

30 Days to Change Your Life!

30-DAY DETOX MANUAL



Eat Well, Look Great and Feel Spectacular, Naturally!™

DR. KASIA KINES, MS CN CNS

DOCTOR OF CLINICAL FUNCTIONAL NUTRITION

HOLISTIC NUTRITION NATURALLY, LLC

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WELCOME TO THE 30-DAY DETOX PROGRAM

You have just taken a very courageous step towards your own healing, empowerment and longevity. You have just made the best investment in your health. In turn, your body will shine for you! This Manual will tell you everything you need to know to succeed!



CHAPTER 1: BEFORE YOU GET STARTED: SETTING UP FOR SUCCESS!



Set a goal, stay focused and never give up - it always pays off. She did it and so can you! Notice a small tennis ball at the edge of the stool. It is always stared down, even if it takes an hour.

Photo courtesy of Roe Davis

PLANNING:

I am so thrilled you are joining us! Even before we start our Day 1, I encourage you to sign up on our FB group *Kasia Kines- Detox Support*, print the Manual, order your supplements, and watch the welcome video right away! The Pre-Program week is a great opportunity for you to set the stage and prepare for the success. I would love for you to already clean up your fridge and your pantry this week, so come Day 1, you can enjoy the videos of shopping and cooking, and then over the weekend you can print the shopping list, buy the foods, and Sunday cook up a storm for the whole week!!!! Now, that is a powerful start!

People do not plan to fail. They fail to plan!!! Yes, planning is everything, and I really want you to succeed! First, clean up your pantry by following the guide below. Consider that this is your opportunity to start with a clean plate, so we can set you up for success!!! Get started a few days before we officially start the program!!! Also:

- Give away junk that otherwise will tempt you.
- Go over all the mystery items in your freezer and the fridge and discard what is old than and if you are not sure if it is still ok to eat.
- Discard all boxed food products that have more than 3 ingredients in general or if you do not understand ingredients on the list. Check all expiration dates – you may be surprised how much is expired.
- Empty your fridge/freezer and clean it up so it sparkles. Only put back in the foods that serve your health. You will feel so good about it. Hire a cleaning lady if needed.
- Let your family know your healthy food plans for the next 30 days and how important it is to you that they support you or at least do not sabotage you.
- Let your coworkers and friends know that you are on a 30-day health program and so you will not be going to the bar to drink and to the bakery for desserts. Hold your ground and be proud to say it out to the universe. You will get plenty of support from me and our Facebook community, so you will never be alone!
- The first weekend of the Program has been designated for your shopping and cooking. Once your pantry is cleaned up, please watch the videos of me cooking – and find the corresponding recipes here. Then also watch the videos of a trip to a health food store. All this process will prepare you like a pro to get into your local health food store, buy what you need to cook out over the weekend for the next week and to stock up your pantry and fridge/freezer. Please take your time watching and reviewing the corresponding reading materials so that the shopping and cooking will indeed be a breeze. I have had people that hated to cook or never came close to the kitchen before and they ended up rocking it in the kitchen and having a lot of time cooking and eating!!!! You are next.

PANTRY REHAB - STARTING OVER!

Setting the stage for a long-term is impossible without “reforming” your pantry and fridge (freezer too). Think about it as a “spring cleaning” even if it is not spring. We will clean up and dust off the kitchen. We will populate your kitchen with fresh, quality, inspiring items. Yes, you will truly feel inspired! Enjoy this fun project!

CABINETS/PANTRY:

- **Dry herbs/spices:** If you have not used them for a year or more, discard them. If not sure, give it a sniff – are they still fresh? If you live in Baltimore area and have access to MOM’s, you can save the empty bottles (as long as they are made of glass) and reuse them - Mom’s has a wonderful organic bulk section for herbs and spices. Otherwise, buy these in sealed bottles but only if organic. The smaller the better.
- **Baking soda and baking powder:** this is a great opportunity to replenish these if old. Buy aluminum free baking powder and save the old baking soda for cleaning.
- **Boxed Foods:** Any baked products should be donated/given away: anything that has ingredients you do not understand and the word “flour” in it (that means “gluten). All chips go, including “vegetable chips”. Literally give those away, so you do not have to deal with looking at them and being tempted.
- **Condiments:** toss those past expiration date and with ingredients we do not want such as sugar, high fructose corn sugar and chemicals you do not recognize.
- **Rancid fat goes into the garbage** – anything containing fat will eventually go rancid and that is a very unhealthy fat and you definitely want to stay away from it
 - a. **Oils:** only coconut oil will not go rancid for up to 2 years at room temperature. All other oils deteriorate and oxidize (aka go rancid) due to air (oxygen – hence “oxidation”) and heat. Invest in the best quality olive oil and coconut oil you can. Make sure olive oil/hemp oil/flax oil should all be stored in dark glass bottles and flax and hemp needs to be refrigerated. Keep all your oils away from light and heat. Again, sniff the oils you currently have stocked. Do they smell off, a little stale or plain rancid? They have to go. Perhaps you can polish your shoes with them, but that is it. In future, only buy one small bottle at a time. Then replenish it as you go. Do not “stock” on oils. Discard any vegetable oils, corn oil, sunflower oil, soy oil, canola oil, or safflower oil. Read ingredients! Check salad dressing ingredients too!
 - b. **Flours:** Whole grain flours contain fat and thus they oxidize. How long have you stored your flours? More than a year? A quick sniff again. What do you smell? If stale/rancid, toss. Watch for grain weevils. If not, give away. We will not use wheat flours for now.

You can buy quinoa flour, brown flour, or Teff flour or even almond meal flour to replace some recipes (except baking – for that you need ready-made recipes for specific flours – substitutions hardly ever work). We will stay away from GF flours- they are highly processed. In future, store in glass.

- c. **Nuts and seeds:** Have you stored them in plastic bags or plastic boxes in the pantry or the cabinets? Taste one in each bag for rancidity/staleness. Only buy a small bag, preferably in a bulk section, organic when you can, and keep in the fridge.

FRIDGE:

- Clean up any UFOs (unidentified food organisms!) and wilted vegetables.
- Empty the fridge and clean up the shelves, the door, and the walls before putting food back in.
- Small greens like cilantro or dill weed – if you plan to eat this within 1-2 days, you can put it in a glass filled with water; if you need to store it, you want to wrap it in paper towel and then in a plastic bag and keep in the fridge. The best idea I sometimes use is to wash it, pat it dry and chop the whole bunch and keep the chopped green ready for use in a glass container in the fridge.
- Vegetables needing cleaning: if you have time after bringing the groceries, wash, peel, chop and otherwise process your vegetables immediately before putting them in the fridge. You will find that if you have Ziploc bags of chopped carrots or cabbage, you may be much more inclined to actually grab them to make a quick meal even when you are tired after coming from work.

FREEZER:

- Are there any foods that have been there for a year or more? Any foods that have freezer burn? Foods without a date on them that you do not remember putting in there? Then that is a toss.
- Any frozen fruits and vegetables in the original bags: check ingredients. For example, your unsuspected bag of frozen sweet peas or corn may have these ingredients: sweet peas, sugar. You will be surprised! We will replenish the freezer with organic frozen produce.

PANTRY BASICS TO RESTOCK: ORGANIC WHEN POSSIBLE PLEASE

- Extra Virgin Olive Oil
- Virgin Coconut Oil
- Balsamic Vinegar (Aged), White and Red Wine Vinegar, or Apple Cider Vinegar
- Wheat Free Organic Tamari (gluten free soy sauce), Brags Amino or Coconut Amino
- Nutritional Yeast (at least 1 cup)
- Almond Butter
- Lemons (3-4 per week)
- Quinoa (5 cups dry)
- Organic Brown Rice (long grain) or 100% brown rice pasta
- Celtic Sea Salt or Redmond Real Salt
- Cinnamon (powder and sticks)
- Cardamom seeds (not pods; powder is ok if no seeds available)
- Turmeric
- Coriander, whole*
- 1 or 2 whole nutmeg*
- Cumin, whole*
- Basil, dried
- Marjoram, dried
- Chipotle pepper***
- Cayenne Pepper***

* Spices always taste the best when they are freshly ground. It is worth it to delegate a coffee grinder just for herbs, spices and seeds. I have used one for years just for that purpose. If you cannot do it, then buy the ground version of the spice – just a little at a time.

** Nutmeg is grated best with a microplane: it is one of my most favorite things in the kitchen!

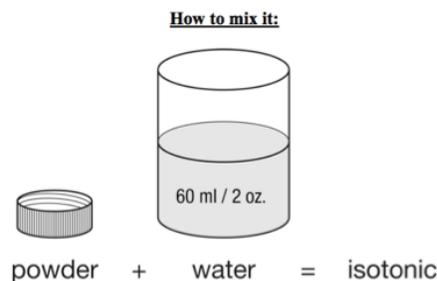
*** If you have active rheumatoid arthritis, stay away from these for now. Ignore in recipes because they are nightshades. However, black pepper is not a nightshade, so you could use that.

YOUR SUPPLEMENTS

Visit www.kineswellnesssolutions.com and create an account as my patient. Order the supplements below (all these products are gluten free); also, watch the video demo how to use and mix the isotonic I made for you and the Video on OPC. More about supplements can be found in *Detox Manual Companion*, Resources chapter and in your dashboard under *Order Your Supplements*.

- *** Daily Essential Box** (30 days) code 6496NM
 - ***OPC-3** (30 servings) code 13810
 - ***Curcumin Extreme** (30 servings) 13145NM or ***Hepatocleanse** code 13876
 - ***Nutriclean Probiotics** (30 servings) to support/rebuild your good bacteria in the colon code 13282NM (while it states it may contain dairy, one strain as cultured off dairy, but there is no dairy in this probiotic).
 - ***Heart Health Omega 3** (30 servings) code 13893NM
 - **Isotonix Digestive Enzymes** Box if you have bloating, gas, indigestion, or heartburn code 13024NM
 - **Bliss** (30 servings) if you have a lot of stress code 13173NM
- *most important supplements for your success in the Program!

How to Mix Isotonix:



Fill the small cap completely with the powder

Pour filtered water into the large cup to the white line (that is exactly 2 ounces) and then add the powder; mix and drink

PROTEIN POWDERS - IF YOU ARE A SMOOTHIE FAN:

There are a number of very good protein powders I can recommend, if you want to make a smoothie with protein powder as a protein source. I do not recommend the NutraMetrix protein powders from the website above due to whey as the main ingredients because many people that problems with dairy, and we are eliminating dairy in the Program. My favorite Protein powders are listed on this website. Click on the category Detox Protein Powders, read my explanations, and pick the one that fits you best: <https://www.healthwavehq.com/kasiakines> and click on *Detox Protein Powders* – see my favorite picks and read more details about them. You can order one right there.

YOUR SUPPLEMENT ROUTINE:

- Morning Cocktail: exactly 10oz water + empty the Daily Essentials+ 1 dose OPC-3; mix with a wooden chopstick; drink; wait 8-10 minutes and then have breakfast.
- At Breakfast: Take 1 Probiotic at the beginning of breakfast and 2 Omega 3 with breakfast; optional: 2 Bliss tabs if you are under a lot of stress.
- Before bed (or at dinner): Take 1 Curcumin Extreme cap or 2 Hepatocleanse caps.
- For Indigestion: Mix ½ content of Digestive Enzyme packet with 2 oz water and drink right after a meal if you have bloating/gas/indigestion/stomach ache/heartburn, etc. If you have a serious indigestion or he meal was very heavy, empty the whole packet in 4oz water and drink right after the meal. It can be a saving grace!

WHY AND HOW OF ISOTONIC SUPPLEMENTS

I recommend isotonic solution due to its incredibly effective delivery: when mixed with the exact amount of water, the solution created mimics the osmotic pressure of bodily fluids: sweat, blood, saliva and tears. Nothing needs digesting or breaking down. The solution is recognized by the body as “self” and 90 to 95% of the solution is absorbed within 15 minutes. Only IV is faster and more effective, and some IV solutions also use isotonic solutions. I have not found any more effective supplementation. Glucose and fructose is minimal, at 1 g per serving. For details on the science, ingredients, storage, and sugars in the isotonic supplements, see Isotonic Instructions and Storage and Sugar in NutraMetrix Isotonic Products on this page of the Program.

GET A WATER FILTER



We are finally realizing the importance of water and we drink more, but black tea and coffee do not count! Still, many of us are still dehydrated. Realize that there are few water sources that are free of detectable contaminants and that people, animals and industry contribute to contaminants in our water supply. In this chapter, I explain later what unexpected toxins you may be drinking with your water without knowing about them. I will also shed some light on various forms of water purification and on plastic water bottles, but first, here are practical tips from me.

HERE ARE MY RECOMMENDATIONS:



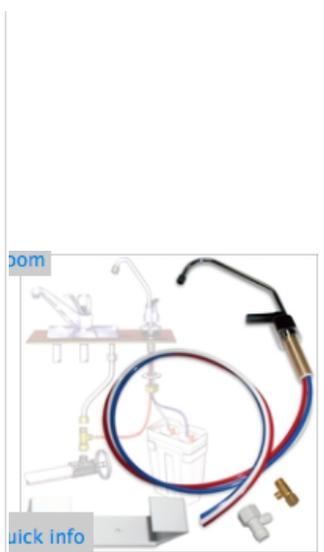
- Get at least 8 glasses of filtered (not purified) water a day, including soups and herb or green teas. Soda and coffee do not count.
- Get a water filter, whatever that is. It will save you money over bottled water and will save you from many toxins. Below are my recommendations.
- Stop drinking ice water at the restaurants and tap water at home.
- Get a filter for your showerhead as well. Your exposure to chlorine through the skin from a shower or a bath is at least as much as the chlorine you drink in a glass of water.
- Refuse to drink anything that tastes of chlorine.
- Avoid water in plastic bottles.
- Travel with our own filtered water in your own stainless steel or glass bottle (make it a fashion statement too).
- Urine color: if you are hydrated, it should be very pale yellow, unless you had B vitamins, as they color it fluorescent yellow. The darker yellow the urine is, the more dehydrated you are.
- Thirst mechanism: do not trust it if you are a senior, as thirst mechanism decreases with age. I train my senior patients to fill up a large pitcher with water in the morning and remember to use it up during the day!
- At times when you are hungry even though you haven't skipped meals, you may actually be dehydrated. Drink some filtered water and see if your hunger stops.
- The reason why coconut water is more rehydrating than water is because it is isotonic; with the same osmotic pressure as your bodily fluids: sweat, saliva, blood and tears, coconut water is recognized by the body as "self" and readily absorbed.
- Coffee is not hydrating. On the contrary, for every cup of coffee you drink, you need an extra cup of water to bring your hydration balance to zero.

HERE ARE MY PERSONAL PICKS FOR WATER FILTERS – I HAVE THEM ALL

Pure H20 kitchen faucet water filter is my favorite. It is easy to install and replace and I prefer it over reverse osmosis purifiers (golden standard) because it is as good but retains the needed minerals and does not waste as much water. It also eliminates a substantial percentage of fluoride, which is hard to do. If you have a traditional small faucet, you can attach it to the faucet. If you have a wide mouth or a pullout faucet, then you have to buy a separate spout (photo in the middle). The filter is replaced every 6 months, and please do so, or otherwise you will start growing bacteria in it! The replacement filter set is the photo on the right (blue and white filters).

Go to www.kineswellnesssolutions.com and type in ***Pure H20*** for the kitchen sink water filter (prices may have changed slightly) and put the replacement filters on autoship for every 6 months:

1. Countertop:
2. Under the sink:
3. Replacement filter:



1. Countertop filter code: 14041NM (CA only: 1404NMCAL)
2. Under the sink installation kit 14042NM (CA only: 14042NMCAL)
3. Replacement filters: 14032NM (CA only: 14032NMCAL)

***Aquasana* has my favorite showerhead filter** (photos next page). You also replace them every 6 months. I've tried a number of shower case filters over the years and this is truly the best. I am able to replace that one myself without any help, which is a great advantage too. Here is the link to their website: <http://www.aquasana.com/shower-head-water-filters> and here are their options (prices may vary):

SHOWER FILTER & CHROME WAND



MSRP:
\$119.99

SHOWER FILTER & WHITE WAND



MSRP:
\$99.99

SHOWER FILTER



MSRP:
\$84.99

SHOWER FILTER - NO HEAD



MSRP:
\$79.99

SHOWER REPLACEMENT



MSRP:
\$52.50

Berkey Water Filter with PF-2

This is an alternative to Pure H2O kitchen faucet water filter. Both filters eliminate substantial amount of fluoride (toxin that is especially detrimental to thyroid – more on my posts at Kasiakines.com under resources) and retain minerals, which is very important. Berkey, as you can see, is self-contained and not attached to anything. As long as you keep pouring water into it, the gravity will filter the water through the spout at the bottom. There are various sizes available. Just make sure you buy a size that accommodates the PF-2 fluoride filter (it is an additional filter).



[LINK TO BERKEY](#) to get 5% off as my client.

Just in case, also write this coupon at the checkout **“kines5”**

WHICH WATER FILTER SHOULD I BUY? PURE H2O OR BERKEY?

Both filters are excellent and both retain minerals while filtering substantial fluoride out. The choice depends on your lifestyle. We have both in our kitchen!!!!

Berkey is excellent for house renovations/traveling/rentals/frequent moving/student life because it is not attached to anything. It was developed for emergencies – so it can even be used to filter river or lake water, according to the claims. The upfront cost is a little high, but the filter lasts a few years. The biggest drawback is that you only have access to your filtered water if you fill out the container, so you have to fill it out every single day!

Pure H2O is excellent for a kitchen sink – it either attaches directly to the end of the kitchen faucet, or, if the faucet is a wrong size, you can use a soap dispenser hole in the sink to install the additional spout, so your filtered water will run from a separate faucet. The advantage is that the water is always available and the filter is extremely affordable for this level of quality. The disadvantage is that you may need a plumber for the installation and that you have to replace the filter twice a year (but that is common for most water filters). If your faucet is the wrong type and you cannot drill the hole for the separate spout, then you may need Berkey instead.

TAKE A BATH - BUT FILTER OUT CHLORINE PLEASE!

Over the years I have used filter balls hanging off the faucet, but inevitably, I have had challenges running all the water through the balls, no matter what brand I tried. I have recently discovered pure Vitamin C that eliminates 100% chlorine and chloramine. It is called *Effervescent Vitamin C Dichlorination Tablets by Vitabath* and is 100% pharmaceutical grade Vitamin C. It contains ascorbic acid (vitamin C), citric acid, sorbitol, and sodium bicarbonate (baking soda) and is 100% organic. If it makes your skin too dry, add more baking soda. This product meets the dichlorination requirements of the US EPA's Clean Water Act.

Only one tablet is needed per bath and the box contains 100 tablets, all for less than \$30, easy to get online. While there is no product available on the market that I am aware of that eliminates fluoride from your bath water, at least we have a simple and inexpensive solution for the chlorine, so that you can enjoy more safely while taking a hot bath soak.

This product is also safe for small children, and works well especially when their skin gets very itchy and irritated from chlorine. FYI, the kitchen water filters we discussed previously both filter out chlorine.

SMART EXERCISE



Tips on Getting the Most out of your Physical Activity:

Exercise does not compensate for a crappy diet, but moving is so important, as we now here from research that just sitting all days is as detrimental to your health or even worse than smoking!!!! Well, we are very sedentary, but I also see the opposite: a lot of people over-exercise in the effort to lose weight!!!! You need to know that high intensity exercise for 1 to 2 hours a day every day can put an unnecessary stress on the adrenals, and may **not** bring the desired fat loss. I see a lot of miserable overweight women that torment themselves in the gym by over-exercising complaining that that does not help them budge a pound. The important aspect of healthy exercise is that **you feel wonderful after you exercise and NOT feeling worse, exhausted and weak.** This is called the ability to recover after exercise. Please do not push yourself, as it is detrimental to your health. More is not better.

Also, make sure you **enjoy your choice** of physical activity. If you do not like to “exercise” but love to dance, then go dancing. Scrubbing dirty floors on your knees is also considered a physical activity, by the way. Start very gentle, with walks in fresh air.

Here are the steps for the smartest forms of movement to support toxin removal and fat (weight) lost:

1. Start gentle, especially as you are settling in the Program:

- At this stage, avoid aggressive strenuous exercise like distance running or 45 min cardio!
- Instead, get outside for a brisk walk, even 5 minutes, once a day or every two days to begin with and work it up
- Also, use physical activities that stretch you and improve balance, coordination and strength: Tai Chi, yoga, or Qi Gong.
- **To break sweat** (to expel more toxins faster), use sauna if you have access to it!

2. Add more vigorous exercise to as you settle down into the Program:

- Dancing
- Zumba
- NIA
- Break sweat in more cardio exercises, but do NOT over do it; this part is not effective for fat and weight loss and people push that too much
- Swimming

3. Most effective to move lymph and burn fat:

- Skipping rope
- 7min/day on a mini-trampoline (less than \$40) – **actually the best weight loss exercise**
- Watch You Tube “*John Gray leads you through his 7 power exercises*” – this is one of the most effective “**bounce and shake**” also focused on fat burning (warning: this demo is outstanding, but it is 51 minutes long, so watch when you have some time).
- HIIT: High Intensity Interval Training: watch JJ Virgin on you tube under “*How to Burst Train the Right Way with JJ Virgin*” – she calls it burst train, but it is HIIT.

Examples of HIIT for running:

1. 3-minute warm up
2. A very short intense aerobic exercise, e.g. 20 sec sprinting
3. 10 seconds of relaxed exercise like walking
4. Repeat the cycle 8 times.

Example of HIIT for biking:

1. 3-minute warm up
2. 60 second fast cycling at max resistance
3. 75 seconds slow cycling at low resistance
4. Repeat the cycle 12 times/27 minutes

Too Much of a Good Thing:

People who exercise regularly and engage often in physical activity live longer on average than people who lead a sedentary lifestyle. However, there are forms of physical activities that actually cause excessive oxidation and free radical damage and hardening of arteries and the resulting risk of heart attacks. If you like to bike or run marathon more than just for pleasure and are heavily involved, please read research and be aware that the cases of fatal heart attacks are not uncommon or surprising among veteran marathon runners. **According to research, health damage from running more than 30 miles a day will cancel health benefits from it.** Serious and committed marathon runners may not outlive others and may age faster.

Read this if you have a LOT of Weight to Lose!

Additionally, one of our favorite benefits of regular exercise is the reduction of body fat, excess of which can lead to serious health risks including atherosclerosis and high blood pressure. However, more importantly for us, remember that **fat is the preferred storage for toxins**. If you have a lot of overweight, when you decrease your body fat through physical activity, you reduce toxic levels and you speeds up the body's natural detoxification process through increased blood and lymph circulation. However, during this process, you are dumping a lot of toxins, so you HAVE to ensure that your body is well equipped to expel these toxins that are now released from the fat storage and are flooding your blood stream in a timely fashion, or, if your detox phases are running slowly, these toxins may be reabsorbed into your circulation and then will be taken by blood into your tissues, organs, glands, brain, joints etc., which we call **Retox**. Retox is to be avoided at all cost. This can lead even to autoimmune diseases like rheumatoid arthritis or fibromyalgia!!!! I have actually seen this happen. So be gentle and slow with the weight loss. Slow is safer!

My favorite trampoline: Stamina InTone Plus 38-inch trampoline

BENEFITS OF PHYSICAL ACTIVITY:

- Better Sleep
- Elevating Mood by 30 to 50 percent
- Alleviation of Stress
- Better Nutritional Health
- Improved Body Composition
- Improved Bone Density

- Stronger Immune system
- Decreased rate of cancer by 35 percent
- Better circulation and lung function
- Lowered risk of cardiovascular disease by at least 30 percent
- Lower risk of type 2 diabetes
- Decreased incidence of anxiety and depression
- Increased confidence and self-esteem

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FOOD LOG AND JOURNALING

Keeping a food diary is critical to understanding the affects food has on your body. A food diary not only creates a conscious awareness of food intake and eating patterns but is also a tool that is instrumental in helping you better communicate your concerns and progress with Kasia and your team during detoxification. In some cases, a food log can help us find reasons for mystery symptoms.

Top reasons to write down what you eat include the awareness of:

- What and how much you are eating
- When you are and are not eating
- How foods affect your moods and vice versa
- How successful you actually are following the Program
- How foods affect your body and which foods you eat trigger symptoms
- How many servings of fruits and vegetables you are actually eating
- What your bowel movements are: frequency and consistency

Details to record:

- Time: Be specific – the time you eat is as important as what you eat
- Amounts: Be specific- was it one teaspoonful of almond butter or one tablespoon? Was the bowl of soup one cup or three cups?
- Be thorough and Include beverages, vitamins/supplements, medications
- Feelings: Energy, stress level, emotions; pay attention, as you detoxify your body you will also experience the release of old negative emotions
- Bowel/Urine Habits: this will give you an awareness of how your body is processing your food and what needs to be done to optimize the process of absorption and elimination. Your goal should be one bowel movement in the morning and one in the evening. Each should be at least the diameter of a quarter and 8-12 inches long, with a consistency of a ripe banana, sinking preferable to floating.
- Make your food log work for you - your needs are unique.

Journal!!! The bottom is left blank, so that you can journal!

HERE IS A SAMPLE OF A FOOD LOG ENTRY:

Day 2: Joe Smith (Su) Jan 31

Time	Food Item	Hunger 0-10	How am I Feeling? Describe bowel movements
8am	16 oz decaf Coffee with a creamer 2 T half-half	1	Diarrhea, like water, cramping before BM
	1.5 cup Kashi cereal with milk organic 2%, ¼ cup		
	Scrambled eggs: 2 eggs+ 1 egg white + ¼ cup chopped onion, + drizzle olive oil for frying	5	
2pm	2 cups Salad- be specific what kind of salad and a coke 16 oz sugar free		Happy, headache starts about 2:30pm
	Coffee 8 oz decaff, black		Wired
	Water 16 oz		Very thirsty
5pm	Crackers 10 animal cookies		Loved them, ate a lot
8pm	Shrimp cocktail 4 oz		Out with friends
	1 beer		I think every time I drink beer I have brain fog
	French fries large		

Physical Activity: walked the dog for 30 min

Stress Relieving Exercise (meditation, yoga, walking): nothing today

Total #Hours Slept: 6.5; **from:** 11:30pm to 6 am not enough

Total Number of Bowel Movements: only 1 today, at am

Total water intake: forgot to add water to my log!!! I drank...50 oz total, mostly tap water

Was this a typical day? Explain: yes

Journal Entry for today:

Today was my 2nd day in the Program. Just reading materials and listening to the pod casts and videos. I am realizing that I do not sleep enough. Have to figure out that diarrhea. If it does not go away, I may have to post a question on the forum. I am apprehensive of this program. Perhaps I took on too much! What if I fail? I think I can share my worries on the forum too. I bet others are a little bit scared as well. I'm going to try those Epsom salts!

