
1 zucchini
1 head celery
Lakewood fresh pressed pure cranberry juice or pure pomegranate juice
16 oz. chia seeds
16 oz. sliced, raw almonds (not toasted)
16 oz. walnuts
Hemp seeds
Raw sunflower seeds
Raw pumpkin seeds
Raw coconut
Unsweetened coconut milk
Herb teas
Filtered water
Activated charcoal capsules
Stevia (for sweetener)



If you don't like something on the cleanse supply list, you can do without it.

Reach for healthy substitutions like organic cherry juice instead of cranberry.

How long does it take chia seeds to gel? This depends on the temperature of the water.

What size serving of toppers can I use on my salad? Remember, too much of a good thing is still too much – $\frac{1}{4}$ cup or less.

Mini Cleanse Notes

Day One

Breakfast

- 7 am:** Drink 8 oz. water with ¼ lemon
- 8 am:** Chew, chew, chew! ½ cup Ultimate Breakfast
- 9 am:** Herb tea and ½ cup pineapple
- 10 am:** 8 oz. water with 1 tsp. chia seeds

Lunch

- Noon:** 8 oz. water with 1 tsp. chia seeds
- 1 pm:** Dancing green smoothie (Page 35).
Drink slowly and chew the smoothie.
The first step of digestion is mixing saliva with your food.
Chew! When you chew, it registers in your brain that you ate.
Chewing activates your digestive system.
- 3 pm:** Apple
- 4 pm:** Herb tea and nut snack

Dinner

- 6 pm:** Big green salad with toppers (see Page 46).
- 8 pm:** Chia water
If you are hungry before bed, drink chia water and dance to release toxic build up and toxic thought patterns.
- 10 pm:** Chia water, take 2 charcoal capsules and rest well. Curb anxiety with 3 deep breaths and reset your mood. Try Brain Wave Vibration (Page 56).

Day Two

Breakfast

- 7 am:** Drink 8 oz. water with ¼ lemon
- 8 am:** Chew, chew, chew! ½ cup Ultimate Breakfast
- 9 am:** Herb tea and ½ cup pineapple
- 10 am:** 8 oz. water with 1 tsp. chia seeds

Lunch

- Noon:** 8 oz. water with 1 tsp. chia seeds
- 1 pm:** Salad fit for a queen! 4 cups lettuce greens, topped with cut up celery and zucchini. Squeeze a ½ lemon on top, then top with 2 Tsp. hemp seeds.
- 2 pm:** Chia water
- 3 pm:** Apple
- 4 pm:** Herb tea and nut snack

Dinner

- 6 pm:** Dancing green smoothie. Call it the superfood shake up!
- 8 pm:** Chia water
- 10 pm:** Chia water, take 2 charcoal capsules.
Get the rest your body needs. Release energy by dancing to release toxic build up and toxic thought patterns.

Day Three

Breakfast

- 7 am:** Drink 8 oz. water with ¼ lemon
- 8 am:** Chew, chew, chew! ½ cup Ultimate Breakfast
- 9 am:** Herb tea and ½ cup pineapple
- 10 am:** 8 oz. water with 1 tsp. chia seeds

Lunch

- Noon:** 8 oz. water with 1 tsp. chia seeds
- 1pm:** Dancing green smoothie (congratulate yourself; you made it to day 3!)
Spice up that smoothie. Plan to have a smoothie lunch 3 times a week, and you will create a new healthy habit.
Chew, chew, chew!
- 3 pm:** Apple
- 4 pm:** Herb tea and nut snack

Dinner

- 6 pm:** Salad fit for a king. Big green salad. Try a toasted almond nut topper.
- 8 pm:** Chia water
Plan to eat light the next few days. Integrate raw soups.
- 10 pm:** Chia water, take 2 charcoal capsules.
Make Brain Wave Vibration (Page 56) part of your evening regimen. You will sleep better and have more focus throughout the next day.

Household Tips to Decrease Toxins in Your Home and Your Body!

Create healthier, homemade cleaning products and save money, too. The skin is the body's largest organ. Chemicals in shampoo, conditioner, body lotions, perfumes and makeup touch our skin and are absorbed into our bodies. Our liver and our lungs are responsible for filtering over 400 toxins a day. Reach for healthier personal and household cleaning products, and your liver and lungs will have fewer toxins to filter; your body will be less toxic.

Baking soda solutions make an excellent face scrub. Use white vinegar diluted with water for a hair rinse, shower cleaner, floor shine and window wash. From countertops to toilets, sprinkle on baking soda or white salt and scrub. The perfect spot remover is dish soap, baking soda and club soda.

Other inexpensive cleaning products include:

- liquid castile soap or Sal Suds
- white salt
- baking soda
- borax
- hydrogen peroxide
- lemons

Hairspray Recipe

1 cup water
3 Tbsp. white sugar
2 Tbsp. plain, unflavored vodka

Dissolve sugar in boiling water (whisk until clear).
Dump out your toxic hair spray and replace with this new, natural hair spray.

Body Sugar Scrub

¼ cup oil (organic coconut or olive oil)
½ cup sugar

Mix in a wide mouth jar, use in the bathtub or shower.

CAUTION: Floor may become slippery.

Moisturizing Facial

½ cup plain yogurt
1 Tbsp. olive oil

Just add the oil to your small yogurt container and stir. Apply to clean face and let sit for 5 minutes, rinse with cool water. Look at your face glow!

What are GMOs (Genetically Modified Foods)? Why Worry About GMOs?

Hybridization is a way to breed or combine the best to achieve a stronger plant or specific dog breed, etc. Hybridization uses natural elements.

Genetic engineering involves the combining of two different species (that don't cross or coexist in nature) at the genetic code level in a laboratory.

GMO foods contain foreign proteins that are not recognizable to our bodies. There are three different kinds of foreign proteins and chemical residues. There have been no studies to determine how much of the herbicides and pesticides that are genetically engineered into the crops remain inside the plant. No one has ever measured or knows the residue that reaches our dinner plate.

When you eat a GMO plant protein, you are eating **Bt toxin**, a registered toxin with the Environmental Protection Agency.

GMO plants are Roundup-ready; they are genetically designed to grow in an environment that has been sprayed with a powerful pesticide. Roundup gets into the soil, kills bugs and earth worms and stays on the plant. A problem with Roundup is it contains a chemical which destroys our gut bacteria, **glyphosate**.

Scientific studies show **Clostridium botulinum**, **Salmonella**, and **E. coli** bacteria, "the bad guys," are able to survive glyphosate in the gut, but the "good guys" in your digestive tract, protective **microorganisms**, **bacillus** and **lactobacillus**, for instance, are compromised and killed off.

Glyphosates also inhibit cytochrome P450 (CYP) enzyme this is an overlooked component of its toxicity to mammals. CYP enzymes play crucial roles in biology, one of which is to detoxify xenobiotics. Glyphosate enhances the damaging effects of other foodborne chemical residues and environmental toxins. The negative impact on the body manifests slowly over time as inflammation.

Genetically modified foods get further processed into a variety of ingredients. These high-risk ingredients are typically present in packaged products as:
Amino acids, alcohol, aspartame, ascorbic acid, sodium ascorbate, citric acid, sodium citrate, ethanol, flavorings ("natural" and "artificial"), high-fructose corn syrup, hydrolyzed vegetable protein, lactic acid, maltodextrins, molasses, monosodium glutamate (MSG), sucrose, textured vegetable protein (TVP), xanthan gum, vitamins, vinegar and yeast products.

**Get passionate about food! Want to eat healthy?
Avoid GMOs and avoid sugar altogether!**

Toppers

Toppers are an easy way to add extra flavors, textures and nutrients to any dish. Create an herbal sprinkle that opens your taste buds and fills your senses with flavors. Conscious awareness of our sense of taste and our sense of fullness improves with practice. Practice tuning in to the many toppers and flavors in your kitchen, and you will achieve new culinary delights!



Kale Toppers

1 bunch of kale, about 4 cups

Kale Coating:

3 Tbs. of Bragg Liquid Aminos

2 tsp. chickpea miso

2 Tbs. water

Blend kale coating ingredients in food processor. Wash and strip kale from stalks (de-stem). Let dry a bit, and then toss in coating mixture and massage kale. Oil the dehydrator trays to prevent the kale from sticking. Lay out coated kale leaf pieces on dehydrator sheets leaving space between them. Dehydrate 3-5 hours or until crisp. Use as a topper on soups, salads or anything else you choose.

