

Let's get you moving and energized!

Congratulations on taking the initiative to create a life of greater health and happiness! Here you'll find everything you need to:

- Heal your body with alkalizing and energizing whole foods.
- Find substitutes for the 5 foods that are the Usual Suspects when it comes to Inflammation, Food Sensitivity issues, Allergies, Insulin Resistance, unexplained weight gain, etc.
- Decrease your acidity and increase your mental clarity
 - Develop a daily Mindfulness Practice
 - Enjoy more sleep
 - Create space and time for Daily Movement
- Go through Checklists of Completion for your body, your household, and your business.

21 Day Rejuvenation Program

This is an individualized program that starts with a basic set of principles and gets tailored to YOU during our two 30 minute coaching sessions.

At its most basic level, this is a cleanse protocol that supports you in creating a healthy alkaline environment in your body and fosters mental clarity and energy.

If your body extremely acidic you are dealing with toxicity and your body is suffering from free radical damage. This also creates an environment that easily lends itself to high blood pressure, decreased energy, heavy metal toxicity, high cholesterol and hormone imbalance.

The more acid forming foods you eat and chronic stress you endure, the more your body is rapidly AGING! An overly acidic state breaks down your tissue and your DNA and leads to disease. Think about batteries, which lasts longer? Alkaline batteries, right? Old batteries release acid when they get depleted.

You might be facing an imbalance if you experience:

- Digestive problems like abdominal cramping, gas, bloating, constipation, and diarrhea
- Asthma
- Chronic congestion / stuffy nose
- Dark under eye circles
- Dull lifeless hair
- Fatigue
- Food Cravings
- Headaches
- Inability to lose weight
- Joint pain, arthritis, muscle cramps
- Mood problems like depression, lack of focus, brain fog, anxiety, irritability
- Premature aging
- Skin problems like acne, rosacea, eczema, and psoriasis

The good news is that following this program for 21 days will give you some serious momentum towards a new REJUVENATED you! We will create positive mindset shifts to bring you to a place of wellness and happiness. This program will help you make some new decisions about health and energy and give you clear direction on how to create daily habits that create success in all areas of your life!

You and I will co-create a menu and an exercise plan that will work with YOUR schedule. Once you have read through the material here it will be time for our first coaching call! I can hardly wait to connect with you in person! I'll make sure you have all your bases covered and discuss with you certain affirmations and journaling exercises that will be appropriate for YOU specifically. We can address areas that need extra attention and rejuvenation based on your specific history!

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For those of you looking for a cheat sheet with The Rules, here it is -

For 21 days we will:

- Start each day with a glass of lemon water
- Eliminate gluten, soy, dairy, corn and sugar all together
- Make sure 70% of your diet is made up of low glycemic and mostly green veggies.
- Eat small amounts of protein at each meal
- Drink at least 96oz of water each day
- Eat when you are hungry and food log for the first week (each week if it feels helpful, but AT LEAST the first week. Please use MyFitnessPal. It's free and easy.
- Calculate what time you have to go to bed at night to assure you have 7-8 hours of darkness.
- Recharge your cell phone anywhere but your bedroom. No cell phones or computers or screens of any manner in your bedroom. Beds are for sleeping.
- Before retiring for the night, write down on a piece of paper or your journal 2 things that went really well that day and 2 things that didn't go so well. After the 2 things that could be better, write down how you will either fix the situation or prevent it from happening again.
- EXERCISE is NON-NEGOTIABLE. At least 5 days a week will involve some sort of movement that gets your heart rate up! What you choose to do is up to you! Go swim, bike, run, play, dance, lift, jump, etc. Do what brings you joy! You must set aside at least 30 min each day for this. It is not optional. Part of your detox process involves SWEATING.
- Every morning (while you are drinking your lemon water) write down 3 Intentions for your day. These intentions are not a to-do list, they are 3 ways of being...they could be things like "My intention today is to act with kindness and compassion towards everyone who comes up to my desk," or "My intention is to show my kids how much I love them by saying I love you, hugging them, and smiling more," or "My intention today is show up as a successful business owner /author / athlete / etc." In other words, how do you want people to SEE you?
- Checklists are provided for all of these things, or to make your own that makes sense to you.

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Please read the rest carefully to make sure you get the most out of the program! I've tried to simplify the concepts here and we can talk in greater detail about anything you have questions on during our two 30 minute phone consultations.

Your Greatest Successes Come From Your Daily Habits

Like I am always telling my kids, how you do anything is how you do everything. The positive habits you develop in this program will create a massive boost to your self-esteem as you see yourself accomplishing little tasks you set out for yourself to accomplish on a daily basis. Even the simplest act, when done with care and attention, can get you on track to continue that pattern with everything else you do for the rest of the day.

Have you ever noticed that when you start your day off "running behind" you never really catch up? It sets the tone for most of the day! When you can start your day with clear intentions, acts of self-care, and healthy choices THEY will become the theme for your day. That is why this Rejuvenation Program includes the Morning Routine.

Waking up to your new Morning Routine:

1. Make your bed. If you already do this, great. If you skip this step and feel resistance towards wanting to take the extra time I hear you. Personally, I never really cared if my bed was made or not until very recently. I came to realize it really isn't about the bed itself...it's about completing a task well, with care, and as a visual reminder that you can be successful at anything you set your mind to do. When you come home at the end of a day that didn't go as well as you'd hoped, you can see that at least your bed is made and that means you were totally successful at least ONE thing. So, make your bed. Think of it as an act of success, think of it as creating more beauty in your home, think of it as something everyone in the Army is doing, too. The point is, find a way to embrace the process in a way that feels empowering to you. This is an exercise in shifting how we view certain mundane tasks and creating the habit of success in every single area of our lives. How you do anything is how you do everything.

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2. Drink an 8oz glass of lemon water. Why? First, it will contribute to the 96oz of water you need to consume today. Second, there are so many health benefits to citrus and lemons especially I don't know where to begin! Suffice to say, drinking lemon water helps to alkalize your PH, it helps stimulate your digestion, it helps to break down fatty deposits, it serves as an antioxidant, and it tastes good. It doesn't matter what temperature your lemon water is. It is a great habit to get into and you may find it is one that continues far beyond these 21 days.

3. Take at least 5 minutes and write down your Intentions for the Day. These intentions are not your to-do list, and so please do not write down your grocery list! Your intentions are feelings you wish to experience or ways of being you intend to include into your day...they could be things like "My intention today is to act with kindness and compassion towards everyone who comes up to my desk". Or "My intention is to show my kids how much I love them by saying I Love You, hugging them, and smiling more." Or "My intention today is show up as a successful business owner /author / athlete / etc." In other words, how do you want people to SEE you??

Once you have written down these three intentions you can carry it forward into a to-do list, or keep journaling if some ideas come up while you are thinking about how you want to be seen in the world. The intentions help to program your subconscious mind. Once you set an intention, your brain starts to look for ways to make it happen. Your brain loves to be right, so if you tell it that today it is a successful author it will produce the most beautiful and powerful literature in your ability.

4. Eat Breakfast. It doesn't have to be complicated, in fact the simpler the better! Follow the Golden Rule of eating food that looks like how it grew. Because this Rejuvenation program is based on eating whole foods and constructing 70% of your diet around plants (particularly green ones) you will be including fruits and veggies in your breakfast routine. Feel free to make a shake or a smoothie. Don't forget about the easy ways to include greens from organic green food powder supplements or a shot of wheat grass. The alkalizing power of greens is amazing! They will help you eliminate heavy

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metals from your body and support your liver in doing its natural detoxifying process more efficiently.

Taking Inspired Actions During Your Day:

1. You will have noticed by now that this program involves you being very present and aware of your needs on a daily basis. It means you'll have to plan your meals mostly in advance. You'll have to do a little more grocery shopping, make some more lists, etc. It's worth it!