CHAPTER 2: FRIDAY-SUNDAY KITCHEN IMMERSION



5-DAY WORTH START-UP MENU: SHOPPING LIST

RECIPES BELOW & VIDEOS IN YOUR ONLINE DASHBOARD

The Menu is: A Morning Smoothie (your creation), The Green Smoothie- for afternoon, Quinoa and Black Bean Salad, Mouth-Watering Curried Red Lentil Stew, Kasia's Famous Polish Sauerkraut Salad, and Cashew Cardamom Balls

PANTRY LIST		FRIDGE LIST	
<p>OILS</p> <input type="checkbox"/> olive oil, extra virgin -best quality	<p>WHOLE GRAINS GF</p> <input type="checkbox"/> quinoa, 2 cups	<p>ALLIUM VEGETABLES</p> <input type="checkbox"/> large onions, 2 <input type="checkbox"/> green onions, 5	<input type="checkbox"/> lemons, 2 <input type="checkbox"/> pears, 2 ripe
<p>SPICES</p> <input type="checkbox"/> cardamom <input type="checkbox"/> cumin <input type="checkbox"/> curry powder <input type="checkbox"/> cayenne pepper <input type="checkbox"/> cinnamon <input type="checkbox"/> ground clove	<p>NUTS /FRIDGE/</p> <input type="checkbox"/> cashews, 1 ¼ cup <input type="checkbox"/>	<p>CRUCIFEROUS VEGGIES</p> <input type="checkbox"/> cauliflower, 1 head <input type="checkbox"/> kale leaves <input type="checkbox"/> green cabbage	<p>ANIMAL PROTEIN</p> <input type="checkbox"/> not needed
<p>SWEETENERS</p> <input type="checkbox"/> maple syrup <input type="checkbox"/> local/raw honey	<p>OTHER</p> <input type="checkbox"/> pitted dates, 1 container <input type="checkbox"/> coconut flakes-optional <input type="checkbox"/> carob powder, 1 container <input type="checkbox"/> "Real Salt"	<p>GREEN VEGETABLES</p> <input type="checkbox"/> romaine lettuce and/or collard greens	<p>FRESH HERBS</p> <input type="checkbox"/> parsley, 1 bunch <input type="checkbox"/> cilantro, 2 bunches (or dill and parsley instead)
<p>BEANS, LENTILS, PEAS</p> <input type="checkbox"/> black beans, 1-2 cups dry <input type="checkbox"/> red lentils, 1-2 cups dry <input type="checkbox"/> frozen peas, a bag	<p>TEAS</p> <input type="checkbox"/> Dandy Blend <input type="checkbox"/> dandelion root tea <input type="checkbox"/> red clover <input type="checkbox"/> <input type="checkbox"/>	<p>OTHER VEGETABLES</p> <input type="checkbox"/> medium carrots, 4-6 <input type="checkbox"/> cucumber, 1 <input type="checkbox"/>	<p>OTHER</p> <input type="checkbox"/> sauerkraut, 32 oz jar <input type="checkbox"/> ginger, fresh root
		<p>FRUITS</p> <input type="checkbox"/> sweet apples, 4-6 <input type="checkbox"/> orange, 1 <input type="checkbox"/> ½ cup of lime juice: about 8 limes	<p>YOUR SMOOTHIE</p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

MORNING SMOOTHIE

Mix and match ingredients from these columns to create a nutritious and delicious smoothie. Use the following recipes to get started *or* as guidelines for a new creation. You will need a good blender.

Protein: pick one	Liquid: 8oz*	Fruit: fresh or Frozen: 1-2 cups	Greens: 1- 2 cups	Fresh Herbs: a handful	Superfoods: 1-2 T	Make Your Own
2-3T hemp seeds 2 T nut butter ½ cup cooked quinoa A big handful of nuts 1 T bee pollen 1 T spirulina Pea/Rice protein powder 3 oz organic silken or sprouted tofu if tolerated, not daily	Filtered water Coconut water	Banana**AND: Wild blueberries Strawberries Raspberries Pitted cherries (frozen) Peeled orange Pineapple ½ Avocado Apple Ripe Pear Peach Kiwi Apricots Seedless grapes Mango Papaya, etc.	Collard greens Kale (but not daily)* Spinach Watercress Bok choy Napa Cabbage Green cabbage Quality lettuce (not iceberg) Turnip greens Other ...	Cilantro Parsley Mint Basil Other ...	Fresh ginger Chia seeds Goji berries Flax seeds Powdered greens Raw cacao-if tolerated Lemon slice Coconut butter**** Coconut oil****	
<div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>A SAMPLE SMOOTHIE:</p> <p>PROTEIN: 3 T hemp seeds FLUID: 8 oz water FRUIT: 1/2 banana + 1 cup blueberries GREEN: 1 collard leaf, no stem HERBS: a handful of parsley SUPERFOOD: lemon slice and ginger</p> </div>						

*Do not use non-dairy milks: they have synthetic vitamins added, a few gums, to which some people are highly reactive, and really, they are not worth the money.

**Banana makes it creamy and sweet, so add other fruit to it

***Kale may be contaminated with thallium, a toxic metal. It absorbs it from soil.

**** If you are trying to put on weight and tolerate coconut oil.

1ST WEEK RECIPES

The Green Smoothie: Your Daily Medicine

2 apples, cored and cut into chunks
 2 ripe pears, cored and cut into chunks
 1-2 cups water
 2 lemons juiced
 1-2 inches of fresh ginger, peeled and sliced
 5 kale leaves*, rinsed and torn
 5 romaine lettuce leaves, spinach leaves, or collard greens, rinsed
 1 cup coarsely chopped green cabbage, optional

**If you are not used to bitter greens, replace kale with collards/spinach*

- Place the apple and pear chunks, water, and lemon juice into a blender fitted with a sharp blade or a Vita Mix and blend until smooth and creamy.
- Add ginger, black kale, romaine lettuce, and green cabbage, and blend again until very smooth. Add more water for a thinner consistency.
- Taste it and if it is too “chunky”, for you, add another pear and blend again. Add more water for thinner consistency.
- Place the apple and pear chunks, water, and lemon juice into a blender fitted with a sharp blade or a Vita Mix and blend until smooth and creamy.
- Add ginger, black kale, romaine lettuce, and green cabbage, and blend again until very smooth. Add more water for a thinner consistency.
- Taste it and if it is too “chunky”, for you, add another pear and blend again. Add more water for thinner consistency.

From Whole Life Nutrition

Quinoa and Black Beans

2 cups quinoa
 3-1/2 cups water
 Pinch sea salt
 1 cup chopped cilantro
 5 green onions, sliced
 (1 small jalapeno pepper, seeded and finely diced)
 1 cucumber chopped into small cubes (red bell pepper, diced small - after the Program)

2 cups cooked black beans
Dressing:
 ¼ cup extra virgin olive oil
 ½ cup fresh squeezed lime juice
 1 tsp ground cumin
 1 ½ tsp Celtic sea salt or Herb Amare

Rinse quinoa in a fine mesh strainer under warm running water. Place rinsed quinoa in a medium pot with the water with a pinch of salt. Bring to a boil, reduce heat to low, and let simmer for about 20 minutes, or until all the water is absorbed. Remove quinoa from the pot, place in a large bowl, and let it cool. Combine olive oil, lime juice, cumin and sea salt in a small bowl. Whisk together and pour over cooled quinoa. Toss well with a fork. Add cilantro, green onions, jalapeno pepper, red bell pepper, and black beans and toss again. Serve alone or with steamed winter squash. You may want to replace the jalapeno with some cayenne pepper and bell pepper with cucumber or other crunchy vegetable during the Program.

Energizing and light dish. From the Bastyr kitchen cooking class. By Tom Malterre

Mouth-Watering Curried Red Lentil Stew (East Indian)

Serves 4-6

Have all ingredients ready, as it is a fast soup!

3-4 cups water	(Several dashes cayenne pepper)
1 cup red lentils	Several dashes cinnamon
1 onion finely chopped	Several dashes ground cloves
1 cup fresh or frozen peas	1-2 cups cauliflower, chopped into small flowerets
1 Tbsp extra virgin olive oil (start low)	Chopped fresh cilantro for garnish
1 tsp raw honey or maple syrup (taste and add more if needed)	Celtic Sea salt
2 tsp curry powder	
1 tsp each ground cumin and coriander	

Cook lentils, onion, and peas in water. Scoop out foam as it forms. You can steam the cauliflower separately or throw into the soup for the last few minutes. Red lentils will take just a few minutes to cook- when they are tender, yet still a little firm, add the spices, cauliflower, oil, and the sweetener; cook a few more minutes. You may adjust water and spices. It is delicious even without peas or cauliflower. Perfect with brown rice!

From "Hearty Vegetarian Soups and Stews" by Jeanne Marie Martin

The Famous Polish Sauerkraut Salad

1 32oz jar of organic sauerkraut 365 Whole Foods Brand Optional: a large handful of chopped parsley
 4 medium size carrots
 1 apple
 ½ onion or more, chopped very finely
 1-3 Tbsp extra virgin olive oil
 (Black pepper or cayenne pepper after the Program)

Drain sauerkraut and chop into bite pieces. Place in a large bowl. Grate carrots and the apple and add to the bowl. Add chopped onion. Mix all ingredients very well. Taste the salad: you should be able to taste all ingredients. If needed, add more onion, apple or carrot. Add enough olive oil to add flavor and make moist. Eat fermented food like sauerkraut or Kim Chi daily with meals to promote healthy gut flora and support digestion.

Kasia's Own

Cashew Cardamom Balls

1 1/4 cup raw cashews	Grated peel of 1 orange
1/4 tsp ground cardamom	Coconut flakes and/or carob powder to dust
1 cup pitted dates	

Add dates to food processor until finely ground. Add cashews and grind further until they are the proper texture. Transfer date/cashew mixture to bowl. Add orange peel and cardamom and stir until blended. Form 1-inch diameter balls of mixture, then roll in coconut and/or carob powder.

Adapted from Ami Karnosh

CHAPTER 3: DAY 1

THIS IS THE FIRST DAY OF THE REST OF YOUR LIFE- THIS IS WHERE YOU OFFICIALLY B-E-G-I-N AND WHERE OUR OLD HABITS ARE LEFT BEHIND!!!



WEEKLY TOXICITY INFLAMMATION QUIZ WEEK 1 TO 5

The Weekly Inflammation and Toxicity Questionnaire is an important tool during the Detox Program. Fill out this form every Friday or Saturday while on the Program to see how changes you make during the program affect your health and wellbeing. The lower the score the better.

SAMPLE WEEKLY INFLAMMATION AND TOXICITY QUESTIONNAIRE

Weekly Inflammation and Toxicity Questionnaire – Week 1			
Name: <u>Joe</u>		DATE: <u>Jan 20</u>	
Rate each of the following symptoms base upon your typical health profile for :			
Point Scale	0	Never or almost never have the symptom	3
	1	Occasionally have it, effect is not severe	4
	2	Occasionally have it, effect is severe	
HEAD			
	2	Headaches	
		Faintness	
		Dizziness	
	3	Insomnia	
	5	TOTAL	
EYES			
	2	Watery or itchy eyes	
		Swollen, reddened or sticky eyelids	
	2	Bags or dark circles under eyes	
		Blurred or tunnel vision (does not include near- or far-sightedness)	
	4	TOTAL	
EARS			
		Itchy ears	
	4	Earaches, ear infections	
		Drainage from ear	
	3	Ringing in ears, hearing loss	
	7	TOTAL	
NOSE			
	4	Stuffy nose	
	4	Sinus problems	
		Hay fever	
		Sneezing attacks	
	3	Excessive mucus formation	
	11	TOTAL	
MOUTH/ THROAT			
	3	Chronic coughing	
		Gagging, frequent need to clear throat	
	2	Sore throat, hoarseness, loss of voice	
		Swollen or discolored tongue, gums or lips	
	2	Canker sores	
	7	TOTAL	
SKIN			
		Acne	
	4	Hives, rashes, dry skin	
		Hair loss	
	4	Flushing, hot flashes	
		Excessive sweating	
	8	TOTAL	
HEART			
		Irregular or skipped heartbeat	
	3	Rapid or pounding heartbeat	
	2	Chest pain	
	5	TOTAL	
LUNGS			
	3	Chest congestion	
	2	Asthma, bronchitis	
	2	Shortness of breath	
		Difficulty breathing	
	7	TOTAL	
DIGESTIVE TRACK			
		Nausea, vomiting	
	3	Diarrhea	
		Constipation	
	3	Bloated feeling	
	3	Belching, passing gas	
	4	Heartburn	
	3	Intestinal/stomach pain	
	16	TOTAL	
JOINTS/ MUSCLE			
	3	Pain or aches in joints	
		Arthritis	
	3	Stiffness or limitation of movement	
		Pain or aches in muscles	
	4	Feel of weakness or tiredness	
	10	TOTAL	
WEIGHT			
	4	Binge eating/drinking	
	3	Craving certain foods	
	2	Excessive weight	
		Compulsive eating	
	2	Water retention	
		Underweight	
	11	TOTAL	
ENERGY/ ACTIVITY			
	3	Fatigue, sluggishness	
		Apathy, lethargy	
		Hyperactivity	
	4	Festlessness	
	7	TOTAL	
MIND			
	3	Poor memory	
	3	Confusion, poor comprehension	
	4	Poor concentration	
		Poor physical coordination	
	4	Difficulty in making decisions	
		Stuttering or stammering	
		Surred speech	
		Learning disabilities	
	14	TOTAL	
EMOTIONS			
	3	Mood swings	
	3	Anxiety, fear, nervousness	
		Anger, irritability, aggressiveness	
	3	Depression	
	9	TOTAL	
OTHER			
	2	Frequent illness	
		Frequent or urgent urination	
		Genital itch or discharge	
	2	TOTAL	
GRAND TOTAL			123

0-10 OPTIMAL 10-50 MILD TOXICITY 50-100 MODERATE TOXICITY > 100 SEVERE TOXICITY

WEEKLY INFLAMMATION AND TOXICITY QUESTIONNAIRE: DAY 1

NAME: _____

DATE: _____

Rate each of the following symptoms base upon your typical health profile for:

Point Scale	0	Never or almost never have the symptom	3	Frequently have it, effect is <i>not</i> severe
	1	Occasionally have it, effect is <i>not</i> severe	4	Frequently have it, effect is severe
	2	Occasionally have it, effect is severe		

HEAD	_____	Headaches
	_____	Faintness
	_____	Dizziness
	_____	Insomnia
	_____	TOTAL
EYES	_____	Watery or itchy eyes
	_____	Swollen, reddened or sticky eyelids
	_____	Bags or dark circles under eyes
	_____	Blurred or tunnel vision (does not include near- or far-sightedness)
	_____	TOTAL
EARS	_____	Itchy ears
	_____	Earaches, ear infections
	_____	Drainage from ear
	_____	Ringling in ears, hearing loss
	_____	TOTAL
NOSE	_____	Stuffy nose
	_____	Sinus problems
	_____	Hay fever
	_____	Sneezing attacks
	_____	Excessive mucus formation
	_____	TOTAL
MOUTH / THROAT	_____	Chronic coughing
	_____	Gagging, frequent need to clear throat
	_____	Sore throat, hoarseness, loss of voice
	_____	Swollen or discolored tongue, gums or lips
	_____	Canker sores
	_____	TOTAL
SKIN	_____	Acne
	_____	Hives, rashes, dry skin
	_____	Hair loss
	_____	Flushing, hot flashes
	_____	Excessive sweating
	_____	TOTAL
HEART	_____	Irregular or skipped heartbeat
	_____	Rapid or pounding heartbeat
	_____	Chest pain
	_____	TOTAL
LUNGS	_____	Chest congestion
	_____	Asthma, bronchitis
	_____	Shortness of breath
	_____	Difficulty breathing
	_____	TOTAL

DIGESTIVE TRACK	_____	Nausea, vomiting
	_____	Diarrhea
	_____	Constipation
	_____	Bloated feeling
	_____	Belching, passing gas
	_____	Heartburn
	_____	Intestinal/stomach pain
	_____	TOTAL
JOINTS / MUSCLE	_____	Pain or aches in joints
	_____	Arthritis
	_____	Stiffness or limitation of
	_____	Pain or aches in muscles
	_____	Feel of weakness or
	_____	TOTAL
WEIGHT	_____	Binge eating/drinking
	_____	Craving certain foods
	_____	Excessive weight
	_____	Compulsive eating
	_____	Water retention
	_____	Underweight
	_____	TOTAL
ENERGY / ACTIVITY	_____	Fatigue, sluggishness
	_____	Apathy, lethargy
	_____	Hyperactivity
	_____	Restlessness
	_____	TOTAL
MIND	_____	Poor memory
	_____	Confusion, poor
	_____	Poor concentration
	_____	Poor physical coordination
	_____	Difficulty in making decisions
	_____	Stuttering or stammering
	_____	Slurred speech
	_____	Learning disabilities
	_____	TOTAL
EMOTIONS	_____	Mood swings
	_____	Anxiety, fear, nervousness
	_____	Anger, irritability, aggressiveness
	_____	Depression
	_____	TOTAL
OTHER	_____	Frequent illness
	_____	Frequent or urgent urination
	_____	Genital itch or discharge
	_____	TOTAL
GRAND TOTAL		_____

WEEKLY INFLAMMATION AND TOXICITY QUESTIONNAIRE: WEEK 2

NAME: _____

DATE: _____

Rate each of the following symptoms base upon your typical health profile for:

Point Scale	0	Never or almost never have the symptom	3	Frequently have it, effect is <i>not</i> severe
	1	Occasionally have it, effect is <i>not</i> severe	4	Frequently have it, effect is severe
	2	Occasionally have it, effect is severe		

HEAD	_____	Headaches
	_____	Faintness
	_____	Dizziness
	_____	Insomnia
	_____	TOTAL
EYES	_____	Watery or itchy eyes
	_____	Swollen, reddened or sticky eyelids
	_____	Bags or dark circles under eyes
	_____	Blurred or tunnel vision (does not include near- or far-sightedness)
	_____	TOTAL
EARS	_____	Itchy ears
	_____	Earaches, ear infections
	_____	Drainage from ear
	_____	Ringing in ears, hearing loss
	_____	TOTAL
NOSE	_____	Stuffy nose
	_____	Sinus problems
	_____	Hay fever
	_____	Sneezing attacks
	_____	Excessive mucus formation
	_____	TOTAL
MOUTH / THROAT	_____	Chronic coughing
	_____	Gagging, frequent need to clear throat
	_____	Sore throat, hoarseness, loss of voice
	_____	Swollen or discolored tongue, gums or lips
	_____	Canker sores
	_____	TOTAL
SKIN	_____	Acne
	_____	Hives, rashes, dry skin
	_____	Hair loss
	_____	Flushing, hot flashes
	_____	Excessive sweating
	_____	TOTAL
HEART	_____	Irregular or skipped heartbeat
	_____	Rapid or pounding heartbeat
	_____	Chest pain
	_____	TOTAL
LUNGS	_____	Chest congestion
	_____	Asthma, bronchitis
	_____	Shortness of breath
	_____	Difficulty breathing
	_____	TOTAL

DIGESTIVE TRACK	_____	Nausea, vomiting
	_____	Diarrhea
	_____	Constipation
	_____	Bloated feeling
	_____	Belching, passing gas
	_____	Heartburn
	_____	Intestinal/stomach pain
	_____	TOTAL
JOINTS / MUSCLE	_____	Pain or aches in joints
	_____	Arthritis
	_____	Stiffness or limitation of
	_____	Pain or aches in muscles
	_____	Feel of weakness or
	_____	TOTAL
WEIGHT	_____	Binge eating/drinking
	_____	Craving certain foods
	_____	Excessive weight
	_____	Compulsive eating
	_____	Water retention
	_____	Underweight
	_____	TOTAL
ENERGY / ACTIVITY	_____	Fatigue, sluggishness
	_____	Apathy, lethargy
	_____	Hyperactivity
	_____	Restlessness
	_____	TOTAL
MIND	_____	Poor memory
	_____	Confusion, poor
	_____	Poor concentration
	_____	Poor physical coordination
	_____	Difficulty in making decisions
	_____	Stuttering or stammering
	_____	Slurred speech
	_____	Learning disabilities
	_____	TOTAL
EMOTIONS	_____	Mood swings
	_____	Anxiety, fear, nervousness
	_____	Anger, irritability, aggressiveness
	_____	Depression
	_____	TOTAL
OTHER	_____	Frequent illness
	_____	Frequent or urgent urination
	_____	Genital itch or discharge
	_____	TOTAL
GRAND TOTAL		_____

WEEKLY INFLAMMATION AND TOXICITY QUESTIONNAIRE: WEEK 3

NAME: _____

DATE: _____

Rate each of the following symptoms base upon your typical health profile for:

Point Scale	0	Never or almost never have the symptom	3	Frequently have it, effect is <i>not</i> severe
	1	Occasionally have it, effect is <i>not</i> severe	4	Frequently have it, effect is severe
	2	Occasionally have it, effect is severe		

HEAD	_____	Headaches
	_____	Faintness
	_____	Dizziness
	_____	Insomnia
	_____	TOTAL
EYES	_____	Watery or itchy eyes
	_____	Swollen, reddened or sticky eyelids
	_____	Bags or dark circles under eyes
	_____	Blurred or tunnel vision (does not include near- or far-sightedness)
	_____	TOTAL
EARS	_____	Itchy ears
	_____	Earaches, ear infections
	_____	Drainage from ear
	_____	Ringling in ears, hearing loss
	_____	TOTAL
NOSE	_____	Stuffy nose
	_____	Sinus problems
	_____	Hay fever
	_____	Sneezing attacks
	_____	Excessive mucus formation
	_____	TOTAL
MOUTH / THROAT	_____	Chronic coughing
	_____	Gagging, frequent need to clear throat
	_____	Sore throat, hoarseness, loss of voice
	_____	Swollen or discolored tongue, gums or lips
	_____	Canker sores
	_____	TOTAL
SKIN	_____	Acne
	_____	Hives, rashes, dry skin
	_____	Hair loss
	_____	Flushing, hot flashes
	_____	Excessive sweating
	_____	TOTAL
HEART	_____	Irregular or skipped heartbeat
	_____	Rapid or pounding heartbeat
	_____	Chest pain
	_____	TOTAL
LUNGS	_____	Chest congestion
	_____	Asthma, bronchitis
	_____	Shortness of breath
	_____	Difficulty breathing
	_____	TOTAL

DIGESTIVE TRACK	_____	Nausea, vomiting
	_____	Diarrhea
	_____	Constipation
	_____	Bloated feeling
	_____	Belching, passing gas
	_____	Heartburn
	_____	Intestinal/stomach pain
	_____	TOTAL
JOINTS / MUSCLE	_____	Pain or aches in joints
	_____	Arthritis
	_____	Stiffness or limitation of
	_____	Pain or aches in muscles
	_____	Feel of weakness or
	_____	TOTAL
WEIGHT	_____	Binge eating/drinking
	_____	Craving certain foods
	_____	Excessive weight
	_____	Compulsive eating
	_____	Water retention
	_____	Underweight
	_____	TOTAL
ENERGY / ACTIVITY	_____	Fatigue, sluggishness
	_____	Apathy, lethargy
	_____	Hyperactivity
	_____	Restlessness
	_____	TOTAL
MIND	_____	Poor memory
	_____	Confusion, poor
	_____	Poor concentration
	_____	Poor physical coordination
	_____	Difficulty in making decisions
	_____	Stuttering or stammering
	_____	Slurred speech
	_____	Learning disabilities
	_____	TOTAL
EMOTIONS	_____	Mood swings
	_____	Anxiety, fear, nervousness
	_____	Anger, irritability, aggressiveness
	_____	Depression
	_____	TOTAL
OTHER	_____	Frequent illness
	_____	Frequent or urgent urination
	_____	Genital itch or discharge
	_____	TOTAL
GRAND TOTAL		_____

WEEKLY INFLAMMATION AND TOXICITY QUESTIONNAIRE: WEEK 4

NAME: _____

DATE: _____

Rate each of the following symptoms base upon your typical health profile for:

Point Scale	0	Never or almost never have the symptom	3	Frequently have it, effect is <i>not</i> severe
	1	Occasionally have it, effect is <i>not</i> severe	4	Frequently have it, effect is severe
	2	Occasionally have it, effect is severe		

HEAD	_____	Headaches
	_____	Faintness
	_____	Dizziness
	_____	Insomnia
	_____	TOTAL
EYES	_____	Watery or itchy eyes
	_____	Swollen, reddened or sticky eyelids
	_____	Bags or dark circles under eyes
	_____	Blurred or tunnel vision (does not include near- or far-sightedness)
	_____	TOTAL
EARS	_____	Itchy ears
	_____	Earaches, ear infections
	_____	Drainage from ear
	_____	Ringling in ears, hearing loss
	_____	TOTAL
NOSE	_____	Stuffy nose
	_____	Sinus problems
	_____	Hay fever
	_____	Sneezing attacks
	_____	Excessive mucus formation
	_____	TOTAL
MOUTH / THROAT	_____	Chronic coughing
	_____	Gagging, frequent need to clear throat
	_____	Sore throat, hoarseness, loss of voice
	_____	Swollen or discolored tongue, gums or lips
	_____	Canker sores
	_____	TOTAL
SKIN	_____	Acne
	_____	Hives, rashes, dry skin
	_____	Hair loss
	_____	Flushing, hot flashes
	_____	Excessive sweating
	_____	TOTAL
HEART	_____	Irregular or skipped heartbeat
	_____	Rapid or pounding heartbeat
	_____	Chest pain
	_____	TOTAL
LUNGS	_____	Chest congestion
	_____	Asthma, bronchitis
	_____	Shortness of breath
	_____	Difficulty breathing
	_____	TOTAL

DIGESTIVE TRACK	_____	Nausea, vomiting
	_____	Diarrhea
	_____	Constipation
	_____	Bloated feeling
	_____	Belching, passing gas
	_____	Heartburn
	_____	Intestinal/stomach pain
	_____	TOTAL
JOINTS / MUSCLE	_____	Pain or aches in joints
	_____	Arthritis
	_____	Stiffness or limitation of
	_____	Pain or aches in muscles
	_____	Feel of weakness or
	_____	TOTAL
WEIGHT	_____	Binge eating/drinking
	_____	Craving certain foods
	_____	Excessive weight
	_____	Compulsive eating
	_____	Water retention
	_____	Underweight
	_____	TOTAL
ENERGY / ACTIVITY	_____	Fatigue, sluggishness
	_____	Apathy, lethargy
	_____	Hyperactivity
	_____	Restlessness
	_____	TOTAL
MIND	_____	Poor memory
	_____	Confusion, poor
	_____	Poor concentration
	_____	Poor physical coordination
	_____	Difficulty in making decisions
	_____	Stuttering or stammering
	_____	Slurred speech
	_____	Learning disabilities
	_____	TOTAL
EMOTIONS	_____	Mood swings
	_____	Anxiety, fear, nervousness
	_____	Anger, irritability, aggressiveness
	_____	Depression
	_____	TOTAL
OTHER	_____	Frequent illness
	_____	Frequent or urgent urination
	_____	Genital itch or discharge
	_____	TOTAL
GRAND TOTAL		_____

WEEKLY INFLAMMATION AND TOXICITY QUESTIONNAIRE: WEEK 5

NAME: _____

DATE: _____

Rate each of the following symptoms base upon your typical health profile for:

Point Scale	0	Never or almost never have the symptom	3	Frequently have it, effect is <i>not</i> severe
	1	Occasionally have it, effect is <i>not</i> severe	4	Frequently have it, effect is severe
	2	Occasionally have it, effect is severe		

HEAD

_____ Headaches

_____ Faintness

_____ Dizziness

_____ Insomnia

_____ TOTAL

EYES

_____ Watery or itchy eyes

_____ Swollen, reddened or sticky eyelids

_____ Bags or dark circles under eyes

_____ Blurred or tunnel vision
(does not include near- or far-sightedness)

_____ TOTAL

EARS

_____ Itchy ears

_____ Earaches, ear infections

_____ Drainage from ear

_____ Ringing in ears, hearing loss

_____ TOTAL

NOSE

_____ Stuffy nose

_____ Sinus problems

_____ Hay fever

_____ Sneezing attacks

_____ Excessive mucus formation

_____ TOTAL

MOUTH / THROAT

_____ Chronic coughing

_____ Gagging, frequent need to clear throat

_____ Sore throat, hoarseness, loss of voice

_____ Swollen or discolored tongue, gums or lips

_____ Canker sores

_____ TOTAL

SKIN

_____ Acne

_____ Hives, rashes, dry skin

_____ Hair loss

_____ Flushing, hot flashes

_____ Excessive sweating

_____ TOTAL

HEART

_____ Irregular or skipped heartbeat

_____ Rapid or pounding heartbeat

_____ Chest pain

_____ TOTAL

LUNGS

_____ Chest congestion

_____ Asthma, bronchitis

_____ Shortness of breath

_____ Difficulty breathing

_____ TOTAL

DIGESTIVE TRACK

_____ Nausea, vomiting

_____ Diarrhea

_____ Constipation

_____ Bloating feeling

_____ Belching, passing gas

_____ Heartburn

_____ Intestinal/stomach pain

_____ TOTAL

JOINTS / MUSCLE

_____ Pain or aches in joints

_____ Arthritis

_____ Stiffness or limitation of

_____ Pain or aches in muscles

_____ Feel of weakness or

_____ TOTAL

WEIGHT

_____ Binge eating/drinking

_____ Craving certain foods

_____ Excessive weight

_____ Compulsive eating

_____ Water retention

_____ Underweight

_____ TOTAL

ENERGY / ACTIVITY

_____ Fatigue, sluggishness

_____ Apathy, lethargy

_____ Hyperactivity

_____ Restlessness

_____ TOTAL

MIND

_____ Poor memory

_____ Confusion, poor

_____ Poor concentration

_____ Poor physical coordination

_____ Difficulty in making decisions

_____ Stuttering or stammering

_____ Slurred speech

_____ Learning disabilities

_____ TOTAL

EMOTIONS

_____ Mood swings

_____ Anxiety, fear, nervousness

_____ Anger, irritability, aggressiveness

_____ Depression

_____ TOTAL

OTHER

_____ Frequent illness

_____ Frequent or urgent urination

_____ Genital itch or discharge

_____ TOTAL

GRAND TOTAL _____

MY HEALTH GOALS

Day 1: What are my health goals for the Program?	Day 30: To what degree have I met my health goals?
1.	1.
2.	2.
3.	3.
Day 1: Other major health complaints	Day 30: To what degree have these complaints cleared up?
1.	1.
2.	2.
3.	3.

