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We'll be meeting on the following dates and times:

Section 1: _____

Section 2: _____

Section 3: _____

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Section 8: _____

Please make sure you come to class each week on time, with your binder, and ready to participate and exercise.

Each section we'll be covering topics on nutrition, exercise and stress management. You will have homework in each of those areas on a weekly basis. You will achieve the best results from this program if you commit yourself right now to doing the work. Even when it's hard…even when you don't want to.

On a scale of 1-10, how committed are you to giving this program 100%?

1	2	3	4	5	6	7	8	9	10

Instructor: _____

Email: _____

Phone: _____

Section 1

Objectives:

- ☐ Understand risk factors for Metabolic Syndrome
- ☐ Understand the basics of nutrition including carbs, protein, and fats
- ☐ Understand workout expectations for week
- ☐ Prepare for the cleanse week
- ☐ Identify resources in your manual

Homework for Section 1:

- ☐ Develop a system to journal that you are comfortable with. Journal your meals and exercise habits. You will find a sample journal page in the resource section but I suggest you find an online food log that you like. My preference for you is www.myfitnesspal.com.
- ☐ Get in at least 3 exercise sessions this week that last at least 30 min.
- ☐ Find your resting heart rate for 3 consecutive mornings and get the average.
- ☐ Eliminate junk food/trigger foods from your pantry and stock your fridge with foods to support the Cleanse!
- ☐ Make sure you have good shoes (running/cross training), workout clothes, music, etc.

FREE online food journals:

www.myfitnesspal.com

www.fitday.com

www.fatsecret.com

www.livestrong.com

www.sparkpeople.com

www.caloriecounter.com

Metabolic Syndrome

When you visit your doctor's office or attend a Health Fair at work, often you will have the chance to have a Biometric Screening done. A biometric screening is an important component of a comprehensive health and wellness plan and it provides information on current and potential medical issues. The blood test will typically measure lipid profiles (HDL, LDL, Triglycerides, Total Cholesterol), Blood Glucose, Cotinine (this identifies smokers), Blood Pressure, Body Composition (height, weight, BMI , body fat and waist circumference), HbA1c, as well as assessments for Pulmonary Function, Bone Density, and even Skin Cancer.

One of the most common health scenarios seen in America today is a set conditions that together are known as Metabolic Syndrome. Several organizations have developed criteria for diagnosing Metabolic Syndrome. The guidelines below were created by the National Cholesterol Education Program (NCEP) with modifications by the American Heart Association.

According to these guidelines, you have Metabolic Syndrome if you have three or more of these traits:

- Large waist circumference, greater than 35 inches (89 cm) for women and 40 inches (102 cm) for men. Certain genetic risk factors, such as having a family history of diabetes or being of Asian descent — which increases your risk of insulin resistance — lower the waist circumference limit. If you fall into one of these categories, waist circumference limits are 31 to 35 inches (79 to 89 cm) for women and 37 to 39 inches (94 to 99 cm) for men.
- A triglyceride level higher than 150 mg/dL, or you're receiving treatment for high triglycerides.
- Reduced HDL ("good") cholesterol — less than 40 mg/dL in men or less than 50 mg/dL in women — or you're receiving treatment for low HDL.
- Increased blood pressure, meaning a systolic (top number) blood pressure measurement of 130 millimeters of mercury (mm Hg) or more or a diastolic (bottom number) blood pressure measurement of 85 mm Hg or more.
- Elevated fasting blood sugar (blood glucose) of 100 mg/dL or higher, or you're receiving treatment for high blood sugar.

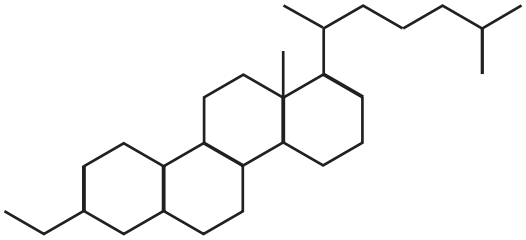
Cholesterol

When your cholesterol is measured you will see a number that reflects your Total Cholesterol and then that is broken down into LDL and HDL cholesterol. While the number 200 is said to be the upper limit for healthy cholesterol levels, there are certain scenarios where a person can be in excellent health and still have a total cholesterol of up to 220 or so.

The most important thing to look at is the ratio, or percentage, of HDL in that total number. It is ideal to see that number at 3.0 or below.

High-density lipoprotein (HDL) cholesterol is known as "good" cholesterol because it helps prevent arteries from becoming clogged. Higher HDL cholesterol levels generally mean lower risk.

LDL cholesterol (the "bad" cholesterol) can build up on the inside of artery walls, contributing to artery blockages that can lead to heart attacks. Higher LDL cholesterol levels mean higher risk.



The difference between a Glucose Test and Hemoglobin A1c

Having a glucose test done is like having a snapshot taken of one second of your life in your bloodstream. The blood that is drawn will show the amount of glucose (sugar) circulating in your blood at that very moment.

The Hemoglobin A1C test is more like looking through a photo album of your past. In the blood stream are red blood cells, which are made of a molecule called hemoglobin. Glucose sticks to the hemoglobin to make a 'glycosylated hemoglobin' molecule, called hemoglobin A1C or HbA1C.

Specifically, the A1C test measures what percentage of your hemoglobin is coated with sugar (glycated). The A1C test is a common blood test used to diagnose type 1 and type 2 diabetes and then to gauge how well you're managing your diabetes. Red cells live for 8 -12 weeks before they are replaced. By measuring the HbA1C it can tell you how high your blood glucose has been on average over the last 8-12 weeks. Because the A1C test reflects your average blood sugar level for the past two to three months, the higher your A1C level, the poorer your blood sugar control and the higher your risk of diabetes complications.

A normal non-diabetic HbA1C is 3.5-5.5%. In diabetes about 6.5% is good.

- >6.5% = diabetes
- <6.0% = not diabetic
- in between 6.0-6.5 is 'pre-diabetes' or 'at risk of diabetes'.

Body Mass Index (BMI)

Body mass index is defined as the individual's body mass divided by the square of his or her height. It does not measure body fat percentage.

BMI range – kg/m2

Normal from 18.5 to 22.9

Overweight from 23.0 to 24.9

Obese 25.0 and above

It is important to take into account the fact that BMI is for your "average" American. Your BMI is a number. It doesn't reveal anything about your body composition -- for example, how much muscle versus fat you have. That's why conclusions based only on BMI can be misleading, especially for athletes out there who may have significantly more muscle mass or be above average in height. Also, age matters and so does ethnicity!

To offset this, it is important to also take Waist Circumference into consideration as well. You see, if most of your body fat is residing around your waist, as opposed to hips, thighs, etc. then you're at a higher risk for heart disease and type 2 diabetes.

Measuring waist circumference helps screen for possible health risks that come with overweight and obesity.

Resting Heart Rate (RHR)

A normal resting heart rate can range anywhere from 40 to 100 beats per minute. Your resting heart rate can vary with your fitness level and with age — the fitter you are, generally the lower the resting heart rate.

While the normal resting heart rate for adults ranges from 60-100 beats per minute, conditioned athletes and other highly fit individuals might have normal resting heart rates of 40-60 beats per minute. For healthy adults, a lower heart rate at rest generally implies more efficient heart function and better cardiovascular fitness.

Gender is another factor in resting heart rate norms because women at various fitness levels tend to have higher pulse rates on average than men of comparable fitness levels. For example, the average resting heart rate of an elite 30-year-old female athlete ranges from 54-59 beats per minute, while the resting heart rate for men of the same age and fitness level ranges from 49-54

The solution to dealing with Metabolic Syndrome and many other chronic disease states lies in your ability to improve your nutrition, your physical fitness, and lower your stress level!

The resting heart rate is most accurately assessed when measured for a full minute first thing in the morning before you get out of bed. Your heart rate can be taken at any spot on the body at which an artery is close to the surface and a pulse can be felt. The most common places to measure heart rate using the palpation method is at the wrist (radial artery) and the neck (carotid artery). Other places sometimes used are the elbow (brachial artery) and the groin (femoral artery). You should always use your fingers to take a pulse, not your thumb, particularly when recording someone else's pulse, as you can sometimes feel your own pulse through your thumb.

Manual Method

- Carotid Pulse (neck) - To take your heart rate at the neck, place your first two fingers on either side of the neck. Be careful not too press to hard, then count the number of beats for a minute.
- Radial Pulse (wrist) - place your index and middle fingers together on the opposite wrist, about ½ inch on the inside of the joint, in line with the index finger. Once you find a pulse, count the number of beats you feel within a one minute period.

Tips:

- After you wake up, give some time to your body to rest for a while
- Do not suddenly start measuring the RHR after waking up
- Lie down at least for 15 minutes before measuring the RHR

In general, for WOMEN

Athlete 54-59
Excellent. 60-64
Good. 65-69
Above Average 70-73
Average 4-78
Below Average. 79-84
Poor . . . . . 85+

In general, for MEN

Athlete 49-54
Excellent. 55-61
Good. 62-65
Above Average 66-69
Average. 70-74
Below Average. 75-81
Poor . . . . . 82+

The Basics of Nutrition

Macronutrients:

Carbohydrates are the main source of energy for the body. Those carbohydrates come from the plant-based foods that you eat. You can either use carbohydrates right away for your energy needs or your body can convert them into fat to use later. There are three types of carbohydrates -- sugars, starches and fiber.

Although all carbohydrates have 4 calories per gram, some sources of carbohydrates are better for your diet than others. Fruits, vegetables, legumes, nuts, seeds and grains are healthier than candy, sodas and pastries. Why? The healthy carbohydrate sources have great amounts of vitamins, minerals, phytochemicals and fiber, all of which are vital to good health. Candy, sodas, pastries and other junk foods usually are poor sources of nutrients and sometimes we refer to these foods as having "empty calories." This means the foods have lots of calories with little or no nutrition.

1 Cup Of Grain	Amount H_20	Cooking Time	Yield
Barley	3C	75 min	3½C
Millet	3C	45 min	3½C
Brown Rice	2C	45 min	3C
Buckwheat (Kasha)	2C	15 min	2½C
Bulgar Wheat	2C	10-15 min	2½C
Polenta	4C	25 min	3C
Wild Rice	3C	60 min or more	4C
Whole Wheat Berries	3C	90 min	2⅔C
Quinoa	2C	15 min	2½C

Proteins

Proteins are fundamental components of all living cells comprised of a group of complex organic macromolecules that contain carbon, hydrogen, oxygen, nitrogen, and usually sulfur and are composed of one or more chains of amino acids and include many substances, such as enzymes, hormones, and antibodies, that are necessary for the proper functioning of an organism. They are essential in the diet of animals for the growth and repair of tissue and can be obtained from foods such as meat, fish, eggs, milk, and legumes.

Protein Requirements

Protein yields approximately 4 calories per gram, which is the same energy concentration as carbohydrate. The recommended level of protein intake for the general population is 12 to 15 percent of total calories. Therefore, someone consuming 2,000 calories per day has an energy equivalent of 240 to 300 calories (60 to 75 grams) of protein per day. Most nonathletes do well with .8 grams of protein per kilogram of body weight. Using this guideline, a 165-pound (75 kilogram) nonathlete has a protein requirement of 60 grams per day. On a per kilogram basis, athletes have a higher protein requirement because of a greater lean mass, a greater need for tissue repair, and because a small amount of protein is burned during physical activity.

This increases the protein requirement for athletes to approximately double that of nonathletes (1.2 to 1.7 grams per kilogram). Therefore, a 165-pound (75 kilogram) athlete has a protein requirement of 120 grams (480 calories) per day. Although 120 grams of daily protein may seem high, it represents a relatively small proportion of total daily calories and is easily obtained by following the Dietary Guidelines for Americans (2005).41 These guidelines focus on the premise that nutrient needs can and should be met mainly through food consumption. By comparison, the minimum recommended intake for carbohydrate is 30 calories per kilogram of body weight, so this 165-pound person has a requirement of 2,250 calories from carbohydrate alone.

Athletes require a higher protein intake than non-athletes for a number of reasons:

- Amino acids (from protein) contribute 5 to 15 percent of the fuel burned during exercise. The amount of protein used for energy rises as muscle glycogen decreases. It is generally thought that endurance exercise is more glycogen depleting than power exercise, so endurance activities are likely to cause a higher proportionate usage of protein.
- Exercise may cause muscle damage, which increases the protein requirement for tissue repair.
- Endurance exercise may cause a small amount of protein to be lost in the urine (where there is typically none or very little without exercise).

Despite the increased protein requirement for athletes, most athletes consume much more protein (from food alone) than they require. A look at the protein content of some commonly consumed foods demonstrates this point. Although most athletes have no difficulty consuming sufficient protein, the following groups of athletes should monitor protein intake carefully because it may be difficult for them to get enough:

- Young athletes who have the combined demands of muscular work and growth
- Athletes who are restricting food intake in an attempt to achieve a desirable weight or body profile
- Vegetarian athletes who do not eat meat, fish, eggs, or dairy foods

As mentioned earlier, we can derive energy (calories) from protein. However, burning protein as a fuel is a bit like sprinkling your family diamonds on your breakfast cereal because you think it improves the texture. It's a complete waste of resources. Protein is so important for building and maintaining tissues and for making hormones and enzymes that burning it up as a fuel is wasteful. Besides, when protein is burned as a fuel, the nitrogen must be removed from the amino acid chains and excreted. When you increase the excretion of nitrogenous wastes, you also must increase the amount of water lost as urine. Thus, two undesirable things occur: You waste valuable protein by burning it up, and you increase the risk of dehydration because of the increased volume of water that is lost when nitrogenous wastes are excreted. In addition, high-protein diets are shown to increase the excretion of calcium in the urine (a clear problem for females who are at risk for bone disease later in life). Another potential problem is that high-protein diets tend to also be high in fat, which may increase the risk of cardiovascular disease.

Fats

Why You Need Fats:

Fats provide energy. Gram for gram fats are the most efficient source of food energy. Each gram of fat provides 9 calories of energy for the body, compared with 4 calories per gram of carbohydrates and proteins.

Fats build healthy cells. Fats are a vital part of the membrane that surrounds each cell of the body. Without a healthy cell membrane, the rest of the cell couldn't function.