Herbal Chickpeas

Drain a can of chickpeas and rinse with water. Sprinkle with herbs and spices of your choice. Use Greek herbs (oregano, onion and garlic) and a splash of cayenne. Top a salad or surprise someone you love with a tray full of these tasty toppers.

Dehydrated Onion Rings

Slice red onion into thin slices and separate rings. Lay out on dehydrator sheets. Dehydrate for 6-8 hours until onion rings are crisp. Keep dried onions in an airtight jar. Have fun sprinkling these delicious delicacies on as many dishes as you desire.

Easy Fake Bacon

1 cup large flake organic coconut
2 Tbs. organic tamari

Toss together and let rest for 20 minutes. Bake at 400° until crisp and brown. (Approximately 10-15 minutes.)

Spicy Dehydrated Almond Slices

In the refrigerator overnight, soak sliced almonds in filtered water. In the morning, rinse and spread out on dehydrator sheets. Sprinkle with cayenne pepper and pink Himalayan salt. Dehydrate 6-8 hours until almonds are crisp. These spicy toppers are a spark on top of any salad or soup.

Omega Kick (Healthy Topper)

1 Tbs. nutritional yeast
1 Tbs. hemp seeds
1 Tbs. chia seeds
1 smidgen cayenne pepper
1 pinch pink Himalayan salt

This is a healthy, spicy, cheesy topping you can keep in the fridge and use to perk up almost any dish. Nutritional yeast is cultured with beet molasses. It makes a great cheese substitute and is high in protein, B-vitamins and has a salty flavor with no sodium.

Toppers Notes

Happy Snacks!

1 cup nuts or seeds, or mix & match
2 Tbs. Bragg Liquid Aminos
Sprinkle with cayenne pepper
Sprinkle with pink Himalayan salt

Soak nuts 48 hours; soak seeds 6 hours in filtered water in the refrigerator. Rinse and drain. Toss in Bragg Liquid Aminos. Spread out on a baking tray and sprinkle with cayenne pepper and salt. Bake at 350° for 20-30 minutes, turning the seeds with a spatula and shaking the pan so the seeds separate and brown evenly. These are the perfect road trip food!

Serves many.



Why soak nuts and seeds?

Raw nuts and seeds are coated with enzyme inhibitors. This is the special coating that prevents the seed from growing. Enzyme inhibitors also prevent our digestive system from absorbing the maximum amount of nutrients from raw nuts and seeds. When a seed sprouts, it contains a new life force energy and new concentrated nutrients. So, soaking your nuts and seeds increases your ability to digest them and allows more nutrients to be assimilated. Remember, you are not just what you eat, you are what you assimilate!

Soak your seeds a minimum of six hours or overnight in clean water in the refrigerator. Rinse the seeds several times and check for small pebbles or foreign debris. Drain them well and toss with your favorite spices, then dehydrate or bake them in the oven.

Seed Cheese with Flair

1 cup sunflower seeds, soaked a minimum of 6 hours
2 Tbs. olive oil
Up to 2 Tbs. filtered water to achieve preferred consistency
pink Himalayan salt to taste

Blend the seeds and olive oil together in a food processor. Add water to achieve the desired consistency. Add salt to taste and put into a bowl or mold and serve! Keeps 3-5 days refrigerated.

Serves 4

This is a vegan seed cheese that can be eaten flavored or plain on a spicy cracker. This recipe can also be watered down to create a dip or used as a creamy alternative in a salad dressing.

Here are some suggestions for flavors that will spice up your life!

Italian Seed Cheese

3 hydrated sun-dried tomatoes
¼ tsp. dried oregano
¼ tsp. dried basil

Greek Seed Cheese

juice of ½ lemon
¼ tsp. dried oregano
¼ tsp. dried onion flakes
¼ tsp. dried garlic flakes

Indian Curried Seed Cheese

¼ tsp. garam masala
¼ tsp. curry
3 turns fresh ground pepper

Use cookie cutters to create vegetable chips!
Take your seed cheese on a picnic; it travels great!



Ginger Almond Soup

(a blended soup that you will crave)

½ cup sliced almonds, browned (to garnish soup with color and crunch)

2 cups unsweetened almond milk

½ cup celery

2 Tbs. chia flour

¼ cup unsweetened almond butter

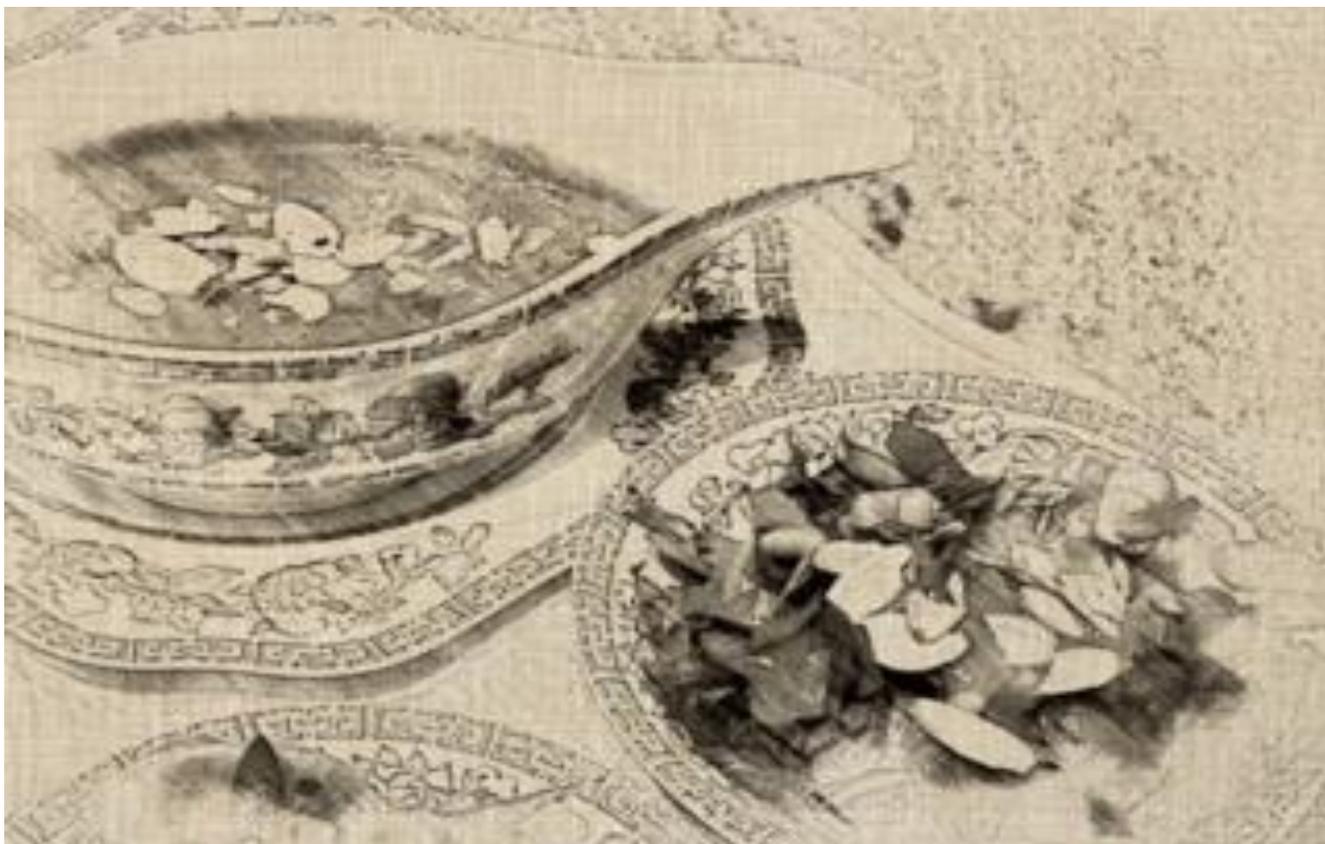
½ -1" piece of fresh ginger root (reserve half to adjust the amount of ginger root flavor to your preference)

¼ tsp. pink Himalayan salt

1 Tbs. maple syrup

1 dash of cayenne pepper (more if you like)

Organize all your ingredients and set the table. Place almond milk in a pot on the stove; turn heat on very low. Add other ingredients to a high-powered blender. When almond milk is warm and just about to scald, remove from heat and carefully pour it in the blender on top of all the other ingredients. Whip your soup to perfection, tasting it to see if you need more ginger kick. Blend again, about 2 minutes. Taste the soup again before you serve it to make sure there is enough salt. Top with toasted almonds for texture, crunch and dense, toasty flavors. Serves 4.