So, during these 21 days we are eliminating gluten, dairy, soy, corn and white sugar. All of these foods are known to create inflammation and other allergic triggers in many people's bodies. In addition to that, almost all the corn and soy that is produced today in our country is GMO (genetically modified). The FDA is claiming its safe, but 27 European countries and most of the rest of the world don't allow any GMO ingredients to be included in foods without being specifically labeled as such. The USA has no labeling law and subsidizes a lot of corn farmers.

Gluten is simply a protein that is found in wheat. It's what makes pizza dough and pasta stretchy. It's also hard for a lot of people to digest.

I'm not saying all these foods are gone for good, just for these 21 days. Try to be open to trying new foods, and practice being mindful of how your body feels without these 5 foods.

2. Meanwhile, make sure you are drinking at least 96oz (that's 3 liters) of fresh water each day. The increased water and the increased green food consumption is like a natural detox for your liver, kidneys, skin and digestive system. You'll notice clearer skin, increased energy, fresher breath, and weight loss.

3. If you aren't sure if you are eating the 'right stuff' or if you are eating enough, please use www.myfitnesspal.com to food log. You can share your diary with me and we can spend a coaching session going over your meals and making corrections if needed.

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4. On your Daily Checklist you will notice a line for Daily Movement. I've already told you that exercise is non-negotiable when it comes to rejuvenation. Here's the deal: It doesn't matter WHAT you do, just that you do something. Everyday. Walk, run, bike, Zumba, Crossfit, play tennis, golf, swim, etc. ANYTHING that you will do willingly, I totally stand behind! You will have to carve time out of your schedule to get this done. At least 30 min each day should be spent moving.

5. Notice when life's events line up with your intentions! This is the fun part! Soon, you will begin to notice how your daily intentions start actually happening! At first, it might seem like a coincidence...but, don't be fooled...its really you. You have the power to create the life that you desire. It starts with clear intentions practiced on a regular basis. But then, you have to be aware of the opportunities the Universe is giving you to actually LIVE the life you say you desire.

As you conclude your day:

1. After dinner and before bed can be a tricky time for a lot of people. It's the time when we tend to make bad choices out of boredom or loneliness or frustration or exhaustion. If you think you might be sabotaging an otherwise great day during this small window of time, now is your chance to change those habits!!

The most important thing is to become aware of what is triggering you. This comes from simply being more aware of what you are feeling in the moment. When we zone out in front of the TV it is hard to notice what we are feeling or why. Likewise, if you tend to have one cocktail too many in an attempt to "relieve stress" it's hard to remember why you were so stressed in the first place and start to fix the real problem.

So, first things first...what time do you need your lights to be out in order to get at least 7 hours of sleep?

Make sure your schedule reflects the time you will be in bed. Then go to bed on time.

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2. Instead of watching TV or getting online please consider having an actual conversation with someone. Share with your family something that went really well in your day and ask them about the best thing that happened to them. Or call someone you've been meaning to re-connect with. Even a 10 minute phone call could make a world of difference in someone's life! If you don't feel like chatting, at least get out your journal and write down an insight you had that day, or something that felt like a success, or when you happened to notice that your intentions were actually starting to manifest in your life.
3. Clean up the kitchen. This one ties into the making the bed scenario. Do your dishes before you go to bed so you can wake up in the morning to a visually fresh start. You can also prep your meals for the next day, prep your coffee pot for the morning (I love when I remember to do this!), or make a reminder for yourself about something you need to accomplish the next day. In other words, go to bed with a clean slate.
4. When we sleep, our subconscious mind is hard at work problem solving. Before you fall asleep, a wonderful practice is to ask the Universe about how to solve a problem you've been dealing with. It can be as simple as "What should I get my son for graduation?" and it can be as complicated as "What is my true life's purpose?" Then, thank the Universe for helping you figure it out, and let it go. Trust that while you sleep your brain is working on figuring it out. Your muscles are healing and getting stronger. Your skin and organs are regenerating healthy cells. Trust that everything is as it should be. As you fall asleep, think a positive thought or about something you are truly grateful for. What we focus on expands...even in our sleep.

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Week 1							
Made my bed							
Lemon water							
Breakfast logged on MFPal							
Morning intentions written							
Movement plan for today							
Log lunch into MFPal							
Sleep							
Water in oz. today							
Mood							
Checklist item completed							

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Week 2							
Made my bed							
Lemon water							
Breakfast logged on MFPal							
Morning intentions written							
Movement plan for today							
Log lunch into MFPal							
Sleep							
Water in oz. today							
Mood							
Checklist item completed							

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Week 3							
Made my bed							
Lemon water							
Breakfast logged on MFPal							
Morning intentions written							
Movement plan for today							
Log lunch into MFPal							
Sleep							
Water in oz. today							
Mood							
Checklist item completed							

What The Heck IS Gluten And Why Should I Avoid It?

Gluten (from Latin gluten, "glue") is a protein composite found in foods processed from wheat and related grain species, including barley and rye. It gives elasticity to dough, helping it to rise and to keep its shape, and often giving the final product a chewy texture.

I can't really think of a better way to explain the science behind this any better than this great article from The Alternative Daily...please take 5 minutes to read it if you'd like to more clearly understand the evolution of wheat!

Is Modern Wheat Making You Fat and Sick?

by TheAlternativeDaily.com

Our hunter gatherer ancestors collected all they could from the ground for food including insects, berries, roots, nuts, etc. In their gathering, they found that the animals were eating grass, and they became curious. They broke it down and somehow incorporated wild wheat into their diet. This grass was called Einkorn and had only 14 chromosomes.

Plants can mate with each other and combine chromosomes. At some point in time, the wild grass Einkorn mated with another type of wild grass and the offspring Emmer ended up with 28 chromosomes – this is the wheat that is mentioned in the Bible. However, this is not the wheat of today, that is for sure.

In the Middle Ages (different from the Paleolithic era) bread was a staple and very common food. Emmer mated with another grass which contributed more chromosomes to result in Spelt, Triticum landraces with 42 chromosomes.

In 1960, when the threat of world population explosion was imminent, there was an investment made in agricultural research where lots of money and time were devoted to new ways to increase wheat yield. At this time, different strains of wheat were crossed over and over again to select certain characteristics and to introduce unique genes.

The resulting wheat yielded up to 10 times more per acre. When this wheat was introduced to many third world countries, famine was greatly reduced within one year. Dr. Norman Borlaug received the Nobel Peace prize for his work creating this high yield strain of wheat.

Because this wheat is so prolific, it has taken over almost all of the world's wheat supply. There are also about a million acres of what is known as Clearfield Wheat being grown in the Pacific Northwest. It is a semi dwarf strain of wheat that has had its seed and embryos exposed to a chemical, sodium azide, which is an industrial toxin.

The makers of Clearfield wheat claim that their wheat is a result of "enhanced, traditional plant breeding techniques," making a distinction between genetically modified wheat. However, although no gene splicing techniques were used, many other methods were, such as the purposeful induction of mutations using chemicals, high dose x-ray and radiation techniques to induce mutations coupled with cross breeding. These methods might be far worse than genetic modification, according to Dr. William Davis, author of the popular book, *Wheat Belly*.

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The US government says eat more wheat – what is up with that?

The government tells us that we need to eat more grain, which generally means more wheat. In the food pyramid, we are advised to eat 60% of calories from grains like wheat. The new food plate design also tells us to get at least 1/4 of our calories from wheat. Here is why we need to stop listening to what our government is telling us about the food pyramid:

Modern Wheat is a Serious Appetite Stimulant

It is estimated that up to 10% of the population has a sensitivity to the protein in wheat known as gluten (some experts estimate it may be higher, possibly closer to 30%). However, the other 90% of people who consume wheat really should not be eating it either...

Here are a few reasons why:

Gluten is a two part protein that is comprised of gliadin plus glutenin. Glutenin has a unique elasticity that gives us the ability to stretch our pizza or bread dough or even spin it over our heads, if we are inclined to do so. Gliadin, the other part of the gluten protein, was heavily studied in the 1970's by psychiatrists who found that if they took all of the wheat out of the diet of their patients with schizophrenia, they improved markedly.