Fats build brains. Fat provides the structural components not only of cell membranes in the brain, but also of myelin, the fatty insulating sheath that surrounds each nerve fiber, enabling it to carry messages faster.

Fats help the body use vitamins. Vitamins A, D, E, and K are fat-soluble vitamins, meaning that the fat in foods helps the intestines absorb these vitamins into the body.

Fats make hormones. Fats are structural components of some of the most important substances in the body, including prostaglandins, hormone-like substances that regulate many of the body's functions. Fats regulate the production of sex hormones, which explains why some teenage girls who are too lean experience delayed pubertal development and amenorrhea.

Fat provides healthier skin. One of the more obvious signs of fatty acid deficiency is dry, flaky skin. In addition to giving skin its rounded appeal, the layer of fat just beneath the skin (called subcutaneous fat) acts as the body's own insulation to help regulate body temperature. Lean people tend to be more sensitive to cold; obese people tend to be more sensitive to warm weather. If your skin feels dry and flaky and has an unhealthy look, add flax oil, salmon, and tuna to your diet - several times a week. If a few months of eating more of these foods high in essential fatty acids makes your skin feel smoother and softer, your skin is telling you that your body needs more EFA's.

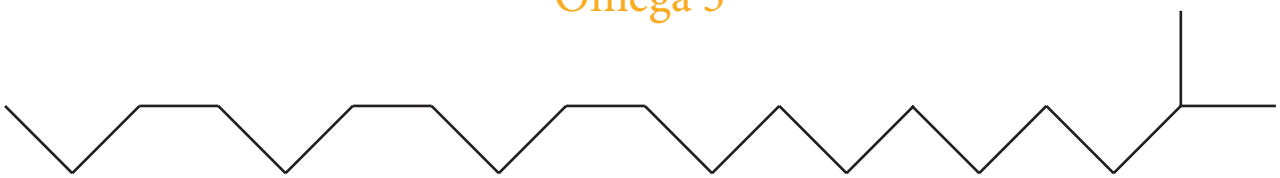
Fat forms a protective cushion for your organs. Many of the vital organs, especially the kidneys, heart, and intestines are cushioned by fat that helps protect them from injury and hold them in place. (True, some of us "overprotect" our bodies.) As a tribute to the body's own protective wisdom, this protective fat is the last to be used up when the body's energy reserves are being tapped into.

Type Of Fat	Sources
Saturated Fat	Animal sources like fatty cuts of meat, butter, higher-fat cheeses, cream, processed and fast food.
Trans Fat	Processed foods containing shortening or partially hydrogenated oil, such as some cookies and crackers, as well as deep-fried foods, butter and some hard (stick) margarines.
Monounsaturated Fat	Olive and canola oils; soft, non-hydrogenated margarines containing these oils, nuts, seeds, avocados, and olives
Polyunsaturated Fat	Sunflower, corn, safflower, canola and soybean oils. Foods such as some, non-hydrogenated margarines containing these oils. Nuts and seeds.
Omega-3 (A Type Of Polyunsaturated Fat)	Fatty fish such as salmon and trout, omega-3 eggs, canola oil, walnuts, ground flaxseed, and soft, non-hydrogenated margarines made with canola oil.

Essential Fatty Acids (EFAs) are fatty acids that humans and other animals must ingest because the body requires them for good health but cannot synthesize them. The term "essential fatty acid" refers to fatty acids required for biological processes, and not those that only act as fuel.

Only two EFAs are known for humans: alpha-linolenic acid (an omega-3 fatty acid) and linoleic acid (an omega-6 fatty acid) Other fatty acids that are only "conditionally essential" include gamma-linolenic acid (an omega-6 fatty acid), lauric acid (a saturated fatty acid), and palmitoleic acid (a monounsaturated fatty acid).

Omega 3



Omega 6

The Mega Benefits of Omega-3's: These Healthy Fats Belong in Everyone's Diet

By Liza Barnes, Health Educator

3 Types of Omega-3's

There are actually three types of fatty acids that are collectively referred to as omega-3's: ALA (alpha-linolenic acid), EPA (eicosapentaenoic), and DHA (docosahexaenoic acid). Besides being hard to pronounce, they are extremely important to your health. Omega-3's are "essential" fatty acids, because they are necessary for health and must be included in your diet (because the human body cannot manufacture them on its own). But what exactly are they used for, and what do they do for human health?

Mega Health Benefits

Extensive research indicates that omega-3 fats reduce inflammation, helping to prevent inflammatory diseases like heart disease and arthritis. In addition to warding off inflammation, omega-3's are also essential to the brain, impacting behavior and cognitive function, and are especially necessary during fetal development. According to the University of Maryland Medical Center (UMM), omega-3's may also:

- Improve artery health by helping to reduce plaque buildup and blood clots in arteries that lead to the brain.
- Improve cholesterol by lowering triglycerides and elevating HDL (good cholesterol) levels. These benefits come primarily from DHA and EPA. Learn more about fats that fight cholesterol.
- Improve joint health by reducing joint tenderness and stiffness associated with arthritis and osteoarthritis.
- Improve bone health by positively impacting the body's calcium levels, reducing the incidence of bone loss.
- Improve mental health by helping to insulate nerve cells in the brain, allowing these nerve cells to better communicate with one another. People who are deficient in omega-3's may suffer from depression, bipolar disorder, schizophrenia, eating disorders, and ADHD.
- Improve skin health by helping to alleviate symptoms related to skin disorders like acne and psoriasis.
- Improve bowel health by reducing inflammation of the bowels, helping alleviate symptoms of Crohn's disease and ulcerative colitis.
- Improve lung health by reducing inflammation in diseases like asthma. To read more on this topic, click here.
- Improve menstrual health by reducing the pain associated with PMS and menstruation.
- Help prevent cancer. Colon, breast, and prostate cancers have all been correlated with low intakes of omega-3's.

Sources of Omega-3's

The three different types of omega-3's are found in specific types of foods.

- ALA is found in foods of plant origin. The richest source of ALA is flaxseed, but it is also found in hempseed, canola oil, soybeans, soybean oil, pumpkin seeds, pumpkin seed oil, linseeds, walnuts, and walnut oil. Once ingested, the body converts ALA into EPA and DHA, allowing it to be more readily used by the body. However, this conversion isn't very efficient. That's why experts recommend including EPA and DHA sources in your diet as well. *Note: Flaxseed oil supplements are available in liquid and capsule form, but always consult your health care provider before taking any supplements.
- DHA is found in seafood, algae, and coldwater fish such as salmon, sardines and albacore tuna. *Note: Fish oil supplements and vegetarian DHA supplements (containing algae) are also available in liquid and capsule form, but always consult your health care provider before taking any supplements. Only use fish oil supplements that have been certified to be free of heavy metal contaminants like mercury.

EPA is found in many of the same foods as DHA, including cold-water fish such as salmon, and sardines, as well as cod liver, herring, mackerel, and halibut. *Note: Fish oil and vegetarian algae supplements are also good sources of EPA, but always consult your health care provider before taking any supplements. Only use fish oil supplements that have been certified to be free of heavy metal contaminants like mercury.

Enriched eggs that contain all three types of omega-3 fatty acids are readily available these days. These eggs are enriched by adding flaxseed or algae to the hens' diets so that they produce eggs that are rich in healthy fats. According to the Flax Council, omega-3-enriched eggs provide almost half of the recommended daily level of ALA and one-quarter of the recommended daily level of EPA and DHA—the same amount that can be found in 3 ounces of fish.

Coconut Oil

Coconut oil is an edible oil that has been consumed in tropical places for thousands of years. Studies done on native diets high in coconut consumption show that these populations are generally in good health, and don't suffer as much from many of the modern diseases of western nations.

Coconut oil was once prevalent in western countries like the United States as well. With a long shelf life and a melting point of 76 degrees, it was a favorite in the baking industry. But a negative campaign against saturated fats in general, and the tropical oils in particular, led to most food manufacturers abandoning coconut oil in recent years in favor of hydrogenated polyunsaturated oils that come from the main cash crops in the US, particularly soy, and contain trans fatty acids. These polyunsaturated oils were not a big part of the diet of previous generations, so how has the health of Americans changed now that polyunsaturated oils are for the most part all one finds on supermarket shelves across the US?

Lauric acid is a medium chain fatty acid which is abundant in coconut oil and is considered responsible for many of its health benefits. Coconut oil is about 50 percent lauric acid. The only other abundant source found in nature is in human breast milk.

Another incredible fact about coconut oil is that even though it is a fat, it actually promotes weight loss! The reason is again because of the healthy medium-chain fatty acids. These fatty acids do not circulate in the bloodstream like other fats, but are sent directly to the liver where they are immediately converted into energy, just like carbohydrates. So the body uses the fat in coconut oil to produce energy, rather than be stored as body fat. Medium-chain fatty acids found in coconut oil also speed up the body's metabolism burning more calories and promoting weight loss.

So why has coconut oil gotten such a bad rap in the recent past? After all, much of the research supporting coconut oil as a healthy fat has been around for some time. The answer is politics and economics. Coconut oil was heavily used in the U.S. at one time, being used for baking, pastries, frying, and theater popcorn. But starting in the 1980s, some very powerful groups in the U.S. including the American Soybean Association (ASA), the Corn Products Company (CPC International), and the Center for Science in the Public Interest (CSPI) began to categorically condemn all saturated oils. Faulty science was used to convince the public that ALL saturated fats were unhealthy, when in fact saturated fats rich in the medium-chain fatty acids like lauric acid are very healthy.

These organizations were are aided by the United States Food and Drug Administration (FDA), many of whose key personnel are recruited from and return to the vegetable oil industry. The result was that most people switched to vegetable oils, and the main source of lauric acid from tropical oils in the American diet was lost. The countries that these tropical oils came from, mainly the Philippines and Malaysia, were too poor to counter these untrue claims with advertising investments for the truth. It is only recently that the health benefits of these tropical oils are starting to become rediscovered.

Listed from best to worst fats:

- **omega-3 fatty acids:** decrease cholesterol; decrease total fats or triglycerides
- **monounsaturated fats:** decrease total fats; decrease LDL (bad cholesterol); no effect on HDL (good cholesterol).
- **polyunsaturated fats:** decrease total cholesterol; decrease LDL; decrease HDL.
- **saturated fats:** increase total cholesterol; increase LDL
- **trans-fatty acids:** increase total fats; increase cholesterol; increase LDL; may decrease HDL.

More 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 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.

Section 1 Exercise Program - Bodyweight Workout

Exercise	Sets	Reps	Notes
Dynamic warm up - 5min.			
Squats - pick a level: Bodyweight with a stability ball One leg squats Squat jumps			
Lunges - pick a level: Basic reverse lunge Basic forward lunge Walking lunges			
Pushups - pick a level: On knees On toes "Alligator" style			
Supermans - with or without DB			
Cardio burst! 30-60 Sec.			Run in place, Jumping jacks Jump rope
Lateral lunges			
Lat pull down with a resistance band			
Plank - pick your level On knees On toes Plank to side plank			
Bridge - hip raise Add a leg raise			
Cardio burst! 30-60 Sec.			Burpees Speed skaters Jog around mat
Additional floor work: Bird dogs Bicycle crunches Sit-ups / v-ups			

Link to the instructional video:
http://carolynmaul.com/wellrev-vids
Password: wellrev

Section 2

Objectives:

- ☐ Understand how to find your heart rate training zones
- ☐ Understand the protocol for cleanse week
- ☐ Why have a cleanse week in the first place?
- ☐ Discuss the Glycemic Index
- ☐ What is gluten?

Homework:

- ☐ Use a heart rate monitor or the Rate of Perceived Exertion during your workouts this week. Journal your results.
- ☐ Prepare your kitchen for Cleanse Week
- ☐ Decide which level you would like to follow and plan your schedule accordingly
- ☐ Make a grocery shopping list
- ☐ Talk to your family about your plans for next week and how they can help

Your step by step process to determine your Target Heart Rate zones:

Step 1: Find your Resting Heart Rate (RHR) _____

Step 2: Determine your Maximum Heart Rate (MHR) _____

Men = 220 - age

Women = 206 - (age x .88)

Step 3: Find your Heart Rate Reserve number (HRR); MHR - RHR = HRR _____

Step 4: Karvonen formula to determine your various Target Heart Rates (THR)

THR = (HRR x % intensity) + RHR

Step 5: Find your Target Heart Rate zones for the following:

60% _____

70% _____

75% _____

80% _____

85% _____

90% _____

Most of your workouts will be taking place between 70-85% for now.

The RPE (Rated Perceived Exertion) scale is used to measure the intensity of your exercise. The RPE scale runs from 0 – 10. The numbers below relate to phrases used to rate how easy or difficult you find an activity.

0 . . . . . Nothing at all

1 . . . . . Very light

2 . . . . . Light

3 . . . . . Moderate

4 . . . . . Somewhat heavy (hard)

5 & 6 . . . . . Heavy

7 & 8 . . . . . Very heavy

9 . . . . . Extremely hard

10. . . . . Maximal exertion

Karvonen Heart Rate Calculator

The Karvonen method of calculating your exercise heart rate is considered the gold standard, benefiting athletes, or people who are looking for weight loss and fitness improvement.

As a person becomes more fit, their heart becomes more efficient at pumping blood to the rest of the body. When resting, the number of beats per minute slows down. The Karvonen calculation, devised by a Scandinavian physiologist, takes this into consideration by introducing a number called the heart rate reserve into the equation — the difference between your maximal heart rate and your resting heart rate.

To find out what your more accurate target heart rate should be while exercising, you will need to determine your resting heart rate. The best time to check your resting rate is just before you get up in the morning after a good night's sleep. Take the average of three mornings' readings for greater accuracy.

The Karvonen method factors in resting heart rate (HRrest) to calculate target heart rate (THR), using a range of 50–85% intensity:

THR = ((HRmax − HRrest) × % intensity) + HRrest

Example for someone with a HRmax of 180 and a HRrest of 70:

50% Intensity: ((180 − 70) × 0.50) + 70 = 125 bpm

85% Intensity: ((180 − 70) × 0.85) + 70 = 163 bpm

A new formula based on a large study from Northwestern Medicine provides a more accurate estimate of the peak heart rate a healthy woman should attain during exercise. It also will more accurately predict the risk of heart-related death during a stress test.