Miso

Unpasteurized miso can be added like bouillon or stock to soups. The rich dense flavor of miso is concentrated, similar to ketchup, Worcestershire or soy sauce in sauces and dressings.

In addition to all this, the greatest value of unpasteurized miso is due to a long, magical, age-old, fermentation process. Fine quality, unpasteurized miso is a living, fermented food containing digestive enzymes, Lactobacillus, and other probiotic microorganisms. Fermented miso strengthens the power of digestion, and aids in the assimilation of nutrients. Miso should be added at the end of the recipe to preserve the enzyme benefits it gives us.

I use South River brand miso. It is made in traditional fashion with love and guidance. The many flavors inspire soups and may be used in hot water for a healthy broth that nourishes your digestive processes. South River is the only brand I have seen that has a chickpea miso. If you are soy sensitive, chickpea miso is a great choice. I choose miso over cultured vegetables because it is an instant, easy soup you can create. I have never had a patient complain that their belly hurt after ingesting miso. This is not the case with cultured vegetables. I personally love cultured vegetables and often give away jars of homemade sauerkraut. However, when you are not at home long enough to wash, chop, pack and monitor sauerkraut, Miso is the way to go to get cultured nutrients, and it's easy to start with small amounts.

Sauerkraut Recipe

- 4 cups shredded cabbage, loosely packed
- 1 tsp. cumin seeds
- 1 tsp. whole pepper corns
- 2 tsp. salt (no minerals, no iodine added)
- 1 cup filtered water**

In a mixing bowl, mix cabbage with juniper berries, cumin seeds and peppercorns. Massage and mix cabbage for several minutes to release juices. Place in a quart-sized wide-mouth Mason jar and pack down with spoon. Mix water with salt and whey, pour into jar. Add more water if needed to bring liquid to top of cabbage. There should be about one inch of space between the top of the cabbage and the top of the jar. Place a lid on the jar and close very tightly. Lacto-fermentation is an anaerobic (without oxygen) process and the presence of oxygen, once fermentation has begun, will ruin the final product. Keep at room temperature for about 3 days. Transfer to a root cellar or the top shelf of your refrigerator. This sauerkraut can be eaten immediately but improves with age. When you start to eat sauerkraut, I suggest one Tbs. at a meal and chew well.

Note: *Don't use tap water if it is chlorinated. It's normal for white spots or a white film to form on the surface of the liquid covering the sauerkraut. Although it's totally harmless, it can impart a bad taste to the cabbage, remove before eating.*

Pink Himalayan Crystal Salt

Pink Himalayan crystal salt is an ancient mineral tonic for health and vitality. Salt in its original form, unlike white table salt, is created in the earth after millions of years of intense pressure. The intense pressure underground creates an organized crystalline structure. In order for information to be absorbed into our cells and utilized, a crystalline structure is necessary. Pink Himalayan crystal salt is an information carrier.

Pink Himalayan salt contains about 84 minerals and is considered a food. Minerals are essential catalysts for the firing of our nervous systems and the involuntary functions of our bodies. Our bodies can be viewed as a large battery and minerals as battery juice. Minerals give us the juice we need to prevent our lights from being dim and instead keep us shining brightly. Sole´ (“so-lay”) is a salt water tonic that you can easily make.

Sole´ Salt Water Tonic

¼ cup pink Himalayan salt
2 cups filtered water

Add the salt to the water and shake to dissolve. Let the mixture rest overnight or until it becomes clear. Add 1 tsp saltwater mixture to 8oz. of water and drink once a day.

Himalayan Crystal Salt Mineral Benefits:

- Regulates the water content throughout your body.
- Promotes a healthy pH balance in your cells, particularly brain cells.
- Promotes blood sugar health and helps to reduce the signs of aging.
- Assists in the generation of hydroelectric energy in cells in the body.
- Aids in absorption of food particles throughout the intestinal tract.
- Supports respiratory health.
- Promotes sinus health.
- Prevents muscle cramps.
- Promotes bone strength.
- Regulates sleep by naturally promoting rest.
- Promotes vascular health.
- Regulates blood pressure.

Study Proving Health Benefits of Salt

In a 2001 test at the University of Graz, Austria, subjects who drank Sole´ saw significant, positive changes in respiratory, circulatory, organ, connective tissue and nervous system functions. Patients also reported increases in quality of sleep, energy and concentration levels, brain activity, weight loss, enhanced consciousness and noticeable hair and nail growth. Clinical tests prove a noticeable rise in mineral levels using Sole´ solution. For a complete summary of this medical study, please refer to the book [Water and Salt: The Essence of Life.](#)

Superfoods for Snacks and Healthy Additions:

Goji Berries

- Loaded with 21 minerals
- Packed with 19 amino acids, the building blocks of protein
- Help strengthen the immune system
- Full of antioxidants
- Stimulate taste buds

Chia Seeds

- Gel, when we add nut milk to make the perfect pudding.
- Gluten-free.
- Contain bulking fiber that has energy; add to water or a sports drink.
- Won't spike blood sugar.
- Slow-burning carbohydrate.
- High in antioxidants.
- Contain 14% protein.
- High in calcium.
- Anti-inflammatory and contains good fats.
- Can be used as an egg substitute in baked goods.
- Good for using in baked goods; fats are stable when heated.

Raw Hemp Hearts

- Superfood rich in nutrition.
- Have a nutty flavor.
- Contain 30% protein, omega-3 and omega-6 fatty acids, iron and vitamin E.
- Dense source of plant-based protein.
- Try on top of soup, hot and cold cereals or blend in a smoothie.
- Can be whipped in pesto or eaten by the spoonful.
- Sprinkle on top of your green leafy salad or try some on ice cream.
- Lose their good fat qualities when baked, so eat them raw.

Raw Cocoa (Cacao)

We all know chocolate lifts our spirits; that's why we love it! We can label cacao beans "nature's antidepressant." Scientific American states, "Research suggests that beneficial bacteria that reside toward the end of our digestive tract ferment both the antioxidants and the fiber in cocoa." This chemical reaction creates a happy colon, which has been proven to create a happy brain. For further information, refer back to the facts about the harmful effects of inflammatory conditions.

Dark chocolate has so many health benefits that books have been written about it. Of course, the darker the cacao, the more beneficial it is. Cacao's best nutrient feature is the high number of antioxidants it contains, far more than berries. Look for a cacao percentage higher than 72% and watch out for added sugar and hydrogenated oils. Heating and cooking this superfood does denature it. That means when we heat it, then eat it, nutrients have been lost and antioxidant amounts are lowered.

Coconut Oil Facts

Modern medical science is now confirming the use of coconut in treating conditions. Published studies in medical journals show that coconut, in one form or another, may provide a wide range of health benefits. Some of these are summarized below:

- Completely non-toxic to humans.
- Kills bacteria that cause ulcers, throat infections, urinary tract infections, gum disease and cavities, pneumonia, gonorrhea and other diseases.
- Kills fungi and yeasts that cause candidiasis, ringworm, athlete's foot, thrush and infections.
- Expels or kills tapeworms, lice, giardia and other parasites.
- Boosts energy and endurance, enhancing physical and athletic performance.
- Improves digestion and absorption of nutrients including vitamins, minerals and amino acids.
- Relieves stress on pancreas and enzyme systems of the body.
- Helps relieve symptoms and reduce health risks associated with diabetes.
- Improves calcium and magnesium absorption.
- Helps protect against osteoporosis.
- Helps relieve symptoms associated with gallbladder disease.
- Relieves symptoms associated with Crohn's disease, ulcerative colitis and stomach ulcers.
- Improves digestion and bowel function.
- Relieves pain and irritation caused by hemorrhoids.
- Reduces inflammation and supports tissue healing and repair.
- Supports and aids immune system function.
- Helps protect the body from breast, colon and other cancers.
- Is heart healthy; improves cholesterol ratio, reducing risk of heart disease.
- Protects arteries from injury that causes atherosclerosis, and thus protects against heart disease.
- Helps prevent periodontal disease and tooth decay.
- Functions as a protective antioxidant.
- Helps to protect the body from harmful free radicals that promote premature aging.
- Does not deplete the body's antioxidant reserves like other oils.
- Improves utilization of essential fatty acids and protects them from oxidation.
- Helps relieve symptoms associated with chronic fatigue syndrome.
- Relieves symptoms associated with benign prostatic hyperplasia (prostate enlargement).
- Helps protect against kidney disease and bladder infections.
- Helps prevent liver disease.
- Supports thyroid function.
- Promotes loss of excess weight by increasing metabolic rate.
- Is utilized by the body to produce energy and is not stored as body fat.