When they put the wheat back, they found that the condition worsened. So the question asked was what was in bread that led schizophrenics to hallucinate? It was traced back to the gliadin protein which, when ingested, enters the brain and binds to opiate receptors where it stimulates appetite.

In addition, gliadin, acting like an opiate in the brain, has other disastrous effects. For example, people with ADHD become hypersensitive and have behavioral outbursts, people with schizophrenia have major hallucinations, people who are bipolar become increasingly manic and those with eating disorders, such as binge eating, will develop food obsessions.

By 1985, everything at the supermarket with wheat in it came from the prolific semi-dwarf strain or a spinoff. Interestingly enough, if you compare what happened to America's weight prior to and after 1985 it is evident that there was an obesity explosion that is still happening today shortly after the "new" wheat was introduced.

A huge increase in the number of diabetics also followed. Although cause and effect cannot be proven scientifically – it seems evident that we have all been fed an appetite stimulant.

Modern Wheat Destroys Blood Sugar

Two slices of whole wheat bread raise blood sugar higher than 6 teaspoons of table sugar. How does this happen when whole wheat is considered a complex carbohydrate that we are encouraged to eat more of?

The complex carbohydrate of wheat is called Amylopectin A, which is highly sensitive to amylase, which we have in our stomach and mouth. This makes it very easy to digest and raises blood sugar rapidly -- even more rapidly and to a higher extent than pure table sugar. Wheat for breakfast (cereal, bagels, bread, muffins, etc.), wheat for lunch (sandwich bread), wheat for dinner (pasta, bread, etc.), and wheat for snacks (crackers, cookies, etc.) results in visceral fat that encircles the intestines, heart, liver and kidneys. Repetitive high blood sugar over and over results in what Dr. Davis calls a "wheat belly."

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Modern Wheat Causes Inflammation

When bacteria or a virus enters the body our immune system responds in many ways. Plants do not have the same type of immune system, but they have **lectins** which are proteins that are toxic to mold, fungi and insects. Some lectins are benign to humans like the lectin found in spinach while some are very toxic. The lectin in wheat (Wheat Germ Agglutinin) is a four part complex molecule.

When this lectin is isolated and given to rats in very small amounts, it destroys the small intestine. Average Americans consume about 10-20 mg of the wheat lectin in a day, that's enough to do significant damage.

When we consume wheat, the **gliadin** protein unlocks the normal intestinal barrier and allows foreign substances entry into the bloodstream – substances such as wheat lectin. This is why people who eat wheat have autoimmune and inflammatory distress such as joint inflammation, bowel inflammation, acid reflux, inflammation of the brain, inflammation of the airways etc. In fact, there is not one system that fully escapes the inflammatory assault of wheat.

What Happens When We Remove Wheat From Our Diet?

First of all, taking wheat out of the diet is not as easy as might think (although it IS easy if you simply avoid any and all processed foods) – wheat is in a lot of foods – even ones we would not associate with having wheat. For example, wheat is in Twizzlers, Campbells Tomato Soup, taco seasoning, frozen dinners, cereals, salad dressings, granola bars and a lot more.

Why is there wheat in so many products?

In 1960, we could find wheat only in things where we would expect to find wheat – breads, pastas, pancake mix, etc. Today is an entirely different story – wheat is in all kinds of foods where we would not expect to find it.

Is it possible that food manufacturers know a little something about wheat as an appetite stimulant (on top of the fact that it is heavily subsidized by the US government and therefore artificially inexpensive)?

Impact of a Wheat-Free Diet

Dr. Davis tells us that taking wheat out of the diet will result in the following:

- Improved weight loss
 - Reduced appetite
 - Lowered blood sugar
 - Reduced joint pain
 - Reduced inflammation
 - Improvement in cognitive function
 - Reduced anxiety
 - Reduced food obsessions
 - Reduced blood pressure
 - Reduced triglycerides
 - Increased energy
 - Improved sleep
-

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Here are 9 Gluten-Free Grains

1. Rice
2. Corn
3. Quinoa
4. Buckwheat
5. Millet
6. Amaranth
7. Teff
8. Sorghum
9. Wild rice

A note about oats: Experts hotly debate whether oats are tainted by gluten. Oat advocates point to studies showing oats don't appear to damage the small intestines of people with celiac. Yet, detractors say oats are bound to be contaminated by gluten because they are often processed in facilities that handle gluten-containing grains. So it's best to steer clear. If you're concerned about contamination, choose Bob's Red Mill oats (available at most major grocery stores). They are considered by many to be the "cleanest" oats around. If you're still unsure, putting oats on your list of foods to eliminate and reintroduce can help you determine if they are problematic.

Read more: <http://www.care2.com/greenliving/9-gluten-free-grains.html#ixzz25hdXNr2p>

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Foods that may contain gluten:

Wheat	Marinades
Rye	Sauces
Barley	Processed meats
Spelt	Textured vegetable protein
Kamut	MSG
Durum	Malt vinegar
Triticale	Beer
Semolina	Bread
Couscous	Crackers
Wheat germ	Pasta
Seitan	Pizza
Bulgur	Pretzels
Farina	Twizzlers
Faro	Licorice
Matzo	Cookies
Graham	Cakes
Stock cubes (broth)	Bagels
Play-Doh	Pickles
Lipstick	Blue cheese
Soy sauce	Hot dogs
Imitation meats	Gravy powders

Safe Alternatives to the 6 most common food allergens

Milk: There are lots of milk alternatives on the market including rice, almond, oat, and coconut milk.

Eggs: 1Tbsp of flax meal mixed with 3 Tbsp. of water is the formula for substituting an egg in a recipe.

Peanuts and tree nuts: Peanut and tree nut allergies often go hand in hand. Avoid nuts all together and choose seeds instead! Eaten whole or ground, sunflower, pumpkin, and sesame seeds all have a nutty taste.

Fish and shellfish: It's possible to be allergic to just one kind of fish, or be allergic to shellfish but not mollusks. Get a skin prick test to determine your safe foods.

Soy: Many foods contain soy, so look for nutrition bars, protein powders, and baked goods that are labeled soy-free.

Wheat: Avoid kamut and spelt, both closely related to wheat. Safe alternatives are quinoa, amaranth, buckwheat, corn, rice, millet, oats, tapioca and arrowroot.

Why are we avoiding corn for these 21 days?

Here are a few reasons:

1. Most of the nation's corn supply is genetically engineered to either produce its own pesticide supply within the plant or withstand heavy sprayings of chemicals, which wind up inside of the food. That's problematic not just for people, but for bees and other pollinators, too.
2. In one way or another, corn is present in the vast majority of processed foods and it's one of the top 10 allergens in the American diet.
3. Many people report an end to seasonal allergies and the end to ADHD symptoms when they eliminate corn.

Corn is so pervasive in our food chain that it's found in everything from ketchup to salad dressing, and even bread, so you have to know what to look for...

Here is a general overview:

- The obvious (corn, corn starch, corn meal, corn syrup, etc.)
- Corn Derivatives (Here's a great corn allergen list by Jenny Connors.)
- Basically any ingredient that doesn't specify it's food source. (For example malt can be from corn or barley. Vinegar... guess what the cheapest source is.)
- Scented things like perfume, candles, air freshener, etc
- Cleaning supplies including laundry soap
- Fruits and vegetables (Many are coated with corn wax or oil or washed with water and citric acid. This includes many organic.)
- Iodized salt (Corn is the glue that makes the iodine stick)

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- Dairy products (Any milk with vitamins use a corn derivative to help them "stick". Plus most US milk is fed corn and it does pass through with the protein intact.)
- Meat (Most wrappers are dusted with corn to prevent them from sticking. Also any added colors or flavor solutions often contain corn.)
- Eggs (Corn oil rubbed on the shells, which are porous)
- Bread (Besides the obvious they can be cooked on corn meal so it sticks to the crust... and not labeled as containing corn)
- Medicine
- Gasoline (A lot is now 10% or more ethanol.)

To avoid genetically engineered corn, which has never been tested for long-term impacts on human health, choose organic or Non-GMO Verified foods.