Notes:

CONTRACT WITH MYSELF

I, _____, am making this contract with myself for the duration of this Program.

I agree to (check all that you are ready to commit to!):

1. Express gratitude for the intricacy, intelligence and beauty of my body and for its continual work with one and only goal in place: to keep me alive, to perform all my functions, to provide all that is needed for me.
2. Provide my body and mind with nourishing foods and thoughts no matter what because I deserve it.
3. Forgive myself instantly each time I do not follow the Program to the dot.
4. Press the “delete” button in my mind any time I think a thought of guilt.
5. Honor the process I am going through without trying to make it perfect. I will allow myself to be imperfect and will simply support my body in doing its work.
6. Breathe deeply through difficult times and situations as well as painful memories that will surface.
7. Allow old emotions to surface without judgment, fear or disappointment. I will acknowledge them, breathe through the old pain and hurt and allow them to be released because they no longer serve me. I may journal through this process.
8. Stop before taking on too much. I will delegate what I can. This is the time I am creating for myself to heal, release the old, allow the new, repair and restore. I will find space and time for myself and will say no sometimes.
9. Allow myself 15-minute beauty naps during the day or over weekends (aka powder naps).
10. Listen to music I love or look at arts I love once a day except heavy metal music or German Expressionism of the beginning of 20th century!
11. Allow myself to do nothing and be still.
12. Reach out to trusted friends, to the group or to Kasia for needed support.
13. Allow myself to make mistakes during the Programs. Tomorrow is another day.
14. Take pleasure in eating. For that, I will seek the best quality foods I can find.
15. Be gentle with myself like I would be with my best friend!

Are there any other things that are important to you that I did not list? Write them below!

Signed: _____

Dated: _____

CHAPTER 4: WEEK 1



BALANCED MEALS

BALANCED MEALS = BALANCED SUGAR = HAPPY BRAIN

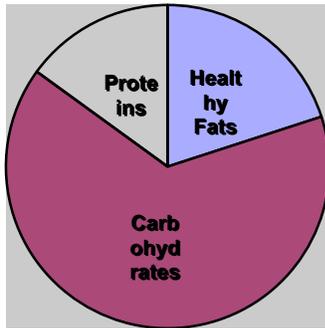
Quiz 1:	What are Whole Foods?	
	A food that has only one ingredient – itself	True or False
	A food you can imagine growing	True or False
	An expensive “organic” grocery superstore	True or False
Quiz 2:	100% organic orange juice is a whole food.	True or False

EAT PLANTS THAT ARE WHOLE FOODS

- In our Program, we eat whole foods. On a cellular level, your body understands whole foods the best because it has evolved with them. Whole foods are the reason why people are healthy. Lack of whole foods creates disease. One reservation is that we also need to choose organic whole foods when possible and avoid GMOs and microwaved foods.
- Whole foods also high in phytonutrients and in fiber. Not only does fiber lower cholesterol and toxin levels by binding to them and excreting them, but it also provides the bulk for your stool, it feeds our friendly gut bacteria, and it makes you feel full longer after a meal thus preventing overeating and cravings.
- In fact, one of the very first things you will notice within just the first few days is decrease or complete elimination of sugar cravings.
- Fiber also makes you burn calories in the process of digestion, thus promoting weight regulation.
- Even more, fiber slows down glucose absorption, keeping it level, and preventing insulin from spiking (remember that insulin increases appetite). Fiber is THE exercise for the colon. Remember that refined flour products and foods of animal origin have absolutely zero fiber. So there is zero fiber in an English muffin with butter, egg and bacon in it.

EAT MORE COMPLEX CARBOHYDRATES FROM PLANTS

When you eat a meal or a snack remember the pie chart below. According to Dr Mark Hyman, even as much as 80-90% of all calories consumed by human beings on our planet are from carbohydrates, in contrast to 50% in the US, a carbo-phobic country.



- Choose complex carbohydrates from whole foods: e.g. quinoa, millet, potatoes or sweet potatoes, lentils, or beans. We run on carbohydrates – it is your body’s preferred fuel. The brain without it has to look for emergency fuel.
- Avoid simple carbohydrates like pretzels or refined flour products like baked goods, cookies, cakes, candy, or donuts.
- Avoid high protein diet with protein from more than 20% of your total daily calories. That only happens with high meat, dairy and fish intake and is possibly associated with increased risk of cancer. Excess protein must be excreted by our kidneys and puts strain on them, as we do not store it for later. It is virtually impossible to exceed your protein needs on a plant-based diet. If you eat balanced meals made up of whole foods, it is hard to be protein deficient unless your gut is not working.

ALWAYS BALANCE CARBOHYDRATES WITH HEALTHY FAT & PROTEIN

The pie chart above represents how we, as humans, are designed to get our calories during one day. Follow the pie chart:

- CARBS: As you see, much of daily calories comes from carbohydrates **50-65%** of your calories
- PROTEIN: you will get enough protein with **15-20%** of all calories in the day, and not much more (against what we are “trained” to believe in this country)
- FAT: **20-30%** of all calories

BREAKFAST: BREAK-THE-FAST AFTER 8-HOUR SLEEP

You are breaking a fast (break-fast) after 8 hours and need to replenish nutrients in the right ratio.

How to balance a cooked grain meal:

- CARBS: Your gluten-free steel-cut oats, cooked quinoa or buckwheat pancakes will be the carbohydrate, and it will be the bulk of the breakfast; If you are carbohydrate-sensitive, limit your morning grain to 1/2 cup cooked.
- PROTEIN/FAT: Your 2-3 brazil nuts, a handful of walnuts, almonds, sunflower seeds or your ground chia or flax seeds will provide you with healthy protein and fat. Adding some almond or coconut milk will add more fat to the meal.

How to balance a breakfast smoothie:

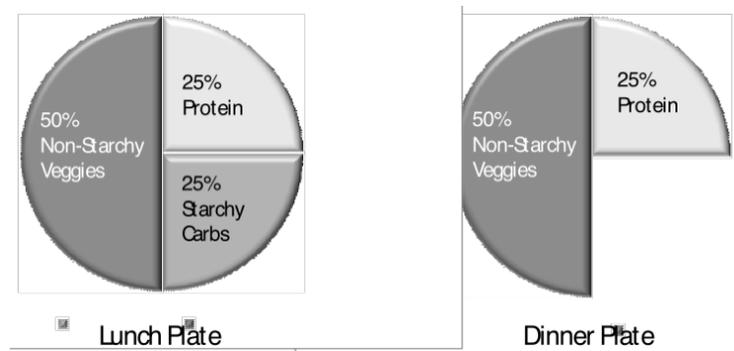
- CARBS: a banana, ripe pear, papaya, orange, or berries can be your carbs
- PROTEIN: your hemp seeds or protein powder will give you the protein needed; 1-2 T nut butter or a big handful of nuts can also provide protein source (and extra fat)
- FAT: a big handful of cashew nuts or 1 T flax or chia seeds will provide some fat. Adding almond milk or coconut milk instead of water will further increase protein and fat content of the shake to make a balanced meal
- ANTIOXIDANTS/CHLOROPHYLL: Remember, adding a non-starchy vegetable, especially green in color, is ALWAYS recommended with any meal, so throw a handful of watercress, spinach, collards, or kale into the smoothie

SNACKS

- When you plan well balanced snacks, think of the pie chart too
- A fruit alone is perfect especially early in the day for mid morning snack- away from meals

- Early day snack: Follow the pie chart if you want the fruit to last you longer, e.g. if you are stranded in the car in a commute and only have an apple, you will be hungry fast. If you add a few nuts and/or seeds, that apple will last you longer.
- Afternoon snacks: raw vegetables dipped in a homemade hummus (recipe in the Recipe Chapter). Peeled and sliced raw sweet potato or daikon radish is great crunchy dippers!
- Craving for sweets? Grab an apple or a pear.

YOUR LUNCH AND DINNER (PLATES)



EXAMPLES OF A STURDY WELL-BALANCED LUNCH:

- Black beans (25% of the plate), brown rice (25%), salsa, avocado, lettuce, onion, and other non-starchy vegetables (50%); skip corn chips, sour cream or cheese
- Lentil stew with a lot of vegetables in it and a side of sweet potato, cooked quinoa, or brown rice
- Split pea soup with vegetables in it or a side dish of salad or cooked non-starchy vegetables like asparagus or broccoli
- Remember to pile up as much of non-starchy veggies as you can! They could be steamed broccoli or a large bowl of salad.

EXAMPLES OF A SIMPLE DINNER:

- 3-4oz wild salmon with 2-3 cups of broccoli steamed or a huge salad
- A large bowl of salad with walnuts and garbanzo beans
- A simple beans and veggie soup (liberal amount of veggies in it)
- A vegetable chicken soup with a lot of non-starchy vegetables and no noodles
- Add healthy starches like quinoa, brown rice, or sweet potato to dinner if you are underweight, if you must study at night, or if you have weak adrenals due to sustained stress

VEGETABLES

For both lunch and dinner, fill half of your plate with vegetables of many kinds, as long as they are not starchy (e.g. broccoli, cauliflower, asparagus, salads, steamed veggies, etc.). Free food!

PROTEIN

As you will see, a quarter of your meal will be protein. This could be beans, lentils, lentil soup, vegetarian chili, etc. I recommend having animal protein more for dinner than lunch simply because it is more practical, and because legumes are more useful for lunch: they have no fat, and they provide protein, fiber, and some glucose, so we will get more energy from them than from animal protein, and we DO need that energy in early afternoon.

COMBINING FOODS FOR LUNCH

Combining complex carbohydrates such as sweet potato with a high protein source like meat is rather difficult for the body to process at the same time. The body has to actually borrow your energy to dismantle this concoction. That is why, after a lunch of meat and potato, the whole family is in need of a nap. Notice that lunch examples are 100% plant based. You will soon notice that eating such lunch will provide you with smooth and focused energy without drowsiness. It is also much easier to bring a home-made lunch to work when it is vegan” because of better food safety. We will soon learn to enjoy hot steaming home-made lunch without microwave, and thus food safety is important.

COMBINING FOODS FOR DINNER

In the evening meal, we do not need much energy, so baked fish or organic chicken with a large side of steamed broccoli can be a great choice for dinner. Again, the more vegetables the better, and for the evening, starchy vegetables should be discouraged, especially if you are trying to lose some weight.

As you will notice, the biggest difference between the two plates is that for lunch, you are encouraged to place some complex carbohydrates on your plate (quinoa, brown rice, sweet potatoes or beets) while you don't need them in the evening meal. That is precisely to provide more glucose, thus energy, to the body AND the brain in the afternoon. If you are not trying to lose weight, you can also enjoy starchy veggies in the evening, but for many people, glucose in foods in the evening will accumulate as fat unless you will be cramming for an exam and staying up late using your brain and using up that glucose!

IT'S ALL ABOUT SUGAR

Sugar feeds cancer, increases inflammation, feeds candida, and can lead to diabetes, obesity and hormonal dis-regulation. Evil sugar? Not so fast. Sugar is also our best energy fuel. It is our gasoline. It is brain's exclusive energy source. When you do not provide it to the brain at the right time in the right form, you will be very cranky (think of someone you know when on Atkin's Diet or strict Paleo Diet) and your brain will think you are dying.

Let's clarify key concepts. Complex carbohydrates are made of sugar. They are sugar. The smallest sugar component is glucose. At the end of the day, you eat carbohydrates for the glucose in it, among other constituents. Both lollipop and sweet potato contain glucose. However, it makes all the difference whether the food you eat is a lollipop with immediately available glucose or sweet potato with delayed glucose release. Let's compare complex carbohydrates (low glycemic impact) and simple carbohydrates (high glycemic impact) in foods.

COMPLEX CARBOHYDRATES: THROW A LOG IN THE FIRE

Cooked Millet. Millet is a complex carbohydrate and a whole food, very important. Because it is a carbohydrate, it is made of glucose molecules. However, it also contains fiber, a little protein, vitamins and minerals and beneficial phytonutrients, some of which we have not discovered yet. These constituents slow down the rate at which glucose is dismantled from the food. As a result, you are throwing a log in the fire. The fire will burn sustainably for a while. This is the preferred

scenario. When glucose release is steady and long-paced, you are in the fat-burning zone, which promotes a healthy weight. You feel great, you have sustained energy, you had a filling and nourishing meal and you are busy living your life.

SIMPLE CARBOHYDRATES: THROW A NEWSPAPER IN THE FIRE

A bagel with jam is one simple carbohydrate with another simple carbohydrate. The bagel is not a whole food. It was once a whole grain that was stripped, milled, bleached, denatured and then enriched by law with synthetic vitamins and minerals. Fiber has been removed and so have vitamins, minerals, and phytonutrients. Jam is fruit but mostly table sugar and typically contains little or no fiber. You are throwing a newspaper in the fire. The fire will burn for a brief moment only. This is the worst scenario. There is no fiber to slow glucose uptake, so all glucose is immediately available, but the body may not be able to produce all the needed insulin to tackle all this glucose just at this short time. You are in a fat storing zone. This pattern creates extremes of sugar highs and lows. The higher the high (candy, donuts, cakes), the faster the newspaper burns and glucose plummets, and the lower the low (you crave sugar, you run for coffee with sugar, you crush and have no energy and are very cranky). This eventually can induce insulin resistance: at one point your pancreas just cannot produce enough insulin at each spike of incoming glucose and becomes insensitive because there is too much fast glucose too often. The stage is set for diabetes. And how do you feel? You feel wired and very happy one minute, and you crush and hit bottom energy the next. In this cycle, the only thing that can pick you up is another newspaper in the fire, for that instant kick, so you grab another coke.

GLYCEMIC IMPACT

Glycemic impact of foods is how fast glucose is released and how high it spikes. This is an important concept that you should know. Now that we discussed sugar metabolism in detail, the graph below will make a lot more sense to you. Typically, a bagel or candy will have high glycemic impact, meaning that it will follow the red line in the graph below: this is the newspaper in the fire. The cooked millet would have a much lower glycemic impact- represented by the yellow line. As you see in the 2nd scenario, glucose burns longer and is more stable without spiking. Our job is always to prevent the spikes in the glucose. Our planet would be filled with happier people if we all ate this way!



HOW TO MAKE THE LOG BURN EVEN LONGER

So slow glucose is good glucose! I have just explained to you how you can extend the energy a carbohydrate snack like an apple or a pear gives you by adding a few nuts. This very simple principle can carry you well no matter what food you have in front of you.

Simply put, make sure that each meal has a little bit protein and a healthy fat added to it. In that scenario, e.g. 100% brown rice pasta dish is not a “bad” food, but it is best fitted for a lunch meal, which requires carbohydrates. But I would never want you to only eat pasta!!! I want a little more protein and healthy fat. How about olives or pine nuts for fat and fiber? How about throwing some beans into the mix for some more protein? This way, you never worry that your sugar may spike or fat will accumulate. As for our breakfast millet, ground flax or chia seeds, up to 1 T, and/or a handful of good quality raw nuts will make that millet last you even longer!

TIME FOR A QUIZ

Let's see if you now understand the concept of balancing the sugar and meals.

Quiz 3:	How can you balance these foods better:	
	An apple	
	A bowl of oatmeal	
	A salad	

HAPPY BRAIN

Your brain loves glucose. Your muscles do too. Since it is our body's preferred fuel and our brain's exclusive fuel, we love carbohydrates. Just as long as we choose complex carbs, we will not only be balanced but we will crave the simple carbs less. If you don't provide glucose in breakfast or lunch, your body will convert fat or protein from your meals into glucose, but it is not sustainable or sustainable.

Your brain is most active from 2pm to 6pm. That is why, your lunch MUST start between noon and 1:30pm at the latest. So ideally, when your lunch is set right, your brain will be happy, the log will be in the fire and you will have great energy till later afternoon. But do you? Do you crash at 3pm? What did you have for lunch? A salad? Are you trying to lose weight, so you avoid carbs because you have been told carbs are bad for you? If you do not provide your brain with glucose when it needs it, your brain will think there is famine and it may die, so by 3pm you will be grabbing a donut or a piece of chocolate candy. This is your brain in survival mode. If you have a long night studying, you may need to have some well-balanced snacks with complex carbs- this way your brain has fuel to work. By understanding your brain's needs, you will make your brain happier. You will be happier. And slimmer.

HEALTHY FATS

Olives, avocados, raw unsalted nuts, such as walnuts, almonds, Brazil nuts, sunflower seeds, pumpkin seeds, almond butter, wild salmon, herring, mackerel, sardines, flax, kale, extra virgin cold pressed olive oil, extra virgin coconut oil, drops of dark toasted sesame oil...

HEALTHY PROTEIN

Legumes, beans, whole grains like millet, quinoa, or amaranth, raw unsalted nuts (see above), fish such as wild salmon, herring, mackerel, sardines; limited amount of meat only from grass-fed animals; eggs/poultry from cage-free chickens but not during the Detox program.

SLEEPY AFTER LUNCH OR BY 3PM?

Here are possible causes: you did not provide enough glucose at lunch: perhaps you had a lot of salad and some chicken; perhaps you had meat and potatoes (heavy protein and heavy starch) together for lunch; perhaps you ate too many carbs: your meal was basically filled with brown rice pasta, not balanced. You can usually track it down to what you did or did not eat for lunch!

SENSITIVE TO CARBOHYDRATES?

Complex carbohydrates are vital to our energy and brain function. Regretfully, due to prolonged intake of simple refined sugars/carbohydrates and/or high protein low carbohydrate diets, some people, especially women, develop sensitivity to carbohydrates. So what should you eat?

The reason we limit carbohydrates in the evening is that we do not need glucose for energy at night. Your sample menu may have too many complex carbohydrates for you. In that case, you will not feel energized or you will fail to lose weight when desired. You can expect that if you have tried diets low in gluten free grains and felt much better on them. In that case, limit gluten free grains and pasta as well as starchy vegetables to ½ cup at a meal and have protein shakes more often instead, for example as a small meal, breakfast, or a snack.

However, if you feel very well when you eat quinoa for breakfast, brown rice pasta for lunch, or beets and sweet potatoes, you are not carbohydrate sensitive and you will thrive on these foods. You will also lose weight as needed. If this issue is of concern and you are unsure about your case, I am here to guide you. The confusion may be between being sensitive to wheat or gluten (which can create symptoms similar to carbohydrate sensitivity and may prevent you from ability to lose needed weight) and being truly sensitive to carbohydrates.

SIMPLE DAILY NUTRITION TIPS

MEALS

Meals: Always prefer a meal that is warm, slightly moist, light in quantity, and slightly cooked to a cold sandwich, a very heavy meal, or old food.

Largest Meal of the Day: Make lunch your main meal. That is when your digestive capacity is at its best during the day. In traditional Chinese medicine it is called the time of the intestines. Eat lunch between noon and 1:30pm. 11:30 is ok if you start your day very early, but avoid at all cost eating lunch past 1:30pm as your digestion will slow down, and you can even develop heartburn. If your BKFST is late in the morning, eat less of it and still keep your full lunch on schedule. Studies show consistently that people who shift the largest meal from dinner to lunch lose more weight.

What to Eat for Lunch: For lunch, no matter what else you eat, make sure you provide plenty of complex carbohydrates (grains like quinoa or brown rice or roots like sweet potatoes or beets), as they are the best source of glucose, our energy fuel. **Your brain is most active from 2pm to 6pm, and the only fuel it uses for energy is glucose.** If you lack glucose (e.g. salad with chicken), you will crash mid-afternoon and will run to a vending machine with sugary junk for emergency sugar. It is your brain in emergency, in immediate need of glucose. This has nothing to do with weak will power. See the Lunch Pie Chart.

Skipping Meals: Never skip breakfast or lunch.

Smallest Meal of the Day: Dinner – think supper, as in “supplemental” meal. Soup, salad. In the evening, the digestion slows down and the body is preparing for repair/detoxification. “Close” the kitchen at 7pm if possible. If you are starving before dinner, look at the lunch you ate – it was probably too small. Make it larger tomorrow or/and have an apple/nuts snack at mid-afternoon. If you set it right, you will be satisfied with a small meal in the evening. This also supports weight management. See the Dinner Pie Chart.

How to Combine Foods: At a meal, avoid eating starch (rice, potatoes) together with meat. This will zap your energy. If you must eat meat, eat it with non-starchy vegetables and move it to dinner. If you eat a vegetarian meal, you do not have to worry about combining or separating food groups. Legumes and brown rice or quinoa together are just fine.

MINDFULNESS

- **Sit Down.** “When You Eat Standing, Death Looks Over Your Shoulder”. Make a point of removing clickers, TV, computers, and any other distractions and have sit- down meals.
- **Increase Awareness.** Take a moment to acknowledge the meal in front of you any way you like (a prayer, appreciation, a moment of focus on the food). Think of the gratitude to the food and the farmer who grew it – this food will become part of you and that is how you are connected to this planet. This food is your nourishment. Bring yourself to a peaceful state of mind. Do NOT eat during business negotiations. If you are NOT in the state of peace, you are in the fight or flight sympathetic mode also called stress. Your digestion and absorption are shut off to give your muscles energy needed to “fight or flight,” and the food you eat will cause gastric discomfort and digestive problems.
- **15 Minutes.** Take at least 15 minutes to eat your meal, if not more.
- **Breathe.** While you are taking a quiet moment before a meal, breathe through your belly. That diverts the sympathetic repose mode, which is needed for digestion and absorption. The switch is almost instantaneous. Make your breath deliberately slow and deep:

Breathe in – count 1-2-3-4

Hold the breath – count 1-2-3-4 c. breathe out – count 1-2-3-4-5-6-7-8 – slow out is good.
- **Chew.** Put the fork down between bites. Liquefy each bite 51% of the time. Smile, chew, & nod, if in company, and avoid stressful meals like business lunches. Pick the best company.
- **Journal Daily,** if desired.
- **Permission for Joy.** Allow yourself time to meditate, relax, enjoy beauty and play.
- **Beauty.** Go for a walk in a lovely park. Watch birds. Admire a piece of art. Listen to beautiful music.
- **Pleasure in Foods:** Eat delicious foods with pleasure and joy! The Yum Factor!

DETOX DAILY MORNING ROUTINE OPTIONS

- **Stretch** upon rising.
- **Warm Water with Lemon.** Drink a glass of warm water with lemon juice squeezed in it on empty stomach every morning.
- **Dry-Brush** skin before shower.
- **Scrape** your tongue. More on Dry skin brushing in Detox Chapter.
- **Pull Oil (optional).** Slush 1 T olive oil in your mouth in the morning for 10-20 minutes and then spit it out. As you “chew” oil this way, it binds with toxins from saliva. Never swallow it, and stop once your saliva stops turning milky. More on Oil Pulling in Detox Chapter. AND/OR
- **Oil and Lemon Juice (optional).** Or take 1 T olive oil mixed with equal amount of lemon juice to cleanse the gall bladder. Do NOT do that if your gallbladder has been removed. OR



DETOX DAILY MORNING ROUTINE

Green Drink. Have 1-2 cups of the green drink daily during detoxification. It contains raw fruit, so never drink it at the end of a meal. It is best to drink it as a mid morning snack. Alone. Before a meal. This is a MUST. If you do not have a large and strong blender to handle the Green Drink, buy Nutribullet as it is small and affordable and you will be able to make 1/4 of the recipe fresh each day. Vitamix, the superstar blender, now also comes in a small and less expensive version called S30. If you have a small blender, pre-cut what possible and keep in the fridge until ready to make the daily Green Drink. Bath and Beyond will offer 20% off and get Vitamix for you.

Healing Broth. There are two recipes for a broth to choose from in My Recipes chapter. It takes work and is optional. It makes a large amount, so freeze it too. 1-2 cups of the healing broth daily for at least 1 week is recommended, but it is optional. When freezing, allow space in the containers for the liquid to expand when frozen. There are 2 recipes to choose from in your Recipe Chapter.