Diatomaceous Earth Facts

Food grade diatomaceous earth (DE) is a source of available silica. Silica is a mineral we all need that is lacking in our food supply today. Taking 1 teaspoon to 1 tablespoon of DE per day in juice, water, applesauce, yogurt, protein shake or liquid has many benefits.

- Sore joints feel better
- Lowers cholesterol (usually 50-75 points lower)
- Lowers high blood pressure
- Keeps blood sugar levels stable
- More energy
- Healthier skin, less itching, faster healing, psoriasis gone
- Stronger and healthier nails and hair
- Calms nerves and promotes better sleep
- Aids in weight loss
- Supports detoxification and cleansing of digestive tract
- Keeps skin hydrated
- Reduces fine lines and wrinkles

Silica is a component of collagen. Collagen is a protein that makes up our cells. These cells make up the walls of our veins, arteries and tissues. Naturally, as we age, our skin begins to lose elasticity. Depending on our lifestyle choices and genetic makeup, inflammatory diseases may move in. Diatomaceous earth and horsetail herbs are two excellent choices that will help you boost your collagen.

Terrytalksnutrition.com

Brain Wave Vibration

Brain Wave Vibration is the gentle, beneficial practice of moving your head and upper body to your own internal rhythm. Experience the simplicity and power of the practice yourself.

Brain Wave Vibration Can Help You To:

- decrease stress
- regain physical vitality
- increase circulation to the brain
- decrease headaches
- stimulate the body's natural healing ability

As with any exercise program, consult with your physician if you have any health concerns. Although music is not necessary, using music when you practice can make it easier to get into the rhythm.

Place your tongue on the roof of your mouth just above the line of your teeth. Move your head from side to side. This is the most simple and convenient form of Brain Wave Vibration. It can be done standing, sitting or lying down, and is designed to deliver vibrations directly to your brain stem for immediate tension release and deep relaxation. Try it any time during the day, even while working at your desk to refresh your brain. Just three minutes will clear your head, enhance your focus and leave you feeling more energized.



I suggest you start brain wave slow, maybe lay down. Every morning, before you get out of bed, program your day or release your pain using brain wave. Find a song that is uplifting and make it your morning theme song. Play your five-minute theme song and start slow, turn your head back and forth as if you were slowly saying no. Eventually a 10-minute song can be used and you will create a calming routine that you look forward to doing every day.

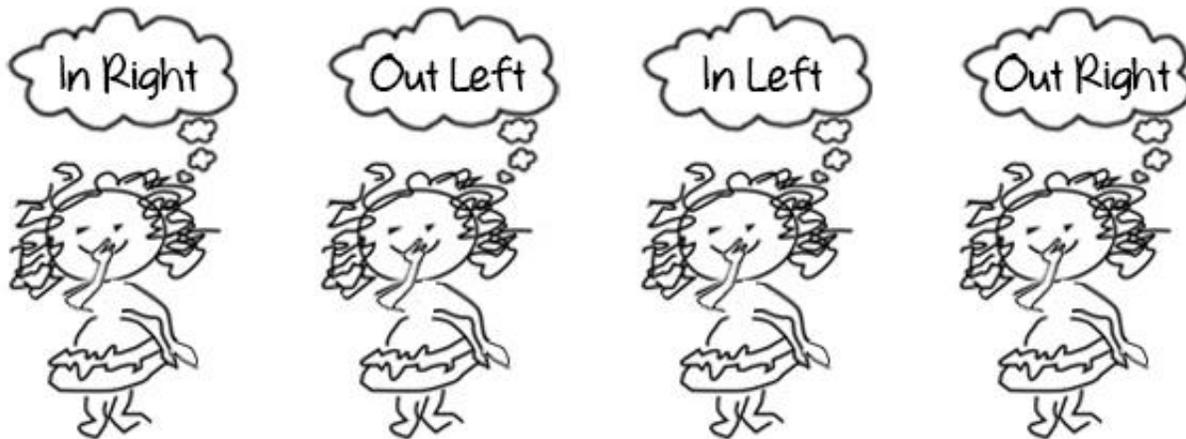
Ilchi Lee, Brain Wave Vibration, BEST Life Media (Second Edition, November 15, 2009)

Just Breathe

Conscious breathing simply means you focus on your breath. We all came into this physical world on Earth with breath. Slowly inhaling and exhaling is all you have to do. Train your brain to focus on the inhale and feel the air fill your lungs, then slowly and gently, exhale. As you inhale, focus on the calming feelings of gratefulness and relax your body as if you are a rag doll draped over a chair completely relaxed. There are several kinds of breathing.

Alternate Nostril Breathing (Anuloma-Viloma Pranayama)

With a long history connected to yoga and Ayurvedic medicine, alternate nostril breathing has been proven helpful in reducing stress and anxiety. Since stress is one of the leading causes of all disease, you should consider trying alternate nostril breathing. As you breathe, realize you have the ability to control your reaction to situations; realize your part in maintaining and rejuvenating your own health.



Choo, Choo, Choo Breath

Inhale a full breath of clean fresh air; when you exhale, make the sound choo, choo, choo. Stop and start to jolt the ribcage. This breath activates the muscles in between each rib (intercostal muscles). The constriction and expansion of the intercostal muscles help to pump lymphatic fluid. The movement of lymphatic fluid plays an important part in our immune system health. Our overall health depends on our body's ability to fight off disease, viruses and bacteria. The lymphatic moving choo, choo, choo breath or a lymphatic massage helps the body heal itself.

EMOTIONAL FREEDOM TECHNIQUE – E.F.T.

This is a shortened version of the traditional E.F.T. technique. Take time to review the following chart; it is a list of negative emotions. These emotions hold us back from being the best we can be and living our lives to the fullest. Use E.F.T. to tap away your emotional bondage.

Even though (state the problem),
I deeply and completely love and respect myself.
Chop/Chop side of right and left hands

Tap chest both sides	say the problem
Tap top of both eyes	say the problem over and over
Tap sides of both eyes	say the problem over and over
Tap under both eyes	say the problem over and over
Tap under the nose	say the problem over and over
Tap the chin	say the problem over and over
Tap the chest both sides	say the problem over and over
Sweep down your left side	Sweep down your right side

Take a deep breath and as you blow out, sweep off the top of each of your hands.
Relax and do it again.

This is an example for disappointment and loneliness:

Even though (I am disappointed and feeling lonely),
I deeply and completely love and respect myself.
Chop/Chop side of right and left hands

Tap chest both sides	remove my feelings of disappointment, loneliness
Tap top of both eyes	remove my feelings of disappointment, loneliness
Tap sides of both eyes	get rid of my disappointment, loneliness
Tap under both eyes	replace my feelings of disappointment, loneliness
Tap under the nose	I feel joy and love
Tap the chin	remove my feelings of disappointment, loneliness
Tap the chest both sides	I feel joy and love
Sweep down your left side	Sweep down your right side

Take a deep breath and as you blow out, sweep off the top of each of your hands.
Relax and do it again.

Negative Thoughts, Feelings & Attitudes List

Abandoned	Dread	Lazy	Shame
Agony	Drowning	Lethargic	Shattered
Afraid	Emasculated	Lonely	Shut down
Alone	Embarrassed	Loss & Grief	Silly
Angry	Empty	Lost	Sorrow / Deep sorrow
Anguish	Emptiness	Mad Mean	Stubborn
Anxious	Enraged	Melancholy	Suffering
Apprehensive	Envious	Miserable	Suspicious (of self / others)
Ashamed	Exhausted	Mortified	Tempted
Betrayed	Fatigued	Nervous	Tense
Blame (of self / others)	Fearful	Numb	Terrified
Bored	Frustrated	Offended	Threatened
Burdened	Guilt	On edge	Tired
Cheated	Hapless	Out of control	Tortured
Concerned	Heartache	Outraged	Traumatized
Confused	Heartbroken	Overwhelmed	Trapped
Crushed	Heartsick	Persecuted	Troubled
Cornered	Heaviness	Perturbed	Unbalanced
Defeated	Helpless	Powerless	Uncertain
Depressed	Hesitant	Pressured	Unfeminine
Deprived	Hopeless	Punished	Unmasculine
Desolation	Hostility	Put down	Untrusting
Despair	Humiliated	Put upon	Unmotivated
Desperation	Horrified	Rage	Unsafe
Despondent	Hurt	Rejected / Rejecting	Unsure
Devastated	Impotent	Resentment	Violated
Diminished	Imbalanced	Resistant	Vulnerable
Disappointed	Inadequate	Rebellious	Washed up
Discouraged	Indignant	Sadness / Deep sadness	Wasted
Disgusted	Insecure	Scared	Wary
Dismay	Incensed	Scattered	Weary
Disoriented	Invalidated	Scorn	Weird
Distrust	Jealous	Self-conscious	Worried
Doubt (of self / others)	Judgment	Shaken	Worn out
			Wounded

Invite joy, enjoyment, love and peace into your life.