The Truth about Dairy

According to Dr. Willett, who has done many studies and reviewed the research on this topic, there are many reasons to pass up milk, including:

- Milk doesn't reduce fractures.(i) Contrary to popular belief, eating dairy products has never been shown to reduce fracture risk. In fact, according to the Nurses' Health Study dairy may increase risk of fractures by 50 percent!
- Less dairy, better bones. Countries with lowest rates of dairy and calcium consumption (like those in Africa and Asia) have the lowest rates of osteoporosis.
- Calcium isn't as bone-protective as we thought.(ii) Studies of calcium supplementation have shown no benefit in reducing fracture risk. Vitamin D appears to be much more important than calcium in preventing fractures.
- Calcium may raise cancer risk. Research shows that higher intakes of both calcium and dairy products may increase a man's risk of prostate cancer by 30 to 50 percent.(iii) Plus, dairy consumption increases the body's level of insulin-like growth factor-1 (IGF-1) -- a known cancer promoter.
- Calcium has benefits that dairy doesn't. Calcium supplements, but not dairy products, may reduce the risk of colon cancer.(iv)
- Not everyone can stomach dairy.(v) About 75 percent of the world's population is genetically unable to properly digest milk and other dairy products -- a problem called lactose intolerance.

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Simply put, the FTC asked the dairy industry, "Got Proof?" – the answer was NO!

Many people have begun to consider raw milk an alternative. But that isn't really a healthy form of dairy either...

Yes, raw, whole, organic milk eliminates concerns like pesticides, hormones, antibiotics, and the effects of homogenization and pasteurization -- but to me, these benefits don't outweigh dairy's potential risks.

From an evolutionary point of view, milk is a strange food for humans. Until 10,000 years ago we didn't domesticate animals and weren't able to drink milk (unless some brave hunter-gatherer milked a wild tiger or buffalo!).

If you don't believe that, consider this: The majority of humans naturally stop producing significant amounts of lactase - the enzyme needed to properly metabolize lactose, the sugar in milk -- sometime between the ages of two and five. In fact, for most mammals, the normal condition is to stop producing the enzymes needed to properly digest and metabolize milk after they have been weaned.

Our bodies just weren't made to digest milk on a regular basis. Instead, most scientists agree that it's better for us to get calcium, potassium, protein, and fats from other food sources, like whole plant foods -- vegetables, fruits, beans, whole grains, nuts, seeds, and seaweed.

So here is my advice for dealing with dairy.

6 Tips for Dealing with Dairy

- Take your Cow for a Walk. It will do you much more good than drinking milk.
- Don't rely on dairy for healthy bones. If you want healthy bones, get plenty of exercise and supplement with 2,000 IU of vitamin D daily.

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- Get your calcium from food. These include dark green leafy vegetables, sesame tahini, sea vegetables, and sardines or salmon with the bones.
- Try giving up all dairy. That means eliminate milk, cheese, yogurt, and ice cream for two weeks and see if you feel better. You should notice improvements with your sinuses, post-nasal drip, headaches, irritable bowel syndrome, energy, and weight. Then start eating dairy again and see how you feel. If you feel worse, you should try to give it up for life.
- If you can tolerate dairy, use only raw, organic dairy products. I suggest focusing on fermented products like unsweetened yogurt and kefir, occasionally.
- If you have to feed your child formula from milk, don't worry. The milk in infant formula is hydrolyzed or broken down and easier to digest (although it can still cause allergies). Once your child is a year old, switch him or her to real food and almond milk.

Please don't worry about getting enough calcium

Top sources of Calcium:

1. Dark greens (kale, mustard, collards, turnip, dandelion, etc)
2. Wild Salmon
3. Broccoli
4. Spinach
5. Almonds and Walnuts
6. Flaxseeds
7. Sardines
8. Sea vegetables and seaweeds
9. Watercress
10. Bok choy

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In this 21 Day Rejuvenation Program you are avoiding all white sugar to the best of your ability - and to do that, you've probably figured out by now that that means avoiding processed food and things in shiny wrappers. However, to be sure you aren't getting more sugar than you know, here is a list of other names sugar goes by. Read your labels!

Setting out to avoid sugar can be confusing because it comes in so many different forms:

The Many Names for Sugar

- | | | |
|-----------------------------|----------------------------------------|-------------------|
| 1. Barley Malt | 13. Date sugar | 26. Honey |
| 2. Beet sugar | 14. Demerara sugar | 27. Invert sugar |
| 3. Blackstrap
molasses | 15. Dextrin | 28. Lactose |
| 4. Brown sugar | 16. Dextrose | 29. Malt syrup |
| 5. Cane sugar | 17. Diastatic malt | 30. Maltodextrin |
| 6. Cane juice
crystals | 18. Diatase | 31. Maltose |
| 7. Caramel | 19. D-mannose | 32. Maple syrup |
| 8. Carob syrup | 20. Evaporated
cane juice | 33. Molasses |
| 9. Castor sugar | 21. Fructose | 34. Raw sugar |
| 10. Corn
sweeteners | 22. Fruit juice
concentrate | 35. Rice syrup |
| 11. Corn Syrup | 23. Galactose | 36. Sucrose Syrup |
| 12. Confectioner's
sugar | 24. Glucose | 37. Table sugar |
| | 25. High-fructose
corn syrup (HFCS) | 38. Turbinado su |
| | | 39. Gar |

Other Names for Artificial Sweeteners

- | | | |
|----------------------------|--------------|---------------------------------------|
| 1. NutraSweet | 5. Cyclamate | 10. Neohesperidine
dihydrochalcone |
| 2. Splenda | 6. Isomalt | 11. Aspartame-
acesulfame salt |
| 3. Acesulfame
potassium | 7. Saccharin | |
| 4. Aspartame | 8. Sucralose | |
| | 9. Alitame | |

Expand your Grocery Shopping List

We all get into ruts when it comes to what we eat. Often, it's just easier to go with what you know than to try new things and risk ending up with a meal you don't like. But, feeling rejuvenated comes from expanding your horizons and incorporating more healthy habits. Here is a long list of foods you can try to incorporate more of in your weekly meals. I'll bet you haven't even heard of some of them, but trust me, they are all wonderful. If you aren't sure where to find them in your grocery store produce section, just ask!! Also, if you have specific questions about anything listed below, let's chat about it during our coaching calls.

Optimal Low Glycemic Clean Eating Choices

OPTIMAL PROTEIN CHOICES

- Choose
- free-range, cage-free, grass fed and no hormone added sources whenever possible.
- Avoid farm raised fish.
- Lean chicken & turkey
- Cold water fish & shellfish – wild salmon, halibut, sole, scallops, sardines
- Lean red meats - 1-2 times per week (if at all)
- Pea, hemp, rice
- protein

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Highest Levels of Mercury in Fish

- | | |
|------------------|-------------------------------|
| 1. Shark | 7. Mahi Mahi |
| 2. Grouper | 8. Tuna (canned, Albacore) |
| 3. Marlin | 9. Bluefish |
| 4. Swordfish | 10. Lobster (American, Maine) |
| 5. Orange roughy | 11. Halibut (Atlantic) |
| 6. Mackarel | 12. Bass (seawater) |

Lowest Levels of Mercury in Fish

- | | |
|--------------------------|---------------|
| 1. Anchovies | 10. Pollock |
| 2. Calamari | 11. Salmon |
| 3. Catfish | 12. Sardines |
| 4. Clams | 13. Scallops |
| 5. Crab | 14. Shrimp |
| 6. Flounder | 15. Sole |
| 7. Halibut (Alaskan) | 16. Trout |
| 8. Lobster (spiny, rock) | 17. Whitefish |
| 9. Oysters | |