The old formula -- 220 minus age -- used for almost four decades, is based on studies of men. The new formula for women, based on the new research, is 206 minus 88 percent of age.
Max HR for women = 206 - (age x .88)

Cardiovascular Exercise - Burning Fat Optimally

Cardio workouts are a very important part of your program. Although we strongly advocate strength training, cardiovascular exercise cannot be replaced and a program that does not recommend a sufficient level of increased aerobic activity is flawed.

For optimal change, physically, mentally and healthfully, it's important that you keep up your cardio. How much, how often and how fast, is individual. We can better help you answer that question in a one on one setting.

Here is a partial list of The Benefits of Cardio:

- Boosts fat burning metabolism
- Allows more rest on less hours of sleep
- Slows bone loss
- Helps treat and prevent depression
- Decreases risk of heart diseases and cancer
- Reduces stress and anxiety

However, there is no list, such as the above, that will motivate everyone to exercise.

The passion to change is not found in a list, but within yourself. What is it that you want or need desperately to change, increase or add to your life? Add it to the list!

Whole Food Cleanse Week Protocol:

We are going to prepare ourselves for a 7-day Whole Food Cleanse that has very simple rules:

- The food you eat must look like how it grew.
- No alcohol, sugar, or caffeine
- No processed foods
- No grains
- Minimal fat (no animal fats like butter. Up to 2 tablespoons of healthy oils/day)
- Minimal dairy (1 serving /day)
- Maximum of 2 fruits/day. Please concentrate on eating veggies.
- You must drink AT LEAST 64oz water each day.
- You need to get enough rest, which means at least 7 hours of sleep each night.
- Your meals will primarily consist of veggies and fruits this week.
- When you are hungry, EAT! Ideally you'll be eating every 3 hrs.

This week, leading into the Cleanse, it will be important for you to take the following steps:

- Wean yourself off of coffee/caffeine if you are a heavy coffee drinker.
- Get used to going without a glass of wine/beer/whatever in the evening.
- Clean out your pantry! Get rid of processed foods and other trigger foods.
- Start figuring out your meals for next week and begin shopping for them.
- Get your family on board!

At the grocery store:

- Go in with a plan! Make your shopping list ahead of time.
- Don't go in hungry.
- Shop the periphery where your fruits, veggies, lean protein, dairy, bulk bins and nuts are usually found.
- Start reading labels.

There are different levels you can choose from this coming week.

Level One

All above rules apply

You are simply eating food in its original state. It clearly looks like how it grew. It is unprocessed when you buy it.

There are no food restrictions except grains this week.

You must still be aware of portion sizes. See week 3 for portion control info.

You will choose this level if you feel you are starting from scratch with healthy eating and currently are eating at least 50% of your diet in restaurants.

Your workouts are not affected this week. Stay with your original schedule.

Level Two

All above rules apply

The only dairy allowed is non-fat plain greek yogurt

Your food should be organic and free of pesticides, hormones, and other toxins.

You will not be adding fat to your cooking. Try using broth to saute veggies in or steam your veggies this week.

Animal protein will be kept to a minimum. Up to 3 x 3oz servings a day. No red meat.

You will choose this level if you are currently cooking most of your food and you are desiring a jump start to weight loss.

Your workouts will be less intense this week. If you are tired, rest. This is not the week to go for all-out effort.

Level Three

All above rules apply

No Dairy

No meat, you can use tofu and egg whites for extra protein this week

Everything is organic.

Minimal exercise this week. Walking, yoga, pilates are all ok.

You will choose this level if you already follow Clean Eating principles, do not eat out more than once a week, and desire to really experience profound change in your body.

Level Four

All above rules apply

All food is raw (uncooked)

No animal products (this is essentially a Vegan diet)

You will choose this option ONLY if you are willing to spend significantly more time in your kitchen, are willing to try new ways of preparing food, and promise to eat when you are hungry instead of going without eating at all.

Your exercise will be minimal this week. Nothing strenuous. This type of eating assists in developing a meditation practice.

Here is a sample 7-day menu for you to follow. Please know this is only an example. Your week may look very different depending on your food preferences, schedule, and any allergies you may have.

This is a sample menu that reflects a Level 2 Cleanse....

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Greek Yogurt With Berries	Egg White And Turkey Scramble	Greek Yogurt With Berries	Greek Yogurt With Berries	Egg White Omelet With Spinach, Tomato And Shiitakes	Egg White And Turkey Scramble	Crustless Quiche
Edamame Salad	Fruit	Apple Slaw	Edamame Salad	Apple Slaw	Fruit	Veggies And Dip
Crustless Quiche	Cucumber Salad With Chilled Shrimp	Tofu Pumpkin Soup With Salad	No Cream Tomato Soup And Salad	Roasted Veggies And Chicken Breast	Cucumber Salad With Chilled Shrimp	Savory Spaghetti Squash With Salmon
Veggies And Dip	Edamame Salad	Veggies And Dip	Zesty Coleslaw	Edamame Salad	Veggies And Dip	Zesty Coleslaw
Roasted Veggies And Chicken Breast	Pan Seared Greens With Fish	Veggie And Bean Soup	Parsley And Dill Fish Fillet With Roasted Veggies	Chicken Chili	Savory Spaghetti Squash With Salmon	Tofu Pumpkin Soup With Turkey Breast
Fruit - Optional	Fruit - Optional	Fruit - Optional	Fruit - Optional	Fruit - Optional	Fruit - Optional	Fruit - Optional

All recipes are provided for the above menu.
You will find them at the back of your binder in the Resource Section.

What the heck is gluten?

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.

An estimated two million Americans - about one in 133 people - have celiac disease, an inherited, autoimmune disorder that tends to run in families. Symptoms are caused by eating foods that contain gluten, and, like many autoimmune conditions, the symptoms can initially be triggered by physical and emotional stress.

People with celiac disease should follow a gluten-free diet for life. Even a small amount of gluten can cause problems and result in damage to the small intestine. The good news is that following a gluten-free diet can greatly improve and even completely resolve symptoms, heal existing intestinal damage, and prevent further problems.

Use the following as a guide to a gluten-free diet:

1. Avoid all foods containing wheat, oats, barley and rye.

2. Read labels carefully. Gluten can turn up in cold cuts, soups, candies and soy sauce. Be aware of ingredients such as starch, modified food starch, hydrolyzed vegetable protein (HVP), hydrolyzed plant protein (HPP), texturized vegetable protein (TVP), binders, fillers, excipients, extenders, malt and natural flavorings, all of which may indicate the presence of gluten.

3. Look for grocers that specialize in gluten-free products - mixes for pancakes, muffins, pizza dough and bread are available.

4. Know where gluten can be hidden in products we use every day, such as stamp and envelope adhesive, medicines and vitamins.

The Glycemic Index

The glycemic index is a measure of the effects of carbohydrates in food on blood sugar levels. It estimates how much each gram of available carbohydrate (total carbohydrate minus fiber) in a food raises a person's blood glucose level following consumption of the food, relative to consumption of glucose. Glucose has a glycemic index of 100, by definition, and other foods have a lower glycemic index.

Low glycemic carbs are generally ones that are digested slowly. Think "unprocessed". Carbs that are detached from fiber are digested much more rapidly and cause that spike in blood glucose. Lack of fiber is also by far the most common cause of irregularity.

Here are a few examples of low & high glycemic foods:

Low glycemic: apples, oranges, pears, plums, grapes, bananas (firm), grapefruit and other whole, low-sugar fresh fruits, oatmeal, brown rice, whole-wheat pasta, bran cereal, barley, bulgur, basmati, Kashi and other whole grains, beans, peas (esp. chick and black-eyed), lentils, whole corn, sweet potato, yams, milk (preferably low-fat), partial-protein carbohydrates such as yogurt and soy, and even "sugar" in the form of fructose (found in fruits) or lactose (found in dairy products), but not as glucose or maltose.

High glycemic: fruit juice, white bread, most "wheat" bread (which is usually just white bread with a little fiber added), white rice, baked white potato, bagels, croissants, pretzels, graham crackers, vanilla wafers, waffles, corn chips, cornflakes, cake, jelly beans, sugary drinks, Gatorade, beer. Note that high glycemic foods are often either white or highly processed.

There's increasing evidence that the same number of calories can have different metabolic consequences for muscle gain and fat loss. This effect is mainly related to high glycemic vs. low glycemic. In a study from the American Journal of Clinical Nutrition (2000), subjects were put on a reduced calorie diet which was either high-glycemic or low-glycemic. Now, as you know, when you restrict calories significantly, the body tends to respond by slowing its metabolism. What's interesting is that resting energy expenditure declined by fully 10.5% with the high-glycemic diet, but only 4.6% with the low glycemic one. Further, nitrogen balance was significantly more negative in the high-glycemic diet (negative nitrogen balance -> muscle loss), while leptin (which regulates appetite) was higher.

In short, there's increasing evidence that the same number of calories in the form of low-glycemic carbohydrate has significantly different metabolic consequences than high-glycemic carbs. High glycemic diets seem to result in more fat deposition, higher instability of blood sugar, greater appetite, and a tendency toward muscle loss.

Section 2 Workout

Dumbbells (DB) and Stability balls (SB)

Exercise	Sets	Reps	Notes
Dynamic warm up - 5 min			
Wall ball squats - Start with two legs, then try one at a time			
Bent over row with DB			
Chest fly on SB			
Static lunge with a torso twist - option: hold a weight or SB			
Cardio burst: 30-60 sec			
Plie squat with overhead press using DB			
SB pushups			
Plank with a DB row			
Cardio burst: 30-60 sec of speed skaters			
Chest press on SB			
Reverse crunches on SB			
Ball passes with SB			
Leg curls with SB - try one leg at a time			
Russian twist - hold SB or DB			
Stretching!			

Link to Instructional Video:
http://carolynmaul.com/wellrev-vids
Password: wellrev

Section 3

Objectives:

- ☐ Cleanse week!
- ☐ Understand meal spacing as it relates to keeping blood sugar levels steady
- ☐ Understand portion sizes
- ☐ Practice label reading

Homework:

- ☐ Follow your chosen Cleanse Protocol and journal your activities
- ☐ Read labels
- ☐ Practice portion control
- ☐ Spend time doing the Daily Saboteurs exercise

Portion Control!

Fruits and Vegetables

Fruits and vegetables are rich in nutrients. Many are excellent sources of vitamin A, vitamin C, folate or potassium. They are low in fat and sodium and high in fiber.

We suggest 5-8 servings of vegetables each day. One serving of vegetables can be:

- 1 cup of raw leafy vegetables
- ½ cup of other vegetables, cooked or raw
- ¾ cup of vegetable juice

We suggest up to 2 servings of fruit each day. One serving of fruit can be:

- One medium apple, orange or banana
- ½ cup of chopped or cooked fruit
- ¾ cup of 100% fruit juice that comes from your blender

Proteins including Beans, Eggs, Lean Meat and Fish

Meat, poultry and fish supply protein, iron and zinc. Non-meat foods such as dried peas and beans also provide many of these nutrients. Your serving size will be somewhere between 3-5oz.

The following foods count as one serving:

- one egg or 2 whites
- 3oz lean meat
- 2 T nut butter
- ¾ C legumes

Choose lean meat, fish and dry beans and peas often because these are the lowest in fat. Remove skin from poultry and trim away visible fat on meat. Avoid frying these foods. Moderation is the watchword when it comes to nuts because they are high in fat and therefore high in calories.

Dairy Products

Products made with milk provide protein and vitamins and minerals, especially calcium. You can include Greek yogurt or Kefir into your diet if you have trouble digesting lactose. One serving a day is generally sufficient since more of your calcium will be coming from green leafy veggies, almonds, tofu, etc. Interestingly, cottage cheese is lower in calcium than most other cheeses - one cup counts as only ½ serving of milk.

Healthy Fats

Try to stick with mono-unsaturated oils and limit animals fats and all hydrogenated oils. Good choices are things like avocados, extra virgin olive oil, flax oil, toasted sesame oil, coconut oil, and Udo's brand oil.

How Many Servings Are Right For You?

Type	1,600 calories	2,200 calories	2,800 calories
Grains	3	5	7
Vegetables	5-7	7-9	9-11
Fruit	2	3	4
Milk	1	2	3
Meat	5	6	7
Beans/legumes	1	2	3
Fats	4 tsp	6 tsp	8 tsp

The National Academy of Sciences recommends the following calorie categories:

- **1,600 calories** - Many sedentary women and some older adults
- **2,200 calories** - Children, teenage girls, active women and many sedentary men.
    - Women who are pregnant may need around 500 calories more per day and an additional 300 calories for breast-feeding.
- **2,800 calories** - Teenage boys, active men and very active women

Label Reading 101

The RDA is defined as the average daily dietary level of nutrient intake that sufficiently meets the requirements of nearly all (about 97 percent to 98 percent) of the healthy population. The RDA values are used to create the recommended daily values (RDV) for nutrients, which are printed on food labels in Canada and the United States.