BEMER – Bio Electro Magnetic Energy Regulator

BEMER technology is a unique signal that pulses at a lower frequency than the earth. While lying on the BEMER body mat you are cradled in energy for an 8-minute cycle. High powered microscopes have shown that after an 8-minute cycle using the BEMER signal creates better blood flow throughout your entire body.

Better blood flow brings new blood with new oxygen molecules to stagnant or inflamed (swollen) areas. This is like getting the benefits of a full body massage, passive exercise in just 8 minutes.

The BEMER Pro Sets at our offices have attachment applicators that address targeted issues. As the blood clears, it transports waste away, and brain fog is often lifted resulting in mind clarity and increased stamina. As the body clears with each use of this unique BEMER signal, stress reduction and flexibility are apparent. This is a boost for the vital force which may become noticeable and evident at any age.

So far in my office, this treatment has proven to be beneficial to all kinds of ailments. Our blood flow is our river of life! The more blood circulates, the more nutrients and oxygen are delivered. The better circulation a body has, the better equipped the body is to heal itself and the greater capacity the body has to detoxify itself.

It is just so simple! Better blood flow promotes health and healing!

Benefits May Include:

- Better Blood Flow
- Enhanced Endurance, Strength and Energy
- Better Concentration and Mental Sharpness
- Reduced Stress
- Improved Heart Function
- Improved Nutrient and Oxygen Supply



Electromagnetic Fields, EMF and Grounding

Electromagnetic fields are in fact a form of electrical smog. This smog is a frequency generated by anything and everything running on electricity. This frequency comes from everything: your WIFI, your refrigerator, your lights, all electrical outlets and even when you use a hair dryer. The effects of electrical smog have been scientifically proven to cause inflammation in our tissue. Inflammation contributes to a measureable decrease in our overall health and causes pain.

A different type of electrical frequency runs through our nervous system. Our nervous system fires electrical impulses to run every part of our bodies. That includes moving your arms, thinking happy thoughts and signaling hunger pains. Electrical smog inflames our bodies and interferes with the never-ending job of our nervous system.

Grounding or Earthing is a proven method to help neutralize the effects of electromagnetic fields or electrical smog. Simply by putting your bare feet on the ground, absorbing the energy of the earth, will help to neutralize the negative effects of prolonged exposure to EMFs.

As you ground, muscle tension immediately drops and can be measured with electromyography (**EMG**). Grounding changes brain waves, brain function and blood thickness (blood viscosity). Grounding allows the circulatory system to deliver more oxygen as blood flow is increased. Better circulation means a better delivery of minerals, from calcium to potassium, iron to zinc and beyond.

<https://youtu.be/XumPQLTzPWI> Laura Koniver, MD
Dr. Sinatra's Heart Mind Institute

Changing blood viscosity and brain waves by grounding can be done with an **Earthing Mat**. This mat plugs into the third prong hole in an electrical socket (you need to check to make sure it is grounded properly). Touching a grounding mat with your wrist or forearm that is placed under your laptop or computer keyboard will ground you and neutralize the negative fields you are being exposed to. Grounding or Earthing mats can be placed at the bottom of your bed in between the sheets where your calves and feet can be in contact with the mat while you sleep.

We have these grounding mats available for purchase in our office; be sure to ask about one.

Since WIFI is just about everywhere, you are constantly being exposed unless you go underground or are in a specially designed room. Take a walk on the beach or in the stream. Take time to unplug and put your bare feet on the ground as often as possible. You, too, can reap the benefits of an anti-inflammatory tool.

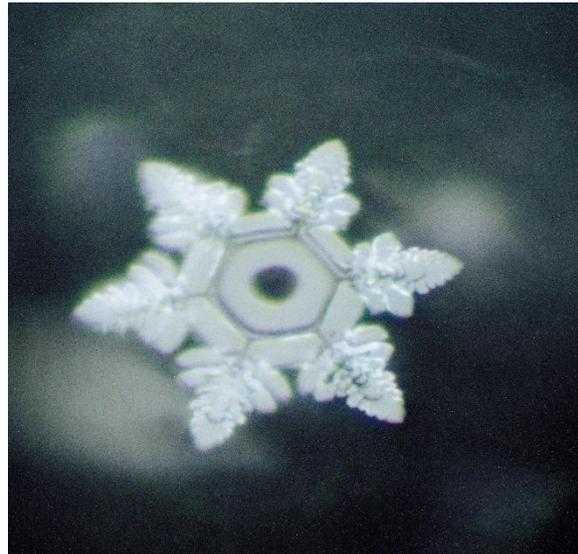
Messages in Water

Dr. Masaru Emoto claimed that thoughts, written words and music had an effect on the molecular structure of water. Dr. Emoto published photographs of frozen water crystals (shown below). Notice how the crystal expression of water changes through thoughts placed on them.

What does this have to do with health and wellness? Everything! Our bodies are comprised of 60-75% water. The Earth's surface is 71% water. You have the power to affect 70% of the health of your body and the Earth through happy, loving thoughts, music and words.

Our world is full of mystery and emotion. Experiment and create joy for your health and the health of our planet. Take time to feel emotional well-being and sadness fully. Get to your happy place and recall it when you need it! Oh yeah! You need it to be present. Remember the happy, beautiful crystal structure of your own body of water.

Water Photos



© Office Masaru Emoto, LLC

Pictures of frozen water before and after 500 positive thoughts.

Praying over your food or just having happy thoughts and good intentions can make a difference.

**Bless this food and the hands that prepared it, the earth that grew it,
all the animals, bugs, bees, and trees.**

Why take B-12?

If you do not get enough B-12, these symptoms may arise:

Fatigue, cardiac problems, neurological disorders (memory loss, sensation changes, confusion, depression), orthostatic hypotension (feeling dizzy when you stand up quickly) and decreased immune function. It may also affect your body's melatonin production leading to sleep issues. Low stomach acid plays a part in B-12 absorption.

Different types of B-12:

Cyanocobalamin

The synthetic form of cobalamin is used in many supplements. It's popular because of its low cost and stability. I would not recommend this form because a cyanide ion is formed during this metabolic conversion. Cyanide is not healthy.

Methylcobalamin

This is the coenzyme form of B-12 that is used in the metabolism of all body processes; it does not require conversion in the body and is therefore more direct in its actions as a supplement. The main difference here is that the methyl form of B-12 costs more.

Hydroxycobalamin

This form of B-12 has been shown to have a similar method of action, absorption efficiency and effectiveness. The difference here is that Hydroxycobalamin lasts longer in your body, so your body doesn't use it all up at once.

Plant Food sources for B-12 are rare; take a supplement.

Research shows 80% of meat eaters are deficient.

Feta Cheese: 1 cup, 2.54 mg (42 percent DV)

Cottage Cheese: 1 cup, 2.54 (38 percent DV)

Nutritional yeast: 1 tablespoon: 2.4 micrograms (40 percent DV)

Mushrooms: ½ cup serving: 1.2micrograms (2-4 percent DV)

A low level of B 12 is responsible for a condition called Pernicious Anemia; it is an autoimmune disease that affects the gastric mucosa and results in gastric atrophy.

Coenzyme Q10 (CoQ10)

CoQ10 is a catalyst that creates a reaction to form energy in our bodies' cells. You may know this energy as adenosine triphosphate (ATP), a form of energy our cells use to carry out many critical functions. ATP is essential for healthy metabolism, healthy bones, a healthy nervous system and muscle function.

As we age, our bodies and immune systems need CoQ10. It is a mitochondrial energizer that has shown remarkable effects on common heart ailments and nervous system disorders.

- Helps to treat high blood pressure and heart failure
- Enhances immune system function
- Helps manage symptoms of chronic fatigue syndrome
- Reduces cholesterol levels in the blood
- Assists in the treatment of cancer or the protection of organs from toxic chemotherapy drugs
- Restores receding gums and helps treat gum disease
- Helps with treating macular degeneration

Ubiquinol is the most bioavailable reduced form of CoQ10. That means that our bodies have the ability to use the Ubiquinol form of CoQ10 easier. Studies show adding CoQ10 to your daily supplement regimen could add up to 10 healthier years to your life!