OPTIMAL NON-STARCHY VEGETABLE CHOICES

- Arugula
- Beet greens
- Broccoli
- Cauliflower
- Chives
- Dandelion greens
- Green beans
- Onions
- Parsley
- Spinach
- Turnip greens
- Bean sprouts
- Cucumber
- Fennel
- Jalapeno peppers
- Garlic
- Kale
- Mustard greens
- Shallots
- Brussels sprouts
- Celery
- Collard greens
- Eggplant
- Leeks
- Lettuce
- Radishes
- Spaghetti squash
- Watercress
- Cabbage
- Chicory
- Coriander
- Endive
- Kohlrabi
- Mushrooms
- Radicchio
- Summer squash
- Swiss chard

HIGH FIBER STARCHY CARBOHYDRATE CHOICES

- Squash (acorn, butternut, winter)
- Lima beans
- Turnip
- Black beans
- Great Northern beans
- Navy beans
- Carrots
- Tomatoes
- Artichokes
- Pumpkin
- Cowpeas (black eyed peas)
- Okra
- Legumes
- Chick peas (garbanzo)
- Kidney beans
- Pinto beans
- Brown rice
- Brown Rice or Quinoa pasta
- Sweet potato or yam
- Adzuki beans
- French beans
- Mung beans
- White beans
- Jicama (raw)
- Brown Rice wraps

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FRUIT CHOICES

Low GI

- Berries (blackberries, blueberries, boysenberries, elderberries, gooseberries, loganberries, raspberries, strawberries)

Moderate GI

- | | | |
|-----------------|------------------|----------------|
| • Cherries | • Apples | • Plums |
| • Melons | • Limes | • Grapes |
| • Grapefruit | • Persimmons | • Pomegranates |
| • Lemons | • Fresh apricots | • Plum |
| • Passion Fruit | • Peaches | • Kiwi fruit |
| • Pear | • Avocados | • Tangerines |
| • Orange | • Nectarines | • Watermelon |

High GI

- | | |
|----------|-------------|
| • Banana | • Pineapple |
| • Mango | • Papaya |

OPTIMAL FAT CHOICES

- | | |
|---------------------------------|-----------------------|
| • Raw nuts & seeds (not peanut) | • Olive oil, olives |
| • Freshly ground flaxseed meal | • Coconut milk or oil |
| • Avocado | • Cod liver oil |
| • Macadamia nuts | • Flaxseed |
| • oil | |

Fat Facts You Should Know

- When you eat a food, the body burns some of the calories from that food just to metabolize it. The body uses only three percent of the calories from fat to metabolize it, yet burns 20 to 25 percent of the calories from carbohydrates to convert them into sugars. The body prefers to burn carbohydrates as a quick energy source, burning fat for energy only when the carbohydrate stores are exhausted. Also, the body burns the healthier fats (unsaturated fats) for fuel more easily than it burns saturated fats, which are more likely to make their way onto your waistline.
- Fowl fats. Even most confirmed chicken fryers know that chicken fat is bad for you. Most fowl fat lies just under the skin. Once you remove that flavorful fatty stuff, the underlying meat, especially if white, is fairly lean, containing around seven percent fat. As an added fat perk, fowl fat is rich in omega fatty acids. So, choose chicken breast over chicken thighs, bake instead of fry the bird, and remove the skin. Also, pick your poultry. Turkey is leaner than chicken and white meat is leaner than dark. Dark meat contains almost twice as much fat as white meat.
- Green fats. While we don't think of plants as rich sources of fat, some are. While it's true that plants don't contain a lot of fat, what little fat they contain is high in essential fatty acids. Plants use omega 3 fatty acids to store sunlight energy. The darker and greener the leaves, the more essential fatty acids these leaves usually contain. So, do your brain and your body a favor, choose spinach and kale for your salad makings and leave the iceberg in the bin.
- Farm fats. Fish that swim and fowl that run have healthier fat profiles than those in a cage or pond, for two reasons. It's common sense that meat that exercises is leaner than meat that just sets or floats. Also, plants that grow in the field or food that grows in the sea are

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nutritionally better than factory-made feeds. In fact, farm-raised meat may contain as much as forty percent more fat than free-roaming or free-swimming varieties.

- Polluted fats. Chemical pesticides and pollutants tend to be stored in body fat. So, theoretically, the higher the fat content of the food, the more pesticides and pollutants it could contain. For this reason, be careful of high-fat foods, such as butter and beef. For high-fat foods, buying organic varieties makes nutritional sense.
- Blood fats. Healthy fats, especially omega 3 fatty acids found in flax and fish oils, can be thought of as blood thinners. Saturated fats are blood thickeners, clogging the arteries and leading to cardiovascular disease.
- Cooking fats. Remember, oils higher in monounsaturates spoil more quickly. Fat-savvy eaters consume antioxidants (literally anti-rust or anti-spoiling nutrients), such as vitamin E along with vitamin C and beta carotene with their healthy fats and oils. Cooking foods, such as onions and garlic (rich in antioxidants), may lessen the damaging effect of heat on oils. All those Mediterranean cooks who start a dish by slicing onions, mincing garlic, and cooking it all in olive oil may be on to something.
- Fats and fiber. Because fiber gives you a sense of fullness sooner, eating a fiber-filled meal is likely to prompt you to eat less fat. On the other hand, you are likely to consume more fat when the menu is low in fiber.

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Coconuts - Young coconuts are one of the highest sources of electrolytes in nature. Electrolytes are ionized salts in our cells that transport energy throughout the body. Coconut water is a much better alternative to commercial sports drinks laden with artificial sugars and colors. The molecular structure of coconut water is identical to human blood plasma, which means that it is immediately recognized by the body and put to good use. Drinking the juice from a young coconut is like giving your body an instant blood transfusion. In fact this was common practice during World War II in the Pacific, where both sides in the conflict regularly used coconut water, siphoned directly from the coconut, to give emergency transfusions to wounded soldiers.

Coconut oil- Coconut oil's saturated fat is of the medium-chain fatty acid variety, which are digested more easily and utilized differently by the body than other saturated fats (such as butter, meat and eggs). Whereas other saturated fats are stored in the body's cells, the medium chain fatty acids in coconut oil are sent directly to the liver where they are immediately converted into energy. Coconut oil will actually speed up metabolism so your body will burn more calories in a day which will contribute to weight loss. Coconut oil supports healthy metabolic function and is a revered anti-bacterial, anti-viral and anti-fungal agent. Pacific islanders deem coconut oil to be the cure-all gift from nature for all illness.

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It's Easy to Get Organized!

Do you ever feel totally overwhelmed in your own home environment? Sometimes we put things off for later, and then later never comes and we have all these projects and piles of papers and unfinished business laying around. Being surrounded by clutter or unfinished tasks can make you feel anxious and uneasy. It is hard to relax when you look around and keep noticing all the things that need to be done!

If you are in that boat, please use the following 6 checklists to get your life organized one area at a time.

The method here is to do one chart at a time. Go down the list and decide which tasks are applicable to you and maybe even add a couple line items of your own! Then, immediately take action. Get on the phone, schedule appointments, ask questions, make a shopping list, and schedule all the time you need to do these things into your calendar.

One chart at a time.

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Beauty

N/A	Action	Priority Level 1-5 (1 is low priority, 5 is urgent)	Started	Finished
	Buy new makeup			
	Clean brushes			
	Clean out makeup containers			
	Throw away anything broken, old, in tiny bits			
	Teeth cleaned / whitened			
	Hair cut / colored / extensions / etc.			
	Waxing			
	Facial / peel			
	Clean out your closet! Give away anything that no longer fits or doesn't make you feel beautiful.			