DAILY ROUTINE

Morning upon rising	<ul style="list-style-type: none"> • OPC-3, B complex (in Daily Essentials), Omega 3 • Drink 1 glass filtered warm/hot water mixed with the juice of 1 lemon (or olive oil + lemon juice), or 1 glass of filtered warm/hot water; pull oil for 15-20 min before eating • Stretch for 5 minutes • Before eating breakfast walk briskly (or do another form of vigorous exercise) for at least 5 minutes • Brush teeth and scrape tongue with tongue scraper • Dry brush skin before showering (refer to page for instructions) 	
Breakfast	<ul style="list-style-type: none"> • While preparing breakfast, take morning supplements • 8-12 ounces green drink - or as mid am or mid pm snack • Include 2-3 Brazil Nuts with breakfast 	For fastest absorption, Isotonix supplements should be taken at least 5 minutes before a meal.
Mid-Morning Snack OPTIONAL	<ul style="list-style-type: none"> • Take a 10 minute break to stretch • Eat a light snack of fresh fruit or vegetables balanced with a small amount of protein and fat (i.e., apple and a few nuts). If you did not have a green drink for breakfast, you may eat it at mid-morning as your snack 	A small amount of fat will help slow the uptake of glucose when eating plant-based carbohydrates alone.
Lunch	<ul style="list-style-type: none"> • Water, hot water or herbal tea • Lunch Plate Balance <ul style="list-style-type: none"> o 50% veggies o 25% grain or root vegetable o 25% protein-lentils, beans (fish/organic tofu) • Dessert if needed 	Enjoy. No clickers. It is a sit-down meal with real cutlery! Find good company and crack jokes. Chew slowly. This is the largest meal of the day.
Afternoon Snack OPTIONAL	<ul style="list-style-type: none"> • Water, hot water or herbal tea • Take a 10-minute break to stretch • Eat a light snack of fresh fruit or vegetables balanced with a small amount of protein and fat (i.e., apple and a few nuts). If you did not have a green drink earlier in the day, you may eat it at mid-afternoon as your snack 	A small amount of fat will help slow the uptake of glucose when eating plant-based carbohydrates alone.
Dinner	<p>Water, hot water or herbal tea with some lemon and raw honey</p> <ul style="list-style-type: none"> • Dinner Plate Balance <ul style="list-style-type: none"> o 50% veggies o 25% protein 	The evening meal is supplemental. It should be a light meal. Do not eat grains or starches with dinner if you are trying to lose weight.
Evening Snack	If needed	
Before Bed	1 cap Curcumin Extreme or 2 caps Hepatocleanse; 1 tab probiotics (or at dinner)	

MY ROUTINE

Time of Day	Time	Menu for the Day	Important Routine Activities
Morning			
Mid-Morning			
Noon			
Mid-Afternoon			
Evening			
Evening Before Bed			

SAMPLE MENU FOR HUNGRY OVERACHIEVERS

Day 1	Day 2	Day 3
<p>OPC-3, Daily Essentials</p> <p>(hot water; olive oil + lemon or lemon water)</p> <p>Breakfast: take omega 3 with it Cooked quinoa +some raisins; 1-1.5 T flax/chia seed, ground +Non-dairy milk, cinnamon 2-3 Brazil nuts</p>	<p>OPC-3, Daily Essentials</p> <p>(hot water, olive oil + lemon or lemon water)</p> <p>Breakfast: take omega 3 with it Large Smoothie* (see recipes) Add 2-3 Brazil nuts</p>	<p>OPC-3, Daily Essentials</p> <p>(hot water, olive oil + lemon or lemon water)</p> <p>Breakfast: take omega 3 with it Blueberries Cooked amaranth 1.5 T flax/chia seed, ground 2 dates, chopped, non-dairy milk, 2-3 Brazil nuts</p>
<p>Mid-morning Snack (optional) Water/herbal tea 1 Glass Green Drink** or 1 fresh fruit (e.g. apple)</p>	<p>Mid-morning Snack (optional) Water/herbal tea 1 fresh fruit (e.g. pear) ½ T nut/seed butter or a few raw nuts or 1 Glass Green Drink**</p>	<p>Mid-morning Snack (optional) Water/herbal tea 1 C fresh fruit (e.g. berries) A few raw nuts or 1 Glass Green Drink**</p>
<p>Lunch (optional 1 c Broth) Quinoa Black Beans Salad Sauerkraut Salad</p> <p>1-2 cashew cardamom balls A small herbal tea</p>	<p>Lunch (optional - 1 c Broth) Brown rice, cooked Curried red lentil soup</p> <p>Sautéed collard greens in olive oil Sauerkraut Salad</p> <p>2 Sesame cookies A small herbal tea</p>	<p>Lunch (optional - 1 c Broth) ½-1 C hot or cold brown rice pasta salad made with Out-of-this world pesto 1-2 cups Broccoli steamed</p> <p>1-2 cashew cardamom balls A small herbal tea</p>
<p>Afternoon Snack (optional) Warm-Hot Water/herbal tea 2-4 slices raw peeled sweet potato dipped in Out-of this World Pesto</p>	<p>Afternoon Snack (optional) Warm-Hot Water/Herbal tea Large Green drink 1-2 T hummus (no canola oil) with carrot and celery stick</p>	<p>Afternoon Snack (optional) Warm-Hot Water/Herbal tea 1 fresh fruit or a handful of sunflower seeds/pumpkin seeds</p>
<p>Dinner (Broth- optional) Small Herbal tea (lemon & a touch of raw honey) 3 oz wild salmon Tossed salad w/ 1 T Super Simple Olive Oil Dressing 2 caps Hepatocleanse or 1 cap Curcumin Extreme; Probiotic</p>	<p>Dinner (Broth- optional) Steamed veggies w/ Silky Broccoli Tahini Salad Dressing and 3 oz organic baked chicken</p> <p>2 caps Hepatocleanse or 1 cap Curcumin Extreme; Probiotic</p>	<p>Dinner (Broth- optional) Split Pea Soup Steamed broccoli, carrots, cauliflower etc.,</p> <p>2 caps Hepatocleanse or 1 cap Curcumin Extreme; Probiotic</p>

* may contain soy
(no soy if estrogen (+) cancer)

Lunch: 50% plate = veggies
25% plate each grain
+Pro

Dinner: 50% plate = veggies
25% plate Pro

Raw fruit before/away from a meal Green Drink before a meal

** one glass Green drink a day

SAMPLE MENU: A SIMPLIFIED VERSION

Day 1	Day 2	Day 3
Glass of very warm water+ lemon	Glass of very warm water+ lemon	Glass of very warm water+ lemon
OPC-3, Daily Essentials	OPC-3, Daily Essentials	OPC-3, Daily Essentials
Breakfast: + Omega 3 with it Cooked quinoa +some raisins; 1-1.5 T flax or chia seeds, ground +Non-dairy milk, 2-3 Brazil nuts and walnuts	Breakfast: + Omega 3 with it Large Smoothie* (see recipes) Add 2-3 Brazil nuts to it	Breakfast: + Omega 3 with it Blueberries Cooked amaranth 1.5 T flax seed, ground 2 dates, chopped, non-dairy milk, 2-3 Brazil nuts and almonds
Mid-morning Snack (optional)	Mid-morning Snack (optional)	Mid-morning Snack (optional)
Water/herbal tea 1 Glass Green Drink or	Glass of Green Drink	Water/herbal tea
Lunch	Lunch	Lunch
Quinoa Salad Sauerkraut Salad	Curried Red Lentil Soup A side of green salad	(optional 1 c Broth) ½-1 C hot or cold brown rice pasta salad made with Out-of-This World Pesto and steamed veggies
A small herbal tea	2 Sesame cookies A small herbal tea	1-2 cashew cardamom balls A small herbal tea
Afternoon Snack (optional)	Afternoon Snack (optional)	Afternoon Snack (optional)
Warm-Hot Water/herbal tea	Warm-Hot Water/Herbal tea	Glass of Green Drink
Dinner	Dinner Broth	Dinner
Small Herbal tea (lemon & a touch of raw honey) 3 oz wild salmon Tossed salad w/ 1 T Super Simple Salad Dressing	Steamed collard greens w/ Silky Broccoli Tahini Salad Dressing and 3 oz organic baked chicken	Split Pea Soup Steamed broccoli, carrots, cauliflower or asparagus Sauerkraut Salad Chamomile Herbal tea
2 caps Hepatocleanse or 1 cap Curcumin Extreme; Probiotic	2 caps Hepatocleanse or 1 cap Curcumin Extreme; Probiotic	2 caps Hepatocleanse or 1 cap Curcumin Extreme; Probiotic

MY FOOD LIST

/short version/

FOOD	ALLOWED	AVOID
Veggies	Raw, fresh or frozen, organically grown if possible. ex: Arugula, Artichokes, Asparagus, Beets, Carrots, Celery, Chives, Cucumbers, Endive, Green and Wax Beans, Green Peas, Lima Beans, Onions, Yams, Watercress, Kale, Beet tops, Radish, Red Cabbage, etc. Cabbage family!!	Sprayed or canned veggies; corn; Nightshades (if rheumatoid arthritis): tomato, white potato, eggplant, bell peppers, chili and cayenne (remove from any recipe in that case)
legumes	All beans/legumes e.g. pinto, lentils, adzuki, garbanzo, mung beans, split pea, limit kidney beans (hard to digest).	Canned with preservatives or high salt content. Soy. Lima beans. Canned with BPA.
Grains	Bulk brown rice, millet, quinoa, tapioca, buckwheat grain 100%; amaranth, Teff, gluten free certified steel cut or rolled oats, 100% brown rice pasta; bread/cereal made of these grains but only on occasion 100% buckwheat flour products	Processed dry cereals (puffed rice, Kashi, etc.), white rice; gluten: rye, barley, spelt, kamut, couscous, wheat, soba noodles, buckwheat products (buckwheat pancakes/ noodles); "flour"
Fruits	Fresh or frozen fruits, organically grown when possible. Blueberries, apples, pears etc. Lemon/orange zest. Pineapples, oranges, nectarines, bananas ok if tolerated.	Sulphur/sprayed/canned fruits; with sugar or preservatives; <u>grapefruit</u> (can alter detox enzyme for 72hrs)
Fats/Oils	High heat: unrefined coconut oil; if you don't like coconut flavor, use macadamia oil or refined coconut oil. No heat: hemp oil/flax oil/extra virgin olive oil. For flavor: 1-2 drops of dark roasted sesame oil. Special cases: ghee. THAT IS ALL! Nothing else. Hemp and flax oil require refrigeration. Oils-dark glass best.	Butter, shortening, margarine, saturated oils & fats, (partially) hydrogenated, aka trans fats, cottonseed oil," vegetable oil", almond, grape seed, corn, safflower, sunflower, soy, walnut, canola, mayonnaise, peanut oil, etc.
Meat/ Fish/ Protein	Cold water fresh/frozen fish baked, broiled, poached (wild salmon, halibut, mackerel, trout, mahi mahi, cod, snapper), wild rather than farmed. Hypoglycemic people may have: organic chicken broth, wild game (whole meat), At least week 3 and 4 NO animal protein if possible	Meat (beef, pork, poultry, veal, cold cuts, hot dogs, canned meat, sausage). Seafood (farmed fish, tuna, swordfish, shellfish). NO TILAPIA! No breaded fish of any kind
Nuts & Seeds	Raw nuts: walnuts, almonds, pecans, filberts, cashews, pine nuts, 3 Brazil nuts a day. Raw seeds: sunflower, pumpkin, unhulled sesame, chia, hemp. Raw nut/seed butters (1 ingredient only). Refrigerate all nuts/seeds.	Peanuts, peanut butter, peanut oil. Roasted/salted nuts, nut butters with hydrogenated oils aka trans fatty acids
Soups	Homemade soups made from listed ingredients; vegetable broth, or natural canned soups. Amy's, Eden. Avoid cans but if must use, only BPA free.	Canned with salt/preservatives, potato/tomato/corn/cream, check thickener?? Canned with BPA
Beverages	Pure water, Herbal teas (ex: Mint, Spearmint, Dandelion, Red Clover, Red Raspberry Leaf, Chamomile). Juices: Vegetable – freshly made and unsweetened. Hot water. Hot water with ginger. Green tea: only in the morning as your discretion.	Any canned or frozen juices, soft drinks, sodas, including sugar-free, black tea, coffee, caffeinated beverages, fruit juices, alcohol, green tea after 3pm; licorice root
Condiments and Seasonings	Fresh or dried spices and herbs. Apple cider vinegar, Seaweeds like Kelp or Dulce. If soy is ok: Miso, Tamari wheat free soy sauce, and Bragg's amino acids. Salt: Celtic sea salt and Herb Amare. Cayenne. Curry. Carob powder	Table salt, black pepper, cocoa, MSG (monosodium glutamine), mustard, vinegar, ketchup, chocolate, BBQ sauce, "hydrolyzed" e.g. vegetable protein
Sweetener	Raw honey, stevia, pure maple syrup– all in minute amounts. I am less fond of stevia– brain does distinguish, so let's feed it unless we are dealing with yeast overgrowth.	White or brown sugar, processed honey, molasses, high fructose corn syrup, corn syrup, fructose, Nutra-Sweet, Splenda, other artificial sweeteners/sugars, ---oil, agave, cane sugar, malt, brown rice syrup
Dairy products and substitutes	Unsweetened oat, hazelnut, coconut, hemp or almond milk (no barley malt or cane sugar added). Coconut ice cream sweetened with agave nectar is ok. See a quick recipe for a nut milk under Substitutions (below)	Milk, cheeses, yogurt, ice cream, eggs, cream, cottage cheese, butter, non-dairy creamers, soy milk, commercial rice milk

HERBS AND SPICES

/Examples of benefits/

Herb/Spice	Benefit
Ashwaganda root	adrenal-sparing, calming
Burdock root	Detoxifying
Cardamom powder	see your recipe for date balls; reduces gas, digestive aid
Cayenne	digestive and anti-ulcer aid, cardiovascular aid, increases metabolic rate
Chamomile	relaxing, soothing, digestive aid
Cinnamon	regulating blood glucose, triglycerides and cholesterol
Clove	antiseptic
Coriander	balancing, aids in diabetes, anti-inflammatory, antimicrobial, cholesterol-lowering, anti-anxiety
Cumin	Digestive aid
Dandelion leaf	detoxifying the kidneys
Dandelion root	detoxifying the liver
Fennel	aiding digestion, in India it is chewed after a meal to stimulate digestion; use Indian one
Hibiscus	high in Vitamin C, great as tea, especially in winter
Lavender	soothing, relaxing
Milk thistle	detoxifying for liver
Nettle	anti-inflammatory, high in iron, minerals, chlorophyll
Raspberry Leaf	minerals, blood flow regulation- perfect for women with challenging menses
Rosemary	anti-inflammatory, anti-tumor, anti-oxidant, increases blood flow to head and brain, thus increasing concentration
Rooibos	antioxidants, caffeine-free, minerals
Rose Hips	high in Vitamin C, great as tea, especially in winter
Sage	lowers blood sugar in diabetes, anti-microbial
Turmeric	the world's anti-inflammatory champion; may protect from Alzheimer's

MY EXPANDED SHOPPING LIST

/expanded version under ‘Let’s Go Shopping’/

Food Group	Buy Now for 1 st Week	Long-Term Shopping List-Choices
Teas/Herbs/Milk replacements	Organic Green Tea, Dandy Blend tea (powder) Roasted Dandelion Root Tea (instead of coffee) Rice, hemp, and/or almond milk (Check ingredients: NO barley malt or cane sugar as sweeteners)- unsweetened preferred	Milk Thistle tea or Dandelion root tea, (Stinging) Nettle Tea, Ribose and/or Red Bush Tea, Organic Green Tea, Chamomile, Peppermint tea (not if you have heartburn), for women: Raspberry leaf tea
RAW Nuts and seeds Freshest: at Whole Foods; if taste is off, they are rancid!	A small bag of raw flax (grind in coffee grinder and keep in freezer) and chia seeds; you'll add 1T or one or another to breakfast 2xweek; 2-3 Brazil nuts a day with breakfast (not from Wegman's - may be old); Raw almond butter; if you make pesto 1 st week, get- ½ c walnuts. If making sesame cookies 1 st week, get sesame seeds (unhulled if possible in a health food store) and raw tahini; a small bag of hulled hemp seeds	A small bag of: raw Brazil nuts, walnuts, almonds; 1 cup cashews; raw sunflower or pumpkin seeds to snack on; to roast nuts: put in an oven and take out when you start smelling them: you can drizzle with maple syrup and add a pinch of cayenne pepper before roasting them Unhulled sesame seeds, tahini, flax seeds, chia seeds, hulled hemp seeds
Oils	Extra virgin olive oil; coconut oil	Olive oil, dark-toasted sesame oil to drizzle on for flavor (Eden brand at Whole Foods is great). High heat: virgin organic coconut or macadamia oil. No heat: hemp/flax oil.
Legumes	Organic canned beans without BPA with 3 ingredients only: beans, filtered water, & sea salt – rinse! A few cans – see recipes first; Hummus (with olive oil, not canola) – you will use it with veggies as a dip for snacks. Chick peas to make hummus	Dry black beans, chick peas, cannellini or white beans Dry lentils, red and brown cook like a dream, esp. red – just a few minutes, cheap! Split pea Mung beans
Fruits	Frozen berries (not mixed) -watch ingredients: no sugar added! Frozen peaches ok if organic A bag of org. apples, ripe pears, and lemons for your daily green drink; dates (no sulfites)	Fresh non-citrus fruit if available or frozen, any berries; dates if you want to chop them into your breakfast cereal instead of sweeteners – also in a dessert recipe
Sweeteners	Pure Maple Syrup	Choice: maple syrup, or raw honey
Veggies	A bunch of collard greens and lettuce for drink; broccoli, cabbage, a few sweet potatoes, garlic, onions, see recipes for the broth ingredients – pick one recipe; Red or white radish – great snack; 3 cups worth of basil leaves if you make pesto German or Eden sauerkraut (Whole Foods) OR white Kim-chi – Whole Foods; eat daily	Any cabbage family: cauliflower, kale, cabbage, Napa cabbage, bok choy, sweet potatoes, beets (steamed at Trader Joe's), Jerusalem artichokes, dandelion greens, asparagus, cucumber, zucchini, green leafy: collards, Swiss chards, spinach, parsley, cilantro, dill weed, green onions; local and seasonal when possible Sky is the limit in terms of the vegetables- check with the other list
Grains	Certified gluten free steel cut oats; old-fashioned oats: 1 cup if making sesame cookies; brown rice –try basmati or jasmine; quinoa and millet	In bulk at a health food store or online at Bob's Red Mill (GF certified – no contamination): millet, amaranth, quinoa, or Teff (if you like coffee and chocolate...)
Treats	See Sesame Cookies and Cardamom Ball recipes	Home-roasted nuts! Trader Joe's: date treats; see the recipes for desserts
Spices/Condiments	A solid chunk 2-3 inch of fresh ginger with young looking skin – for green daily drink; Celtic Sea Salt – moist, gray, dirty looking; turmeric powder For pesto: 6 T nutritional yeast flakes (bulk section in health food stores or in jars)	Buy one more chunk of ginger and keep in freezer; grate directly into soups, gravies, hot water, hot tea; coconut milk, cinnamon, cardamom, coriander, whole, cayenne pepper, rosemary, oregano, whole nutmeg, ginger grater, your favorite curry and/or garam masala, brags amino (soy sauce) or coconut amino if soy sensitive, nutritional yeast flakes

Nuts:

are only a small snack, so do not over eat them; because tree-nuts are highly allergenic, eliminate them in week 3 and 4 if you are not feeling great on the Program by then. Your food log will help you make a connection if nuts are reactive.

Legumes:

They have to be soaked and cooked properly. It is possible that while you will have symptoms from canned beans you will do very well when you cook your own beans yourself. The easiest beans to digest are mung beans, so try our delicious soup recipe. Your food log will help you make a connection if legumes are reactive. Some people with autoimmune disorders are advised to abstain from legumes and sometimes it is justified. Let's not eliminate them unless we have to. Stay away from kidney beans and lima beans though.

Sesame seeds:

More people are sensitive to sesame seeds (I am one of them) and that includes tahini and hummus. My recommendation is to first of all, avoid commercially made hummus and make your own delicious hummus from our recipe. If you do not feel great on the Program after 2 weeks, consider eliminating sesame seeds. Your food log will help you make a connection if sesame seeds are reactive.

Tomatoes, bell peppers, eggplants and white potatoes

are all nightshade family and are technically not recommended during the program if you have active rheumatoid arthritis or you been eating a lot of them. Otherwise, your food log will help you see if they may be causing symptoms. With rheumatoid arthritis, I would recommend staying away from these 4 foods to see if they joints improve and then Challenge them after 4 weeks. Cayenne pepper is also a nightshade.

Canned foods:

should be avoided. I want you to learn how to process your own beans! However, just in case you do eat canned foods, I have listed safe and unsafe canned food products in regards to the chemical BPA later on.

Journal!!!

As you make changes, it is very important to track what you eat and what your symptoms are. This is priceless information that your body is giving us. It will help us assess what foods are adding to your health challenges. You can learn a lot from your food log.

Post on the Facebook!

As you introduce new foods and clean up your pantry, make sure you share any concerns and questions with us, so I can respond with some ideas.

FOODS TO AVOID

- Food products with colors, dyes, preservatives, and flavor enhancers e.g. MSG, hydrolyzed vegetable protein (HVP), hydrolyzed plant protein (HPP), textured vegetable protein (TVP), vegetable protein, “natural flavor(s)”, e.g. natural flavor of vanilla
- Any (partially) hydrogenated fat
- Canned, frozen and prepackaged foods whenever possible
- Smoked foods except a little of wild smoked salmon
- Deep fried foods; blackened food parts from grilling
- Oils: especially heated and refined oils in clear or plastic containers
- Peanuts
- Foods you know or suspect to cause allergenic reactions
- Refined, polished gluten grains, their flours, and their products
- “Fat-free” and “sugar free” products
- No animal products, at least for 2 weeks (including meat, poultry, eggs, animal fat, fish and dairy products)
- Corn; corn starch in baking powder and processed foods
- Vinegar in ketchup, mayonnaise and mustard comes from wheat or corn
- Breads advertised as gluten free that contain wheat, spelt, rye, oats, kamut, or barley
- Many amaranth or millet flake dry cereals contain corn, oats and/or cane sugar
- Multi-grain rice cakes contain other grains; in general, avoid rice cakes

DRINKS & SWEETENERS TO AVOID

- All fruit juices even if you just juiced one
- Any drink (or food) sweetened with high fructose corn syrup, corn syrup
- Soda and artificial beverages; any “sugar-free” beverages
- Stimulants (including coffee, black tea, black flavored tea)

- High sugars: refined sugars such as white and brown sugar, Florida crystals, turbinado, honey (except raw Maryland honey), any syrups; words ending with “... ose”, ex. dextrose, sucrose, all artificial sweeteners e.g. Splenda, Sweet’n’Low, aspartame; sugar alcohols like sucralose.

SUBSTITUTIONS FOR COMMONLY EATEN FOODS

To replace:	To use:
Milk	Almond, coconut, hemp, sunflower milk, etc.; homemade milk (1/4-1/2 c “raw” unsalted cashews (can be mixed with 1 T hemp seeds) blended with 1 cup to 4 cups of water and a pinch of Celtic sea salt and strained. real vanilla can be added. Commercial rice milk is high on glycemic index and has few nutrients. Most commercial non-dairy milks have gums and added synthetic vitamins. Try Almond milk from the video on the portal.
Eggs	1 T flax or chia seeds blended in 1/4 cup water and allowed to thicken
Popcorn	Popping Sorghum (e.g Bob’s Red Mill)
Cheese	e.g. Miyokos – there is a boom in vegan cheeses, but read ingredients to prevent corn or casein (yes, this dairy protein is still added to some “lactose free” cheeses!). Daiya has been around and IS improving...
Peanut butter	Nut/seed butters without added oil, salt or sugar made from organic almonds, cashews, macadamia, walnut, hazelnut, pumpkin, sunflower, hemp or sesame seeds (tahini); return stale-tasting butters to the store; keep refrigerated
Breading	Grind any clean rice crackers, bread, almond meal or ground flax or chia seeds; coconut flakes can be ground too.
Ice Cream	Pure Decadent Coconut ice cream: French vanilla or coconut flavors. Any frozen fruit juice bar or fruit sorbet that has 100% fruit and no sugar added. Homemade sweetened with allowed sweeteners. For fruit/banana based ice cream, a \$50 Dessert Bullet does a great job. You simply run frozen fruits through it for a consistency of soft gelato.
Soda	Seltzer, filtered water, mineral water in glass only (French, Italian, German), add a twist of lemon/lime. We love Soda Stream.

Jams	e.g. Cascadian Farms all-fruits jams and other all-fruit jams if no candida issue; stay away from all if possible. Apple Sauce is best. You can make raw apple sauce by blending/food processing 2 apples, 1-2 dates, a celery stick (and cinnamon); add lemon juice for storage.
Pasta	Asian Brown rice noodles; brown rice pasta (Trader Joe's); 100% buckwheat Udon noodles by Eden (they will look nearly -black brown). Asian bean thread noodles look like thin rice noodles but have a lower glycemic index than white rice noodles; they are made from mung beans); kelp noodles in Asian/health food stores, Miracle Noodles (pure fiber). Quinoa pasta that looks yellow has corn in it, so avoid it. Explore Asian low carb black beans or mung beans pastas. They have very different consistency though. 100% buckwheat pasta is sometimes available in Asian sections of health food stores. It should look very dark brown and only have this one ingredient.
Bread	Rice cakes (only brown rice), brown rice, pecan and almond breads by Food for Life are GF options - not if yeast/candida problem is present due to yeast added. There is no healthy and well-made GF bread on the market unless you make your own. I can provide recipes. www.nourishingmeals.com has some recipes.
Dry Cereals	Make granolas- recipes in your Recipe Chapter; no dry commercial cereals are recommended; puffed (rice etc.) products are mostly air and sugar and not recommended
Wheat Flour	Flours available: Brown rice, quinoa, amaranth, millet, Teff, arrowroot, tapioca, buckwheat, garbanzo, almond, coconut etc. In baking, do not experiment with these flours by substituting them in wheat-requiring recipes, as they will NOT work. Instead, look for recipes created specifically for the particular GF flour.
Wheat tortillas	GF tortillas can be steamed in a steamer to roll and bend. Otherwise, they can be baked briefly for crunchy flat bread. Coconut tortillas are fun and do bend. Sieve brand offer a variety of grainless GF options (almond/cassava etc).
Chips	Peel and slice raw daikon radish or raw sweet potato for a crunchy substitute to chips. Sweet potato chips need to be kept in water in the fridge. You can also bake a brown rice tortilla cut into chip size pieces until it is dry and crunchy. Red radish has a good crunch too.

IF YOU HAVE TO USE CANS, USE BPA-FREE ONES

BPA-FREE BRANDS

ACE OF DIAMONDS	GLUTEN FREE CAFÉ (FROM HEALTH VALLEY)	PILLAR ROCK
AMERICAN TUNA	HEALTH VALLEY	PORT CLYDE
AMY'S	HEALTH VALLEY ORGANIC	RAINCOAST TRADING
ANNIE'S HOMEGROWN	IMAGINE	READ
BEACH CLIFF	JUANITA'S	SENECA
BEARITOS	JYOTI NATURAL FOODS	SPROUTS FARMERS MARKET
BIONATURAE	KING OSCAR	TYSON
EARTH'S BEST ORGANIC	LUCINI ITALIA	WALNUT ACRES
EARTHPURE	MUIR GLEN	WESTBRAE NATURAL
FARMER'S MARKET	NATIVE FOREST	
GENOVA	NATURAL SEA	

Based on information EWG collected between January and August 2014.

Know your environment.
Protect your health.

BRANDS USING BPA

A TASTE OF THAI	FOOD CLUB	OLD EL PASO
ANDERSEN'S (PEA SOUP ANDERSEN'S)	FULL CIRCLE	OREGON SPECIALTY FRUIT
ARMOUR	GORDON'S CHESAPEAKE NATURAL	PEARLS
BAR HARBOR	GOYA	PELOPONNESE
BOOKBINDERS SPECIALTIES	GREEN GIANT	PET
BROOKS	HEALTHY CHOICE	PROGRESSO
BRUCE'S	HERDEZ	RANCH STYLE
BUSH'S	HORMEL	RAO'S HOMEMADE
CARNATION	HORMEL CHILI	RED GOLD
CASA FIESTA	HUNT'S MANWICH	RED PACK
CENTO	LA CHOY	RO-TEL
CHEF BOYARDEE	LA VICTORIA	ROSARITA
CHI-CHI'S	LIBBY'S MEATS	SACRAMENTO
CHINCOTEAGUE SEAFOOD BRAND	LIBBY'S PUMPKIN	SIMPLY ASIA
CLEAR VALUE	LINDSAY OLIVES	SOLO FOODS
COCONUT MILK BY ANDRE PROST, INC.	LUCKY LEAF	SPAM
DEL MONTE	MAGNOLIA	STAGG CHILI
DENNISONS CHILI	MANISCHEWITZ	THAI KITCHEN
DINING OUT	MARIE CALLENDER'S	TUTTORUSSO
DINTY MOORE	MARIO	VALLEY FRESH
DUNCAN HINES COMSTOCK	MARKET PANTRY (TARGET)	VALU TIME
DUNCAN HINES WILDERNESS	MATIZ GALLEGO	VANCAMP'S
EAGLE BRAND	MUSSELMAN'S	WHITE HOUSE FOODS
EARLY CALIFORNIA	NALLEY	WOLF BRAND CHILI
EMBASA	NEPTUNE	WOLFGANG PUCK ORGANIC SOUPS
FIELD DAY	OCEAN SPRAY	WORLD CLASSICS

Based on information EWG collected between January and August 2014.

TRACK YOUR FOOD PROGRESS!!!!

I have a very cool exercise for you to do (optional). Let's track how well you do with actually eating various food groups. There is right or wrong. But it would be beneficial to do it once a week. Do the first time on day 1 or 2 BEFORE you implement any changes!!! Then fill one day a week and let's see how you improve! If a food group is reactive, make a comment to yourself. This is not about being self-critical, by the way. It is a learning experience! This is NOT science. It is not set in stone.