Dosage recommendations are 200 - 500 mg, once a day, or more if you have a heart condition.

Castor Oil – What is it? What is a Castor Oil Pack?

Castor beans were found in Egyptian tombs dating back to 4000 B.C.

The oil from the bean has been used for thousands of years as facial oil, lamp oil and internally as a cleansing oil. In the late 1800s, castor oil was peddled as strong medicine, a heroic cure for everything! (see below). The benefits from this warm pack include relief from constipation, menstrual irregularities, sore and bruised joints, broken bones, arthritis, liver congestion, immune issues and skin problems.

A castor oil pack is applied externally to the body. A piece of unbleached wool (or cotton) flannel, saturated with castor oil, is applied to a specified area with or without heat. The Edgar Cayce readings recommend a castor oil pack to relieve pain, stimulate the liver, to improve eliminations and to increase lymphatic circulation.

How do you Make the Castor Oil Pack?

Castor oil (cold-pressed)

Unbleached wool or cotton flannel panel 12x14" long

Electric heating pad

Plastic wrap

A large plastic sheet, or any type of bed liner

Saturate a flannel cloth with castor oil. (I think the easiest way to saturate the flannel is to place the piece of fabric in a plastic shopping bag and pour the thick, cold-pressed castor oil over the flannel, squeezing the cloth within the bag until it is saturated). The first time you saturate the flannel, it will take almost half the bottle of oil. When the wrap is saturated, throw the plastic bag away. The pack is now saturated and ready for use. Additional amounts of castor oil will be needed to add to the pack to keep it saturated before each third use.

Note: heat is not recommended with active infections, bleeding, excessive gas or a recent injury.

For a sprain or broken bone: Wrap the injury with the saturated flannel pack and then wrap it with plastic wrap. Leave the plastic wrap on overnight, held on with a sock or ace bandage. In the morning, you can remove the sock and cut the plastic wrap off with a blunt-ended scissor, being sure not to cut the flannel cloth. You can reuse the flannel many times, just add more castor oil as needed to create that saturated feel.

For pain or injury that can benefit from heat: For this application, you can wrap the area with the castor oil pack or lie down on the pack. You will want to apply the flannel pack directly to your skin first. On top of the flannel, apply a form of plastic or bed liner barrier before applying the heating pad. Once the heating pad is on, you can wrap to hold in place. The bed liner will give a layer of insulation to prevent the heating pad from making the oil too hot to burn you. Check your heating pad and don't fall asleep

with the electric heating pad on.

When using the castor oil pack, I suggest covering the bed or chair with an old towel or shower curtain. Castor oil is very thick and difficult to remove from any fabric.

The pack should be used:

Three days in a row for liver detox, on the right side of the abdomen, over the liver.

Six to eight hours a day for healing a broken bone or torn tendon.

As often as needed for muscle pain or back pain and strain.

The pack will last up to six months - keep adding oil to saturate the cloth.

Other uses for castor oil include:

- Antimicrobial, antifungal agent - use for toenail fungus, athlete's foot, etc.
- Gastrointestinal problems, constipation
- Immune and lymphatic system stimulant - place on the abdomen with heat
- Hair growth stimulant - use to thicken eyebrows and hair
- Arthritis and rheumatism pain, general joint stiffness, etc.
- Inflammation caused by injury, overuse, the aging process, etc.
- Skin cuts, acne, and eye stye healing
- Menstrual disorders – use on the abdomen

Bone Healing Protocol **Broken or Fractured, Hairline or Compound**

Steps to “Rock Star Bone Healing”

This protocol should be started as soon as you have the unfortunate injury or when you are not getting the bone-healing results you desire. Always incorporate a whole food multiple vitamin, rest and healthy food choices (almonds, kale, and sesame seeds). Avoiding alcohol or caffeine is highly recommended; these choices rob calcium to balance their acidity.

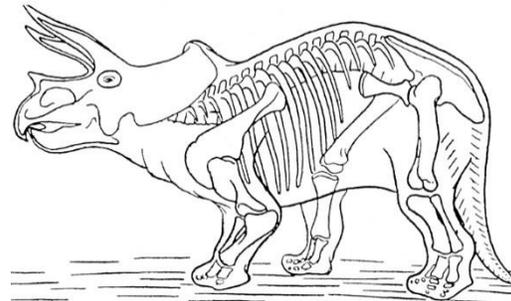
Homeopathic Remedy: *Symphytum officinale* (30c potency), 3x times a day. This remedy is made from Comfrey, a common garden herb nicknamed bone set. It has traditionally been used for arthritis, bruises, sprains and bone healing. Symphytum is recommended for all fractures after stitches are removed.

Castor Oil Pack, wrap

Homeopathic Cell Salts:

Calc Phos 6x 3 pills-3 times a day

Bioplasma 6x 3 pills-3 times a day



Bone Building Products

Calcium-magnesium (combination) supplement - double the recommended daily dosage by 1-2 times.

What are Cell Salts?

Cell salts were discovered by Dr. Wilhelm Heinrich Schuessler, a German doctor, in the 1800s:

- By studying the ash residue of human cells, he discovered that there were 12 mineral salts within the cells.
- He theorized that disease and illness were caused by mineral imbalances within the body (a lack of these necessary minerals) and that by administering these mineral salts over a period of time, the body would be brought back into balance.

Frankincense Oil

Frankincense - *Boswellia sacra* is a tree native to South Africa, Ethiopia, northern Somalia, southwestern Oman, and southern Yemen. Frankincense oil is produced from the resin of the ***Boswellia sacra* tree**. The resin of a tree is thick and called sap. Traditionally, the hardened sap has been used for anointing and other rituals. Oil derived from this sap has many healing properties, some of which include:

- supports healthy cellular function - speeds up healing
- increases blood flow and circulation
- reduces inflammation
- boosts immune system function
- reduces skin discoloration and imperfections
- promotes feeling of wellness and relaxation - decreases stress
- improves oral health (the resin can even be chewed)
- improves memory
- improves digestion
- helps to balance hormones

Boswellia sacra can be used topically or taken internally by capsule.

All essential oils are powerful because they are immediately absorbed into the bloodstream when you breathe them in or apply them topically to pulse points. The most absorbent topical points are called pulse points because veins and capillaries are closest to the surface at these locations. The fastest way to get oils into your bloodstream is to apply them to the sides of the neck, the wrist, inner groin area, behind the knee or on the inside of the ankle. Once in the bloodstream, essential oils have the ability to deliver their volatile healing properties. Carrier oils should be used to prevent burning sensations on the skin. Oils should be used with caution on children under 10 years old.

Essential oils are a powerful way to deliver the medicinal healing property of a plant. The amount of flowers it takes to create each essential oil is different. However, 22 lbs. of rose flower petals are needed to create 5mls of pure essential oil. You see how potent and how concentrated essential oils are. Go slowly and steadily; use a carrier oil like organic olive oil. Avoid getting the oils in your eyes and on your mucus membranes. If you get the oil on an area and it burns, put olive oil or a carrier oil on top. Do not use water; it will only make the burning worse.

The Importance of Colon Hydrotherapy

A healthy lifestyle is easier to obtain when you make time to cleanse. Cleansing rests the digestive system which allows your body to have more energy to clear out old cellular debris that becomes congested in your organs. Colon hydrotherapy (colonics), before or after a cleanse will help the cleansing process along.

Colonics:

- Help to improve bowel muscle tone. The bowel is a muscle and its action is called peristalsis.
- Reduce stagnation and reduce toxic re-absorption. The small intestine is approximately 20-22 feet long and the large intestine is approximately 5-6 feet long. Water absorption and re-hydration of all the tissues starts in the 30 foot-long digestive tract.
- Help eliminate toxic buildup and waste. Over time, hardened fecal matter often builds up against the walls of the colon. The water from a colonic softens hardened material that may have been stuck in the bowel for years. When the walls of the bowel are clean, better nutrient absorption occurs, transit time reduces, and a happier, re-energized digestive system is re-born.

What is Colon Hydrotherapy?

Colon Hydrotherapy is the gentle irrigation of water into the large intestine, called the lower bowel or colon.

The introduction of water into the bowels as a way of cleansing has been documented for thousands of years. At the turn of the 20th century, American medical doctor, nutritionist, inventor and health activist, John Harvey Kellogg, M.D., made colon hydrotherapy a popular healing method. Kellogg's nutritional methods continued to be popular into the 1950s. Unfortunately, that is when pharmaceutical laxatives took the place of colon hydrotherapy in most hospitals in America.