Physical Wellness

N/A	Action	Priority Level 1-5 (1 is low priority, 5 is urgent)	Started	Finished
	Schedule massages			
	Schedule workouts			
	DVDs / Personal Trainer / Pilates / Yoga classes / walking or biking partner			
	Buy new workout shoes			
	Get rid of old/ugly workout clothes			
	Buy new invigorating workout clothes			
	Schedule Well-Being Appointments: - OB-GYN - Dental - Eyes - Chiropractic - Acupuncture - Holistic Practitioners - Energy healing sessions - Order supplements if desired			

Emotional Wellness

N/A	Action	Priority Level 1-5 (1 is low priority, 5 is urgent)	Started	Finished
	Letters to write and send			
	Letters to write and not send			
	Clearing conversations to have			
	Therapeutic healing			
	Reaching out to people you haven't connected with in a while			
	Buy and send cards or use www.paperlesspost.com			
	Scheduling and making time in the calendar for my spiritual practice; -Journaling -Church/Temple/Lectures/Audio			

Security

N/A	Action	Priority Level 1-5 (1 is low priority, 5 is urgent)	Started	Finished
	Medical Insurance			
	Business Insurance			
	Dental Insurance			
	Life Insurance			
	Other Insurance if needed			
	Personal Will / Trust / Power of Attorney			
	Hire an Attorney			

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Financial

N/A	Action	Priority Level 1-5 (1 is low priority, 5 is urgent)	Started	Finished
	Hire an accountant and/or CPA you love			
	Hire a bookkeeper you love			
	Get caught up on all your bookkeeping and accounting			
	Get caught up on taxes			
	Set up personal and business banking			
	Hire a financial planner			
	Create a plan to pay off credit cards			
	Set up an organized bill paying process			
	Have a P&L statement prepared for you and study it.			
	Contact anyone you owe money to and set up a payment plan			
	Clean up your filing system at home so you can find important documents easily			

Home Completion

N/A	Action	Priority Level 1-5 (1 is low priority, 5 is urgent)	Started	Finished
	Stock pantry with new spices, food, etc.			
	Clean out fridge / pantry / closets			
	Home improvement projects (Painting / hanging pictures, etc.)			
	Get rid of things you don't like or don't use			
	Make all rooms beautiful including your home office and workout space			
	Carpets cleaned			
	Windows washed			
	Stock pharmacy / drug store items			
	Consult with an expert on Feng Shui			

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Rejuvenating Recipes

Included here are 16 recipes for you to consider trying over the next 21 days. You will notice that they are all vegetarian. If you would like to add your choice of protein to any of them I encourage you to do so, just be aware of portions! (Need a refresher on portion control? It's a great topic for one of our coaching calls, especially if you are using MyFitnessPal.)

Sometimes we run out of creative ideas for vegetables or find ourselves eating the same ones over and over. The idea here is to try new things and add variety to your diet. All of these recipes are simple and easy with no special equipment needed!

Bon Appetit!

Tasty Veggie Tacos

by Cynthia Pasquella

Tacos are a staple in our home. Not for my little one but for my big one – my husband. Maybe it was the time he spent living in Mexico City? I'm not sure, but he can seriously demolish a plate of tacos. Luckily for him, I have a few healthy tricks up my sleeve and created this recipe. It's quick, easy, and your kids (big and small) will love it!

Makes 2 servings

Ingredients:

1 cup raw walnuts
1 clove garlic, minced
1 green onion, diced
Juice of 1 lemon
2 teaspoons Coconut Aminos
1 teaspoon cumin
1 medium tomato, diced
4 large romaine lettuce leaves
Salt and pepper, to taste

Directions:

1. Place walnuts into a food processor until finely chopped.
2. Place chopped walnuts into a bowl with garlic, green onion, lemon juice, liquid aminos, and cumin. Mix together well.
3. Add salt and pepper to taste.
4. Place a scoop of the taco filling on a lettuce leaf and top with tomatoes.
5. Roll up and enjoy!

TIPS & SUBSTITUTIONS

You can substitute almonds or cashews for walnuts but it will affect the savory flavor a bit. You can also wrap these tacos in cabbage, kale or any other green leafy vegetable. Finally, feel free to top with your favorite veggies. Go wild! Shred carrots, cauliflower, bell peppers, onions, and cabbage and place on top for more crunch and nutrients.

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Apple Slaw

1/3C apple cider vinegar
1T dijon mustard
¼ tsp. sea salt
¼ tsp. black pepper
1½ small cabbages (7C shredded)
3 large carrots (1C shredded)
1 Granny Smith apple, unpeeled and cut into strips
1 Braeburn apple, unpeeled and cut into strips
¼ C fresh Italian Parsley, chopped

In a medium bowl, whisk together vinegar, mustard, oil, salt, pepper.

In a large salad bowl, combine cabbage, carrots, apples and parsley; toss with dressing to coat. Cover and chill in refrigerator for at least 30 minutes.

Cucumber Salad

2 seedless cucumbers (1½ to 1¾ pounds total)
1 teaspoon stevia
¼ cup distilled white vinegar
2 teaspoons grainy mustard
Bibb or Boston lettuce leaves

Cut cucumbers into thin (1/16-inch) rounds with slicer or by hand. Toss with 2 teaspoons salt in a colander, drain 30 minutes. Squeeze excess liquid from cucumbers.

Whisk together sugar, vinegar, and mustard in a large bowl, then stir in cucumbers. Marinate, chilled, at least 2 hours. Drain cucumbers, reserving marinade, and mound on lettuce. Add the extra marinade as needed.

Dragon Bowl

Adapted from The Garden of Vegan by Tanya Barnard and Sarah Kramer

Ingredients

3 to 4 cups cooked brown rice, quinoa, or millet
1 cup raw almonds, toasted
3 to 4 carrots, shredded
1 bunch kale, thoroughly washed
16 oz ground turkey

Dressing ingredients:

1 green onion stalk
4 Tbsp. apple cider
2 Tbsp. maple syrup
1/2 cup olive oil
2 cloves fresh garlic
1 tsp. mustard
1/4 tsp. dried dill or 1 tsp. fresh dill
1/2 tsp. dried parsley or 1 tsp. fresh parsley

Preparation:

Add all dressing ingredients to food processor and combine. Pour into separate container.
Cook turkey in a large skillet until browned. Place shredded carrots in skillet over medium heat and cover with lid. If mixture seems dry add a small amount of water. Cut washed kale into bite sized pieces. Add to skillet once carrots are tender, approximately 5 minutes, and cover with the lid again. Cook another 3 to 5 minutes then remove from the heat. Place warmed rice in bowls. Spoon carrot/kale/turkey mixture on top of rice. Pour desired amount of dressing over each bowl. Sprinkle on toasted almonds and serve.

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Dressing for Dragon Bowl (or anything else!)

Adapted from The Garden of Vegan by Tanya Barnard and Sarah Kramer

Ingredients

1 green onion, roughly chopped
2 garlic cloves, peeled
2 T maple syrup
4 T apple cider vinegar
1 tsp mustard
1 tsp fresh chives (can leave out if not available)
1 tsp fresh dill or 1/2 tsp dried dill
1 tsp fresh parsley or 1/2 tsp dried parsley
1/2 c olive oil (expeller cold pressed if possible)

Blend all ingredients in a food processor or blender until smooth. Makes approximately 3/4 cup of dressing. Store in the refrigerator up to 1 week.

Egg White and Turkey scramble

Ingredients:

8 egg whites
1lb lean ground turkey
2C shredded spinach
2 tomatoes, coarsely chopped
1 clove garlic, minced
S/P to taste

Cook ground turkey or tofu in a medium skillet until cooked through and lightly browned. Drain excess juices from pan. Place turkey in a bowl and set aside.

Wipe the pan clean with a paper towel. Scramble the egg whites until dry. Add the eggs to the turkey. In a small skillet coated with cooking spray, lightly sauté tomatoes, spinach and garlic.

The large skillet combine all ingredients until evenly distributed. Season with the salt and pepper and serve immediately.

Minestrone Soup

Ingredients

1 1/2 teaspoons extra virgin olive oil
1 teaspoon minced garlic
1/3 cup diced onion
1/3 cup diced carrots
1/3 cup diced celery
1/4 cup diced red or yellow bell pepper
1/2 teaspoon finely chopped fresh oregano
3/4 teaspoon finely chopped fresh basil
1/4 teaspoon freshly ground black pepper
1/2 teaspoon sea salt
1 1/2 cups peeled and diced tomatoes
1/2 cup shredded cabbage
3 cups vegetable stock
1/4 cup drained and rinsed red kidney beans
1/4 cup drained and rinsed garbanzo beans
2 teaspoons chopped chives

Instructions

1. In a large saucepan, heat olive oil with garlic and onions and sauté over medium heat until onions are translucent.
2. Add carrots, celery, peppers, herbs and spices and continue to sauté for 5 minutes.
3. Add tomatoes, cabbage and stock and bring to a boil. Stir in the cooked beans and continue to simmer over low heat for 15 minutes or until vegetables are soft.