The first thing you'll see is the label on the front of the food package. Manufacturers can say most anything they want on the front label (to get the real story, see the Nutrition Facts panel on the back). Here are some terms you may see there, and what they really mean:

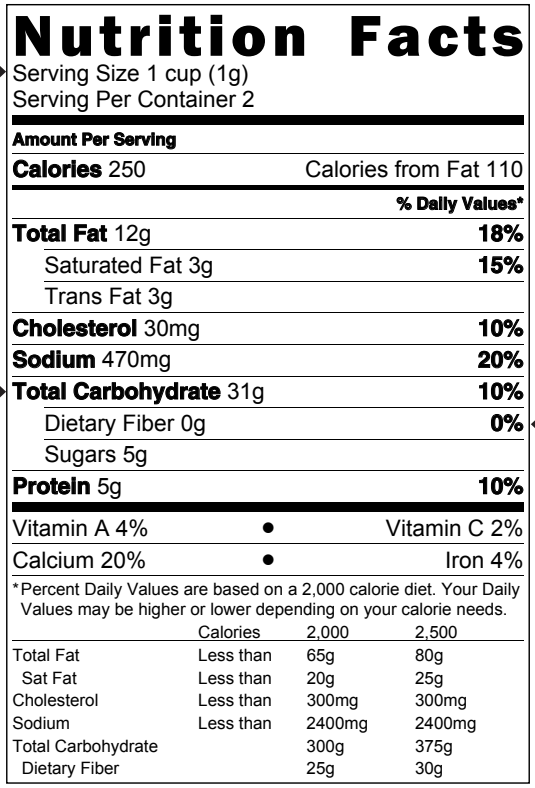
- Fortified, enriched, added, extra, and plus. This means nutrients such as minerals and fiber have been removed and vitamins added in processing. Look for 100% whole-wheat bread and high-fiber, low-sugar cereals.
- Fruit drink. This means there's probably little or no real fruit, and lots of sugar. Look for products that say "100% Fruit Juice."
- Made with wheat, rye, or multigrain. These products may have very little whole grain. Look for the word "whole" before the grain to ensure you're getting a 100% whole-grain product.
- Natural. The manufacturer started with a natural source, but once it's processed the food may not resemble anything natural. Look for "100% All Natural" and "No Preservatives."
- Organically grown, pesticide-free, or no artificial ingredients. Trust only labels that say "Certified Organically Grown."
- Sugar-free or fat-free. Don't assume the product is low-calorie. The manufacturer may have compensated with unhealthy ingredients that don't taste very good -- and have no fewer calories than the real thing.

Serving Size

Many times the given serving size is smaller than what is eaten. If 2 servings are eaten, make sure to double all nutritional values. Pay attention to serving size when comparing foods.

Total Carbohydrate

Remember that one serving of carbohydrate contains 15 grams. The amount of sugar and dietary fiber is included in the total carbohydrates.



Nutrition Facts

Serving Size 1 cup (1g)
Serving Per Container 2

Amount Per Serving

Calories 250	Calories from Fat 110
	% Daily Values*
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Trans Fat 3g	
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	**10%**

Vitamin A 4% • Vitamin C 2%
Calcium 20% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Dietary Fiber

If the lavel shows 5 grams of fiver or more, subtract the grams of dietary fiber from the total carbohydrates

If a food contains 5 or more grams of *sugar alcohols,* subtract half the grams of sugar alcohols from the total carbohydrates.

Total Carbohydrate Intake:

~15 grams = 1 serving
~30 grams = 2 servings
~45 grams = 3 servings
~60 grams = 4 servings

Based on a 2000 calorie / day diet, these are the USDA recommended allowances:

Total Fat 55 g

Saturated Fatty Acids 20 g

Cholesterol 300 mg

Sodium 2300 mg

Potassium 4700 mg

Total Carbohydrate 300 g

Fiber 25 g

Protein 50 g

Here are some key phrases you'll see on the Nutrition Facts panel on the back of the package:

- Serving Size. Portion control is important for weight management, but don't expect manufacturers to make it easy for you. Pop-Tarts, for instance, come two to a package. The label says one serving is 200 calories -- for "one pastry."
- Calories and Calories From Fat. This tells you how many calories are in a serving, and how many of those calories come from fat. Remember that this information is for one serving as defined on the label.
- Nutrients by Weight and Percentage of Daily Value (%DV). This shows how much of each nutrient is in one serving, by weight in grams and by %DV. This symbol refers to the recommended daily allowance for a nutrient based on a 2,000-calorie diet (some nutrients, such as sugar and protein, don't have a %DV). Fats are listed as "Total Fat" and also broken down so you can see how much is unhealthy saturated fat and trans fat.
- Vitamins and Minerals. Vitamins and minerals are listed by %DV only. Pay particular attention to vitamin A, vitamin C, calcium, and iron; most Americans don't get enough in their diets.
- Ingredients. They're listed in order from the greatest amount to the least. Experts offer a rule of thumb: the fewer the ingredients, the better.

Claims for "'high fiber" sometimes means these ingredients have been added:

1. Maltodextrin is made from corn, wheat, rice or potato starch.
2. Polydextrose is made from glucose and sorbitol.
3. Inulin is a carbohydrate derived mostly from chicory roots and other plant roots.

But these ingredients act more as low-calorie filling agents (and high-value marketing agents) than proven health agents.

Here are some guidelines for added sugar based on calories in the daily food choices:

1,600 calories - Limit sugar to 6 teaspoons per day or 22 grams per day

2,200 calories - Limit sugar to 12 teaspoons per day or 44 grams per day

2,800 calories - Limit sugar to 18 teaspoons per day or 66 grams per day

So if the food label on your sweetened yogurt says a one-cup serving contains 22 grams of sugar, and your meal plan has 1,600 calories a day, you've eaten your day's allotment of sugar.

What's the Skinny on Fat? Base It On Your Caloric Needs

How much fat you can eat is based on your caloric needs. Medical experts from the American Heart Association recommend that Americans limit dietary fat to 30 percent of daily calories.

Here are the fat grams allowed based on daily calories:

1,600 calories - Limit fat to 53 grams

2,200 calories - Limit fat to 73 grams

2,800 calories - Limit fat to 93 grams

You don't need to count fat grams every day, but it's a good idea to do a "fat checkup" occasionally to be sure you're on the right track. Here's how to figure the number of grams of fat that provide 30% of calories in your diet:

1. Multiply your total day's calories by 0.30 to get your calories from fat per day. If you eat 2,200 calories, multiply 2,200 by 0.3The result is 660 calories from fat.

2. Divide calories from fat per day by 9 (each fat gram has 9 calories) to get your grams of fat per day. So in our example, divide 660 calories by 9 and get 73 fat grams.

3. Portion size, and the choices you make about foods (particularly lean meats and unprocessed fruits and vegetables) are far more important than rigidly counting calories. Remember this: small and frequent rations for fat loss (an apple and a chicken breast is a perfectly acceptable ration), larger and frequent meals for muscle gain.

Discover Your Daily Saboteurs

It's time to think through your daily routine and identify things that tend to trip you up or keep you from accomplishing what you set out to accomplish on any given day. Try to be as thorough as you possibly can...

Things that sabotage me at home: _____

_____

_____

Things that sabotage me at work: _____

_____

_____

Things that sabotage me in general: _____

_____

_____

So now, for every thing in your environment that has the potential to set you back, come up with something you can replace it with or a behavior you can counteract it with. Things don't talk back or resist change or have an agenda of their own! In fact, once you change them, they stay changed. But people? Not so much.

_____

_____

_____

_____

_____

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Section 3 Workout

Resistance Bands and Medicine Balls (MB)

Exercise	Sets	Reps	Notes
Dynamic warm up - 5 min			
Squat with overhead MB press			
Chest press with resistance band			
Low row with resistance band			
Cardio burst! 45-60 sec			Toe taps on MB
Woodchops with MB			
Upright row with band			
Push-ups with one hand on MB			
Cardio burst! 45-60 sec			Burpees with MB
Walking lunches holding MB			
Bicep curls with band			
Tricep overhead ext with band			
Cardio burst! 45-60 sec			Scissor jumps - scissor arms and legs at the same times
Sample Pilates Floor work moves: C-curve hold Single leg lifts Double leg lifts Swimmers Side leg lifts Leg circles V-sit and hold			

Link to instructional video:

http://carolynmaul.com/wellrev-vids

Password: wellrev

Section 4

Objectives:

- ☐ Share stories from Cleanse Week
- ☐ Understand the physiology of the stress response
- ☐ Understand the difference between steady state cardio and interval training
- ☐ Focus on the deficit! A pound of fat = 3,500 calories
- ☐ Understand the importance of strength training as it relates to increasing lean body mass and increasing your metabolism

Homework:

- ☐ Become more aware of how stress is affecting your eating and exercise patterns
- ☐ Do at least one cardio Interval Workout
- ☐ Incorporate strength training into your workout routine with a focus on Legs/Back/Chest
- ☐ Spend time with the Perceived Barriers to Exercise questions and journal your thoughts

Physiology of Stress: The Cortisol / Insulin Connection

When you have stress, your body releases certain "fight-or-flight" stress hormones that are produced in the adrenal glands: cortisol, norepinephrine and epinephrine. When you first get stressed, these hormones kick into gear. Norepinephrine tells your body to stop producing insulin so that you can have plenty of fast-acting blood glucose ready. Epinephrine will relax the muscles in your stomach and intestines and decrease blood flow to these organs. Once the stressor has passed, cortisol tells the body to stop producing these hormones and to go back to digesting regularly. It's normal for your cortisol levels to go up and down throughout the day, but when you are chronically stressed your cortisol level goes up — and stays there.

When your stress and cortisol levels are high, the body actually resists weight loss. Your body thinks times are hard and you might starve, so it hoards the fat you eat or have present on your body. Cortisol tends to take fat from healthier areas, like your butt and hips, and move it to your abdomen which has more cortisol receptors. Hello ab flab! In the process, it turns once–healthy peripheral fat into unhealthy visceral fat (the fat in your abdomen that surrounds your organs) that increases inflammation and insulin resistance in the body. This belly fat then leads to more cortisol because it has higher concentrations of an enzyme that converts inactive cortisone to active cortisol. The more belly fat you have, the more active cortisol will be converted by these enzymes — yet another vicious cycle created by visceral fat.

Interval training vs. steady state cardio workouts

HIIT

A HIIT session consists of a warm up period of exercise, followed by six to ten repetitions of high intensity exercise, separated by medium intensity exercise, and ending with a period of cool down exercise. The high intensity exercise should be done at near maximum intensity. The medium exercise should be about 50% intensity. The number of repetitions and length of each depends on the exercise. The goal is to do at least six cycles, and to have the entire HIIT session last at least fifteen minutes and not more than twenty.

The original protocol set a 2:1 ratio of work to recovery periods, for example, 30–40 seconds of hard sprinting alternated with 15–20 seconds of jogging or walking.

Beginner HIIT workout

15 minutes at whatever you consider a moderate pace, you should be able to talk in short bursts, but not carry on a normal conversation. As soon as the 15 minutes are up, you take off as fast and furiously as you can for a 60 seconds. When the 60 seconds are up, walk for another 60 seconds, and then take off again. Do this five times.

Intermediate;

- When you're ready to progress from the beginner workout, try this on. 20 minutes at your moderate pace. Five 60-second sets at your highest effort level. Then five sets of 3-minute medium-high effort level sets with 60 seconds in between. This means you should be at an intensity you have a hard time maintaining for three minutes, in between your moderate and highest effort level.
- By two minutes you should be hoping it ends soon. When that's done, walk for 60 seconds. Rinse, repeat, five times. When you're done with both interval sets, do 20 more minutes at your moderate pace. You will likely never progress beyond this level. If you do, you're probably not going hard enough.

Advanced Interval Workout:

- Do the same as the intermediate workout but add another five sets of 60-second intervals after the 3-minute session. Decide which shoes to wear during the Olympics.

The Case for Intensity

Hard, slow, long, short, morning, afternoon… get's pretty confusing, right? Well, let's do a little sorting.

Research presented in the Journal of Medicine and Science in Sports and Exercise shows that when you work out using high-intensity intervals, the total amount of calories your body burns during the first hour after your workout is elevated up to 107% more than with low-intensity, short duration exercise, and 143% more than with low intensity, long duration exercise! That's because interval exercise peaking at levels above a 70% maximum-intensity effort speeds up your metabolism for up to three hours after exercise – a benefit not found with low-intensity exercise.

Before you completely get turned off by the "hard workout" lingo, understand that there is still an appropriate place for some easy and relaxing exercise. For one, if you are training for a marathon, obviously 20 minute bouts of hard exercise aren't going to successfully pull you through 26.2 miles. Also, easy exercise is certainly not bad for you at all, just less effective for burning fat.

So How Hard Do I Have To Go?

If you are worrying now that you have to work out really hard, take it easy. You will work out as hard as YOU can; never compare yourself to anyone else. All you have to do is work for a short period of time at a moderate level and then back down and go easy for a period. This is called interval training and is something new to many people. It is simple and once you learn how to do it and realize the fat loss benefits, you will never go long and easy again. The time zooms by so much more quickly when you concentrate on your workout from minute to minute, rather than worrying about the entire session.

Now Really… How Hard Do I Have To Go?

On day one, go for as long as you can, up to 30 minutes at an easy pace. If you can last 30 minutes, then you are ready to increase your tempo. If you can't quite reach 30 minutes, then add 2 minutes each day until you are able to go for 30 minutes.

Once you reach 30 minutes try this workout:

10 minutes easy

15 minutes of alternating 1 minutes hard,

1 minute easy

5 minute easy cool down

Progress slowly so that you do not get frustrated and disappointed. Do not set your goals too high and you won't lose faith in yourself. The beauty of this workout is that I only ask you to go "hard" for a minute or two at a time. Most people can do that, as there is a light at the end of that short tunnel. Exercising for 30 minutes steady can get boring and you wonder if you are ever going to get done!

After a few workouts, you will know exactly what speed and grade you should exercise by viewing the cardio machine monitors in front of you. Make sure to write it down so that you don't forget. Then, each workout try to bump each level just a little faster. Over 8 weeks, you can really progress to a good clip, burn even more fat and

boost your metabolism just that much more.

But better yet, use a heart rate monitor in lieu of speed and grade, it's a more scientific measure of intensity.

Each time you workout, make the up tempo portion (the 1 minute interval) just a little harder… perhaps increase your pace or the grade.

Don't be scared, just experiment a little and find out what you can do. You don't have to and never should exhaust yourself. Just get to a good tired level and get that metabolism revved up!

But, I Am Tough! Can I Go Harder?

Sure, but please understand that most exercise related injuries are due to overuse or progressing too quickly. Be careful and add just a little more each time that you exercise.

Regardless of how long you go, remember, that the most important factor is that you turn on that "switch". That switch inside our bodies that says, "Hey, I better improve, so that if I do this tomorrow, I am really ready." All kinds of physiological effects begin to take place after an intense workout. The only way to turn on that switch is to push hard for a short time during each exercise routine.

How Often Should I Workout?

Start doing cardio three times per week (in addition to your strength training sessions). For some this may be enough. However, since we are keeping our workouts short, you may be able to find time to go 5 or 6 times per week.

So I Can't Go For A Long Run Or Walk Anymore?