Food/other	# Servings/d Recommended	Amount in Food
Berries	1	1/2 cup
Other Fruits	3	1 cup cut up, 1/4 cup dried
Cruciferous veggies	1	1/c chopped; 1/4cup broccoli/Brussels sprouts 1 T horseradish
Allium Vegetables	1	1 clove of garlic; 1/4 cup onion, shallots, leeks
Greens	2	1 cup raw; 1/2 cup cooked
Other veggies	2	1 cup raw leafy; 1/2 cup raw/cooked non-leafy 1/4 cup dry mushrooms; 1/2 cup vegetable juice
Legumes	3	1/4 cup hummus/bean dip; 1/2 cup cooked beans/split peas/lentils; 1 cup fresh peas or sprouted lentils
Seeds	1	1 T flax seed, chia seed, or hemp seed 1/4 cup sunflower seed or pumpkin seeds
Nuts	1	1/4 cup nuts or 2 T nut butter
Spices	1	1/4tsp powder/dry herb/spice e.g. turmeric
Whole Grains	3	1/2 cup cooked GF grain or cooked brown rice pasta; (1 GF/corn free tortilla; 1 slice GF bread)
Fluids	5	12oz; filtered water, mineral water, herb teas, organic green teas
Movement	1	45-90 min: walk, stretch, yoga, run, swim, dance, walk the dog, wash all floors; bike 5x a week

RECORD YOUR “SERVING SIZES” IN EACH COLUMN ONCE A WEEK:

	What are your serving sizes?				
Food/Activity/Hydration	Day 1 Date: ____	Day 7 Date: ____	Day 14 Date: ____	Day 21 Date: ____	Day 28 Date: ____
Berries					
Other Fruits					
Cruciferous Vegetables					
Allium Vegetables					
Greens					
Other Vegetables					
Legumes					
Seeds					
Nuts					
Spices					
Whole Grains					
Fluids					
Movement					

If you had to eliminate all grains, increase roots allowed like beets and sweet potatoes.

If you had to eliminate all nuts, replace with extra avocado

If you had to eliminate all legumes, make sure you have fish and quinoa

CHAPTER 5: YOUR NEW KITCHEN



EQUIPMENT

UTENSILS FOR YOUR PERFECT HEALTHY KITCHEN:

- A solid large cutting knife
- A small paring knife
- A cutting board
- A ginger grater (the best is microplane- see the photo below), about \$15.00



- A strong blender (Vita Mix in a perfect world or a Nutribullet - step down, small, affordable)
- A coffee grinder designated for flax, chia, grains and spices
- Glass Containers to store foods in the fridge
- Stainless steel thermos for hot soups and more- see the photo below (readily available for less than \$20)



COOKING POTS:

- **Avoid non-stick kitchenware at all cost:** pots, pans, bake ware, and utensils (e.g. Teflon which is linked with cancer and reproductive problems and are long-lasting in our bodies and in the environment). When heated to above 450F, some non-stick coatings release toxic gases that have been observed to kill pet birds. If you already have non-stick cookware where coatings are intact, be sure not to heat them above 450F. An empty pan sitting on the stove on high heat can reach this temperature, as can bakeware in a very hot oven. If you have non-stick cookware where the coating is coming off, throw it away.
- Choose: **glass, stainless steel, good quality ceramic, or cast iron:** they are free of toxic materials
- **Enamel** may contain heavy metals and eventually will chip
- **Aluminum** pots and pans may cause aluminum to leach into food. The hazards of ingesting aluminum are disputed
- **Ceramic:** avoid if cracked or chipped. Glazes used in ceramic dishware often contain lead. The FDA limits the amount of lead that legally may leach out from glazes but does not limit total lead content of glazes. Since cracked or chipping glazes may be more likely to leach lead into foods and liquids, it's worthwhile to be vigilant and avoid cracked or chipping ceramics. Other lead concerns: china handed down from previous generations, a dusty or chalky grey residue on the glaze after the piece has been washed, or decoration on top of glaze. See Shoppers' Guide for low lead dishes on www.ewg.org for detail.
- **Best non-stick: CAST IRON.** I absolutely love our cast iron pot. For a long time I was quite intimidated by it, so if you feel this way as well, here is Martha Stewart to the rescue - [a great short 3 min video here](#) of what to do with a brand new cast iron pot as well as an old rusty one and how to take care of it from now on.

WHERE TO STORE YOUR FOOD

- Choose undecorated glass dish-ware (e.g. available at IKEA, H-Mart, Bath and Beyond etc.) or lead-free tableware such as Fiesta (available at Macy's), HF Coors, Emerson Creek.
- Taking hot or cold foods with you to work: check stainless steel containers at www.thermos.com
- Do not cover foods with plastic wrap. If you have to, avoid food contact with it. Never heat food in a microwave oven in plastic. Retire your microwave oven altogether. Reheating foods is explained later in this chapter.
- **Mixing bowls:** use glass or stainless steel

OTHER

- **Aprons and tablecloths** with shiny plastic coatings are often vinyl; check labels and avoid vinyl fabrics. Instead, choose cotton or coated cotton products, with brands including Mimi the Sardine and IKEA.
- **Racks:** Also, avoid dish racks made of plastic-coated wire. Look for **stainless steel dish racks**, available at Target, Williams Sonoma, and Bed Bath and Beyond (brands include OXO, Polder, and simple human). Thankfully, vinyl is rarely used in materials used to cook or store food.

RESOURCES:

November 2008 E-newsletter from Washington Toxics Coalition

COOKING: STRATEGIES

STEAMING – Fill a pot with approximately 1" of water and bring to a boil. Cut and place the vegetable in a pot. Lower the heat cover and steam till bright colored. Smaller pieces mean shorter steaming. Use the leftover liquid as a soup stock or drink it as a tea: it's rich in vitamins & minerals. Steaming adds a moist quality and brings out the flavor and color of the vegetable.

WATER SAUTÉ - This technique contributes a watery quality to food, has a shorter cooking time than steaming, and uses less water. Place a small amount of water in a pot. Bring to a scald (just below boil). Add seasonings, then ingredients. Reduce heat and simmer until ingredients are bright-colored and verging on tenderness. Save the water for later use, as above.

WATERLESS METHOD - This is one of the best methods. Vegetables cook in their own juices. Preheat a heavy pan and put in 2 T water to provide steam until the vegetables release their juices. Bring the water to a scald. Add seasoning and vegetables. Reduce heat. Cover and cook slowly until just tender.

STIR-FRY OR SAUTÉ - This is a quick method of cooking, using oil to seal in the natural flavors. Heat a heavy skillet or Wok and brush lightly with oil. Keep on high heat and add vegetables. Toss from side to side gently with chopsticks or a wooden spoon for 5 minutes. Cover and cook over medium heat for about 10 minutes for soft vegetables or stir uncovered for 8 minutes for crisper vegetables.

SAUTÉ WITHOUT OIL - Rub the bottom of the pan with a 3" piece of soaked kombu. Leave it in pan while sautéing to prevent sticking. Use medium heat. Remove kombu before serving.

WATER-OIL SAUTÉ - Cover the bottom of the skillet with water. Heat and add a little oil on top of it. Sauté by the usual method: be careful not to overheat the oil. This provides the flavor of stir-fry without overheating the oil.

OVEN USE – Dry method: Place ingredients in the oven on medium heat and serve them in their own baking dish. This adds a drying effect to vegetables, which enhances sweetness but greatly reduces the moisture content. Steaming method (better choice): Preheat the oven and a casserole dish; pour a small amount of hot liquid over vegetables and cover to hold in the steam.

PRESSURE-COOKING – It concentrates juices & saves time/fuel. Follow cookware instructions.

BIBLIOGRAPHY: Courtesy of Dr. Stephany Porter, ND www.bodhiclinic.com

HOW TO COOK GRAINS

Important: Cook gluten free (GF) grains only; **soak 0.5-8hrs* if possible**; cook in new water; always add a pinch of salt to cooking. For pressure-cooking, see the bottom of the page.

One cup measure	Water	Time (un-soaked, stove-top)
Amaranth GF	2 cups	30 min
Barley, hulled or hull-less	2 ½ -3 cups	1-1 ½ hr.
Barley, pearled (further refined)	3 cups	30 min
Buckwheat berries (kasha) GF	2-2 ½ cups	15-20 min
Bulgur (cooked, dried, cracked wheat), for dinner grain	2 cups	10 min
Bulgur (cooked, dried, cracked wheat), for salads	2 cups boiling	30 min, soaking only
Corn grits, refined (for polenta)	4 cups	20-25 min
Couscous, refined (semolina from durum flour)	2 cups boiling	5 min, soaking only
Couscous, whole durum wheat	2 cups boiling	5 min, soaking only
Millet, for dinner grain GF	2 cups	20-30 min
Millet, for porridge or pudding GF	4 cups (part fruit juice)	45-60 min
Quinoa (rinse well under running water) GF	2 cups	10 min
Rice, Basmati or Texmati, brown GF	2 cups	45 min
Rice, Basmati or Texmati, white GF	2 cups	15-20 min
Rice, brown long GF	1 ½-2 cups	45-60 min
Rice, brown short GF	2-2 ½ cups	45-60 min
Rice, brown sweet glutinous (sticky) GF	2 cups	45-60 min
Rice mix (Country Wild) GF	2 cups	45-60 min
Rice, white (long and short grain) GF	2 cups	20 min
Rice, wild GF	3 cups	40-50 min
Rolled grains (barley, kamut, rye, spelt, wheat)	2 ½-3 cups	15-30 min
Rolled oats, quick may be GF certified	2-2 ½ cups	5 min
Rolled oats, regular or thick may be GF	2-2 ½ cups	5-15 min (your preference)
Teff	2 ½ cups-3	20 min
Whole grains (kamut, oats, rye, spelt, triticale, wheat)	2-3 cups	1-2 hr.
Notes:		
<ul style="list-style-type: none"> - GF Bold-typed = gluten-free grains - Large grains can be pressure-cooked. Use about ½ cup less liquid, and reduce cooking time by half. 		

*[How to remove arsenic from rice HERE](#) (instructions are at the end of the article)

HOW TO COOK BEANS

Type of Bean (1 cup dry)	Amount of Water or Broth	Stove Top (un- soaked)	Stove Top (soaked)	Pressure Cooker (un- soaked)	Pressure Cooker (soaked)	Crock Pot on High (soaked)	Yield
Adzuki	3 c	2 hrs.	45-60 min	15-20 min	10-15 min	8-12 hr.	2 c
Black Beans	3-4 c	2 hrs.	1 ½ hrs.	20-25 min	15-20 min	8-12 hr.	2 c
Black-eyed Peas	3 c	45-60 min	30-45 min	10-15 min	NR	6-8 hr.	2 c
Calypso	3 c	2-2 ½ hrs.	1-1 ½ hrs.	20-25 min	15-20 min	12-16 hr.	2 c
Cannellini	3 c	2-2 ½ hrs.	1-1 ½ hrs.	20-25 min	15-20 min	12-16 hr.	2 c
Chana Dal	3 c	2-2 ½ hrs.	1-1 ½ hrs.	20-25 min	15-20 min	12-16 hr.	2 c
Christmas Lima	3 c	2 hrs.	1hrs	15-20 min	10-15 min	12-16 hr.	2 c
Fava (Broad) beans	2 c	2-2 ½ hrs.	1 ½ hrs.	45-60 min	30-45 min	12-16 hr.	1 ½ c
Flageolet	3 c	2 hrs.	45-60 min	15-20 min	10-15 min	12-16 hr.	2 c
Garbanzo Beans (Chickpeas)	4 c	2 ½-3 hrs.	1 ½-2 hrs.	30-40 min	20-25 min	12-16 hr.	2 c
Great Northern (small White or Navy beans)	3-4 c	1 ½ -2 hrs.	1-1 ½ hrs.	25-30 min	15-20 min	8-12 hr.	2 c
Kidney Beans	3 c	2-2 ½ hrs.	1-1 ½ hrs.	20-25 min	15-20 min	16 hr.	2 c
Lentils (whole Brown/ Green)	3 c	45 min	15-20 min	NR	NR	4-5 hr.	2 ¼ c
Lentils, French	3 c	45 min	15-20 min	NR	NR	4-5 hr.	2 ¼ c
Lentils, Red	3 c	15-30 min	NR	NR	NR	NR	2 ¼ c
Lima Beans, small or large	2 c	1 ½ -2 hrs.	1 hr.	15-20 min	10-15 min	8-12 hr.	2 c
Mung beans	3	1 ½ hrs.	1 hr.	15-20 min	10-15 min	8-10 hr.	2 c
Split Peas, Green/Yellow	3-4 c	50-60 min	30 min	NR	NR	8-10 hr.	2 ¼ c
Pinto Beans	3 c	1 ½ -2 hrs.	1-1 ½ hrs.	20-25 min	10-15 min	8-12 hr.	2 c
Small Red Beans	3 c	2-2 ½ hrs.	1-2 hrs.	20-25 min	15-20 min	8-12 hr.	2 c
Soybeans	4 c	3-4 hr.	2-3 hr.	NR	NR	24-48 hr.	2 c

NOTES:

NR = not recommended

- To soak beans: rinse beans, generously cover with water, allow to soak for 8-12 hrs. OR boil 5 min and soak 2 hrs.
- Un-soaked beans may require double the amount of liquid listed
- Pressure cooking times: 15 pound pressure (high); timing begins when full pressure is reached
- Crock-pot: pre-soak as described above
- Beans vary greatly in exact lengths of cooking times by every method, depending on age and quality of the bean, as well as liquid and other variables.

BIBLIOGRAPHY: FoodWorks! Nutrition Education Program of Puget Consumers Co-op



IMPROVING THE DIGESTIBILITY OF BEANS

Gas

Oligosaccharides (sugar molecules) in beans are responsible for producing gas (flatulence). Sometimes human digestive enzymes cannot fully digest the oligosaccharides, which can lead to the production of gases as waste products. Also, we build tolerance to beans. Here are tips on reducing the likelihood of flatulence:

Soaking

Soak beans for 12 hours or overnight in four parts water to one part dry. Put in the fridge in summer. For best results, change the water 1-2 times. Mung beans, lentils and split peas may be soaked shorter or not at all. Avoid cooking whole soy beans. They require pressure cooker. Soak in the triple volume of water. Crowded presoaking beans don't expand and take longer to cook. When ready to cook, drain off all soaking water and discard, or it will add to your gas.

• Quick soaking method

- Boil 3 cups of water for each cup of dry beans
- Pour boiling water into a bowl filled with beans
- Let the beans stand for at least an hour
- Drain, rinse, and cook
- This method cuts the cooking time by 25%

COOKING BEANS

- Cook the beans in fresh water: they should cover no more than half of the pot and water should be 1” above their level. While cooking, add water when needed for that inch above the beans
- Bring to a boil on high, and then turn on low. The beans cook best when they hardly bubble
- After bringing beans to a boil, scoop off and discard the foam that is produced- this reduces even more of the gas-producing effects
- Continue to boil for 20 minutes without the lid to let the steam rise off. This helps to break up and disperse the indigestible enzymes
- Cover while cooking
- Do not add oil, salt, or salty ingredients like seaweed during cooking – these will toughen the beans, so they will remain hard. Added after the beans are soft, oil and salt actually help beans become more digestible. You can also season with miso or soy sauce
- Don’t add baking soda - it destroys nutrients, and affects the flavor and texture
- Let beans cook slowly for a long period of time so they are very tender. All beans have different cooking times; check for desired texture; test 5 beans: if all 5 are well cooked, all are
- 1 cup dry beans make approximately 2.5 cups soaked or cooked beans

INGREDIENT AND SEASONING CHOICES TO DECREASE FLATULENCE

- For improved flavor and digestion, and more nutrients, place a piece of dry kombu (a sea vegetable) in the cooking pot towards the end of cooking, after the beans are already tender. Kombu contains glutamic acid, which acts as a natural bean tenderizer. Add a 1” piece of dry kombu for every 1 cup of dry beans.
- 1 tsp- 2 T of the herb winter savory or up to four tablespoons of the Mexican herb epazote added to beans as they cook will reduce the effects of the gas-producing sugars. Other seasonings that help are cumin, fennel, and ginger.
- The easiest beans to digest are mung beans, adzuki beans, lentils, and pinto beans. People over 60 who are not accustomed to beans should avoid all except the lentils and very occasionally cooked, mashed beans with other foods

OTHER TIPS

- Eat more beans. Expect a digestive adjustment when beans are new to the diet; the digestive system initially produces gas as a result of the sugars in the beans, which will gradually decrease over time. Eat small amounts frequently to allow the body to get used to them.
- Always chew beans slowly; never eat them fast or when under excessive stress or fatigue.
- The beans are cooked when they smash easily under the palate or if skin peels off when you blow on the bean. Do not cook beans al dente.
- Have some raw food, a naturally pickled food or salad first in a meal to stimulate digestion of beans.
- Improve overall digestion. Chew all foods slowly and thoroughly.
- For persistent gas try pouring a little apple cider vinegar or brown rice vinegar into the cooking liquid during the last stages of cooking. Vinegar softens legumes and breaks down the protein chains and other indigestible compounds. Another option is to marinate the cooked beans in a solution of 2/3 vinegar and 1/3 olive oil, creating a salad-type dish. Marinate while still warm.

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RICE AND BEANS CHALLENGE



We do Rice and Beans Challenge sometime at the end of week one or week two, preferably end of week 1, after we did the shopping together and you already stocked up on the ingredients. Make sure you set the beans to soak on Saturday night and cook them on Sunday morning! Rice is always best tasting when cooked fresh, but I would rather have you reheat your home cooked frozen rice than eat junk.

NOTE: READ ALL THE INSTRUCTIONS BEFORE YOU START

YOU WILL NEED:

- Two very large pots
- One large pot
- Two pieces of kombu, each about 3x4 inch (or a few bay leaves; 2 per pot of beans) or 2 bay leaves
- Filtered water
- Two very large bowls optional
- Celtic sea salt
- 2 kinds of beans, e.g. black and garbanzo, organic if possible, e.g. up to 1 pound each
- 1 kind of rice, e.g. organic brown basmati/jasmine rice; e.g. 3-4 cups dry
- Many zip log bags or even better, glass containers – each should accommodate 1-2-3 cups of cooked bean or rice depending on your serving needs

SATURDAY NIGHT: SOAK BEANS AND RICE

- Rinse beans #1, check for any dirt or stones. Once clean, pour into a large bowl or a large cooking pot. Cover with filtered water and leave on the table overnight. Make sure that you have twice as much water as beans, so the bowl or the pot needs to be much bigger than the level of beans. They will soak all that water and Sunday morning, they will have filled that pot! You never want the soaking beans to be above the water level, so check before sleep and add more water if needed. Use only filtered water.
- Do the same with beans # 2. Use a separate bowl/pot.
 - Soak your rice in another pot.



SUNDAY MORNING: COOK THE BEANS

During Breakfast, start cooking beans #1 and beans #2 at the same time, but in two separate large cooking pots filled with a lot of fresh filtered water. Here are the instructions to follow to cook these beans properly. Make sure you read the list below before you get started!

1. Rinse beans #1 – discard the soaking water. Place in the pot again and cover with fresh filtered water.
2. Again, the pot should be much bigger and you need much more water than the beans.

During cooking, they may absorb more water and you just never want them above water level, so add as needed during cooking.
3. Bring to boil on high. Add one piece of kombu (or 2 bay leaves). Turn down some.
4. Cook uncovered.
5. Do not salt until they are cooked or the skin will harden.
6. In the first minutes of boiling, you need to pay attention to the **gray foam on top**. **With a large spoon keep skimming the foam until it no longer forms**, which will be in a matter of minutes. This foam is partly responsible for feeling gassy after eating beans and adding kombu or bay leaves is another way to minimize it. See the photo of me skimming the foam.
7. The beans are ready when they yield under your tongue very easily or when the skin peels off when you blow on the cooked bean. Beans should be **overcooked rather than undercooked**.
8. When you feel the beans are cooked (mush easily), add salt and cook 2-3 more minutes.
9. Rinse the cooked beans. When room T, transfer into containers and freeze.

SUNDAY MORNING: COOK THE RICE

You will start on the rice while the beans are being cooked because rice cooks faster.

1. Rinse your rice very well in a pot, running fingers through them. You can knead it with your hands while in water. Rinse a few times. You can soak it in new water for 30 minutes, while you eat breakfast and prep the beans!
2. Cover the rice with filtered water in the cooking pot. Allow the water level to be 1.5 length of your pinky above the rice level. My pinky is small. This is not an exact science. If you feel your rice is almost cooked but needs more water, you can add more than.... or follow the instructions for cooking rice on a previous page to be more exact.
3. Add some salt, and you can also add other things like: a few cinnamon sticks, a few cardamom pods (you have to remove them before eating), $\frac{1}{4}$ tsp turmeric or curry powder, or some raisins. Or you can just cook in water with some salt.
4. Bring to boil on high. Then turn the lowest and cover. Best cover is glass so that you can see inside.
5. Leave it on lowest until it is cooked. If you want to check if you need more water, you can tilt the pot to the side and see if water shows.
6. If your rice is almost done or done, turn it off and keep the lid on. It will continue steaming and will keep cooking and hot.
7. When it is room T, transfer in batches into Ziploc bags or glass containers and freeze. I like 1 cup or more in a bag. You can decide what your serving size is.

NOTE: save some beans and rice in the fridge for the next few meals! Don't freeze everything. For example, garbanzo beans can be used in the hummus and soup recipe. However, after a few days in the fridge, the cooked beans will start to smell, so do eat them up!

Now you are stocked up for long days at work when you come home tired and hungry.

FREEZER-TO-TABLE: NO MICROWAVE REHEATING OF ANY FOOD

1. Set a small pot with a tight lid on the stove, fill 1-2 inches with filtered water (depending on the amount of food you will put in it) and heat it to boiling point
2. Take one bag/container of frozen beans and one bag/container of frozen rice out of the freezer and empty into the cooking pot.
3. Keep the lid tightly on and the heat high. The best lid is glass so that you can see inside.
4. Your beans and rice should be completely heated through and steaming hot within just a few minutes. Steam is hotter than boiling water and is very fast!
5. Now you have a base and you can make a simple meal by adding condiments, vegetables, onion or green onion, avocado, a dressing, or a salad.
6. You should have a satisfying meal in a matter of 10 minutes.

It makes a world of difference to know that you have this backup in the fridge for the evening just in case. It makes for a relaxing evening and minimizes the risk of getting into a bag of chips instead for a quick bite.

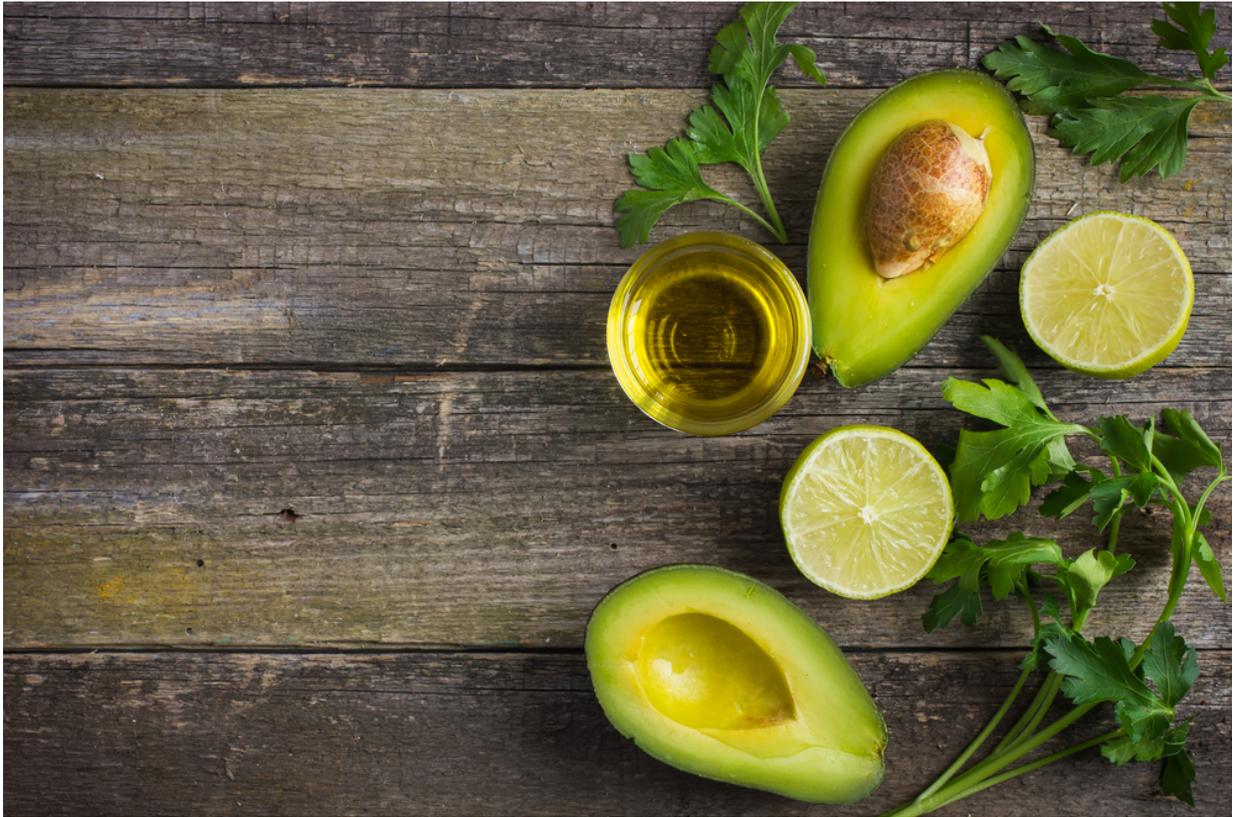
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- Raw Desserts. Erica Palmcrantz Aziz and Irmela Lilja

*My favorites

MY ALL-TIME FAVORITE RECIPES!

RECIPE BOOK



START HERE AND WHEN YOU NEED MORE IDEAS:

- CHECK NEARLY 800 MORE RECIPES ON YOUR DASHBOARD

OR

- VISIT ALI'S RECIPE WEBSITE WWW.NOURISHINGMEALS.COM

BREAKFAST

Perfect Oatmeal (for Teff, millet, quinoa or amaranth, see table for cooking instructions)

Serves 2, adapted from The World's Healthiest Foods

2¼ cups water
dash Celtic sea salt
1 cup steel cut or regular rolled oats (or other grains listed above)
½ tsp cinnamon
a handful of raisins or 2 chopped dates (or add raw honey/maple syrup grade B)
¼ cup chopped raw walnuts, almonds, or sunflower seeds
(non-dairy) milk, unsweetened
½ cup of blueberries or other berries
1 T flax seeds or chia seeds, ground (from the fridge or freezer)
Optional: a handful of soaked goji berries

Combine the water and salt in a small saucepan and turn the heat to high. When the water boils, turn the heat to low, add oatmeal, and cook, stirring, until the water is just absorbed, about 5 minutes. Add cinnamon, raisins or dates, stir, cover the pan and turn off heat. Serve with non-dairy milk, nuts, (sweetener, if no raisins or dates) and blueberries. Sprinkle flax or chia seeds when it is already cooked (adapted from World's Healthiest Foods).

Amaranth Breakfast Cereal

Serves 4

2 cup amaranth
4 cup water
2 pears, peeled and chopped
¼ cup chopped walnuts

In a medium saucepan, bring the amaranth, water and pear to a boil. Lower heat to simmer, and cook for 20-30 minutes, or until all water has absorbed. Add walnuts and garnish cereal with rice syrup, honey, and/or rice milk. Serves 4

Bev's Granola

By Bev Appler

Dry ingredients:	Ingredients after baking, optional:
3 cups rolled oats	1 1/2 cup raisins
¾ cup each raw walnuts and almonds	1/4 cup unsweetened cranberries
1/3 cup unhulled sesame seeds	1/3 cup chopped dates
Grated rind of a lemon	
Spices of choice like cinnamon, nutmeg, coconut	
Wet ingredients:	
2 Tbsp almond butter	
¼ cup maple syrup	
2 Tbsp raw honey	
¼ cup water (or more as needed)	

Preheat oven to 350F. Mix dry ingredients. Mix wet ingredients and drizzle over the dry mix. Mix well. Spread in a pan/cookie sheet and bake 20 minutes. Stir twice. Add the optional ingredients.

Gluten Free Small Pancakes/Crepes

Make them small and thin! Make waffles and freeze!