No-Cream Tomato Soup

Ingredients:

5lbs fresh tomatoes - use a mixture of Romas, cluster, and heirloom

1T olive oil

1/2C water

1/4C fresh basil leaves

1t organic agave nectar or honey

S/P

Juice of one fresh lemon

Wash tomatoes and remove the green crowns.

Blanch the tomatoes: Bring several cups of water to a boil in a large pot. Place whole tomatoes in boiling water just long enough to split and loosen their outer skin. You may have to do this in batches. Once the skins are loose remove the tomatoes from the boiling water and drop them into a bowl of ice water. This stops the cooking process and accelerates the cooling of the tomatoes. When the tomatoes are cool enough to handle, loosen the skins by hand. Quarter the tomatoes and remove the hard inner core.

In a dutch oven or large stock pot, heat the olive oil over medium high heat. Place all the tomatoes in the pot. Add 1/2C water. Bring the mixture to a boil and immediately reduce heat. Add fresh basil, cover the pot and simmer 30 minutes or until tomatoes are soft. Stir occasionally. Remove from heat.

Using food mill over the pot, or a hand blender in the pot, or in small batches in a regular blender puree the mixture. Return to the saucepan, allow to simmer. Stir in agave nectar or honey and lemon juice. Season with S/P to taste. Serve hot.

Pan-Seared Greens

Serves 2

1 T olive oil

2 cloves garlic, minced

4C of any of the following, chopped:

Collard greens, Kale, Purple cabbage, Broccoli rabe, Bok Choy, Swiss Chard, Spinach

Heat the oil in a large non-stick skillet until hot. Add the garlic and greens and sauté, tossing until wilted. Add little sprinkles of water to keep them from burning, until they are cooked through. Add sea salt to taste if needed.

Parsley and Dill Fish Fillets

1 lb your choice of Red Snapper, Halibut, Sole, Flounder, etc.
1/2C no salt added veg broth
2T fresh parsley, minced
1T shallots, minced
1T fresh dill
1/4C fresh lemon juice

Preheat oven to 300 degrees. Arrange fish in the center of a baking dish, and add the broth, parsley, shallots, and dill. Place dish in oven and roast until fish is opaque in center, about 15-25 min. Transfer fish to a serving dish. Add lemon juice to pan drippings, and then pour over fish.

Red Lentil Soup

Ingredients

1 tablespoon extra virgin olive oil
1/2 cup chopped onions
1/4 cup chopped carrots
1/4 cup chopped celery
1 tablespoon minced garlic
1 cup red lentils
1 1/2 quarts vegetable stock
1/4 teaspoon dried basil
Pinch dried oregano
Pinch dried thyme
1 1/2 teaspoons white distilled vinegar
1/2 teaspoon Worcestershire sauce
1 teaspoon sea salt
1/4 teaspoon freshly ground black pepper

Instructions

1. Heat olive oil in a large saucepan over medium heat. Sauté onions, carrots, celery, and garlic until onions are translucent.
2. Add vegetable stock, lentils and herbs. Bring to a boil, reduce heat and simmer for 1 hour or until lentils are soft.
3. Remove from heat, cool slightly and pour into a blender container. Puree until smooth. Add remaining ingredients and mix well.

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Roasted Veggie Medley

1C cauliflower, chopped
1/2C parsnips, thinly sliced
1/2C red bell pepper, cut into strips
1/2C yellow bell pepper, cut into strips
1/2C onion, thinly sliced
1/2C mushrooms, thinly sliced
2T no salt added vegetable broth

Place veggies in a baking dish. Brush and blend with broth. Broil for about 10 minutes.

Savory Spaghetti Squash

1 spaghetti squash (about 1½ lb.)
Vegetable-oil cooking spray
2 cloves garlic, peeled and minced
1 small onion, finely chopped
1 tsp olive oil
1 can (28 oz.) diced plum tomatoes
3 tbsp. tomato paste
1 tsp white wine vinegar
1 tsp dried oregano
1 tsp dried basil
Fresh basil
1/2 tsp red pepper flakes

Preheat oven to 375°F. Halve squash lengthwise and scoop out seeds. Coat a baking sheet with cooking spray; lay halves, flesh side down, on sheet. Bake 35 minutes or until you can easily pierce shell. While squash bakes, sauté garlic and onion in oil over medium heat 5 minutes. Add remaining ingredients except fresh basil and cook, stirring occasionally, for 30 minutes. Lower heat if sauce begins to boil. Remove squash from oven. Scrape crosswise to pull strands from shell. Place in nonmetal serving bowl. Pour sauce over squash and garnish with basil.

Vegetable Frittata

Serves 6

Ingredients:

- 2 tablespoons extra virgin olive oil
- 2 small leeks, white part and 1 green, washed and thinly sliced
- 8 small cauliflower florets, chopped
- 1 small tomato, chopped
- 1/4 cup fresh mushrooms, quartered
- 8 eggs, lightly beaten
- 2 tablespoons basil, thinly sliced (or 1 tsp. dried basil)
- 1/2 teaspoon dried rosemary, crumbled
- Salt and pepper to taste

Directions:

Preheat broiler. Heat oil in a medium non-stick skillet over medium heat. Add leeks and cauliflower; sauté until crisp-tender, about 10 minutes. Add mushrooms and tomato; cook 5 minutes, until mushrooms begin to give off liquid. Reduce heat to low. Pour eggs into skillet, stirring slightly. Add herbs and salt and pepper to taste. Stir eggs frequently until eggs begin to set. Place skillet under broiler; cook until top is set but not brown, about 1 minute. Cool slightly. To remove frittata whole, tip skillet to one side and use a spatula to loosen edges. Slide onto a serving platter; cut into wedges.

Veggie Bean Chili

- 1 tablespoon olive oil
- 1 medium yellow or vidalia onion, chopped
- 1 large red pepper, seeded and chopped
- 1 large green pepper, seeded and chopped
- 1 large jalapeno pepper, seeded and chopped
- 4 cloves garlic, crushed and chopped
- 1 cup organic vegetable stock/broth
- 1 (32- ounce) can crushed tomatoes
- 1 (14-ounce) can black beans, rinsed
- 1 (14-ounce) can dark red kidney beans, rinsed
- 1 tablespoon ground cumin
- 2 tablespoons chili powder
- 2 packets stevia (optional)
- 1 tablespoon cayenne hot pepper sauce
- 1 teaspoon coarse sea salt
- 1 cup vegetarian refried beans

Toppings:

- Chopped scallions, whites and greens
- Diced fresh seeded plum tomato

Directions

Over moderate heat, add oil to a deep pot and combine onion, peppers, and garlic. Sauté for 3 to 5 minutes to soften vegetables. Deglaze pan with beer or broth, add tomatoes, black beans, red kidney beans, and stirring to combine.

Season chili with cumin, chili powder, stevia, hot sauce, and salt. Thicken chili by stirring in refried beans. Simmer over low heat about 20 minutes or longer, then serve up bowls of chili topped with scallions and tomatoes.

Zesty Coleslaw

1C shredded green cabbage
1/2C shredded red cabbage
1/2C jicama, peeled and grated
1/2 small green pepper, coarsely chopped
1/2 small red pepper, coarsely chopped
1/2 small onion, coarsely chopped
1 small celery stalk, coarsely chopped
Dressing: 1/2C apple cider vinegar
1/2t minced garlic
1/2t Stevia (optional)
1/2t cayenne (optional)

Combine the cabbage, jicama, peppers, onion, and celery in a large serving bowl. In another bowl, create the dressing by stirring the vinegar, garlic, and Stevia and cayenne until well blended. Add the dressing to the vegetable mixture and toss

Zucchini with Cherry Tomatoes

Serves 2

2t olive oil
4C sliced zucchini (about 6 zucchini)
4oz sliced mushrooms
2-3 cloves garlic, minced
8oz cherry tomatoes, halved
S/P to taste

Heat olive oil in a skillet on medium heat. Sauté zucchini, mushrooms, and garlic until zucchini are just tender. Add the cherry tomatoes, and salt and pepper to taste. Heat just until the cherry tomatoes are warm, and serve.