So does that mean that a long run or walk is wrong? Absolutely not! I still like to go for a 60-minute Sunday morning run and explore the wooded trails. We have learned for way too long that you must do this to lose weight. Not true at all! Enjoy a long walk or run only if you want to or are training for a long race. In that case, you need to be doing something completely different. You are more than welcome to send us an email for race workouts, which we will be more than happy to provide.

The interval workout is the fastest way to increase fitness and lose weight. In essence, what you are doing is demanding that your body recover under stress after your interval bouts. Fitness, believe it or not, is improved during the period after a tough one minute interval surge. This is when your body is forced to recover while you continue to exercise.

Remember, begin slowly and build to a level that you can handle! Since you may not be familiar with this routine, you may workout too fast and then may not be able to finish the entire workout. The speed of these surges is not as important as it is to make sure that you get to a level where you are out of breath and are looking forward to the end of that minute. But, remember, I urge you, I caution you, I implore you not to go too hard until you find your aerobic level. This is not only dangerous, but can lead to injury and medical problems.

Focus on the Deficit

A pound of fat is 3500 calories. And though the late-night ads for Ab-thumpers and mylar spacesuits may try to convince you otherwise, nobody has repealed the First Law of Thermodynamics - energy cannot be created nor destroyed, only converted from one form to another. What that means for you is that to burn a pound of fat, you have to metabolize as energy 3500 calories more than you take in. That difference between energy use and intake is called a "caloric deficit". Now here's where it gets tricky - severe caloric restriction triggers a fasting state that slows your metabolism down, and also causes muscle loss. Moreover, it causes your body to increase the level of "fat storing" enzymes (lipoprotein lipase) in the body. Exactly what you don't want.

The way to lose fat, very simply, is to FOCUS ON THE DEFICIT. You won't lose fat by exercising more if you let your caloric intake creep higher. You won't lose fat by restricting your calories if you're skipping workouts. The goal is to create a deliberate and well-controlled caloric deficit between the energy you take in and the energy that you burn. You do that by planning carefully, keeping accurate records, and maintaining discipline.

Your daily "caloric deficit" depends on all sorts of factors, including your height, weight, lean mass, gender, workout intensity, and portion sizes. It's unlikely for anybody to get the deficit beyond about 1500 calories a day by working out harder or eating less, because you'll either interfere with proper recovery, or throw yourself into a fasting state. If you're following effective workouts and specifically targeting fat loss and muscle tone/gain, it is not unreasonable to target fat loss of as much as 1 to 2 lbs a week for women, and as much as 2 - 3 lbs a week for men.

When you're eating 5 or 6 times a day instead of 3, your portions had better be much smaller than they used to be. As a rule of thumb, it's generally advised to target between 8-10 calories per pound of desired weight, if you're shooting for fat loss, and up to 15 calories per pound of desired weight if you're shooting for muscle gain. The problem is that fat itself is metabolically inactive, so it's better to base your intake on lean weight rather than scale weight. If you want a quick rule of thumb, I prefer the following: shoot for 9-11 calories per pound of lean weight if your main goal is fat loss, and about 15-17 calories per pound of lean weight if your main goal is muscle gain without fat loss. Now, 9 calories per lean pound is almost certainly below your Base Metabolic Rate (see below), so you shouldn't go with much less than 9 even if you're aggressively targeting fat loss. [Example: If you weigh 180 pounds and are at 20% bodyfat, your fat weighs .20 x 180 = 36 pounds, so your lean weight is 180 - 36 = 144 pounds. So you might target 1300-1600 calories daily to achieve a fat loss goal].

Want the perfect number of calories?

There is no perfect number. Your body is extremely efficient at adjusting its activity level in response to moderate changes in caloric intake, and all of that takes place unconsciously and involuntarily. That's why the portion rule is useful - it's simple, and excessively fine-tuning your calories is useless. Just keep your portions relatively small if you want to lose fat. The frequency of the rations, and the balance of high-quality protein and carbohydrate are the most essential aspects of your nutrition plan.

Still, some people want a more scientific number. Alright, technically, your body needs a certain amount of intake to support your "Base Metabolic Rate" or BMR. Unless you're a Munchkin, your BMR is rarely less than 1100 calories a day. So let's estimate your BMR.

Here's how to do the BMR calculation manually:

Take your lean weight and multiply by 1.15 for men, or 1.20 for women. That gives you a "typical" overall body weight in pounds. Calculate your height in inches. Now, your "Base Metabolic Rate" (what you need to burn just lying in bed all day) can be estimated with the **Harris-Benedict formula**:

Men: BMR = 66 + (6.23 x "typical" pounds) + (12.7 x inches) - (6.8 x age)

Women: BMR = 655 + (4.35 x "typical" pounds) + (4.7 x inches) - (4.7 x age)

The 66 and 655 aren't typos. The BMR for women is less dependent on height and weight, which is why BMR is never less than about 1100 calories a day. At the risk of being pedantic, if your calculation looks wacky, make sure you're doing the separate multiplications in the parentheses before you do the final tally, make sure to subtract, not add, the "age" term.

The "rule of thumb" calculations are based on 9-11 calories per lean pound of bodyweight for fat loss subject to certain minimums. Because women in particular may be under 100 lbs in lean weight, the calculator imposes a global minimum of 1000 calories. For muscle gain without fat loss, the rule of thumb is based on 15-17 calories per lean pound with imposed boundaries of 1.2 and 1.6 times BMR. These ranges are based on the available research literature, as well as detailed comments I've received from hundreds of you. Again, there is no "exact" figure, both because individuals vary widely, and because the body is very efficient at changing its activity level in response to minor variations in caloric intake. So the portion rule will serve you well, so long as you're not significantly outside of the ballpark intakes here.

Strength Training 101

How to build your own strength training program!

Major muscle groups:

Legs / Back / Chest = Squat / Pull / Push

For beginners, you want to choose about 8-10 exercises, which comes out to one or two exercises per muscle group. The list below offers some examples:

Legs: Squats, lunges, leg extension and leg press machine, deadlifts, lunges, leg curl machine

Chest: bench press, chest press machine, pushups, pec deck machine

Back: one-armed row, seated row machine, back extensions, lat pulldowns

Shoulders: overhead press, lateral raise, front raise

Arms: bicep curls, hammer curls, concentration curls, tricep extensions, dips, kickbacks

Abs: bicycle crunches, reverse crunches, hanging leg lifts, oblique twists, pelvic tilts (bridge)

Top 8 Perceived Barriers to Exercise

Barrier No. 1:
"I don't have enough time to exercise"

Barrier No. 2:
" I think exercise is boring"

Barrier No. 3:
"I'm self-conscious about how I look"

Barrier No. 4:
"I'm too tired to exercise after work"

Barrier No. 5:
"I'm too lazy to exercise"

Barrier No. 6:
"I'm not athletic"

Barrier No. 7:

"I've tried to exercise in the past and failed"

Barrier No. 8:
"I can't afford health club fees"

Section 4 Workout

Kettlebells (KB) and the TRX

Exercise	Sets	Reps	Notes
Dynamic warm up - 5 min			
KB Swings			
TRX bodyweight rows			
Pushups			
Cardio burst!			
TRX squat/lunge			
KB one arm row			
TRX chest press			
Cardio burst!			
KB deadlift			
TRX - TYI			
KB Get ups			
Cardio burst!			
TRX kneeling roll outs			
KB Partner hand offs - back to back			
Side plank			

Link To Instructional Video:

http://carolynmaul.com/wellrev-vids

Password: wellrev

Section 5

Objectives:

- ☐ Understand the 4 types of stress
- ☐ Understand the 4 A's of dealing with stress
- ☐ Understand what a Negative Behavior Loop is
- ☐ Define dichotomous thinking
- ☐ Define repetition compulsion

Homework:

- ☐ Map out your own Negative Behavior loop and decide where you can break the cycle
- ☐ Food log this week to check in on how your meal plan is working

Stress management 101

4 types of stress

Eustress:
exercise, infrequent, adrenaline rush, heightened awareness and memory, riding a roller coaster, winning a race

Acute:
short term, has a deadline or a "light at the end of the tunnel"

Episodic acute:
"drama queen" mentality, frequent irritability, anxiety, hostility, always late, disorganized, chaotic, headaches, chest pain, negative, always taking on more than they can handle, disaster is always imminent.

Chronic:
prolonged, unrelenting. The primary cause of disease.

4 A's to manage stress

Avoid

A lot of needless stress can simply be avoided. Plan ahead, rearrange your surroundings and reap the benefits of a lighter load.

- Take control of your surroundings. Is the traffic insane? Leave early for work, or take the longer, less traveled route. Hate waiting in line at the corporate cafeteria? Pack your lunch and eat at your desk.
- Avoid people who bother you. If you have a co-worker who causes your jaw to tense, put physical distance between the two of you. Sit far away at meetings or walk around his or her cubicle, even if it requires some weaving.
- Learn to say no. You have a lot of responsibilities and demands on your time. At a certain point, you cross the line between being charitable and being foolish. Turn down the neighborhood sports league. Pass on coaching T-ball. Those around you will appreciate more time with a relaxed you. And you'll have time to enjoy them, too.
- Ditch part of your list. Label your to-do list with A's, B's and C's, according to importance. If it's a hectic day, scratch the C's from your list.

Just remember: A certain amount of avoidance is healthy, but some problems can't be overlooked. For those situations, try another technique.

Alter

One of the most helpful things you can do during times of stress is to take inventory, then attempt to change your situation for the better.

- Respectfully ask others to change their behavior. And be willing to do the same. Small problems often create larger ones if they aren't resolved. If you're tired of being the butt of your wife's jokes at parties, ask her to leave you out of the comedy routine. In return, be willing to enjoy her other jokes and thank her for humoring you.
- Communicate your feelings openly. Remember to use "I" statements, as in, "I feel frustrated by shorter deadlines and a heavier workload. Is there something we can do to balance things out?"
- Manage your time better. Organize your day so that like tasks are lumped together — group your phone calls, car errands and computer-related tasks. The reward of increased efficiency will be extra time.
- State limits in advance. Be proactive. Instead of stewing over a colleague's nonstop chatter, politely start the conversation with, "I've got only five minutes to cover this."

Adapt

The perception that you can't cope is actually one of the greatest stressors. That's why adapting — which often involves changing your standards or expectations — can be most helpful in dealing with stress.

- Adjust your standards. Do you really need to vacuum and dust twice a week? Would macaroni and cheese be an unthinkable substitute for homemade lasagna? Redefine success and perfection, and you may operate with a little less guilt and frustration.
- Practice thought-stopping. Stop gloomy thoughts immediately. Refuse to replay a stressful situation as negative, and it may cease to be negative.

- Reframe the issue. Try looking at your situation from a new reference point. Instead of feeling frustrated that you're home with a sick child, look at it as an opportunity to bond, relax and finish a load of laundry.
- Adopt a mantra. Create a saying such as, "I can handle this," and mentally repeat it in tough situations.
- Create an assets column. Imagine all of the things that bring you joy in life — vacation, children, pets. Then call on that list when you're stressed. It will put things into perspective and serve as a reminder of life's joys.
- Look at the big picture. Ask yourself, "Will this matter in a year? In five years?" The answer is often no. Realizing this makes a stressful situation seem less overwhelming.

Accept

Sometimes we have no choice but to accept things the way they are. For those times try to:

- Talk with someone. You may not be able to change a frustrating situation, but that doesn't mean your feelings aren't legitimate. Phone a friend or schedule a coffee break. You will feel better after talking it out.
- Forgive. It takes energy to be angry. Forgiving may take practice, but by doing so, you will free yourself from burning more negative energy. Why stew in your anger when you could shrug and move on?
- Practice positive self-talk. It's easy to lose objectivity when you're stressed. One negative thought can lead to another, and soon you've created a mental avalanche. Be positive. Instead of thinking, "I am horrible with money and will never be able to control my finances," try this: "I made a mistake with my money, but I am resilient. I'll get through it."
- Learn from your mistakes. There is value in recognizing a "teachable
- moment." You can't change the fact that procrastination hurt your performance, but you can register the regret to make sure you allot more time in the future.

What are examples of negative behavior loops? Strategies to break the loops?

The concept of the "repetition compulsion" is a central idea in psychoanalysis and was introduced by Freud who defined repetition compulsion as "the desire to return to an earlier state of things."

The compulsion to repeat is curious because what is repeated is not pleasurable. On the contrary, it is usually a painful and destructive pattern of feeling and behaving. A common refrain of my people in the throes of this is: "Why do I keep doing this?"

Humans seek comfort in the familiar. This takes form in simple tasks. Perhaps you watch your favorite movie over and over, or choose the same entrée at your favorite restaurant. More harmful behaviors include repeatedly dating people who might emotionally or physically abuse you. or using drugs when overcome with negative thoughts. Freud was more interested in the harmful behaviors that people kept revisiting, and believed that it was directly linked to what he termed "the death drive," or the desire to no longer exist.

Dichotomous thinking is also sometimes called "black or white thinking." This is when someone is only able to see the extremes of a situation, and is unable to see the "gray areas" or complexities of the situation. For example, a student who engages in dichotomous thinking may believe that if they don't get an "A" in class then they have failed.

Workout for Section 5

Take a yoga class

Section 6

Objectives:

- ☐ Discuss homework, what are your negative feeDBack loops?
- ☐ What about eating out? Understand strategies for successful dining experiences
- ☐ Understand FITT principle
- ☐ Understand time management strategies
- ☐ Look at the Life Vision exercise as a way to practice authenticity.

Homework:

- ☐ Use the 10 Life Vision prompts to journal what you feel like are the areas of your life that are needing the most attention right now.
- ☐ Practice good time management strategies by making sure your workouts are scheduled and your food is packed/prepped each day.
- ☐ Continue to food and exercise log if you feel you have hit a plateau and incorporate the FITT principle.
- ☐ Create a Vision board or other visual reminder of your goals

Time Management Strategies

Time is the one commodity we all have in common. No matter how hard we try, we really can't "save" time or "buy" time. Yet, we can learn to "spend" our time wisely to avoid "losing" time.