1/2 cup cashews
1 Tbsp rice syrup or maple syrup grade B
1 1/2 cups amaranth, quinoa or rice flour (or gluten-free mix)
1 1/4 cup water
1 tsp baking powder
2 Tbsp olive oil
1/4 tsp salt

Combine dry ingredients in medium bowl. Blend cashews with water; add other liquid ingredients in small bowl, mix well and lightly stir into dry ingredients. Cook pancakes on preheated, ungreased, griddle or frying pan. When bubbly and brown, turn. As batter thickens, add water, a tablespoon at a time to keep cakes thin.

Quinoa Flakes Crunch

provided by Jean Bowling

2 cups quinoa flakes
1/2 cup chopped raw pecans
1/4 cup flax seeds or sesame seeds
2 tsp cinnamon
1/2 cup maple syrup grade B
1 T melted coconut oil
2 tsp vanilla extract, alcohol free
1/2 cup dried blueberries chopped, no wheat, sweeteners or other ingredients in them

Combine all ingredients minus blueberries. Combine liquid ingredients in a small bowl, mix well and lightly stir into dry ingredients. Spread a cookie sheet and bake in a 325F degree oven for 22-27 minutes. Toss blueberries while warm.

Pumpkin Pie Granola

By Ali Segersten www.nourishingmeals.com

Dry ingredients:	Ingredients to add after baking, optional:
3 cups GF rolled oats	1/2 to 1 cup currants
2 cups raw pumpkin seeds	1/2 to 1 cup chopped dried apples
1 T pumpkin pie spice (or cinnamon, Freshly grated nutmeg, freshly ground cardamom and some cloves, powdered)	
1/2 tsp Celtic sea salt	
Wet ingredients:	
1/2 cup melted coconut oil	
1/2 cup maple syrup grade B	
1/2 cup pumpkin puree	
1 tsp vanilla (non-alcohol)	

Preheat oven to 300F. Mix dry ingredients. Mix wet ingredients. Mix both well. Spread in a pad/cookie sheet and bake 45-60 minutes. Stir 2-3 times. Add the optional ingredients. Add optional ingredients after baking. Cool completely. Store in a large glass container.

BREAKFAST SHAKES AND SMOOTHIES

Also look at the Morning Smoothie table in Chapter 2 Kitchen Immersion

Basic Protein Shake Recipe

Basics: 1 source of fluid+ 1 source of protein + 1 source of antioxidants (+ 1 source of healthy fat)

Blend together:

- 2 cups plain rice milk, hemp, almond, hazelnut or coconut milk (not sweetened with barley malt or cane sugar)
- 15 to 20 grams of protein powder (hemp, brown rice, pea), measured according to package directions; usually this means one or two scoops supplied by product
- 1 cup wild blueberries or 1 medium banana
- 1 Tbsp flaxseed oil or 1-2 T flax seed or chia seeds ground (get raw organic seeds and grind them in the coffee grinder – keep the powder in the freezer). Hemp oil can be used instead.

Further Options:

- Add 1 heaping Tbsp fiber supplement to the above recipe, e.g. psyllium husk
- For extra calories and thickness, add 1-2 Tbsp almond butter/a handful of cashews to the above recipe.
- For a “green shake”, add powdered spirulina or liquid chlorophyll.
- Add 2-3 ice cubes along with cold fruit and liquid if you want a frosty blend.
- In lieu of blueberries or banana, use 1 cup other fresh berries of your choice, preferably organic, in-season and locally grown.
- You can combine all the ingredients in the blender (except the protein powder) ahead of time and refrigerate until you are ready to blend in the protein powder and consume it.
- Get a smoothie cup available in health food stores; it travels very well and has a metal ball inside that re-blends the smoothie when shaken

Smoothies Using Rice, Hemp or Split-Pea Protein Powder

Adapted from Dr Hyman

2 scoops protein (or follow directions)

1 Tbsp flax oil or hemp oil

2 Tbsp ground flax/chai seeds

(Ice from filtered water if desired – in summer – or add frozen fruit)

6-8 fluid ounces of filtered water (to desired consistency) or non-dairy milk like coconut milk

½ cup frozen or fresh berries, peaches, frozen bananas, cherries or non citrus fruit

Optional: 1 Tbsp nut butter (almond/macadamia, etc.) or ½ cup nuts soaked overnight (almonds, walnuts).

Smoothies Using Tofu*, Fruits and Nuts (contains Soy, so use after Program)

Adapted from Dr Hyman

¼ cup silken drained tofu
½ cup plain unsweetened non-dairy milk like coconut milk
1 Tbsp flax oil or hemp oil
2 Tbsp ground flax or chia seeds
½ cup of fruit, especially blueberries (see above)
Optional: 1 Tbsp nut butter (see above)
2-4 ounces of filtered water for desired consistency.

* not with history of estrogen (+) breast cancer

Soy-Free Shake

Adapted from Dr Hyman

½ cup plain unsweetened non-dairy milk like coconut milk
2 Tbsp nut butter (see above) or a handful of cashew nuts; shelled hemp seeds can also be the protein source
1 Tbsp flax oil or hemp milk
2 Tbsp ground flax or chia seeds
½ cup of fruit, especially blueberries (see above)
Ice if desired- in summer, or used frozen fruit
2-4 ounces of filtered water for desired consistency.

Simple Smoothies

Blend a cucumber, an avocado, an apple, some non-dairy milk if needed, a sweetener if needed, and 1 T flax seeds. *Adapted from Dr Ray Hinich*

Blend one avocado and one mango, pits removed, in a blender

Can't Beet It: blend ¼ cup raw grated beet, ¼ cup carrot juice, 1-1/2 cups frozen diced papaya, 2 tsp fresh lime juice, 1/4 tsp grated fresh ginger

Almond Regulator: Blend 2 ripe bananas, ½ cups ground almonds (almond butter), 2/3 cup plain coconut yogurt, 1 Tbsp honey, water or coconut milk. Sprinkle with nutmeg.

Summer Peach and Ginger Smoothie: blend 2 ripe peaches, halved and pits removed, 1-1/2 inches fresh ginger, peeled and chopped, ½ cup coconut milk, 1/4-1/2 cup cashews and 1 cup ice cubes.

Pear, avocado, collards, banana, apple

Banana, dates, maca, carob, coconut milk

Strawberries, blueberries, apple, lemon

Peach, kale, cucumber, avocado + squeeze some lemon juice in it

The Green Smoothie: Your Daily Medicine

2 apples, cored and cut into chunks
2 ripe pears, cored and cut into chunks
1-2 cups water
2 lemons juiced
1-2 inches of fresh ginger, peeled and sliced
5 kale leaves*, rinsed and torn
5 romaine lettuce leaves, spinach leaves, or collard greens, rinsed
1 cup coarsely chopped green cabbage, optional

**If you are not used to bitter greens, replace kale with collards/spinach*

Place the apple and pear chunks, water, and lemon juice into a blender fitted with a sharp blade or a Vita Mix and blend until smooth and creamy.

Add ginger, black kale, romaine lettuce, and green cabbage, and blend again until very smooth. Add more water for a thinner consistency.

Taste it and if it is too "Chunky", for you, add another pear and blend again. Add more water for thinner consistency.

Wendy's Green Smoothie

By Wendy Kurtz www.wellwithwendy.com

The more fruit you add, the tastier it will be. To convert children, start with mostly fruit and build up to 50/50 fruit to greens. Use spinach for the first few days and then try other greens like kale/collards/watercress. This smoothie is great for morning, but it does not have much protein, so it is not a complete meal.

1.5-2 cups filtered water
1 lemon juiced or if the blender is strong, 1/2 whole lemon
2-3 cups greens (spinach, kale, chard, collards, etc.)
1 medium cucumber
2 cups berries (e.g. strawberries)
1 pear/apple/banana/peach/mango etc.
1 avocado

Puree water, lemon and greens until smooth, for about 90 seconds.

Add cucumber, fruit and blend. Add avocado at the end and blend.

Add more water if the smoothie is too thick.

Drink right away or put in pint-size mason jars until ready to drink.

It lasts up to 2 days in airtight container in the fridge. Just shake before drinking.

DIPS, SAUCES, GRAVIES, SALAD DRESSINGS

Hummus

15oz (450 ml) can chick peas (garbanzo beans), drained and rinsed
 ½ cup raw sesame seeds, unhulled if possible (or tahini) - you can skip it if allergic!
 1 T extra virgin olive oil
 ¼ cup (60mL) lemon juice
 1 clove garlic
 Celtic sea salt to taste

Place all the ingredients in order in a blender. Blend until smooth. If you need, add a little water to help it blend smoothly.

Root Vegetable Sticks with Roasted Garlic Dip

6 medium carrots, trimmed, peeled, and cut into sticks (6 cups)
 Celtic sea salt
 6 medium red and gold beets, peeled and cut into carrot-like sticks (6 cups)
 2 ½ Tbsp olive oil, divided
 1 head garlic
 1 15oz. can cannelloni beans, drained, liquid reserved
 1 Tbsp lemon juice
 1 tsp grated lemon zest
 1 tsp dried basil

1. Preheat oven to 450 F. Toss carrots and beets with 1 ½ Tbsp oil. Season with salt and pepper, if desired. Spread in single layer on baking sheet. Trim papery top from head of garlic just to cloves. Wrap in foil, and set in corner of baking sheet. Roast vegetables and garlic 25 minutes, or until carrots and beets are tender, but not soft, and garlic packet feels soft when lightly squeezed. Remove baking sheet from oven, open foil packet around garlic, and cool vegetables and garlic.

2. Squeeze garlic cloves from skins, and place in food processor with cannelloni beans, lemon juice, lemon zest, basil, and remaining 1 Tbsp of oil. Pulse mixture until creamy and smooth, adding some reserved bean liquid if necessary. Season with salt and pepper, if desired. Serve garlic-bean dip in bowl alongside roasted vegetables.

White Bean Dip

1 can of BPA free cannellini or great Northern beans, rinsed and drained, or 15oz home cooked beans	1 T lemon juice
1 clove garlic, minced	1T finely chopped fresh parsley
½ yellow onion, thinly sliced	½ tsp Celtic sea salt
2T olive oil	A pinch of cayenne
	1 T water (optional)

In a food processor, combine the beans, garlic, onion, oil, lemon juice, parsley, salt and pepper. Pulse until smooth. If too thick, add water and pulse more. Dip raw vegetables of your choice in the dip.

Inspired by Dawna Stone

Bean Dip

1 can (16 oz.) cooked beans, garbanzo, black, kidney, or white	Spices (e.g., salt, cumin)
1 small onion, chopped	Celtic sea salt (cayenne pepper)
2 cloves garlic, minced	
1 Tbsp nut butter	
3 Tbsp chopped fresh parsley	
1 Tbsp extra virgin olive oil	

In small skillet, heat oil on medium heat. Add onions and garlic. Sauté for 5-10 minutes or until onions are soft. Add remaining ingredients to food processor or blender. When onions and garlic are cooked, add to bean mixture. Blend all ingredients until well mixed and texture is creamy. Add spices if desired. Cool.

Cashew Gravy

2 large onions	3/4 cup cashew butter
3 garlic cloves, minced	2 1/2 cup hot water
3 Tbsp olive oil	1/2 pound mushrooms, sliced and sautéed in 1 Tbsp olive oil

Sauté onion in oil until light caramel color, add garlic, cook for 3 minutes more. Add all ingredients except mushrooms in blender, blend until smooth. Add blended mixture to mushrooms; cook until heated.

Silky Broccoli-Tahini Dressing

By Dr. Ben Kim

2 large stalks of broccoli
2 tablespoons of raw tahini
Spring water
Celtic sea salt, to taste

Steam broccoli until bright green and slightly tender. Combine steamed broccoli and raw tahini in a blender with spring water and blend until desired consistency is reached. Add sea salt, to taste. Enjoy this rich and delicious dressing over other steamed vegetables or a whole grain dish. Adapted from a similar recipe found in the May/June 1999 Health Science.

Super-Simple Olive Oil Dressing

Adopted from Dr Ben Kim's recipe

2 Tbsp of cold pressed, extra virgin olive oil (or flax seed oil)
2 tsp of apple cider vinegar (unpasteurized) or freshly squeezed lemon juice
1-3 Tbsp of raw, unheated honey, to taste
1 tsp of mustard
Celtic sea salt, to taste

Use a fork to whisk all ingredients together in a small bowl. Pour over a vegetable salad in a large bowl - romaine lettuce, celery, and tomatoes will do. Toss to evenly coat vegetables with dressing and enjoy this super simple, yummy, and healthy dressing.

Tahini Dressing*From S. Gardner*

6 Tbsp tahini
 3/4 cup warm water
 Juice of ½ lemon
 Crushed garlic (optional)
 Celtic sea salt to taste
 (Pinch of cayenne pepper)

Blend all ingredients in a blender until frothy, seasoning with salt and cayenne pepper. Stores in a glass jar for up to 2 weeks in the fridge. Pour over a salad or grains

Sesame Butter-Lemon Dressing*Yields 3-4 cups*

¼-1/2 cup tahini	1 scallion minced (optional)
1/2cup water	¼ cup parsley (minced)
1 clove garlic, crushed	½ tsp cumin
½ cup lemon juice	Celtic sea salt to taste

Combine all the ingredients. Beat with a whisk or in blender. It becomes thicker when whipped more.

Cashew Butter Lemon and Ginger Dressing*Kasia's own*

1 Tbsp Cashew butter or soaked raw cashews	Maple syrup
1 Tbsp Water	Freshly grated ginger
Lemon juice, to taste	(A pinch of cayenne pepper)

This is an improvised salad dressing. Start with blending cashew butter with water – start with 1 Tbsp water and add a little more butter or water depending on desired consistency. Add a little lemon juice, maple syrup, and ginger, to your preference. Throw in a pinch of cayenne if you like it spicy. Blend in the blender. Pour over a raw spinach salad, warm cooked grain, baked tofu, or anything else you fancy. Experiment to get the desired consistency and flavor.

Out-of-This-World Pesto*Adapted from J.M. Martin*

3 packed cups of fresh basil, no stems	6 Tbsp nutritional yeast –flakes
½ cup walnuts or almonds (soaked overnight in water)	2-3 cloves of garlic, lightly chopped
2/3 cup fresh parsley, chopped	½-2/3 tsp Celtic sea salt
½-2/3 cup extra virgin olive oil	

Grind all ingredients in food processor until rather smooth. It will keep 3-5 days in fridge. Basil can be substituted with cilantro out of season.

Green Bean Pate*From V. Melina*

1 Tbsp extra virgin olive oil	1-¾ cups white beans (drained) or 15 oz
1 large onion, diced	1 cup raw sunflower seeds, pumpkin seeds, or chopped walnuts
2 cups steamed green beans, cooled and coarsely chopped	Pinch of ground allspice

Sauté onion about 30 min until caramelized. Blend all ingredients in food processor.

HEALING SOUPS

Dr Hyman's Alkalizing Ultra Broth*Makes 8 cups*

For every three quarts of water, add at the same

1 large chopped onion	2 celery stalks
2 sliced carrots	½ cup of seaweed: nori, dulce, wakame, kelp, or kombu
1 cup of daikon or white radish (top and root) (optional)	½ cup cabbage
1 cup winter squash, cut into large chunks	4 1/2 inch slices of fresh ginger
1 cup of root vegetables: turnips, parsnips, etc.	2 cloves of whole garlic (not chopped or crushed)
2 cups chopped greens: kale, parsley, beet greens, collard greens, chards, dandelions, cilantro, or other greens	Celtic sea salt
	1 cup of fresh or dried shiitake mushrooms

Place on low and on low for about 60 minutes or a little longer. Continue to boil to taste. Continue to boil to taste. Cool, strain, and discard the vegetables. Store in a large, tightly sealed glass container in the fridge. Simply heat gently and drink at least 3-4 cups a day.

Dr Jensen's Healing Crisis Vital Broth

½ cup carrot tops	2 cups celery tops
2 cups organic potato peelings (1/2 inch thick)	1 tsp vegetable broth powder
2 cups beet tops	2 quarts filtered water
3 cups celery stalk	Add onion if desired for flavor

Finely chop first five ingredients, combine with vegetable broth powder and water in the pan, bring to the boil slowly, simmer 20 minutes, strain, and use only the broth.

Ayurvedic Lentil Soup*Preparation: 30-45 minutes. Serves 6-7*

1 cup lentils	½ tsp mango powder or lime juice
6 cups water	1 tsp cumin seeds
1 medium each: onion, yam, carrot	(½ tsp cayenne powder)
1 Tbsp oil (olive)	½ tsp cumin powder
1 tsp fresh grated ginger	Pinch of Celtic salt
1 tsp coriander powder	

Wash lentils and cook in 4 cups of water in a large pan.

Wash and cut all vegetables into small pieces.

Heat oil in a pan, add cumin seeds and onion, and sauté for 3 minutes.

Add lentils, yam, carrots, and 2 cups of water and cover and cook for 10 minutes.

Add cumin powder, coriander powder, ginger, cayenne powder and salt and cook for 5 minutes.

Add more water if needed to dilute the soup

Recipe by Dr. Vivek Shanbhag, MD, ND, Natural Medicine Clinic, Seattle, WA, www.ayurvedaonline.com; my all-time favorite teacher

Split Pea Soup*Serves 6, Kasia's own*

3 cups split peas, rinsed	6 celery stalks, chopped
10 cups water	3 tsp cumin
3 Tbsp olive oil	(2 tsp marjoram, optional)
2 medium onion, chopped	Some fresh chopped dill weed/fresh parsley/ green onion, or cilantro
2 cloves minced garlic	Steamed chopped sweet potatoes with skins (optional)
8 carrots, chopped	Celtic sea salt at the end of cooking

- Place split peas in a heavy saucepan. Add water to cover. Let soak for 15 minutes. Drain peas. Return to same pan. Add 10 cups of water and bring to a boil. Reduce heat and simmer for 45 minutes. Heat oil in heavy large skillet over medium heat. Add onion and sauté until golden brown, about 10 minutes. Add garlic and sauté for 3 minutes. Add onion mixture, carrots and celery to peas. Mix in cumin. Season with salt and pepper to taste. Simmer until peas and vegetables are tender, about 30 minutes.

- If adding the optional sweet potatoes: steam chopped potatoes with skins, separately, and add them when the soup is cooked.

- To make the soup smooth and creamy, blend it (or most of it except the vegetables) in the blender once the soup is cooked.

Mouth-Watering Curried Red Lentil Stew (East Indian)*Serves 4-6*

Have all ingredients ready, as it is a fast soup!

3-4 cups water	(Several dashes cayenne pepper)
1 cup red lentils	Several dashes cinnamon
1 onion finely chopped	Several dashes ground cloves
1 cup fresh or frozen peas	1-2 cups cauliflower, chopped into small flowerets
1 Tbsp extra virgin olive oil (start low)	Chopped fresh cilantro for garnish
1 tsp raw honey or maple syrup (taste and add more if needed)	Celtic Sea salt
2 tsp curry powder	
1 tsp each ground cumin and coriander	

Cook lentils, onion, and peas in water. Scoop out foam as it forms. You can steam the cauliflower separately or throw into the soup for the last few minutes. Red lentils will take just a few minutes to cook- when they are tender, yet still a little firm, add the spices, cauliflower, oil, and the sweetener; cook a few more minutes. You may adjust water and spices. It is delicious even without peas or cauliflower. Perfect with brown rice!

From "Hearty Vegetarian Soups and Stews" by Jeanne Marie Martin

Kasia's Simply Veggies or a Veggie Soup*Kasia's own*

1-2 inches of water in a pot	¼ tsp turmeric
1 cup chopped cabbage	1 inch grated fresh ginger root
½ onion, chopped	Some garlic if desired
1 small sweet potato, peeled and chopped	Celtic sea salt to taste

Heat water in the pan and add all the ingredients. Cook a few minutes until the vegetables are crisp and/or tender. Do not overcook unless you prefer vegetables very well cooked.

If you want this to become a soup, add much more water.

Tuscan Bean Soup*Serves 6-10*

1 cup dried cannellini beans cooked the night before (or 3 cups canned cannellini, not rinsed)	1 large stalk celery, chopped
1 Tbsp extra virgin olive oil	3 garlic cloves, minced
2 carrots, coarsely chopped	2 sprigs rosemary
1 medium yellow onion, chopped (Cayenne pepper)	1 cup chard leaves, ribs cut out, sliced
	8 cups vegetable broth
	Celtic sea salt

In a large pan, sauté onions, celery, carrots and rosemary in the olive oil. Sauté until the onions are translucent and not brown. Mix in the garlic, and chard. Add the cannellini and broth. Heat to boiling. Reduce and simmer for 45 minutes. Salt and pepper to taste. Remove rosemary before serving. Refrigerate or freeze leftover soup for another day.

Mahatma's Mung Dahl

6 cups water or vegetable stock	1 Tbsp cumin seeds toasted
1 c mung beans, sorted, rinsed	1 tsp cumin powder, toasted
1 med onion diced	½ tsp curry powder
1 med carrot cubed	¼ tsp sea salt, to taste
½ c celery, thinly sliced	(Pinch of cayenne pepper)
1 Tbsp garlic minced	2 T cilantro minced
1 Tbsp ginger, peeled and minced	Substantial amount of Celtic sea salt!
(1 Tbsp Jalapeno seeded & minced (after the Program))	

Rinse beans and cook in 6 cups of water or stock on med high heat. Add onion, carrot, celery, garlic, and jalapeno, cook on medium high heat until beans are soft, about 30 min, stirring occasionally.
Add remaining ingredients except cilantro, and cook additional 5 minutes, stirring.
Add cilantro, remove from heat, and enjoy.

From Vegan Fusion World Cuisine by Mark Reinfeld and Bo Rinaldi

Italian Chickpea Soup

4 cups low-sodium vegetable broth or water	2 16-oz. cans chickpeas, rinsed and drained
1 medium onion, chopped	2 large sweet potatoes, peeled and cut into ½-in cubes (6 cups)
3 cloves garlic, minced (1 Tbsp)	1 stalk celery, finely diced (1/2 cup)
1 small bay leaf	1 Tbsp Dijon mustard
1 tsp dried thyme	1/3 cup chopped fresh parsley, plus a few sprigs for garnish
1 tsp dried oregano	A few chopped kale leaves
(1/8- ¼ tsp cayenne pepper)	Celtic sea salt

1. Bring broth, onion, garlic, bay leaf, thyme, oregano, cayenne pepper, and 2 cups water to a boil in large saucepan over medium heat. Simmer 5 minutes. Add chickpeas, sweet potatoes, celery, and mustard and simmer 10 to 12 minutes more, or until vegetables are very soft.
2. Mash vegetables and chickpeas to chunky puree with potato masher or large spoon. (Chickpeas will remain mostly whole.) Add kale in the last 2-3 minutes of cooking. Stir in parsley, and season with salt and cayenne pepper, if desired. Garnish each serving with parsley.

SALADS AND SIDE DISHES

Marinated Bean Salad		<i>Serves 4</i>
2 cups fresh green beans cut into 1 inch pieces 1- 15 oz can lima beans, drained and rinsed 1- 15oz can kidney beans, drained, rinsed 2 Tbsp minced onion 3 medium cloves garlic, pressed 1 large ripe fresh or cucumber skinned, seeds and excess pulp removed	2 Tbsp chopped fresh basil 1 Tbsp chopped fresh oregano 1 Tbsp chopped fresh parsley 3 Tbsp fresh lemon juice 2-3 Tbsp extra virgin olive oil Celtic sea salt (cayenne pepper to taste)	
Cook green beans in slightly salted water for 3-5 min. Drain, dry with paper towel. Rinse canned beans & leave them in colander for a while to get rid of excess fluid. Mix all ingredients. Marinate 15 minutes for best flavor.		
From World's Healthiest Foods		

Bean Salad		<i>Serves 4</i>
2 cups cooked beans (lentils, black, kidney, garbanzo beans) ½ cup celery, chopped ½ cup parsley, chopped 1 small onion, chopped	2 cloves garlic, minced 1-2 Tbsp oil 1-2 Tbsp apple cider vinegar Celtic sea salt (and cayenne pepper)	
Combine the beans and chopped vegetables in a large bowl. Toss until well mixed. Add oil lemon juice and salt to taste. Mix until beans and vegetables are evenly coated with oil and lemon juice.		

Pomegranate Apple Salad		<i>By Dr Ben Kim www.drbenkim.com</i>
1 medium to large pomegranate, seeded 1 apple, chopped 1 small handful of whole or halved walnuts	1-2 big handfuls of field greens 1 rib of celery, chopped 2 tablespoons of orange juice 1 tsp raw honey	
Combine pomegranate seeds, apples, walnuts, greens and celery in a large bowl. Combine orange juice and raw honey in a small bowl and whisk together with fork. Sprinkle dressing on salad ingredients and toss before serving.		

What to do with Shiitake Mushrooms

To reconstitute if dry: boil water in pan, take off the heat, and put mushrooms there for about 20 min. Take out the mushrooms, cut and discard stems and slice.

Simple Uses of Shiitake Mushrooms:

- sauté garlic in extra virgin olive oil or coconut oil, add mushrooms
- add to soup stock for an extra flavor
- for a quick easy pasta dish, lightly sauté sliced shiitake mushrooms with blanched snap peas or tofu. Season to taste and serve over 100% brown rice or gluten-free pasta

Daily Greens and Shiitake Mushrooms

Adapted from J. Snyder

1 pound spinach or other greens
1 Tbsp olive oil or 1 tsp coconut oil
2 Tbsp low sodium soy sauce or Braggs amino – or use Celtic sea salt instead during the Detox
Freshly ground black pepper to taste (after the Program) or during detox, possibly cayenne pepper
2/3 cup shiitake, fresh or reconstituted thickly sliced

Wash the spinach/greens and cut into 3 inch pieces. Sauté spinach, soy sauce, and pepper in oil over medium-high heat for 1 minute. Add shiitake and cook for 5 min. Shiitake should be a little chewy and the greens just cooked.

White Bean and Asparagus Salad

1 bunch asparagus, trimmed and cut into 2 inch pieces	1 T EVOO
15 ounces white beans like navy beans (if canned, it will be 1 can; choose BPA free can and rinse well)	1 tsp Dijon mustard
6 grape tomatoes, halved	¼ tsp Celtic sea salt
3 green onions, chopped	A touch of cayenne pepper
¼ cup chopped parsley	
¼ cup white balsamic vinegar	

Steam asparagus for 3-5 minutes or until tender. Do not overcook. Mix beans, asparagus, tomatoes, green onions, and parsley in a salad bowl. Mix vinegar, extra virgin olive oil, mustard, salt and pepper in a small bowl. Pour over the salad and toss gently.

Inspired by Dawna Stone

Spinach, Pear and Walnut Salad

4 cups baby spinach	¼ cup coarsely chopped walnuts
½ fennel bulb, thinly sliced	¼ cup thinly sliced red onion
1 pear, cored and thinly sliced	2T raisins
	1 tsp grated orange peel

Mix all ingredients in a salad bowl and drizzle with a salad dressing of your choice from our recipes.

Inspired by Dawna Stone

Leak and Caper Salad

5 leeks, white part only, sand rinsed off	½ teaspoon rosemary
1/3 cup extra-virgin olive oil	1 clove of garlic, minced
2 tablespoons of sherry vinegar	½ teaspoon dill
½ teaspoon thyme	½ teaspoon honey
½ teaspoon oregano	2 tablespoons of baby capers, rinsed
	¼ -1/2 tsp Celtic sea salt
	a pinch of cayenne pepper

Cut the leeks in half lengthways and wash under cold running water. Cut them into 2-inch lengths, then cut in half again lengthwise. Heat the oil in a large heavy-based pan, add the leeks and stir until coated with the oil. Cover and cook over low heat for 15-20 minutes, or until the leeks are soft and tender (but don't let them brown or burn). Cool for 10 minutes. Stir through the vinegar and season to taste with dill, honey, garlic, Celtic Sea Salt and pepper. Transfer to a serving dish and scatter with the baby capers (if baby capers are unavailable used regular capers chopped).