Colon Hydrotherapy is different than an enema. During a colonic session, the client lies comfortably on his back, water is introduced to the lower bowel through a sterile, single-use rectal nozzle that is very small. The introduction of water into the bowel slowly expands and stimulates the bowel to create a false bowel movement, triggering the body to naturally release waste. Water pressure is low and slow, the ebb and flow of water in the colon continues for 30-40 minutes during a session. The purified water helps remove toxins that have been lodged in the tiny cilia that line the walls of the colon.

What is the difference between a colonic and an enema?

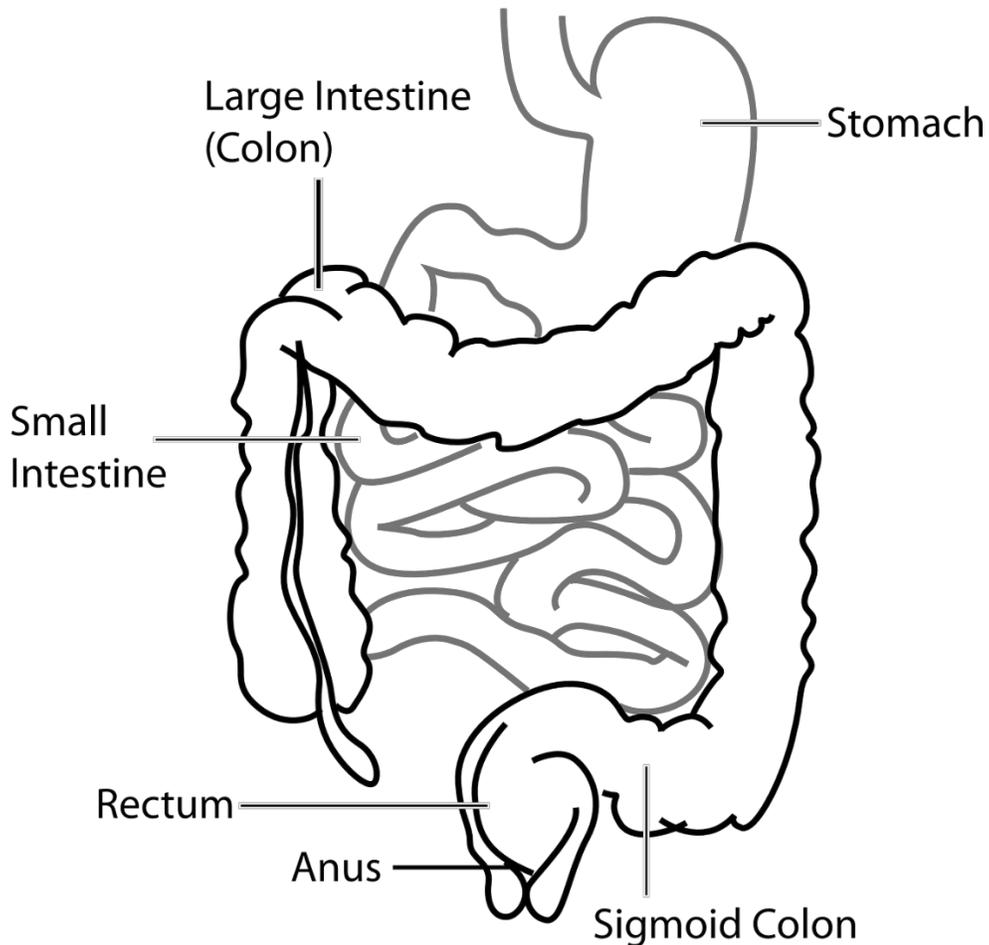
With an enema, there is one fill and one empty. With a colonic, fill and empty continues for 30-40 minutes. Colonics are relaxing because you don't have to get up and go to the toilet to empty.

There is no “addiction” to Colon Hydrotherapy as it strengthens the bowel muscle and retrains the muscle to perform natural peristalsis. (Unlike laxatives which shut down peristalsis over time.)

When waste matter from our standard overcooked, under chewed and non-fermented diet is not properly released, toxins are created in the bowel and re-absorbed into the bloodstream. This is known as “auto-intoxication.”

Colon hydrotherapy retrains and cleanses the bowel, promoting a healthy digestive system which is a secret to overall good health and well-being.

When looking for a Colon Hydrotherapy Practitioner, search for one that is Nationally Board Certified; this means that the practitioner has had training at an accredited school and has taken classes for continuing education.



Homeopathy Explained

Homeopathy is safe for everyone, as well as babies, plants and animals. Homeopathy, was created or discovered by Samuel Christian Hahnemann in 1796. He saw our body's vital life force energy as both the immune system and a trigger to the healing process. Homeopathy transforms substances into energetic remedies that can reset our vital life force energy when we are out of balance.

Homeopathy is based on three components:

- The law of similars, which is based on the theory of like-cures-like
- The law of infinite dilution, which dilutes substances 1:99 over and over until none of the original substance is left
- The law of succussion, a shaking or tapping process used to potentize stages of the diluted prepared remedy

Peeling an onion causes symptoms similar to a hay fever or cat allergy reaction. In homeopathy, the red onion (*Allium cepa*) is used to create a homeopathic remedy for allergic reactions that exhibit this symptom picture. In other words, if you have allergic reactions to things similar to when you peel an onion, (the watery eyes and runny nose) this remedy may trigger the healing response.

Homeopathic remedies are created through dilution and succussion. Dilution is a 1:99 drop ratio creating a 1c, then 1 drop from that dilution to 99 drops equals a 2c. In between each dilution, the remedy solution is succussed, banged on a book or palm of your hand, to dissipate the energetic vibrational healing property of the original substance.

The homeopathic repertory outlines the many healing properties of each remedy as they affect each system of the body. This outlined book is based on 220 years of provings (proof) and notetaking by homeopathic doctors.

The following chart, The Homeopathic Emergency Man (HEMan), should hang in everyone's kitchen cabinet and be used by all. Homeopathic remedies may be purchased individually or in a kit.



You may purchase an Emergency Kit that contains the top 50 homeopathic remedies for home use and comes with a mini repertory.

Notes on Homeopathy

Homeopathic Remedies for Emergencies

This chart is for educational purposes only.



All Injuries, Shock, Pain, Bleeding
Rescue Essence
ARN: Arnica Montana

Vertigo
COCC: Cocculus Indicus

Heat Stroke
BELL: Belladonna
V-ALB: Vertrum Album

Shock, Mental & Physical
ARN: Arnica Montana
ACON: Aconite

Grief
IGN: Ignatia Amara

Blows to Head, Spine, Coccyx
HYP: Hypericum
N-SULPH: Natrum Sulphuricum

Depression
AUR: Aurum Metallicum

Black Eye
LEDUM: Ledum Palustre
SYMPH: Sympytm Officinale

Neck Injury
HYP: Hypericum Perforatum
BRY: Bryonia Alba

Wounds, Cuts, Bleeding
CAL: Calendula Officinalis
HYP: Hypericum Perforatum
PHOS: Phosphorus

Heartburn, Acid Reflux
NUX: Nux Vomica
CARB-V: Carbo Vegetabilis
LYC: Lycopodium

Fracture
ARN: Arnica Montana
SYMPH: Sympytm Officinale
LEDUM: Ledum Palustre

Food Poisoning
IPEC: Ipeca
ARS: Arsenicum
NUX: Nux Vomica

Wrist Sprain, Pain, Numbness, Ganglion Cyst
RUTA: Rhuta Graveolens

Motion Sickness
COCC: Cocculus Indicus
TAB: Tabacum Nicotiana

Bruises
LEDUM: Ledum Palustre
ARN: Arnica Montana

Bee Sting, Allergic Reactions
APIS: Apis Mellifica

Joint Sprains
RHUS TOX: Rhus Toxicodendron
RHUTA: Rhuta Graveolens
BRY: Bryonia Alba

Insect or Animal Bite
LEDUM: Ledum Palustre
HYP: Hypericum Perforatum

Muscle Strains
ARN: Arnica Montana
RHUS TOX: Rhus Toxicodendron

Nerve Injury, Smashed Finger Tip, Stubbed Toe
HYP: Hypericum Perforatum

Muscle Cramps
MAG-P: Magnesia Phosphorica
CUPR: Cuprum Metallicum

Rash, Hives, Skin Allergies
URT: Urtica Urens
LEDUM: Ledum Palustre
APIS: Apis Mellifica
RHUS TOX: Rhus Toxicodendron