- Use a To Do List — It's not only a good reminder, but also a time management tool to help you see what you accomplish and how long it takes.
- Get set in your ways — Good time management is synonymous with good organization. Put your daily routines into detail. While you don't need to schedule every move you make, listing routine tasks helps you to remember each step you need to take to meet your goal, whether it's getting to work or school on time or doing Saturday morning chores.
- Break it up — Divide large tasks into small ones to get a better sense of accomplishment as you complete each step. In addition, when you're interrupted in the middle of a task, it's much easier to get back on track and regain your focus.
- Pick up a good habit — Try to keep something in hand going both to and from a destination. If you need to run copies, pick up some office supplies while you wait for the copy machine to finish.
- Big messes start with little piles — Completely finish your circles. Put things away as you finish using them. Aside from keeping you out of clutter and giving you a big clean up at the end of a project, you'll know where things are the next time you need to use them.
- Start tomorrow tonight! — Get in the habit of preparing for the next day at the end of your day. Write out a "to do" list for tomorrow's tasks. Leave keys, wallet (or purse), and your To Do List all in the same place. For optimum time management, you can even lay out tomorrow's gym-clothes before you go to bed.
- Don't forget — Write yourself a note ("Don't forget your lunch") or put reminders at the top of your to do list.
- 'Round to-its — The easiest way to get "around to-it" is to schedule a task. If the lawn needs mowing, put it on your to do list.
- First things first – Prioritize your tasks and then schedule each one at the appropriate time. For instance, you may have to wait until after work to mow the lawn. Although it may be your "top priority" for the day, it needn't be at the top of your list!
- Learn to say no! — Frequently, we consider that saying "no" is discourteous, but you can be frank without being rude. "I can't now, but I could (insert when) "or "I'm sorry, but I just can't manage that today" is just good time management.
- The pause that refreshes – Do make breaks a scheduled part of your day. A small break at the end of a large task or series of small tasks refreshes you and helps you to wind down and focus on "what's next?"
- Be flexible — Effective time management will take some time to get used to. No matter what you did or didn't get done today, there is always tomorrow.

What happens to my eating plan when I'm at a restaurant?

Eating out when you are trying to lose weight can be stressful. Eating out shouldn't stress you out. Some of us have to eat out, because of traveling for work, hectic schedules, or maybe you just hate to cook. Learn some simple dos and don'ts of eating out. It's more about eating certain foods in moderation, substituting one type of food for another, making smarter choices, or adding a good fat or protein to lower the glycemic impact.

Dos:

- Order sauces on the side
- Start your meal with a salad, soup or consommé
- Split your plate in half and save one half for lunch the next day
- Have a small snack before you go
- Balance your plate with mainly vegetables, keeping meat and grains in their proper portion sizes
- Order main courses based on vegetables, not with vegetables as an after thought
- Order foods that are roasted, braised, steamed, grilled, broiled, or pan seared

Don'ts:

- Order heavy cream sauces
- Load up on the butter
- Forget the veggies
- Fill up on alcohol
- Fill up on empty carbs like chips
- Add extra sauce
- Overdo the cheese
- Double/Triple/Quadruple the meat portion
- Order fried food

Try practicing portion control with the following tips from the American Dietetic Association:

- Change your place setting. Use salad or bread plates to serve up your food instead of larger dinner plates.
- Become a label reader. Check out the food's Nutrition Facts label for the amount of food in a single serving - and stick to it.
- Watch your beverage intake. According to the Food Guide Pyramid, a serving of juice equals 6 ounces (about ½ cup), but commercial bottled juices and teas are often sold in bottles that contain 2½ or more servings - making it easy to drink extra portions - and extra calories.
- Think ahead in restaurants. Restaurants often serve oversized portions, so avoid anything labeled "supersize" and ask for a doggie bag - at the start of the meal before you have a chance to down two or more servings.

The F.I.T.T. Principle is one of the foundations of exercise, a set of guidelines that help you set up a workout routine to fit your goals and fitness level while helping you get the most out of your exercise program. F.I.T.T. stands for:

Frequency: How often you exercise.

- For Cardio Exercise: moderate exercise five days a week or intense cardio three days a week to improve your health. For weight loss, you may need to do up to six or more days a week.
- For Strength Training: The recommended frequency here is 2-3 non-consecutive days a week (at least 1-2 days between sessions.)

Intensity: How hard you work during exercise

- For Cardio Exercise: The general rule is to work in your target heart rate zone and focus on a variety of intensities to stimulate different energy systems.
- For Strength Training: The exercises you do (at least 8-10 exercises), the amount of weight you lift and your reps and sets determine the intensity of your strength workouts. In general, you want to lift enough weight that you can only complete the desired number of reps (around 1-3 sets of 8-16 reps of each exercise).

Time: How long you exercise

- For Cardio Exercise: 30-60 minutes of cardio (or working your way up to that). How long you exercise will not just be dependent on your fitness level, but also your intensity. The harder you work, the shorter your workouts will be.
- For Strength Training: How long you lift weights depends on the type of workout you're doing and your schedule. For example, a total body workout could take up to an hour, whereas a split routine could take less time.

Type: The type of activity you're doing

- For Cardio Exercise: Any activity that gets your heart rate up counts as cardio - Running, walking, cycling, dancing, sports, etc.
- For Strength Training: This pretty much includes any exercise where you're using some type of resistance (bands, dumbbells, machines, etc.) to work your muscles. Bodyweight exercises can also be considered a form of strength training, as well, although building strength will likely require more resistance.

The F.I.T.T. Principle is important because it outlines how to manipulate your program to get in shape and get better results. It also helps you figure out how to change your workouts to avoid boredom, overuse injuries and weight loss plateaus.

For example, walking three times a week for 30 minutes at a moderate pace might be a great place for a beginner to start. After a few weeks, however, your body adapts to these workouts and several things may happen:

- **Your body becomes more efficient at exercise** - The more you workout, the easier it is to do the exercises, causing you to burn fewer calories than you did when you started.
- **Weight loss** - Your new workouts may cause weight loss which, of course, is a good thing. The downside? You expend fewer calories moving that new, smaller body around.
- **Boredom** - Doing the same workout for weeks or months on end can get old, eating into your motivation to exercise.

It's at this point you want to manipulate one or more of the F.I.T.T. Principles such as adding another day of walking (changing your exercise Frequency), walking faster or add some running (changing the Intensity), walking for a longer period of time (changing the Time) or trying something different like swimming or running (changing the Type).

Your Life Vision - An Exercise In Authenticity

1. Purpose: Knowing and living your purpose
2. Prosperity: Creating the Income to Support Your Goals and Purpose
3. Nutrition: Creating a physical foundation for energy, clarity & health
4. Exercise: Body Movement for health, joy and freedom
5. Personal Growth: Exploration of Self-Awareness, Belief and Potential
6. Self Care: Honoring & Nourishing Self
7. Relationships: Building Healthy Connections with Self & Others
8. Slowing Down: Creating stillness and space to hear your own wisdom
9. Spirituality: Having a Daily Practice that Supports your Intentions
10. Fun: Bringing joy, lightness and humor into life

Workout for Section 6

Do a Tabata style workout!

Tabata is a form of high intensity interval training. It is a method that is much more beneficial than regular moderate intensity training (jogging, biking, skipping, and so forth) and can be much more fun.

Like many other exercises and forms of workouts; you must be committed and determined to put forth all your energy in the exercise. The Tabata Training Method is an advanced form of exercise and it requires you to be fit as well as mentally strong. The method is designed so that each exercise lasts 4 minutes, and within those 4 minutes you have to go through 8 intervals. Each lasting 20 seconds at a very high intensity followed by 10 seconds of rest.

Using Tabata is quite simple and straight forward. However you must be prepared for the session. The first thing you need to do is to pick the exercises you wish to include in your Tabata training. Then, you need the right equipment for the exercises. This is a sample Tabata training plan:

- Bodyweight Squats or Wall Sits (20 seconds of work, followed by 10 seconds of recovery x 8 rounds = 4 minutes)
- Pushups (20 seconds of work, followed by 10 seconds of recovery x 8 rounds = 4 minutes)
- Chin ups (20 seconds of work, followed by 10 seconds of recovery x 8 rounds = 4 minutes)
- Sprinting in place (20 seconds of work, followed by 10 seconds of recovery x 8 rounds = 4 minutes)

Equipment needed: surface mat for pushups and a chin up bar

So that workout took 16 minutes!

Section 7

Objectives:

- ☐ Review homework, share vision boards or life vision exercises
- ☐ Review the 5 Stages of Readiness for change
- ☐ Program review / integration of main concepts
- ☐ Understand how to create SMART goals

Homework

- ☐ Create 8 SMART goals
- ☐ Create your own Long Ladder Set workout based on your own personal fitness goals
- ☐ Dial in your meal plan for the next month

Five Stages Of Change And Motivational Readiness A.K.A. — Transtheoretical Model for Change

In life there are stages that we go through when we are looking to make a major change or develop our motivational readiness. These stages are not a linear escalator with only one way to go. You can slide up and down within the stages over and over again. The goal would be to get to stage five and stay there. So what are the stages of change applied to physical activity and wellness?

1. Precontemplation
This stage is not where you want to be. This is the stage where you do not think about physical activity, have no intention of starting in the next six months and are currently not concerned with the state of your health and wellness!

2. Contemplation
In this stage there is still zero physical activity but the person does intend to get going within the next 6 months and begins to consider other dietary or lifestyle habit changes.

3. Preparation
Finally the person is active and doing some sort of physical activity but not at the levels that meet the standards set by ACSM for exercise prescription. They are amking adjustments to their diet for weight loss or to lower blood pressure or cholesterol, etc.

4. Action
Fully engaged in physical activity that meets all the standards but the person has not been at this level for at least six months. Eating habits have shifted and they are better educated on nutrition concepts like portion control, macronutrients, and hydration.

5. Maintenance
Yeah! 6 months or more of exercise that meets all the standards and adhering to a meal plan MOST of the time that supports a healthy weight and body composition.

You can see that only two of the stages are really going to help if you want to be healthy. You are either on your way to a healthy lifestyle (ACTION) or you are there (MAINTENANCE). We all have life happen to us but when you are at stage 4 or 5 you find a way to make life work with your health. What is life without health? Let's face it, we are looking to health and wellness to be the preventive medicine that we all need. Things are going to happen, but we can only control how WE respond and react. We always have the choice on what we feed our bodies, whether or not we exercise them and for how long and why. Only you know what will be right for you, enjoyable for you, and only you have the ability to seek the help necessary to work your way up the stages.

So what should you do next?

STRIVE FOR STAGE FIVE... you have a support network to hold you accountable.

SMART Goals

Any goal worth working towards will usually answer the five "W" questions -

What: What do I want to accomplish?

Why: Specific reasons, purpose or benefits of accomplishing the goal.

Who: Who is involved?

Where: Identify a location.

Which: Identify requirements and constraints.

S - The first term is Specific. Your goal needs to be so specific that you can identify a particular date, a time, an amount, etc. A good specific goal would be "I will have my $12,765.90 Visa card balance paid off by September 3rd at 5pm."

M - The second term, measurable, stresses the need for concrete criteria for measuring progress toward the attainment of the goal. Measuring progress is supposed to help you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach the ultimate goal.

A - The third term, attainable, stresses the importance of goals that are realistic and attainable. While an attainable goal may push you outside of your comfort zone in order to achieve it, the goal is not extreme... When you identify goals that are most important to you, you begin to figure out ways you can make them come true. You develop the attitudes, abilities, skills, and financial capacity to reach them. Trying to figure how to attain a goal gets you to identify previously overlooked opportunities that can get you closer to the achievement of your goal. It makes you search outside of the box for new ways to solve problems.

R - The fourth term stresses the importance of making goals relevant. A relevant goal must represent an objective that you are willing and able to work towards. This does not mean the goal cannot be high. A relevant goal will usually answer the question: Does this seem worthwhile?

T - The fifth term stresses the importance of grounding goals within a time frame; giving them a target date. A commitment to a deadline helps you to focus your efforts on completion of the goal on or before the due date. This part of the S.M.A.R.T goal criteria is intended to prevent goals from being overtaken by day-to-day crisis management. A time-bound goal is intended to establish a sense of urgency. What can I do 6 months from now? What can I do 6 weeks from now? What can I do today?

Carolyn's Extra Layer Of Criteria To Make Your Goals "Smarter"

Significant

Motivational

Aligned

Responsible

Trackable

***E**valuate*

***R**e-evaluate*

Now make two SMART goals in each of the following areas:

Nutrition goal 1:

_____

_____

Nutrition goal 2:

_____

_____

Exercise goal 1:

_____

_____

Exercise goal 2:

_____

_____

Stress Management goal 1:

_____

_____

Stress Management goal 2:

_____

_____

Personal growth goal 1:

_____

_____

Personal growth goal 2:

_____

_____

Recipes

Your Clean Eating Pantry Checklist!