Spinach Strawberry Salad

Sesame seeds	
1-2 tablespoons of coconut amino sauce	½ teaspoon maple syrup
2 tablespoons red wine vinegar	½ teaspoon oregano
Minced garlic to taste	Salt and pepper to taste
Dry mustard to taste	¼ cup of olive oil
¼ teaspoon marjoram	1 bunch spinach, cleaned and stemmed
¼ teaspoon sea kelp	1 cup of strawberries, sliced or chunked
¼ teaspoon molasses	1 ½ teaspoons fresh dill or ½ teaspoon dried

Toast sesame seeds in dry skillet or hot oven for several minutes, tossing often, let cool. Combine maple syrup, vinegar and garlic, molasses, sea kelp, marjoram, dry mustard, salt and pepper. Whisk in oil in thin stream. Toss with spinach, strawberries, dill and sesame seeds.

Garlic and Herb Marinated Artichokes

3 cloves of garlic, shopped	½ teaspoon oregano
1/2 cup of extra-virgin olive oil	½ teaspoon Italian seasoning
2 ½ tablespoons finely chopped fresh dill	½ teaspoon chopped parsley
3 ½ tablespoons finely chopped fresh parsley	2 tablespoons lemon juice
2 ½ tablespoons finely chopped basil	16 ounces canned artichokes or frozen cooked ones
½ teaspoon thyme	¼ cup finely diced red capsicum or red pepper
½ teaspoon sage	

To make the marinade, whisk together with the garlic, oil, herbs and lemon juice in a bowl. Season with salt and a touch of cayenne. Drain the artichokes and add to the bowl with the capsicum. Mix well to coat. Cover and marinate in the refrigerator overnight. Serve as part of an antipasto platter or use in salads. Storage time: The artichokes will keep in an airtight container in the refrigerator for up to 1 week.

ONE-POT MEALS

Quinoa and Rice Stuffed Squash

Serves 4

4 Sweet Dumpling, Carnival, Delicata Squash or Acorn Squash	1 Tbsp fresh sage, chopped or 1 tsp dried sage
1 tsp olive oil	¾ cup quinoa, rinsed well and drained
1 medium onion, chopped	1/3 cup dried apricots (without sulfites)
1/2 cup chopped celery	1/4 cup dried cranberries (without sulfites)
2 cups vegetable broth	1/4 cup pecans, chopped
¾ cup rice, rinsed and drained	Celtic sea salt (cayenne pepper)

Preheat oven to 350 degrees. Rinse squash and pierce with fork several times. Set squashes in baking pan. Add water to 1/2 inch and cover pan with foil. Bakes for 45 -60 minutes, until squash is tender. Meanwhile, in large saucepan heat olive oil over moderate heat. Add onions and celery, cook until onions are translucent, about 6 minutes. Add broth, wild rice and sage; bring to boil over high heat. Cover, reduce heat and simmer for 40 minutes. Stir in quinoa, cover and simmer for 15-20 minutes more, until grains are tender. Stir in apricots, cranberries and pecans. Add salt and cayenne pepper to taste. When squash is cooked cut ¾ inch of tops or side of to form lids. Scoop out and discard seeds. If needed, trim squash base so that they sit level. Mound grain stuffing into squash. Set lids on filling and serve.

Nutty Quinoa Salad

Serves 4-6

The recipe calls for a lot of oil, which can be decreased substantially. Rinse quinoa under running water or it will be bitter.

1 cup quinoa	½ cup almonds, chopped
2 cups water	1 orange, peeled and chopped
½ cup raisins	2 tsp mint leaves, chopped
¼ cup flax oil and sesame oil mixed	2 tsp grated organic orange peel
1 green onion, sliced	

Combine quinoa and water in large saucepan and bring to boil. Reduce heat, cover and simmer 10 minutes. Add raisins, and continue cooking until liquid is absorbed. Put in large bowl or spread on cookie sheet to cool. Add remaining ingredients - toss gently.

Millet and Teff with Squash and Onions

1 cup millet	1 butternut squash, skinned, cut into chunks or bite-size pieces
½ cup teff	4-½ cup water
Pinch of sea salt	
1 sliced onion	

Rinse millet until water is clear and place in a large pot. Add Teff, salt, onion, squash and water. Stir and gently mix the ingredients. Simmer 20 min or until all water is absorbed.

Quinoa and Black Beans

2 cups quinoa	2 cups cooked black beans
3-1/2 cups water	<i>Dressing:</i>
Pinch sea salt	¼ cup extra virgin olive oil
1 cup chopped cilantro	½ cup fresh squeezed lime juice
5 green onions, sliced	1 tsp ground cumin
(1 small jalapeno pepper, seeded and finely diced)	1 ½ tsp Celtic sea salt or Herbamare
1 cucumber chopped into small cubes (red bell pepper, diced small - after the Program)	

Rinse quinoa in a fine mesh strainer under warm running water. Place rinsed quinoa in a medium pot with the water with a pinch of salt. Bring to a boil, reduce heat to low, and let simmer for about 20 minutes, or until all the water is absorbed. Removed quinoa from the pot, place in a large bowl, and let it cool. Combine olive oil, lime juice, cumin and sea salt in a small bowl. Whisk together and pour over cooled quinoa. Toss well with a fork. Add cilantro, green onions, jalapeno pepper, red bell pepper, and black beans and toss again.

Serve alone or with steamed winter squash.

You may want to replace the jalapeno with some cayenne pepper and bell pepper with cucumber or other crunchy vegetable during the Program.

Energizing and light dish. From the Bastyr kitchen cooking class. By Tom Malterre

Red Lentil Patties*Makes 12 cakes to serve 4-6*

5 cups water	1 large carrot, thinly sliced
1 Tbsp salt	1 large onion, thinly sliced
1 bay leaf, preferable fresh	¼ cup olive oil
2 cup red lentils	1 cup bread crumbs from gluten free and yeast free bread or almond or cashew meal
2 stalks celery, thinly sliced	

In a saucepan over high heat, bring the water, salt, and bay leaf to a boil. Stir in lentils, reduce heat to low and cook, stirring occasionally, for 30 minutes- until lentils are soft. Sauté celery, carrot and onion in olive oil for 5-7 minutes until vegetables are brown and tender. Remove bay leaf from lentils and food process lentils and vegetables to make a smooth paste. Stir in breadcrumbs; spread mixture on a large platter to cool. Refrigerate for 30 minutes until completely cool. Preheat oven to 375F. Coat the baking sheet with olive oil. With lightly oiled hands, shape the paste into 12, 4-inch cakes, patting smooth. Brush the cakes with olive oil - place on the pan. Bake for 10 minutes until lightly browned and heated through. Serve immediately. Serve with plain yogurt or cashew gravy.

Kasha and Lentil Salad with Chickpeas*Serves 4*

1/2 cup green lentils	1/2 cup chopped parsley
1 bay leaf	1 tsp dried tarragon
½ tsp Celtic sea salt	2 medium shallots, chopped
1 cup cooked kasha (buckwheat berries)	1/8 cup red wine vinegar
1/3 cup olive oil	1 garlic clove, minced
(Cayenne pepper)	1/4 cup chopped walnuts (if desired)
3/4 cup cooked chickpeas (garbanzo beans)	

To cook kasha: Bring 1 cup of water and pinch of salt to boil. Add ½ cup kasha. Cover pan, reduce heat and simmer for 15-20 minutes. In a medium saucepan, cover lentils with water. Add bay leaf and 1/2 teaspoon salt, bring to boil. Reduce heat and simmer for about 20 minutes, until lentils are tender. Drain and place in medium bowl. Add the kasha, garbanzo beans, parsley and tarragon to the lentils. Stir in the dressing.

Dressing: In a small bowl, combine shallots, vinegar, and garlic. Whisk in olive oil. (Season with cayenne pepper).

Garnish with the walnuts if desired. Serve room temperature. Salad can be refrigerated for up to one day, bring to room temperature before serving.

LOVE YOUR LIVER FOODS

Remember to eat these foods regularly: Green, leafy vegetables (kale, collards, mustard greens, spinach, dandelion greens, etc.) along with the cooking liquid, cruciferous vegetables (cabbages, broccoli, cauliflower, radishes, etc.), endive, cucumbers, beets, garlic, onions, artichokes, sprouted seeds, all raw and juiced vegetables, grains, and organic liver.

Simplest Juices in the World

(If you have a Juicer)

1. Juice 3 large carrots and two beets; add kale or collards

2. Juice 2 apples and 1/2 beet with added green vegetables

3. Juice cucumber, apple, lemon, and collards

4. Juice celery, collards, apple and lemon

Detox Juice

(If you have a Juicer)

Dr Mayfield, IFM Detox Module

Juice together Kale, watercress, red cabbage, dandelion leaf, parsley, carrot, pomegranate, berries

Greens and Cabbage Soup

Serves 4

1 Tbsp olive oil

1 onion, chopped

2 leeks, sliced

2 cups cabbage, sliced

5 cups vegetable or chicken stock

Celtic Sea salt

(Cayenne pepper)

a few kale or collard leaves, chopped, stalks removed

2 Tbsp chopped fresh parsley or cilantro

Grated nutmeg

Heat olive oil in a saucepan. Add onion and cook until soft. Add leeks and cabbage, cover and cook over low heat for 10 minutes. Add the stock, salt and freshly ground pepper to taste, bring to a boil. Lower the heat and simmer for 20 minutes, adding 2 handfuls of nettle tops for the last few minutes. Remove from the heat and blend. Add parsley or cilantro before serving. Garnish with grated nutmeg. (4 servings)

Red Borscht

by Kasia

The soup can be served hot or cold. You can use trader Joe's steamed baby beets. Keep playing with honey, lemon and garlic until you get a deeply satisfying mix of the flavors.

2 cups finely shredded cabbage	2 tsp caraway seed
2 cups boiling water	1 tsp honey, if desired
½ cup chopped onion	3 Tbsp lemon juice
2 Tbsp olive oil	Celtic sea salt
1 pound cooked small beets, peeled and chopped (save the cooking water)	Fresh dill weed, optional
1 quart water/vegetable stock (wheat-free)	Cooked beans, optional
	marjoram
	(Black or white pepper to taste – after the Program)

Cook the cabbage for ten minutes in boiling, salted water. Cook the onion in the oil for a few minutes, without browning. Drain the beets, saving the cooking liquid, and chop them fine. Add the chicken or vegetable stock to the onions. Upon boiling, add the cabbage and its cooking liquid. Add the beets, one cup of beet cooking liquid, caraway seeds, honey, salt and pepper to taste. Simmer for ten minutes, skimming carefully. Remove the soup from the heat. Add lemon juice and heat just to the boiling point. Serve with dill weed garnish.

Carrot and Beet Slaw

2 medium beets	½ teaspoon thyme
3 large carrots	½ teaspoon dill
1 medium onion (optional)	Olive oil
½ teaspoon chopped parsley	Lemon juice
½ -1 teaspoon honey	Salt and pepper to taste
½ teaspoon oregano	

Grate vegetables on a medium-fine grater or in a food processor and put altogether into a bowl. Add olive oil and lemon juice as a salad dressing to suit your taste. The salad dressing should have the tartness of the lemon.

Liver Cleansing Tonic Teas

An equal mixture of burdock root, dandelion root, Echinacea root, Oregon grape root, yellow dock root and sarsaparilla. Make a decoction by simmering 1 Tablespoon of the herbal mix in two cups of water for 20 minutes, covered. Strain. Drink once daily.

Dandelion root tea: steep 1 tsp in 1 pint boiling water for 20 minutes. Take once a day.

Milk Thistle tea- that is rather hard to get

Stinging Nettle tea

Simple Beet Salad

1 bunch beets, trimmed and peeled (or get steamed baby beets at Trader Joe's and skip roasting)
2-3 Tbsp balsamic vinegar
2 Tbsp extra virgin olive oil
½ tsp Celtic sea salt

Preheat oven to 400F. Cut beets into quarters and then slice about ¼ inch thin. Place beet slices in a pan, toss with balsamic vinegar, olive oil, and salt. Roast for about 40-45 minutes or until beets are tender when pierced with a fork.

Liven up Your Liver (aka Digestive Jubilation Brew) – if you have a Juicer

1 handful of fresh dandelion leaves	1-2 stalks celery
Several springs of each: parsley, fennel, cilantro	1 small beet
1 ½ inch section of fresh ginger root	¼ tsp turmeric
2-3 carrots	

Juice all ingredients and drink immediately. Drink only 4-6 ounces at a time, sip slowly, and dilute with water if you find the taste or effect too strong.

If you don't own a juicer, try dicing all the fresh vegetables and herbs. Place them in a blender; add 2 cups water and blend on high speed for 2 minutes. Strain out the pulp, and refrigerate the juice. If you wish, add small amounts of any of the following fresh ingredients: burdock root, whole chickweed plant, mug wort or yarrow tips, nettle tips, thistle greens, young plantain leaves.

Colorful Coleslaw

Serves 6

2 cups green cabbage, shredded	(optional: raisins, grapes, or slivered almonds)
2 cups red cabbage, shredded	3 Tbsp cider vinegar
½ cup carrot, diced	1 Tbsp Dijon mustard
½ cup celery, diced	½ Tbsp wheat-free soy sauce or tamari or Celtic sea salt instead
½ cup apple or pear, chopped	1 tsp Raw honey or maple syrup
½ cup cucumber, peeled and diced and sliced radishes (optional)	Dried parsley to taste
¼ cup finely chopped green onions	¼ tsp caraway seeds
	¼ tsp celery seeds
	1 Tbsp olive oil

Combine the vegetables in a large bowl. In a small bowl, mix the vinegar, mustard, soy sauce, and honey. Toss the parsley into the vegetables and pour the dressing over. Sprinkle caraway and celery seeds on top. Toss all together to mix well. Chill for 2 hours so all flavors are nicely blended.

Kasia's Spring-Like Cabbage Salad

From Kasia's long lost friend in Poland

This salad is light, crunchy, and fluffy, and brings spring to mind. It fits the recommendation of ½ head of raw cabbage a day to control hyperthyroidism. The recipe comes from Poland, courtesy of a friend, and I have devoured it many a time.

1 head of raw cabbage
1-2Tbsp extra virgin olive oil
Juice of half a lemon (or to taste)
¼tsp or less (to taste) Celtic sea salt, no iodine added
¼tsp or less (to taste) of natural sugar, honey or maple syrup
(Cayenne pepper)

Discard damaged outer leaves of cabbage. Grate cabbage with a grater or, to save time, cut into pieces, fill half of a blender or Vita Mix, add enough water to cover and blend shortly until the cabbage is finely shredded. Repeat until all cabbage has been shredded. Discard water (or use in healing stock). Drain well. Transfer shredded cabbage into a large bowl. In a small bowl, combine oil, lemon juice, salt, and sweetener and black pepper. Taste the dressing before adding to the cabbage. It should be refreshing, and only slightly sweet and salty. Stir the dressing into the shredded cabbage and mix well.

The Famous Polish Sauerkraut Salad

Kasia's own and Poland's own!

1 32oz jar of organic sauerkraut 365 Whole Foods Brand Optional: a large handful of chopped parsley
4 medium size carrots
1 apple
½ onion or more, chopped very finely
1-3 Tbsp extra virgin olive oil
(Black pepper or cayenne pepper after the Program)

Drain sauerkraut and chop into bite pieces. Place in a large bowl. Grate carrots and the apple and add to the bowl. Add chopped onion. Mix all ingredients very well. Taste the salad: you should be able to taste all ingredients. If needed, add more onion, apple or carrot. Add enough olive oil to add flavor and make moist. Eat fermented food like sauerkraut or Kim Chi daily with meals to promote healthy gut flora and support digestion!

Prebiotics: Basil Cooked Jerusalem Artichokes

Serves 4

Jerusalem artichokes	Fresh lemon juice
Lightly salted water	Celtic sea salt (Cayenne pepper)

To prepare Jerusalem artichokes, cook in boiling, and lightly-salted water for 1/2 to 1 hour, covered, until soft. Add salt and cayenne pepper to taste. Sprinkle with lemon juice.

Prebiotics: Roasted Jerusalem Artichokes

Serves 4

4 cloves garlic, chopped	Celtic sea salt
2 1/2 Tbsp extra virgin olive oil	(Freshly ground black pepper – after the Program)
1 1/2 pounds Jerusalem artichokes	1 Tbsp chopped parsley

Preheat oven to 500 degrees. Put garlic and oil in microwave-safe dish. Cover with a paper towel and cook at half power for 2 minutes. Set aside. Cut Jerusalem artichokes into golf balls pieces. Put in a shallow roasting pan large enough to hold all in one layer comfortably. Strain out garlic from oil over the chokes. Add salt and pepper and toss. Cook about 20 minutes (tossing once or twice) or until tender.

DESSERTS

Carob Mousse

By Anna Gawlicka

3 avocados peeled and pitted	½ Tbsp tamari or brags amino or ¼ tsp Celtic sea salt
1 cup carob powder (cocoa if not ion Detox Program)	during the detox
¾ cup dates, pitted	1 tsp cinnamon
	1 tsp vanilla bean (no alcohol)

In food processor, blend all ingredients until smooth. For optimum taste, make sure the dates you choose are sweet, otherwise the avocado will dominate in flavor. This recipe is great with berries. Chill and serve.

Cashew Cardamom Balls

Adapted from Ami Karnosh

1 1/4 cup raw cashews	Grated peel of 1 orange
1/4 tsp ground cardamom	Coconut flakes and/or carob powder to dust
1 cup pitted dates	

Add dates to food processor until finely ground. Add cashews and grind further until they are the proper texture. Transfer date/cashew mixture to bowl. Add orange peel and cardamom and stir until blended. Form 1-inch diameter balls of mixture, then roll in coconut and/or carob powder.

Famous Sesame Cookies

Adapted from Ludeman and Henderson

1 cup sesame seeds	1 cup tahini
1 cup rolled oats	1/2 cup maple syrup

Toast sesame seeds in a dry skillet until fragrant and/or brown. Combine all ingredients and mix well. Drop on greased cookie sheet. Bake at 375F for about 5-15 min (time can vary). If using honey, check earlier – may burn. Make the cookies small or they will break.

Variations: add grated ginger. Or add ½ cup toasted coconut flakes. Make the cookies smaller rather than larger. They crumble when hot.

Baked Apple*Serves 4*

4 apples, cored	¼ teaspoon ground ginger
½ cup walnuts, pecans or other nuts, chopped	2 cups apple juice

Preheat oven to 350. In small bowl, mix together pecans, lemon zest and ginger. Place 2 tablespoons of mixture into each apple. Place apples in 9x9" baking pan. Pour apple juice around apples. Bake for about 45 minutes until apples are cooked thoroughly. Serve with oatmeal.

Pear Crisp

1 cup brown rice/quinoa/buckwheat flour	2 Tbsp water
1/2 tsp sea salt	2 Tbsp maple syrup
1/4 cup coconut oil (heat the jar in water to liquefy)	2 tsp vanilla (non-alcohol)
1/4 cup maple syrup	5 cups peeled and sliced pears
1/3 cup chopped cashews	

Preheat oven to 350 degrees F. Mix flour and salt in bowl. Add oil and sweetener; mix well. Stir in nuts and set aside. In a bowl, combine water, syrup and vanilla; set aside. Slice fruit and place in a lightly oiled pie pan or an 8" X 8" baking dish. Pour liquid mixture over the fruit and toss gently. Spoon the flour-nut mixture evenly over the top of the fruit. Cover and bake 45 minutes. Uncover and bake 15 minutes more to brown the topping.

Coconut Fudge*from Raw Desserts by Erica Palmcrantz*

1 1/3 cup walnuts, plus scant 1/2 cup finely chopped walnuts	2 Tbsp carob powder (or cocoa if not in Detox Program)
2 T natural raw honey	
1 T water	
Scant 1/2 cup shredded coconut	
2 T coconut oil (heat the jar if oil is solid)	

Put whole walnuts in food processor and mix until you have fine walnut flour. Put walnut flour in a bowl, and stir in honey, water, coconut, coconut oil, and carob. Add finely chopped walnuts. Flatten the dough in a dish about 1 inch deep, and store in the fridge or freezer for about 1 hour. Cut into squares before serving.

CHAPTER 6: HOW TO USE THE DETOX COMPANION CHAPTERS



WEEK 2: THE POWER OF RELAXATION (CH. 7)

I encourage you to read the whole chapter on The Power of Relaxation in The Detox Manual Companion, chapter 7 there, which I previously called the Stress chapter!

Why is stress so important to address and why do I have a whole long chapter on it AND we discuss it already during week 2? Because in my clinical experience, and in the experience of many of my colleagues, the pattern is very clear: people have more stress, pressure, work, responsibilities but they have lost the “tribe” division of work or the “tribal” support we used to enjoy and were designed for. We no longer have generational households, and seniors are not living with their adult children because the US society is extremely mobile and because our seniors’ cognitive and physical capacities deteriorate and they instead are incapacitated, in nursing homes. I exaggerate, but that is our situation. Women in particular have had to take on many functions at the same time. Our society is more pressed financially and so now we work more hours than the Japanese. At the same time, I do not see adequate rest over weekends to recover. People juggle 2 or 3 jobs. It has happened to me as well. My lifestyle in Poland where I grew up was very different. That said, I know Poland has changed as well. So our reserves are next to none, and the body starts to fall apart.

What does stress do? It kills. If we do not recognize how far gone our adrenals are and how stretched we are and if we do not use some smart tools to slow down and recover, things will slide. The health will deteriorate. Infections will start. Notoriously, excess cortisol, the stress hormone, will affect your thyroid, which means more fatigue, constipation, stubborn overweight, and more depressive moods. It sounds like a lot of my patients! It really is a misery.

The purpose of the *Power of Relaxation* chapter is to give you insight and knowledge, as usual, your secret weapon, and a LOT of very simple and practical tools to incorporate into your busy schedule to support you. I give you insight into sleep, brain chemistry, simple behavioral modifications (we, unfortunately, are sometimes our worst enemies), and even phone apps to use.

Here is what I want you to review during week 2 from that chapter:

- Watch the companion video I created for you for this chapter
- Read Biochemical Burden of Stress: it contains two phenomenal bullet point lists alerting you to what actually happens to your body during stress
- I walk you through Stress and the Nervous System- some surprises there for you!
- I have a quick list with solutions for stress-induced weight gain as well as 5 stress zappers

- I walk you through brain chemistry and how we can retrain our brain to relax it (it is the brain that starts the stress signaling)
- I have a brilliant list of 53 de-stressing solutions, various breathing exercises, including a video walk through and the famous 4-7-8 Breath (video also) for anxiety and insomnia
- A whole chapter is dedicated to the chemistry of sleep and many helpful tips you can implement already tonight to improve your sleep
- We also have *Life Stress Questionnaire* that I added to your Week 2 dashboard but not to the Manual Companion that addresses the issue of changes. While change is good, too much change (especially if you look at the last 12 months of your life) causes enormous stress burden on the body, whether the changes were good (wedding) or devastating (divorce, a death of a loved one). That aspect of our life is something most people do not realize. There is a tipping point for your body, there is only so much capacity to handle ongoing changes. Do you remember how they say that cats and dogs are creatures of habit, that they thrive in a predictable environment when the meals and play are at the same times... Well, it applies to us too! I encourage you to take that questionnaire and see how many things you checked off. You may be surprised. Hopefully, this will give you more motivation to read this whole chapter and get your stress under a better control!!!!

What is actually your homework for this week?

Watch the video and read as much of this chapter as you can.

Pick a few pearls that you feel you can handle that can help you in your current stress.

Apply those pearls- share with us how that is going.

Remember that these resources are there for you long term and not just for one week of a program, so I you can incorporate them in your life as you go.

WEEK 2: THE INSIDE TRACT (CH. 8)

The Inside Tract is your gut, of course. Well, you have a very good question if you want to ask me what the gut has to do with the detox!

Rest assured this question is answered in detail at the very beginning of the chapter in the *Detox Companion Manual*. When I think about why as a nutritionist I am so focused on stress and the gut regardless of what work I am doing with the patients, the answer is very simple: because everything falls apart if the gut is not well. The gut is our immune system. Disease starts in the colon, as

someone said. Pathogens are warded off there, toxic material is cleared from there...If you eat standing, death looks over your shoulder, as say others. What your gut is doing at a given time has a lot to do with your wellness and disease prevention. What stress does is zapping the gut, so it stalls. That is a recipe for disaster.

Here is what you will learn in this chapter in the *Companion*:

- Watch the companion video I created for you for this chapter
- What the gut has to do with detox
- The gut's immune system GALT
- What you need to know about your microbiome, the good bacteria, and what they like to eat- how to address your health concerns and avoid pitfalls with the right probiotics
- The powder of digestive enzymes
- There is a huge chapter on hydrochloric acid – in fact, this was a complete article I once wrote for Dr Liz Lipski. I added it here because HCL has a profound effect on our health. Note: thyroid stimulates it appropriately, so when thyroid is slow, you will under-secrete your HCL and that, as you will see, is also a disaster. I do see it too often for my comfort. I always have to evaluate HCL with patients. You may be really blown away with what you will learn. If this is something you want to test, instructions are provided, but you cannot do it with active gastritis, h. pylori infection or reflux.
- I admire one product that I have used with patients aggressively over the year and consider a super star for inflammation, gut issues, and immune system: Aloe Vera juice. I dedicate a whole chapter to this produce because it has a profound effect, but I only work with one brand because of its safety record. Do not try to megadose with just any brand. Enjoy the read and try one bottle.
- An unorthodox chapter on Candida- shot but sweet; you can take a spit test! Note that candida in particular is our resident yeast and it just needs to be put in its place, not eradicated 100%. It is not a topic of our Detox, but I am just signaling it here for you. It is a whole other story!

What is actually your homework for this week?

Watch the video

Read all the chapters and see if you feel you currently need support of digestive enzymes or if you need to test HCL- we can certainly discuss that at the group teleconference!

Remember to eat mindfully and chew well, to support your gut.

Go back to the Bristol Stool Chart and pay attention what you eliminate and how often.

WEEK 3: DETOXIFICATION OF YOUR BODY (CH. 9)

Up to this point, we have been focused so much of when, how and what to do in the kitchen, your pantry, a health food store, and during the day. It is time to switch gears. The Manual is your guide for the CORE and the FOUNDATION: the foods. Now that you are getting more comfortable in the kitchen, let's build up your knowledge and expand.

Now we can expand to the *Detox Manual Companion*, which is truly your secret weapon, fully loaded, the best kept secret, to which you now have a full access. It also has many TO DO ideas to try or implement. The Companion will serve you for years to come, I hope! Here is a synopsis of what you will find there.

- You will learn what detoxification is and exactly what the healing crisis is and how and why we will avoid it at all costs
- You will gain understanding of how various parts of your body support your daily detoxification and what tips you can use to support them
- I walk you through my favorite topic of lymph and how to support it to feel fabulous
- Sauna, sweating, hydrotherapy and more inside scoop for you
- Water: while you know you are supposed to drink more water, this is a particularly excellent article I wrote with many things that may surprise you that you should know; you will also know ins and outs of various sources of water and what you need to stay away from

Plenty of homework this week to choose from- you can start slow and try more over a period of time:

- Watch the companion video I created for you under Week 3 in your dashboard
- Get the best water filter for your needs- do not delay
- Try some ideas I mentioned in the chapter like a lymph drainage massage or a sauna
- Liver: Try beets (recipes in Manual under Love Your Liver) or artichokes, limit NSAIDs and OTC, and drink more filtered water to support your liver
- Kidneys also need to flush toxins and thus water is needed there
- Eat more roughage (plants)- more salads or more in soups? Eat fruit daily, especially by itself, and try gluten free grains like millet; at the same time, I hope you are staying clear off dairy and processed foods
- Colon: If you feel you are really toxic, get a colonic once to move the caked in debris that can be glued to the colon walls; we can discuss this therapy on our teleconference call!
- Skin: Try dry skin brushing; take Epsom salt baths, switch to natural soap bars e.g. Dr. Bronners. Upgrade to healthier deodorants- I can show you when we talk what deodorant I currently use and love!
- Heat: try a sauna, hot/cold shower flush, or hydrotherapy; did you know you can buy a small sauna for your home for less than a thousand dollars?
- Lungs: practice deep breathing; get out into the open space with plenty of trees to get more oxygen; do some aerobic exercise
- Lymph: stretch daily, choose a regular stretching program; bounce on a rebounder or mini-trampoline; receive regular massage therapy; receive manual lymph drainage treatment; finish hot showers with cold water rinse; practice deep breathing exercises, dry brush entire body
- Whole body detox support: get enough sleep, rest as needed during the day, play, and again practice deep breathing!!!!
- Move: break a sweat- make sure you pick an activity you enjoy; bounce and shake!!