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So, as you can see from the recipes, it's totally possible to have a varied and delicious diet based on veggies. What I've included next is a list of some of the top "Superfoods." These foods are crazy high in vitamins, minerals, antioxidants, fiber, and what scientists call phytonutrients which is just a fancy way of saying health-giving compounds found in plants. The more you can include these Superfoods into your day to day life the more you will help your body by creating an alkaline environment and giving it all the building blocks it needs to grow and thrive.

GREEN SUPERFOODS

Greens are good, Green Superfoods are even better! Green superfoods have the highest concentrations of easily digestible nutrients, fat burning compounds, vitamins and minerals to protect and heal the body. They contain a wide array of beneficial substances including proteins, protective phyto-chemicals and healthy bacteria helping you to build cleaner muscles and tissues, aid your digestive system function and more effectively protect you against disease and illness.

Green superfoods are extremely rich in chlorophyll - the pigment that gives plants their green color. The molecular structure of chlorophyll is very similar to that of human blood and studies show that when this is consumed, the production of hemoglobin in blood is increased. Higher amounts of hemoglobin in the bloodstream means more oxygen-rich blood, the first and most important element that cells need to thrive.

Wheat grass - Wheat grass is the sprouted grass of a wheat seed. Unlike the whole grain, because it has been sprouted, it no longer contains gluten or other common allergic agents. Wheat grass is super alkalizing and is excellent for promoting healthy blood. It normalizes the thyroid gland to stimulate metabolism thus assisting digestion and promoting weight loss due also to its high enzyme content and cleansing effect.

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Barley grass - Barley grass has 11 times more calcium than cow milk, 5 times more iron than spinach and 7 times more Vitamin C and bio-flavonoids than orange juice. It contains significant amounts of Vitamin B12 which is very important in a vegetarian diet. Barley grass juice has anti-viral activities and neutralizes heavy metals such as mercury in the blood.

Wild blue-green algae - Algae was the first form of life on Earth and its power is immense. Wild blue-green algae is a phyto-plankton and contains virtually every nutrient. With a 60% protein content and a more complete amino acid profile than beef or soy beans. It contains one of the best known food sources of beta carotene, B vitamins and chlorophyll. It has been shown to improve brain function and memory, strengthen the immune system and help with viruses, colds and flu.

Spirulina - Spirulina is a cultivated micro-algae which has been consumed for thousands of years by the indigenous peoples in Mexico and Africa. It is one of the highest known protein sources on Earth and contains 70% complete protein, towering over steak which consists of only 25% protein once cooked. Studies have shown that spirulina can help control blood sugar levels and cravings thus making it a key food for diabetics, and can be used to assist in weight loss and as a general nutritional supplement.

Chlorella - Chlorella is a fresh water algae and like its other algae cousins contains a complete protein profile, all the B vitamins, vitamin C and E and many minerals. It is amazing for the immune system and for reducing cholesterol and preventing the hardening of the arteries, a precursor to heart attacks and strokes.

Green leafy vegetables - Green leafy vegetables are so readily available and so highly nutritious, however most people do not eat enough of them. Studies continuously confirm that populations that eat a diet high in green leafy vegetables run a far lower risk of heart disease and cancer. Fresh raw green leafy vegetables contain high doses of chlorophyll, easily digestible proteins, enzymes and a wide range of vitamins and minerals.

SEAWEED SUPERFOODS

Taken from the website:

http://www.foodmatters.tv/Health_Resources/Seaweed_Superfoods

Seaweeds are the most nutritionally dense plants on the planet as they have access to all the nutrients in the ocean.

They can contain up to 10 times more calcium than milk and eight times as much as beef. The chemical composition of seaweeds is so close to human blood plasma, that perhaps their greatest benefit is regulating and purifying our blood system. They help to alkalize our blood, neutralizing the over-acid effects of our modern diet and protect us

from a wide array of toxic elements in the environment, including heavy metals, pollutants and radiation by-products converting them to harmless salts that the body can eliminate.

But the most remarkable results with seaweeds we see is boosting weight loss and deterring cellulite build-up. The high concentration of natural iodine helps to stimulate the thyroid gland so that food fuels are used before they can be turned into fatty deposits. At the same time, the minerals act like electrolytes to break the chemical bond that seals the fat cells allowing trapped wastes to escape. Both by eating sea vegetables and bathing in them help reduce cellulite and stimulates lymphatic drainage.

Nori - is best known for the seaweed used to make sushi rolls. You can make your own at home, make sure you use the untoasted nori sheets for maximum nutrient content.

Kelp - kelp is available in powder or capsule form for those who feel awkward eating seaweed. It is also the most common seaweed found along the ocean shores. Due to their thick leaves they are perfect for a hot seaweed bath.

Dulse - a red seaweed, available in flakes. There is no need to cook dulse. It is great to use as seasoning on salads, vegetables and soups.

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Arame - consists of brown stringy seaweed. Soak in hot water for 5 minutes and it is ready to use.

Wakame - With a sweet flavor makes a great compliment to sandwiches. Soak for 5 minutes in hot water.

Kombu - Used in Japan for centuries as a mineral rich flavour enhancer. Add a strip of kombu when cooking beans making them more digestible and reducing gas. Add a strip of kombu to your sprouts when soaking them to allow them to soak up the minerals.

HERB SUPERFOODS

Herbs as nourishment offer the body a whole host of nutrients it may not have received either because of poor diet or environmental deficiencies in the soil or air. Herbs as medicine are essentially body balancers that work with the body functions so that it can heal and regulate itself. Herbs have been used for centuries as part of the wisdoms of natural healing methods. Herbs are best used in their whole form rather than isolating effective plant constituents so-called "active ingredients". Since all body parts and most disease symptoms are interrelated, it is wise to use herbs which can affect each part of the problem.

Nettle - the bowel mover. These plants are best known as stinging nettle plants. However when the nettle leaves are dried and eaten the saliva neutralizes the sting. Nettles are incredibly effective in removing unwanted pounds. A cup of nettle tea in the morning is ideal to get things going in the bowel department. The nettle leaves increase the thyroid function, increase metabolism and releases mucus in the colon allowing for the flushing of excess wastes.

Aloe Vera - Aloe vera is a perennial succulent that grows in a wild and seems to do best in tropical and sub-tropical areas. It has been deemed a superfood after research studies identifying its seventy-five healing compounds

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including natural steroids, antibiotic agents, amino acids, minerals and enzymes. Aloe vera has been used since Egyptian times as a skin moisturizer, and healer for burns, cuts, bruises, acne and eczema. This is mostly due to the high concentration of natural sulphur (MSM) that it contains. Aloe juices alkalizes the digestive tract preventing over-acidity, a common cause of indigestion, acid reflux, heartburn and ulcers.

Echinacea - Echinacea is a household name when it comes to warding off colds and flu. This herb is used as a natural antibiotic and immune system stimulator, helping to build up resistance. The reason for its effectiveness is because of its ability to stimulate the lymph flow in the body. Lymph runs parallel with our bloodstream and carries toxins out of the body. The herb can be taken in liquid or capsule form for 2-3 week periods during "high risk" flu seasons. The tea from this herb has also grown in popularity for treating infections and cancers including skin cancer.

Ginseng - Ginseng is the quintessential herb for handling stress. This ancient healing herb has been used widely throughout Asia as an energizer tonic. This special herb is particularly beneficial when recovering from illness or surgery for its restorative and anti-infection properties. It promotes regeneration from stress and fatigue.