The Basics
- ☐ Non-stick cooking spray, preferably olive oil based
- ☐ Herbs:
  - ☐ rosemary
  - ☐ basil
  - ☐ oregano
  - ☐ thyme
- ☐ Spices:
  - ☐ Red pepper flakes
  - ☐ cinnamon
  - ☐ nutmeg
  - ☐ cloves
  - ☐ allspice
- ☐ Sea salt
- ☐ Black pepper
- ☐ Balsamic vinegar
- ☐ Rice vinegar
- ☐ Apple Cider vinegar
- ☐ Low sodium vegetable or chicken broth
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Lemon juice
- ☐ Lime juice

Whole Grains
- ☐ Quinoa
- ☐ Brown Rice
- ☐ Barley
- ☐ Millet
- ☐ Farro
- ☐ Amaranth
- ☐ Buckwheat
- ☐ Kamut
- ☐ Oats – Steel cut is best
- ☐ Wheat germ
- ☐ Oat bran
- ☐ Cream of Wheat
- ☐ Bulgar

Legumes
- ☐ Garbanzo beans (chickpeas)
- ☐ Black beans
- ☐ Kidney beans
- ☐ Pinto beans
- ☐ Adzuki beans
- ☐ Navy beans

Nuts/Seeds
- ☐ Almonds – nothing added.
- ☐ Hazelnuts
- ☐ Walnuts
- ☐ Pecans
- ☐ Cashews
- ☐ All-natural nut butters
- ☐ Chia
- ☐ Flax

Oils
- ☐ Udo's Oil
- ☐ Coconut Oil
- ☐ Extra virgin olive oil
- ☐ Safflower Oil
- ☐ Pumpkin oil

Dried Fruit
- ☐ Apricots
- ☐ Raisins
- ☐ Cranberries
- ☐ Cherries
- ☐ Figs
- ☐ Dates

Condiments
- ☐ Mustard
- ☐ Salsa
- ☐ Vinegars

Dry Goods
- ☐ Baking soda
- ☐ Whole wheat flour
- ☐ Baking Powder
- ☐ Vanilla, best quality

Pantry
- ☐ Yams
- ☐ Sweet Potatoes
- ☐ Potatoes
- ☐ Onions
- ☐ Garlic
- ☐ Squash
- ☐ Canned tomatoes
- ☐ Tuna - water packed
- ☐ Salmon - water packed
- ☐ Low-fat soups

Freezer
- ☐ Whole grain breads (like Ezekial)
- ☐ Whole grain wraps
- ☐ Flash frozen chicken breasts
- ☐ Fish
- ☐ Frozen berries
- ☐ Frozen vegetables

Refrigerator
- ☐ Eggs
- ☐ Skim milk
- ☐ Soy milk (Unsweetened)
- ☐ Almond milk (Unsweetened)
- ☐ Rice milk (Unsweetened)
- ☐ Coconut milk (Unsweetened)
- ☐ Fresh berries
- ☐ Fresh vegetables
- ☐ Cooked chicken breasts (always have some ready!)
- ☐ Water

Optional Sweeteners
- ☐ Agave
- ☐ Honey
- ☐ Maple syrup
- ☐ Brown rice syrup
- ☐ Stevia

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

Fruit Choices

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

Moderate GI

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

High GI

Banana Mango
Pineapple Papaya

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

Optimal Fat Choices

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

The Many Names for Sugar

Barley Malt
Beet sugar
Blackstrap molasses
Brown sugar
Cane sugar
Cane juice crystals
Caramel
Carob syrup
Castor sugar
Corn sweeteners
Corn Syrup
Confectioner's sugar
Date sugar
Demerara sugar
Dextrin
Dextrose
Diastatic malt
Diatase
D-mannose
Evaporated cane juice
Fructose
Fruit juice concentrate
Galactose
Glucose
High-fructose corn syrup (HFCS)
Honey
Invert sugar
Lactose
Malt syrup
Maltodextrin
Maltose
Maple syrup
Molasses
Raw sugar
Rice syrup
Sucrose Syrup
Table sugar
Turbinado sugar

Other Names for Artificial Sweeteners

NutraSweet
Splenda
Acesulfame potassium
Aspartame
Isomalt
Saccharin
Sucralose
Alitame
Neohesperidine dihydrochalcone
Aspartame-acesulfame salt

Foods That May Contain Gluten

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

9 Gluten-Free Grains

Being gluten intolerant doesn't mean you have to eat a totally grain-free diet. Here are a few options you can still enjoy (in moderation) when grain-cravings strike:

- Rice
- Corn
- Quinoa
- Buckwheat
- Millet
- Amaranth
- Teff
- Sorghum
- 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

Safe Alternatives To The 6 Most Common Food Allergens

Successfully managing a food allergy is all about shifting your focus from what you can't have to what you CAN have! Here are some alternatives to the 8 most common allergens:

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

Eggs: Silken tofu scrambled with sautéed onions, bell peppers and cheese makes a very nice substitute for scrambled eggs. Also, 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.

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.

Barley grass - Barley grass has 11 times more calcium than cows 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. These particular vegetables act as mini-transfusions for the blood, a health tonic for the brain and immune system and a cleanser of the kidneys. Try any of the following: rocket, spinach, dandelion greens, kale, watercress, parsley, lettuce, endive, chicory, broccoli sprouts and mustard sprouts.

Fruit And Nut Superfoods

Fruit and nut superfoods are high in anti-oxidants that fight free radicals in the body. Free radicals may sound a little like an extremist terrorist sect evading capture and wreaking havoc across the globe and in fact within the context of your body this would be right. They are, in part, a natural occurrence through metabolism however extra and unnecessary free radical load can be put on our bodies by external factors including pollution, cigarette smoke, radiation, burnt foods, deep fried fats and cooked foods. When enough of these free radicals invade our immune system problems occurs. This is when you need antioxidants to build up the immune system and fight off the free radicals in the form of superfoods or supplements.

Goji Berries - Goji berries are grown on vines in the protected valleys of inner Mongolia and Tibet. These distinctively flavoured red berries are a very rich source of vitamin C, having 500 times more vitamin C per ounce than oranges and actually more than any other fruit. They are a superb source of vitamins A, B1, B2, B6 and E and contain a full complement of protein with 18 amino acids and 21 trace minerals. Most of all they are an excellent antioxidant making it an ideal natural whole food for reversing aging and protecting against disease.

Raw Cacao - For this nut we could easily dedicate a whole page, if not a book. A word of warning before we start however, most cocoa powder and commercial chocolate is processed via the "Dutch method" meaning it is subjected to scorching temperatures of up to 150°C with the additional aid of solvents, thus destroying most of the nutrients and antioxidants. Be sure to attain certified organic raw cacao in a powder, nib or whole bean form as the temperature will have never been allowed to exceed 40°C thus allowing all the heat-sensitive vitamins, minerals and antioxidants to remain intact. Raw cacao beans contain possibly the world's most concentrated source of antioxidants found in any food.

They are also extremely high in magnesium which has been found to be the most common deficient major mineral even following a balanced diet. For those concerned with not getting enough iron it should be pleasing to know that one small 28 gram serving of raw cacao beans gives 314% of the recommended daily allowance of iron. And if that is not enough raw cacao beans have an antioxidant (ORAC) score of 95,500. To put that into perspective, that is 14 times more flavonoids (antioxidants) than red wine and 21 times more than green tea.

Maca - Maca powder is from the Maca root, a flavorful ancient superfood from Peru. Maca has been cultivated for at least 2000 years and was consumed by Inca warriors to increase strength and endurance. It is a highly nutritious food that has been used traditionally to gain energy, promote sexual desire, support fertility and enhance immune system function. It continues today to be a significant staple food and medicinal plant for the Peruvian people and is now widely available around the world as a whole food supplement.

Acai - Acai berries have long been a part of the staple diet of the tribes in the Amazon. With the appearance of a purple grape and taste of a tropical berry it has been shown to have powerful antioxidant properties thanks to a high level of anthocyanins, pigments also found in red wine. The ORAC rating of acai is 1,027. Make sure to look for the freeze dried acai fruit in which the nutrients are kept intact or when buying the juice look for a brand that has not been pasteurized or heated in any way.

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.

Noni - This fruit has been used by Polynesian islanders as a regenerative medicine for more than 1500 years. Research documents that the noni fruit has astounding anti-bacterial properties, even against E-coli. It has anti-tumor activity, anti-inflammatory properties, is effective as a pain reliever, generates cell repair and strengthens the immune system. Noni contains a multitude of vitamins, minerals, enzymes and phytonutrients. Many believe that the synergistic effect of the multi-spectrum nutrients is what gives it its potency. It has been proven beneficial for colds and flu's, digestive disorders, skin disorders, pain relief, headaches, infections and more. For best results look for a freeze-dried product that uses only the whole fruit or when buying the juice look for a brand that does not use pasteurizing.

Bee Superfoods

The Egyptians wrote about it back in 5500 B.C., the Indians used it for their religious ceremonies in 1000 B.C. and even the Babylonians have been noted to use it in their medicinal practices. The western world actually discovered the benefits of bee superfoods by accident during an investigation of native Russian Beekeepers who regularly lived past 100 years of age who ate raw honey, rich in bee pollen, every day.

Royal Jelly - Royal Jelly is a milk like secretion from the head glands of the worker bees. The queen bee lives almost exclusively on royal jelly and she lives around 40 times longer than the rest of the bees. Royal Jelly is a powerhouse of nutrients containing every nutrient necessary to support life. It is the worlds richest source of pantothenic acid (also known as Vitamin B5), which is known to combat stress, fatigue and insomnia and is a vital nutrient for healthy skin and hair.

Bee Pollen - Bee pollen is collected by bees from flowering plants and formed into granules. Bee pollen is the most complete food found in nature and has five to seven times more protein than beef. It is especially beneficial for the extra nutritional and energy needs of athletes and those recovering from illness. It is a natural antidote for fighting allergies particulary hayfever and sinusitus. Research shows that pollen counteracts the signs of aging and increases both mental and physical capability.

Propolis - Propolis is the substance that bees coat the walls of their hives with and bee hives have often been referred to as the most antiseptic places in nature. The powerful antibiotic properties of propolis can help protect humans from bacteria and can strengthen our immune system. Propolis works against viruses, something that antibiotics cannot do. Research shows that taking propolis during the high risk 'cold and flu' season reduces colds, coughing and inflammation of the mouth, tonsils and throat.

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 or bathing in them helps 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.

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 Cof 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 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.

Taken from the website: http://www.foodmatters.tv/Health_Resources/Seaweed_Superfoods

Recipes

Apple Slaw

Ingredients

⅓ C apple cider vinegar
1 Tbsp dijon mustard
¼ tsp sea salt
¼ tsp black pepper
1½ small cabbages (7 C 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

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

2. 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.

Breakfast Burritos the Tofu Way

Ingredients

1 package whole wheat tortillas
1 large Idaho potato, diced
2 Tbsp trans-fat free margarine or 1 Tbsp canola oil
1 block water-packed firm tofu, diced
1 medium sized zucchini, diced
1 green bell pepper, diced
¼ C nutritional yeast (bulk section at Bashas)
1 Tbsp garlic powder
1 Tbsp onion powder
1 tsp cumin
Optional toppings: shredded soy/dairy cheese, salsa

1. In skillet sauté diced potato in trans-fat free margarine or canola oil until browned on the outside and soft inside. Add tofu and cook 5 more minutes - then add in zucchini and bell pepper. Toss with nutritional yeast, garlic powder, onion powder and cumin. Mix well. Cook until vegetables are tender crisp and mixture is coated with spices. Place hot mixture on tortilla and add any optional toppings desired. Wrap and enjoy!

Chocolate, Banana, Date and Tofu Pudding

adapted from Tofu Cookery by Louise Hagler

Ingredients

- 1½ lbs. soft tofu
- 1 C powdered sugar
- ⅓ C cocoa
- ¼ C oil
- 2 Tbsp soy milk, almond milk, or cowís milk
- ½ C pitted dates, chopped
- 1 ripe banana
- 1½ tsp vanilla

1. Place all ingredients in a food processor. Blend until very smooth. Taste for preferences and adjust as needed. Chill one hour before serving if possible to deepen the flavors of the pudding. Sprinkle powder sugar on top if desired.

Creamy Pumpkin Tofu Soup

Ingredients

- 1 Tbsp olive oil
- 1 C leeks, whites only, thinly sliced and washed well
- 4 C low sodium chicken or veggie broth
- 1 C fresh pumpkin, peeled, seeded, cut into 1” cubes
- 2 cloves garlic, crushed
- 1 tsp fresh grated ginger root
- ½ C silken tofu
- sea salt to taste

1. Add oil to a small nonstick frying pan and sauté leeks until softened. In a large saucepan add the broth, leeks, and pumpkin. Bring to boil. Reduce heat and cook for 3o min.

2. Add garlic, ginger, and tofu. Simmer another 15 min. Using a hand blender, puree soup mixture until uniformly smooth. Add sea salt as desired. Serve hot!

Crustless Veggie Quiche

serves 6

Ingredients

- 5 Eggs
- ½ C nonfat milk
- ¾ C nonfat cottage cheese
- ½ C grated part skim mozzarella cheese
- 10 oz. steamed broccoli (could use frozen)
- 10 oz. frozen spinach, thawed and drained
- 1 Tbsp Extra Virgin Olive Oil
- ½ tsp salt
- Fresh ground pepper to taste

1. Beat eggs in a medium sized bowl. Add milk and beat again until well combined. Add remaining ingredients and stir vigorously to blend. Pour into a deep, lightly oiled pie dish and bake in a 375 degree oven for about 35-45 minutes or until an inserted knife comes out clean.

Nutritional Information Per Serving: 156 calories, 8 g carb, 16 g protein, 7 g fat per serving

Cucumber salad

Ingredients

- 2 seedless cucumbers (1½ to 1¾ pounds total)
- 1 tsp stevia or 1 Tbsp agave nectar
- ¼ C distilled white vinegar
- 2 tsp grainy mustard
- Bibb or Boston lettuce leaves

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

2. 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 C cooked brown rice, quinoa, or millet
- 1 C raw almonds, toasted
- 3 to 4 carrots, shredded
- 1 bunch kale, thoroughly washed
- 1 package firm tofu, packed in water

Dressing ingredients:

- 1 green onion, roughly chopped
- 2 garlic cloves, peeled
- 2 Tbsp maple syrup
- 4 Tbsp apple cider vinegar
- 1 tsp mustard
- 1 tsp fresh chives (can leave out if not available)
- 1 tsp fresh dill or ½ tsp dried dill
- 1 tsp fresh parsley or ½ tsp dried parsley
- ½ c olive oil (expeller cold pressed if possible)

Dressing

1. Add all dressing ingredients to food processor and combine. Pour into separate container. Store extra in the refrigerator up to 1 week.

Dragon Bowl

2. Place shredded carrots in skillet over medium heat and cover with lid. Drain tofu and cut into bite sized pieces. Add tofu to skillet, toss and replace 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/tofu mixture on top of rice. Pour desired amount of dressing over each bowl. Sprinkle on toasted almonds and serve.

Edamame Salad

Ingredients

10 oz frozen shelled edamame
2 green onions, sliced
1 sheet nori, crumbled
¼ C rice wine vinegar
1 T olive oil
¼ t sea salt
¼ t Nanami Tograshi (Asian seasoning blend) - optional

1. Cook edamame according to package directions; set aside. In a medium bowl, combine edamame, onions, and nori.

2. In a small bowl, whisk together vinegar, oil, salt and Nanami Tograshi. Add to edamame mixture and combine thoroughly. Refrigerate for 2-3 hrs to allow tastes to combine.