Tendon Injury
RUTA: Rhuta Graveolens

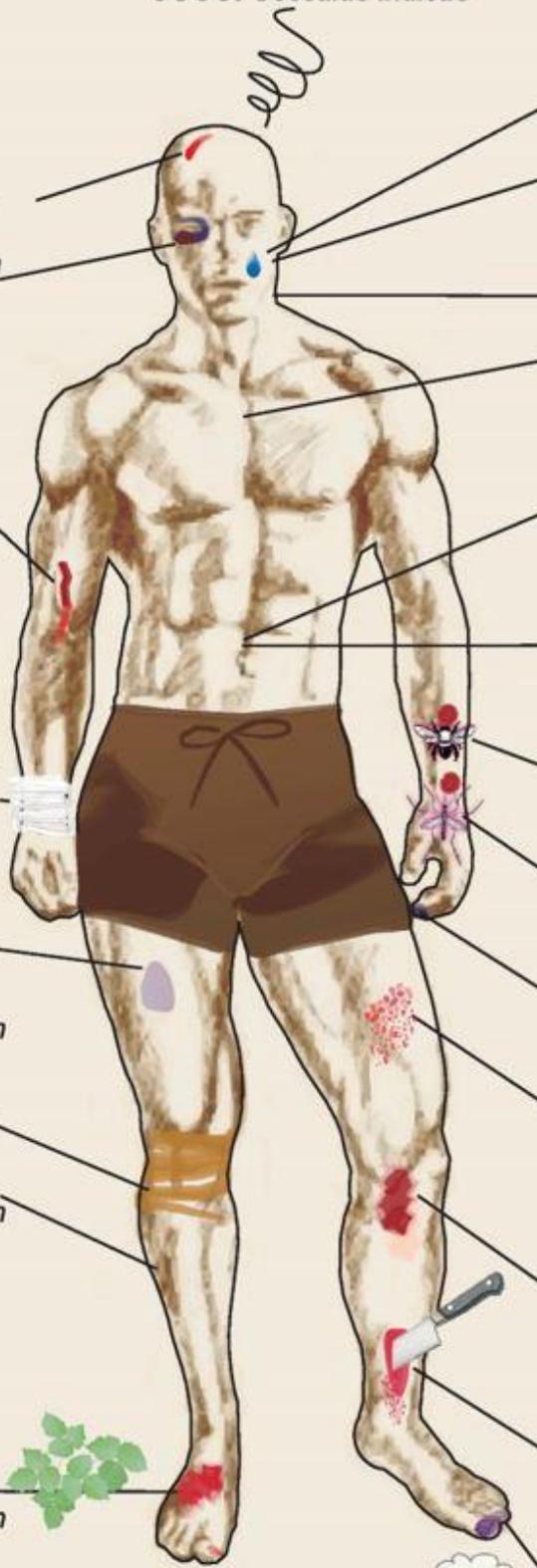
Burns, Sun Burn
CANT (internal): Cantharis
CAL (external): Calendula
URT: Urtica Urens

Poison Ivy, Old Sprains
RHUS TOX: Rhus Toxicodendron

Puncture Wounds
LEDUM: Ledum Palustre
HYP: Hypericum Perforatum

Splinter, Expel a Foreign Body
SILICA: Silicaea (Silica Terra)

Frostbite, Chills
AGAR: Agaricus Muscarius



References

- Batmanghelidj, F. (2003) Water for Health, for Healing, for Life: You're Not Sick You're Thirsty. New York New, York: Warner Books.
- Bragg, P. (1989). Apple Cider Vinegar Health System. Santa Barbara, California: Health Science.
- Boutenko, V. (2007). 12 Steps to Raw Foods, How to End Your Dependency on Cooked Foods. Berkley, California: North Atlantic Books.
- Cousens, G. (2000). Conscious Eating. Berkley, California: North Atlantic Books.
- Gross, T. (1996). The Last Word on Power. New York, New York: Double Day.
- Brotman, J. (1999). Raw the Uncookbook. New York, New York: Harper Collins Publishing
- Kenton, L. S. (1985). Raw Energy. New York, New York: Warner Books.
- Lepore, D. (1985). The Ultimate Healing System. Woodland Publishing INC Don Lepore
- Pitchford, P. (2002). Healing with Whole Foods. Berkley, California: North Atlantic Books
- Murphy, R. (2006). Nature's Materia Medica. Third edition Lotus Health Institute.
- Meyerowitz, S. (1996). Juice Fasting and Detoxification. Great Barrinton, Massachusetts: The Sprout House.
- Toscano, J. (2009). Delicious Delites - the Balance of Life. Morris Press Cookbooks.
- Wigmore, A. Living Foods Life Style Handbook. Rincon, PR: Ann Wigmore Natural Health Institute.
- Wolfe, D. (2009). Super Foods: The Food and Medicine of the Future. Berkley, California: North Atlantic Books.

Judith M. Toscano, ND

A health professional with an extensive and diverse background. She uses knowledge, experience and joyful cooking classes to motivate and empower people to create their own realistic and healthy lifestyle. Patients proclaim, "Along with her extensive knowledge about natural remedies, homeopathy and her 'woman's intuition,' she has helped me with food choices, natural health protocols and lifestyle changes that create a road toward better health for me that is easy and realistic."

Degrees

Doctor of Natural Medicine

Bachelor's in fine art, Associates in Science

Certified Occupational Therapy Assistant

Certifications

Certified Naturopath

Certified Herbalist

Certified in Clinical Homeopathy

Reiki Master

Certified Massage Therapist

Colon Hydro-Therapist

NAET Practitioner

Kalachakra Qigong Teacher

Elementary Education and Art Education

Advanced Certifications

The Living Food Lifestyle and Total Well Being

Rainbow Green Live Food Cuisine

Conscious Eating

Expanding Culinary Joy

Additional Coursework

Aroma Therapy, Nutrition, Yamuna Body Rolling, Chinese Medicine/Oriental Finger/Tongue Analysis, Structural Body Work and Alternative Medicine

On the lighter side, a "Sister Goddess," having graduated Mama Gena's School of Womanly Arts in New York City. A graduate from The Executive Reinvention Program, with Tracy Goss, and an artist, holding multiple college degrees in art.

In 2007, published a cookbook, Delicious Delites - The Balance of Life. Along with family recipes, this cookbook teaches a healthy pantry, adapts many recipes and teaches healthy choices. "Having grown up on a farm and today being an avid gardener, I understand the true meaning of fresh vegetables, fruits, and herbs. I use them to create great meals with flavor, nutrient, and energy."

Produce

- Avocado
- Broccoli
- Celery
- Carrots
- Cabbage
- Cucumber
- Green / String Beans
- Green Leafy Vegetables (kale, chard, spinach, lettuce, collard greens, beet greens, dandelion leaves, etc.)
- Seasonal Vegetables (pumpkin, endive, fennel, kohlrabi, etc.)
- Tomatoes
- Mushrooms (shitake, portobello, etc.)

Fruit

- Apples
- Bananas
- Lemons
- Seasonal Fruits (strawberries, tangerines, pears, cherries, oranges, etc.)

Nuts & Seeds

- Almonds
- Cashews
- Brazil Nuts
- Almond Butter
- Sesame Seeds
- Hemp Seeds
- Flax Seeds
- Pine Nuts
- Pumpkin Seeds
- Sunflower Seeds

Oils

- Extra Virgin Coconut Oil
- Extra Virgin Olive Oil
- Sesame Oil
- Pumpkinseed Oil

Sweeteners

- Raw Organic Honey
- Liquid Stevia
- 100% Pure Maple Syrup

Herbs

- Garlic
- Ginger
- Onions
- Fresh Herbs (parsley, basil, etc.)

Spices / Salt

- Himalayan Pink Salt
- Cayenne
- Raw Vanilla Beans (or powder)
- Cinnamon
- Herbs of Choice (dried or fresh)

Grains & Pasta

- Almond Flour
- Rice Flour
- Coconut Flour
- Chickpea Flour
- Buckwheat Flour
- Gluten-Free Flour Blends
- Rice Pasta
- Quinoa
- Teff

Condiments

- Pesto
- Tapenade - Black Olives
- Tapenade - Sun-dried Tomatoes
- Black Olives
- Salsa
- Artichoke Dip
- Stone Ground Mustard (homemade)
- Apple Cider Vinegar
- Tamari (soy)
- Miso (unpasteurized) - chickpea
- Raw Sauerkraut
- Tahini

Superfoods

- Carob Powder
- Cacao Powder (or nibs)
- Goji Berries
- Green or Wheatgrass Powder
- Lucuma Powder
- Maca Powder