WEEK 3: DETOXIFICATION - THE SCIENCE (CH. 10):

This is a very large chapter in the *Detox Manual Companion* that walks you through more science of the detoxification, but it is still practical and helps you understand which foods and nutrients we really need daily to facilitate the detoxification pathways. I show you what nutrients are needed in Phase I and Phase II and what these phases are.

Detox Process: you will understand what actually happens in your body, the main phases, and what can inhibit them.

Phase I and Phase II Nutrients: make sure you read those. You will be so impressed with your efforts so far since you have been using our recipes, full of foods that supply these phases. Make sure you add some too.

Glutathione: this is the most important antioxidant made by your body that you do not hear about. Take a look at some of the important jobs it performs and what nutrients you need to make sure your body can make glutathione for you. The most practical supplements in the Program for this purpose are NAC or Hepatocleanse.

Liver is the mastermind of detoxification. Give your liver the support and respect it deserves. Read about the foods that support and protect it.

Hidden sources of heavy metals: this is just a snapshot of our environmental toxicity- I picked a few items to make you realize that heavy metals may come from unexpected or unsuspected places. We do not live in a bubble...

The bottom line: you will start noticing that you are already eating many of the foods listed in the groups above. You can feel so good about yourself. This is exactly how we protect our health!

What is your homework:

- Watch the videos in Week 3 resources
- Check with yourself: how many of the foods that keep popping in left and right in the detox are you consuming? Are you on it? Do you need to add more? Our recipes target many of these foods, so go ahead and pick more recipes from the Manual!!!

WEEK 3: DETOXIFICATION - YOUR ENVIRONMENT (CH. 11)

This part of the Detox Manual Companion literally bursts with practical ideas you can apply in your home, on your skin, in your kitchen, etc. to decrease the daily level of toxicity. You will start feeling better, sleeping better, thinking more clearly, and having better energy, with a more glowing skin. Take a peek at the topic you will learn about:

Home: Use ideas that can help you detoxify your home, including toys, furniture, floor covering, cleaners, detergents, removing common household pollutants, and replace toxins in your home with safer options. I walk you through the kitchen, bathroom, laundry, furniture, shoe and metal polish and insecticide alternatives.

Skin: I provided you with some really enjoyable ways to pamper your skin! Try some of the ideas. Test some of the essential oils. Try an herbal bath, a face pack, eye pads or a foot bath.

Dry Skin Brushing has many benefits- read the chapter on it and instructions and try that a few times to see how you feel!

Oil Pulling: this is an Ayurvedic remedy for gums, toxins, and a few other problems. This is a commitment, and to see benefits, you do need to commit to doing it for 45 days daily, so that is an option for those that have a little more time. There is a whole chapter on it with instructions in the Companion.

Plastic Exposure: There is both science and very simple things you can do to minimize the toxic exposure from plastics, especially related to your food.

Institute for Functional Medicine has a one page with a brief summary on toxicity in foods, products, and dental care that I thought I would add there just to help you see the big picture. It also presents the concept of **Environmental Illness**, which is extreme sensitivity to the environment to the point of inability to function. This can happen due to severe chemical exposures, and I wanted to make you aware of this. Perhaps you or your family members do not have this issue, but I really want to bring more awareness to you regarding our new reality.

EMF- Electromagnetic Field: this is a very hot topic. I cannot even keep up with it. But I am presenting what is established in research and what is now being questioned as well as tips and tools to minimize your exposure. You will learn about Wi-Fi, electricity, cell phones, remediating your home, and the questionable safety of smart meters.

What is your homework for this week from this chapter:

- Watch the companion video under Week 3 in the dashboard

- Make changes in your home that you can
- Address the EFM radiation, laptops, and especially the cell phones- this is so important! There is specific research explaining to you how to minimize the exposure from the phone while still being able to use it.
- Make changes you can. Check the website I mentioned, lessEMF.com, for some additional resources. Get the laptop product I mention. I love it personally!

WEEK 4: INFLAMMATION NATION (CH: 12)

INFLAMMATION AND WHAT TO DO ABOUT IT

I wrote the Inflammation chapter in the *Detox Manual Companion* to give you the most important information on what it is and what causes it. Inflammation is behind many of the chronic conditions, some of which you may be suffering from now.

What you will learn there:

- Testing your doctor can do today
- Causes
- The more famous natural anti-inflammatory agents we can use
(I limited myself to just a few pages- I could go for many more)
- Most honorable anti-inflammatory supplement: **OPC-3 by NutraMetrix**
- Most honorable anti-inflammatory drink: **Ultimate Aloe Vera juice by NutraMetrix**; however, the detailed write-up is in the Gut chapter

What is your homework for this week:

- Remember to watch the videos on Inflammation and Oxidation in Week 4 (your dashboard):
- OPC video: my all-time favorite video from the 80s (excuse the terrible music) on OPCs- this is a documentary allowing you to watch live blood cells under the live microscope to

see the profound effect of OPCs! Now, after going through the Detoxification science, this video will have a lot of value for you!

- OPC-3 is a corner stone of the Program. If you can only take one supplement, it would be that one. The applications are so numerous, and I have seen this product shine for patients. I have been taking it daily for several years now and I am not going to stop. It is dose dependent and the dose is weight dependent. There is additional write up on how to dose OPC-3 in the *Detox Manual Companion* under Resources. From my example, I can share that 1 dose was great, but it was only when I doubled it that my sinuses finally cleared completely.
- Make sure you get the table I created with inflammatory factors. And apply strategies to minimize those. Can you see that stress and lack of sleep are listed? Now you can see why I insist on a whole chapter on stress and sleep.
- Add as many anti-inflammatory herbs and spices to your daily routine as you can; it may be as simple as adding rosemary and ginger to your soups or making sure that you have a daily Omega 3 longer term (I do). The more plants you eat, the more anti-inflammatory support your body gets from you.



WEEK 4: OXIDATION AND ANTIOXIDANTS (CH. 13)

This is a special chapter in the Detox Companion! How many times have you heard of oxidation, oxidative stress, free radical damage, and early aging? Well, I know this is all very complex science, but the premise is quite simple, come to think of it. The goal for me in this chapter is to explain all that to you once and for all in a way that a 7-year old child will understand if you explain that to her/him. If that happens, then I did my job. I walk you through the simplified science in the video, so make sure you watch that.

HERE IS WHAT YOU WILL LEARN IN THAT CHAPTER AND THE RECODING I MADE FOR YOU:

- What is oxidation
- What are free radicals
- What are antioxidants
- Antioxidants and food sources
- How antioxidants work together
- What is ORAC and what foods are highest in ORAC
- How useful is ORAC
- What supplements are important

Make sure you watch these videos in the Week 4 resources in your dashboard

- OPC video- did you watch it already?
- Oxidation and Antioxidant Chapter video- this is an important video- I talk about things that are not in the *Detox Manual Companion!* In particular, I explain the story of the free radicals – there is a page in the Companion that shows it but does not explain it. You need to hear me explain it- it will bring it to life for you!
- Check how you are doing with your antioxidant and ORAC load in your current diet. If you have been following my recommendations, you are going to be very pleased with how much you are reversing aging and disease already!

RESOURCES (14)

This is the very last chapter in the *Detox Manual Companion*. If you have a supplement regiment and need a table to put things in, there is a table there for you that expand beyond the Detox supplements I have recommended. There are more added supplements for basic functions that you may appreciate.

Supplements: my website has a page called Supplements with a few videos and education on proper and clean high quality of supplements and why we need to pay attention. I also list an article in Order Your Supplement page in your dashboard to make you aware that buying on eBay or Amazon.com is not a good idea. There is a reason why supplements are so cheap there and you need to know that people who sell them there do so illegally. Pretty much, regardless of which supplement company we deal with, their policies are consistent with this statement. Please review

that article even though I did not list it in the Resources but directly in your dashboard. It is really an eye opener.

In the Resources, I **explain the two places I like to shop for patients and myself**. There are a few more companies for selective products I use, but that is outside of the scope of this Program. I also walk you through what to pay attention to in supplements you buy, what is important.

More **isotonic instructions** are listed, with some visual help, especially how to use OPC-3. I also explain how to store isotonic

Finally, for Baltimore area participants, I listed **some local health food stores and local health providers I trust**.

For participants from various parts of the country, I also added some helpful resources through **links to various websites I find helpful**.

CHAPTER 7: LOSING WEIGHT DURING THE DETOX PROGRAM



If your goal is to shed a certain number of extra pounds, your body will most likely deliver during and after the Program. Please read the rest of this chapter this weekend to understand the pitfalls and dangers of most weight loss programs and how to incorporate weight loss safely into this Program or into your life in future. And while I always state at the beginning of this Program that it is not a Weight Loss Program, when we repair, provide best quality nutrients needed to run our detoxification pathways smoothly, when we eliminate toxic insult, hormonal disruptors and gut and immunity disruptors, the body will shine for you and it will start melting the fat away. In very few cases when this does not happen, we will investigate possible hidden dis-function, needed testing or a medical referral for hormonal testing. This only happens to individuals with a very complicated medical history, but I am a clinician, so it is my job to support you through that and help you find out the cause behind the block.

WHAT YOU WANT IS NOT ANOTHER WEIGHT LOSS BUTFAT LOSS!

The biggest mistake of any person trying to lose weight is focus on just that: pounds lost. The reason I say “fat loss” is because in weight loss, fat is what we want to target as opposed to pounds of water or muscle lost. It is what thrills you about the next new diet fad that allows you to lose a lot of pounds in a short time- and it will NOT be fat you lost but precisely water and/or muscle. This is dangerous and can further ruin your metabolism. What is worse is that it is the muscle that dictates your metabolism, so with the healthy amount of muscle, you will be able to have a healthier weight. Muscle loss sets you up for more trouble with your fat.

Fat is the visually most unappealing part of our overweight and the reason we join weight loss programs. But it is the fat that is hormonally active with a detrimental effect on your health. It is the fat that creates more inflammatory cytokines in your body. Obesity, for example, increases the risk of breast cancer in women. Environmental pollutants implant themselves and store in the fat tissue. In a word, tread lightly on the issue of losing pounds of fat rapidly. Slow is safe.

RAPID FAT LOSS

Slow is safe. Be cautious and conservative. Slow weight loss is more sustainable and results stay. If you go too fast, you might end up with a severe rheumatoid arthritis after an unsupervised weight loss program. You may develop fibromyalgia after a juice and water fast in a medical spa abroad. These are real stories of real people I know.

When you have rapid fat loss, toxins stored in your fat tissues are suddenly released into your blood stream - if you do not have detox phase 1 and 2 running well, including all needed nutrients, your body may not be efficient removing them, and these toxins will reabsorb into your organs before they can be eliminated. This can cause autoimmune disorders, chronic disease and even

cancer. In short, fat is not just unattractive but it is dangerous. Work with a trained professional. This Program is perfect because I will be keeping a close eye on your progress and the Program is actually very gentle. You will learn how to provide what your body needs to clear toxins well as you start shedding your fat.

MEASURE, MONITOR AND ADJUST YOUR FAT LOSS

Another common mistake is daily weigh-in. When you weigh yourself daily, your scale reflects not the fat loss but all body weight loss and thus, weighing for pounds alone is useless. Even worse, it is normal for your body to fluctuate from day to day. Consider just the weight of your stool, your last meal, or the water you just drank. You need better tools to measure, monitor and adjust your fat loss:

- 1. Make a chart** that will include: inches of waist, thigh, and hips, fat %, water, and weight.
- 2. Get an electronic scale** that can measure your water content and fat percentage.
- 3. How often to weigh and measure:** Weigh and measure yourself only twice a month or once a month at the same time of the day for consistency and keep populating your chart with all the numbers. Continue for 12 weeks. Focus on long term trends of the chart rather than weekly fluctuations.
- 4. When you fear you stopped losing weight:** Most people get very discouraged when the scale does not budge or, even worse, pounds increase while you do everything right. Remember that muscle dictates metabolism. If you are doing everything right, you are CHANGING YOUR BODY COMPOSITION, which is the goal. That means you are increasing muscle mass while you are losing fat. However, muscle is heavier than fat! How do you know that you are still on the right track? Check your fat %. Check your hips and waist measurements - are they improving? And do your old pants feel a little looser? If the answers are positive, the extra weight is your muscle and you can be really proud of yourself.
- 5. Write daily food log.** Research shows that people who do lose 50% more weight (that is, fat). Find Food Log in Resources at the end of the Manual.
- 6. Hidden obstacles to fat loss:** review the next page for details

Only when you understand what I just described above and follow the pointers I just shared with you, will you lose the fat and do it in the right and safe way

YOUR WEIGHT LOSS LOG

DAY	DATE	WEIGHT	WAIST	FAT %
Day 1:	_____	_____	_____	_____
Day 15:	_____	_____	_____	_____
Day 30:	_____			
	My weight has increased decreased by _____ pounds.			
	My waist has increased decreased by _____ inches.			
	My fat percentage increased decreased by _____			
Why?				

Here are some possible hidden causes of resistance to Fat Loss:

- Skipped meals, especially breakfast or lunch (under-eating)
- Getting most of your calories from dinner; make your lunch the largest and dinner the smallest meal and even with the same total of calories for both meals, doing this can help you lose weight
- Portion sizes (portion distortion- cleaning the plate in a restaurant)
- Nocturnal eating
- Impaired rest: altered sleep, sleep deprivation, or going to sleep past 10pm. In one study of older adults, regularly getting 5 hrs. of sleep instead of 7-8hrs tripled obesity risks in men and doubled them in women. About 1/3 of US population gets less than 6hr sleep and about 1/3 are obese too.
- Recent or persistent stress or trauma that can affect adrenals and eventually thyroid
- Lack of physical activity
- Ignoring stress coping strategies
- Impaired phase I or II of the detoxification process since toxins can be implicated in disrupting thyroid and insulin
- Sub-clinical under-active thyroid, which may not be detected by blood work
- Carbohydrate sensitivity known as insulin resistance, pre-diabetes, or syndrome X; these may or may not be caused by exposure to chemicals such as POPs

- Leptin Sensitivity- this can be triggered by night shifts, graveyard shifts and alternative shifts
- Food allergies or sensitivities, especially wheat or even all gluten
- Lack of supportive supplements/foods
- Vitamin D deficiency
- Low probiotic population in the gut- among other jobs, they help regulate insulin sensitivity, which is important to weight as well; obese people have different microbiome; there are recorded cases of fecal transplants from an obese/overweight person to a person with a healthy weight resulting in weight gain of the latter and vice versa. Germ-free mice get fatter on the same diet normal mice eat. Bottom line: make sure you have traditionally fermented foods, best quality probiotics (ask me), and avoid antibiotics unless absolutely necessary.
- Medications: e.g. antihistamines target receptors involved with both allergies and appetite, making you hungrier (in one study they contributed to 10# weight gain in women and 21# in men). Other medications to discuss with your doctor: antidepressants (discuss bupropion alternative?) and metformin.
- Keep your home temperature a little colder: livestock farmers know that to fatten their animals faster, they just need “Goldilocks temperature”, aka thermoneutral zone. Bump your thermostat lower: in one small study, being exposed for 10hrs to 66F at night for 1 month boosted participants’ fat-metabolic activity by 10 percent. Apparently, as temperature decreases, white fat starts to behave like brown fat and starts burning calories instead of storing them as fat.
- Adenovirus 36 is one of the strains of a common cold. Animals in studies gain significant weight when they get infected with it. It seems that more obese people get infected than thin ones: 30% versus 11%, says Dr. Richard Atkinson, MD. The virus floods cells with glucose while also turning on an enzyme that converts sugar to fat. Atkinson speculates, based on animal studies so far, that the virus could add 12-15% weight. Another reason to take your Vitamin D (antiviral) and have a strong immune system to ward this virus off.

CHAPTER 8: DAY 30: I MISSED YOU, CHEESE!

“FOOD CHALLENGE”

During the last 30 days, you worked very hard to clean your body down to your cellular level. Your skin looks better, you sleep better, you have energy and lost a few pounds and your friends are starting to ask you what you have been doing. Good job and congratulations. It is time to learn how the foods you eliminated really affect your body and if they do!

The Program required you to eliminate all meat and most of the common allergens such as dairy, gluten, soy and corn. Perhaps some of your bloating, brain fog, or other symptoms were a side effect of your food sensitivities or allergies and you did not know it. In fact, many people walk with hidden food sensitivities for years and never know it. They just never feel great.

The Program gave you a rare opportunity to eliminate toxins, microwaving, GMOs, and a lot of food ingredients. Not to mention the even more rare opportunity for you to reintroduce some of the foods you have missed to see if you have allergies or sensitivities to them. After 4 weeks of “clean slate”, your body and your immune system had a moment to breathe, repair, and focus on its daily functions rather than fighting the “invader” (the food allergen). At this time, when you reintroduce that food properly, you will get exaggerated signals from your body if that food is NOT well tolerated.



IS THIS CHALLENGE EASY?

No. It is quite a challenge. It is worth it? You will have to decide. Most graduates of the Program say it was worth it. Some people, rather than following the Challenge Protocol, simply pay attention to what new food they reintroduce when at a social function. For example, at a party,

they will eat some cheesecake and chunks of cheese. By the end of that day, just this may be enough for them to notice how this food group affects them. During week 5, pick 2 one-ingredient foods you missed the most and challenge one and then the other, with a break in between. This way, if they are clear, you can enjoy them back in your diet.

WHICH FOODS TO CHALLENGE?

You decide how many foods you want to challenge. This chapter has detailed instructions, but start with the food you missed the most, e.g. tomato or eggs. Challenge one food at a time. When one challenge ends, give your body a few days rest before you start another challenge.

HOW TO CHALLENGE:

When to Start: Begin challenging foods when you have been in the Program for 4 weeks and when you have had at least 5 days in a row without symptoms or at least you have fewer symptoms. Test the food in a pure form, using the food suggested only.

Challenge: Challenge only one food or food group at a time, eating the recommended amount of food for 3 days in a row, 3 times a day. While it may take up to 3 days to show a reaction, you are more likely to experience symptoms within a few hours. Continue testing the food if there is no reaction the first day, or if you are not sure about the reaction.

Stop: If symptoms occur, do NOT test the food again. Write down the reaction in the table provided. Do not start the next challenge until you have had at least 1 full day free of symptoms, preferably two.

No Reaction: If you do not have a reaction to the food tested within 3 days, you may add it back to your diet during the Food Challenge and Reintroduction period on a Four Day Rotation Basis. This means you can eat the food every 4 days, not every day, until the end of the Challenge.

Wait: Wait two days before testing the next food to see if you get other reactions and to let your immune system calm down.

Be Patient: Since reactions can take up to 72 hours to begin, if you hurry your challenges, you are likely to end up getting confused and having to start again. If a reaction is doubtful, wait until the end of the challenge period and repeat the challenge to confirm a reaction.

One Food: Challenge a food that has one ingredient, itself, one at a time. Cheese is just cheese. Egg is just egg. However, pizza has yeast, sugar, wheat, cheese, tomato sauce, and possibly 10

more hidden ingredients, some of them undisclosed. When you react, you will never know what you reacted to!

Wheat versus Gluten: Challenge wheat, rye, barley, oats and spelt separately. You may have reactivity to commercial wheat only, as many others, but not to traditional spelt wheat. However, if you have sensitivity to wheat, spelt, rye, barley and non-gluten free oats, it means you should avoid all gluten. I would recommend Cyrex lab testing in that case.

COMMON FOODS TO CHALLENGE

Challenge	Food	Serving Size
Milk	Skim, 1%, 2% of whole milk	1 cup
Cheese	Cheddar	1 – 2 ounces
Wheat	100% whole-wheat cereal (e.g. Wheaten) or	1 cup
	100% whole-wheat noodles	1 cup
Gluten	Rye crackers, 100% whole rye dry bread or 100% spelt berries or bread	3 ounces or ½ cup
	Cooked barley/100% German rye bread	1 cup
Citrus	Orange, grapefruit Challenge separately	1 medium
Yeast	Nutritional or brewer's yeast (for cross-reaction)	1 Tablespoon
Corn	Fresh or Frozen corn; no canned corn	¾ to 1 cup; or 1 cob
Egg Yolk	Scrambled egg yolk/soft or hard boiled	1 egg yolk
Egg White	Scrambled/hard boiled egg white	1 egg white
Soy	Tofu, not marinated or fried	½ cup
	Soy Milk (plain), no cane sugar/barley malt	1 cup

Other foods to challenge: coffee, cane sugar, caffeine, seafood, red meat, poultry, black pepper, night shade family (challenge individually: eggplant, tomato, potato, bell pepper).

Oats are not a good candidate for a challenge as they are often contaminated with gluten in processing. However, if you used to eat oatmeal every day, you should challenge it.

Pitfalls: be wary of challenging complex food like pizza (you may react to sugar, wheat, gluten, dairy, tomato, etc.).

Too hard to challenge: If testing each food is too hard and lengthy, we can run a blood test for IgG and IgA food sensitivities. This will take up to 3 weeks to process. If we suspect gluten or wheat, we should use Cyrex lab test.

Your favorite foods may be a culprit. It is quite common to develop food sensitivity to a food you eat every single day. That is why it is a good idea to rotate foods. For example, I ate blueberries and flax almost every day for years and as a result developed sensitivity to both and had to remove them for 9 months. In this Challenge, we are only re-introduce foods we eliminated. However, if you have been eating a food every day for years including during the Program, consider eliminating it in future for 4 weeks and then challenging it too, especially if the Program has not produced spectacular results for you!

I CHALLENGED THE FOODS. NOW WHAT?

It is all about education and information. When you learn which foods affect you and how severely they affect you, you can plan how to act in future and if it is worth it for you to stay away from them or minimize them. Understanding how your body works is priceless because you can make better decisions about your health!

If the arthritis in your fingers has just cleared first time in 10 years, I would not blame you! if you wanted to stay on this Program longer and not challenge. However, life happens, especially social life, and as much as you are now “trained” and educated in foods, you may be in a social setting where you have to eat the foods you are sensitive to.

The best advice I can give you is to make sure that if you react to a particular food, you keep it out for another month or two, or longer if possible, and challenge it again then. Chances are that you will not be so reactive. In future, you may be able to tolerate that food better so that you can rotate it back into your diet, but not more frequently than every 4 or 5 days. If you are too sensitive to too many foods, you may have a leaky gut syndrome, so continue to work with me one-on-one to repair the GI tract.

HOW TO MINIMIZE INSULT FROM OFFENDERS IN FUTURE

That is a very important point. Let’s say you have to stay with in-laws for 2 weeks and it would be rude of you to pick and choose foods they offer to you. If you know you must eat the food you should not, take digestive enzymes, Aloe Vera juice and *Hepatocleanse* (liver supporting herbs) or *Curcumin Extreme* and Probiotic supplements with you and drink a lot of hot water. These can help you ease the insult and detoxify. If dairy and gluten are problematic, NutraMetrix Spectrum Digestive Enzymes have special additional enzymes to tackle both. You will be able to take care of yourself!

WHAT SYMPTOMS TO EXPECT DURING THE CHALLENGE?

Do you remember your initial detoxification symptoms, your headache or achy joints, or your emotional outburst and a few days of a cranky mood? Well, expect any of the above and more when you challenge a food.

Here is a list of possible reactions: a headache, congestion/sinus/mucous formation, skin eruptions/itching/readiness, gastrointestinal symptoms like diarrhea/constipation/abdominal cramping or pain/heartburn/belching or burping/itching/tickling/clearing of the throat, a dip in energy level even to the extent of drowsiness, lethargy, a need to nap, brain fog and inability or make clear decisions, slurred speech, or skeletal-muscular symptoms like muscle and joint pain. You may also just experience a very generally low energy depressive day while not having a specific reason for it. The important part of this process is to catch any new symptoms. Any unusual and sudden change in how you feel should be suspected unless you can find another reason for it, so be a detective during this time! I also encourage you to read the specific instructions below and fill out the chart to keep track of what you challenge and what reactions you have.

WHAT SHOULD YOU DO IF GLUTEN, DAIRY, AND CORN ARE JUST FINE?

You have bravely challenged corn, gluten, and dairy. You feel they are fine. Well, I would still encourage you to schedule an appointment with me before you are ready to plunge back into these foods. For example, some of these foods are pro-inflammatory, as is dairy. Milk is dehydrating. Dairy is constipating. Even if you feel your gluten challenge was uneventful, if you have an autoimmune condition, you do not have to have a sensitivity to gluten to have your immune system affected. If your wheat challenge was negative, challenge spelt. This is a much safer form of wheat than the common wheat. This stage of the challenge is when you DO NOT want to gamble and experiment. Please meet with me so that I can help you assess what is best for you based on your medical history and health goals!

THE “COKE TEST” FOR TRUE ALLERGY

Gary Null, PhD, introduced me to a home-test for a true food allergy. It is said that food allergen can raise your heart rate and even cause high blood pressure. While most people have food sensitivities and our Challenge is about them, a small percentage of our reactions to foods are true allergies. However, if you do have an allergy, you probably already know it. If you eat peanuts, you risk even death from exposure and reaction is immediate. That is a true allergy.

Here is the Coke Test: Check your pulse for 1 minute while relaxed in bed. Put a small piece of the challenge food under your tongue for 20 seconds. Then retake the pulse in 20 minutes. It is important that you are still in bed, meaning, you are not running up and down the stairs, talking on the phone with an angry sister, etc. You do not want your pulse to rise due to other factors. About 70-80 beats a minute is normal. Whatever your pulse is before the food is under your tongue, if your pulse 20 min later is faster, then add this food to the list of your culprits! If you'd like to know your food sensitivities without the challenge, you can take a blood test.

RECORDING FOOD CHALLENGE

- Write the name of the food you are challenging and the Start Date in the table below.
- Use one table for one food.
- Each challenge takes up to 3 days, and that is why each table allows a three-day-record.
- When you challenge a food, keep a record of both your physical and behavioral symptoms or any changes in the box provided.
- Test the food in any order you choose: most pick the food they miss the most first
- Test the food in a pure form, using the food suggested and no other. Ask me for help if you are not able to find a pure form of a particular food.
- When challenging individual foods, eat one serving three times a day.
- Place a check mark in the appropriate column to mark any symptom that occurs after eating your challenge food. Not all symptoms will occur immediately. Record any symptom that occurs throughout the day. If it helps to understand your reaction better, you may also jot down a more detailed description of your symptom in the appropriate column.
- Make several copies of the challenge form on the next page to have room to record all of the foods you wish to challenge.

SAMPLE FOOD CHALLENGE

Name of Food: Skim Milk **Date:** Feb 20

Symptom	Day 1	Day 2	Day 3
Pulse			
Gut	Nagging pain in stomach		
Bowel Function			
Headache			
Congestion	Nasal congestion and mucus in throat		
Skin			
Energy Level	STOP THE CHALLENGE NOW!		
Joint Pain			
Muscle Pain			
Other: _____			

Food Challenge **Name of Food:** **Date:**

Symptom	Day 1	Day 2	Day 3
Pulse			
Gut			
Bowel Function			
Headache			
Congestion			
Skin			
Energy Level			
Joint Pain			
Muscle Pain			
Other: _____			

Food Challenge **Name of Food:** **Date:**

Symptom	Day 1	Day 2	Day 3
Pulse			
Gut			
Bowel Function			
Headache			
Congestion			
Skin			
Energy Level			
Joint Pain			
Muscle Pain			
Other: _____			

Food Challenge **Name of Food:** **Date:**

Symptom	Day 1	Day 2	Day 3
Pulse			
Gut			
Bowel Function			
Headache			
Congestion			
Skin			
Energy Level			
Joint Pain			
Muscle Pain			
Other: _____			