Egg White and Turkey scramble

Prep Time: 4 minutes
Cook Time: 10 minutes
Yields: 6
Nutrition per serving: Calories: 114 Fat: 1g • Protein: 24g • Carbs: 2g • Sugars: 1g • Sodium: 120mg

Ingredients

8 egg whites
1 lb lean ground turkey or tofu
2 C shredded spinach
2 tomatoes, coursely chopped
1 clove garlic, minced
Salt and pepper to taste

1. 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.

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

Gingered Tofu Peanut Spread

Ingredients

½ lb firm or extra firm tofu packed in water, drained
1 Tbsp tamari
⅔ c natural peanut butter
1 Tbsp lemon juice
1½ tsp fresh garlic, minced
1 clove garlic, minced
2 Tbsp water

1. Puree the tofu in a blender with the tamari until smooth. Scrape down the sides and add the remaining ingredients. Mix thoroughly.

Chef's Notes

This spread tastes best if it can sit 30 minutes at room temperature but this does not have to be the case. Use this on crackers, bread, or thin it with coconut or almond milk and use as a sauce for steamed vegetables or noodles.

Minestrone Soup

Yields: 8 (¾ C)
Nutrition per serving: 75 calories • 15g carbs • 1g fat • 0 mg cholesterol • 3g protein • 362mg sodium • 3g fiber

Ingredients

1½ tsp extra virgin olive oil
1 tsp minced garlic
⅓ C diced onion
⅓ C diced carrots
⅓ C diced celery
¼ C diced red or yellow bell pepper
½ tsp finely chopped fresh oregano
¾ tsp finely chopped fresh basil
¼ tsp freshly ground black pepper
½ tsp sea salt
1½ Cs peeled and diced tomatoes
½ C shredded cabbage
3 C vegetable stock
¼ C drained and rinsed red kidney beans
¼ C drained and rinsed garbanzo beans
2 tsp chopped chives

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

5 lbs fresh tomatoes - use a mixture of Romas, cluster, and heirloom
1 T olive oil
½ C water
¼ C fresh basil leaves
1t organic agave nectar or honey
Salt and pepper to taste
Juice of one fresh lemon

1. Wash tomatoes and remove the green crowns.

2. Blanch the tomatoes: Bring several Cs 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.

3. In a dutch over or large stock pot, heat the olive oil over medium high heat. Place all the tomatoes in the pot. Add ½C 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.

4. 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

Ingredients

1 Tbsp olive oil
2 cloves garlic, minced
4 C of any of the following, chopped:
collard greens, kale, purple cabbage, broccoli rabe, bok choy, swiss chard, spinach

1. 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

Ingredients

1 lb your choice of Red Snapper, Halibut, Sole, Orange Roughy, Tilapia, etc
½ C no salt added veg broth
2 T fresh parley, minced
1 T shallots, minced
1 T fresh dill
¼ C fresh lemon juice

1. 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

Yield: 6 (¾ C)
Nutrition: 130 calories • 19 g carbs • 3 g fat • 0 mg cholesterol • 7 g protein • 317 mg sodium • 4 g fiber

Ingredients

1 Tbsp extra virgin olive oil
½ C chopped onions
¼ C chopped carrots
¼ C chopped celery
1 Tbsp minced garlic
1 C red lentils
1½ quarts vegetable stock
¼ tsp dried basil
Pinch dried oregano
Pinch dried thyme
1½ tsp white distilled vinegar
½ tsp Worcestershire sauce
1 tsp sea salt
¼ tsp freshly ground black pepper

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.

Roasted Veggie Medley

Ingredients

1C cauliflower, chopped
½ C parsnips, thinly sliced
½ C red bell pepper, cut into strips
½ C yellow bell pepper, cut into strips
½ C onion, thinly sliced
½ C mushrooms, thinly sliced
2 T no salt added vegetable broth

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

Savory Spaghetti Squash

Ingredients:

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
½ tsp red pepper flakes

1. 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.

2. 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.

3. Remove squash from oven. Scrape crosswise to pull strands from shell. Place in nonmetal serving bowl. Pour sauce over squash and garnish with basil.

Tempeh Cashew Toss

Ingredients

1 C raw, unsalted cashew pieces, toasted
1 Tbsp canola oil
1 package multi-grain tempeh
2 to 3 Tbsp tamari
2 celery stalks, diced
2 stalks green onions, diced
3 to 4 Tbsp grape seed Veganaise (vegan mayo)
2 tsp dill weed
½ tsp ground rosemary

1. Preheat oven/toaster oven to 300 degrees. Place cashews in single layer on cookie sheet and place in preheated oven. Check frequently, tossing nuts until lightly browned. When browned, remove from oven and let cool on cooking sheet.

2. Cut tempeh into bite-sized pieces. Heat canola oil in medium-sized skillet over medium heat. Place tempeh in warm skillet and stir. As the tempeh begins to brown, quickly stir in the tamari. When the tempeh is completely saturated and browned remove from heat and let cool. In one bowl combine toasted nuts, browned tempeh, diced vegetables and veganaise. Stir in dill and rosemary. Add more veganaise to taste if needed. Serve.

Tofu Eggless Salad

Ingredients

½ lb extra firm tofu packed in water, drained
¼ c shredded carrots
¼ c shredded zucchini
1 tsp mustard
2 Tbsp nutritional yeast
1 tsp turmeric
2 -4 Tbsp veganaise or mayonnaise
1 tsp dried dill

1. In a medium sized bowl mash the tofu into crumbles with a fork or potato masher. Mix all the remaining ingredients into the tofu.

Chef's Notes

Serve immediately or refrigerate to allow the flavors to blend. A great filling for sandwiches, pitas, on top of toasted foccacia, as a dip for vegetables, or served on a bed of spinach

Vegetable Fritatta

Yield: 6 servings
Nutrition: Calories 237 • Calories from Fat 152 • Total Fat 17 g • Sat Fat 3g • Cholesterol 376 mg • Sodium 193 mg • Carbs 8.6 g • Fiber 1.4 g • Sugars 3.3 g • Protein 14 g

Ingredients:

2 Tbsp 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
¼ C fresh mushrooms, quartered
8 eggs, lightly beaten
2 Tbsp basil, thinly sliced (or 1 tsp dried basil)
½ tsp dried rosemary, crumbled
3 Tbsp grated Parmesan cheese
Salt and pepper to taste

1. 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.

2. Pour eggs into skillet, stirring slightly. Add herbs and salt and pepper to taste. Stir eggs frequently until eggs begin to set. Add cheese and lightly press into egg mixture with a spatula. 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

Ingredients

1 Tbsp 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 C pale beer or 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 Tbsp ground cumin
2 Tbsp chili powder
2 packets stevia (optional)
1 Tbsp cayenne hot pepper sauce
1 tsp coarse sea salt
1 C vegetarian refried beans

Toppings:

Chopped scallions, whites and greens
Diced fresh seeded plum tomato
Nonfat sour cream

1. 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.

2. 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, tomatoes and sour cream.

Warm Asparagus and Mushrooms

Ingredients

1 lb asparagus spears, coarsely chopped
1 T no salt added veg broth
4 C mushrooms, thinly sliced
½ C onion, chopped
1 T garlic, minced
¼ C fresh lemon juice

1. Prepare the asparagus by discarding the bottom part of the stalk and slicing the rest on a diagonal. Steam the asparagus for about 5 min, until it is crisp but tender. Set aside. Heat the broth, mushrooms, onions, and garlic in a skillet, cooking until soft.

2. Add the asparagus and drizzle with lemon juice. Remove from skillet, to a serving platter and allow to cool.

Zesty Coleslaw

Ingredients

1 C shredded green cabbage
½ C shredded red cabbage
½ C jicama, peeled and grated
½ small green pepper, coarsely chopped
½ small red pepper, coarsely chopped
½ small onion, coarsely chopped
1 small celery stalk, coarsely chopped

Dressing:

½ C apple cider vinegar
½ t minced garlic
½ t Stevia (optional)
½ t cayenne (optional)

1. 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

Ingredients

- 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

1. 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.

Raw Food Recipes

References:

www.therawchef.com
www.rawfoodsolution.com
www.rawgourmet.com
www.incrediblesmoothies.com

Raw Zucchini and Sun-Dried Tomato Hummus

By Tracy Russell

Ingredients

1 large zucchini, chopped
juice from ½ lime
½ tsp sea salt
1 to 2 tsp ground cumin
½ avocado
1 tsp olive oil
2 Tbsp raw sesame seeds
½ C sun dried tomatoes, chopped

1. In a blender or food processor (use the "S" blade), blend the zucchini, lime juice, avocado, olive oil, sesame seeds and tomatoes until creamy. Next add the salt and cumin to taste.

2. Use this quick and easy hummus with raw veggie wraps, on salads or dip your favorite veggies in it. It's also delicious spread on raw flax crackers.

3. Zucchini hummus is just one of many ways you can use raw foods to lose weight, detox, increase energy and boost mood.

Chef's Notes

I've made this raw hummus a couple of times. It's great for wraps or to eat with veggies. You can make it without the sun dried tomatoes, but it will be a little thinner.
This hummus is made with zucchini rather than chick peas. I like zucchini hummus much better than any sprouted, raw chick pea hummus that I've ever had.
I didn't soak the sun dried tomatoes before I added them so they would make the hummus chunkier (my preference). You can always add tahini instead of avocado, but I had avocado on hand and it worked just fine.
Experiment by adding other veggies like garlic, onion and red pepper.

Raw Lasagna

Yield: 9 large portions
Can be made in a lasagna dish, or made as individual portions on the plate.

Nut Cheese

2 cups macadamia nuts, soaked 4 hours or more
1 C pine nuts
2 Tbsp lemon juice
2 Tbsp nutritional yeast
1 yellow pepper
2 Tbsp fresh parsley
1 Tbsp fresh thyme
1 tsp salt
½ C water as needed

Process all ingredients together, adding as little of the water as possible, until a fluffy consistency is achieved.

Walnut Meat Layer

½ C walnuts, soaked 1 hour or more
1 C sun-dried tomatoes, soaked for 1 hour or more
1 Tbsp dark/brown miso
2 tsp dried oregano
2 tsp dried sage
1 Tbsp nama shoyu
½ tsp cayenne pepper
2 Tbsp olive oil
1 tsp agave nectar

Grind all ingredients in a food processor, leaving the mixture slightly chunky.

Tomato sauce

1½ C sun-dried tomatoes, soaked 2 hours or more
2 soft dates
2 cloves garlic
2 C tomato, seeded and chopped
1 Tbsp dried oregano
⅓ C olive oil
2 Tbsp lemon juice

Process in a food processor until smooth.

Green pesto

2 C tightly packed basil leaves
¾ C pine nuts or walnuts
½ C olive oil
1 tsp salt
1 clove garlic
1 Tbsp lemon juice

Process all ingredients, leaving plenty of chunkiness!

Spinach Layer

6 C torn spinach
5 tsp dried oregano
3 Tbsp olive oil
½ tsp salt

Place all ingredients in a bowl to marinate and wilt for 1 hour or longer, putting the covered bowl in a dehydrator will help this process but it's not essential.

For the assembly:
5 medium courgettes (zucchini), cut lengthwise and marinated in 1T of salt and 3T olive oil for 10 minutes.
Pinch black pepper

Assembly method:

1. Line the base of your dish with a layer of the courgette strips that slightly overlap.

2. On top of this put down a layer of the walnut meat, then the cheese, then tomato sauce and finally the pesto on top.

3. Finish this with another layer of slightly overlapping courgette strips.

4. Repeat step 2 but before adding the final layer of courgette, take your wilted spinach and create an additional layer with that.

5. Placing the whole dish in the fridge for several hours will firm it all up slightly which will make it easier to cut into portions.

6. Garnish individual portions with black pepper and a sprig of basil.

Portobello Mushroom Kebobs with Asian Slaw

Serves 2

Ingredients

For the kebabs

- 3 large portabellos
- 1 small red onion
- 1 zucchini (courgette)
- 1 yellow bell pepper
- 1 C pineapple
- 3 Tbsp tamari
- 1 tsp freshly grated ginger
- ¼ tsp ground fennel seed
- ¼ tsp ground celery seed
- 2 Tbsp olive oil
- 2 Tbsp flax oil
- ¼ tsp sesame oil (optional)
- ¼ tsp salt

For the Asian slaw

- 1 tsp finely grated ginger
- 3 Tbsp apple cider vinegar
- 2 Tbsp tamari
- 1 tsp lime juice
- ¼ C almond butter
- ½ a head of Napa cabbage, sliced thin
- 1 medium carrot, 'ribboned' with a peeler
- ½ a red bell pepper, julienne fine
- ½ a yellow bell pepper, julienne fine
- 1 Thai chili, minced fine
- 2 green onions, finely sliced
- Small handful cilantro, minced
- 2 Tbsp chiffonade mint

1. Chop the vegetables into 1" squares.

2. Blend the pineapple, tamari, ginger, fennel seed, celery seed, olive oil, flax oil and sesame oil, then transfer to a bowl. Add the vegetables the bowl and marinate for a few minutes. - Make small skewers, alternating the vegetables on each wooden skewer to you have a nice color and texture variation. (Optional: Place in the dehydrator for 2 – 3 hours at 115 degrees F.)

1. Blend first 5 ingredients in a high-speed blender.

2. Combine with remaining ingredients in a bowl.

3. Serve with warm kebabs straight from the dehydrator.

Chef's Notes

This is a really tasty, quick and easy recipe that is packed full of flavors. I really love the way the slaw provides a creamy crunch, along with the marinated kebab veggies. Don't let the simplicity of the way this looks deceive you — it's a truly satisfying meal that I'm sure will impress anyone.

Beautiful Butter Lettuce Salad with Raw Nut Dressing

Serves 2

Ingredients

- 2 heads butter lettuce, could be Bibb, Romaine, or Boston
- 1 avocado
- 2 nori sheets
- ¼ C pine nuts
- ½ C baby tomatoes

Dressing

- 1 C cashews, soaked 20 minutes
- ½ C water
- 1 clove garlic
- 1 tsp onion powder
- 2 tsp lemon juice
- ½ tsp lemon zest
- ½ tsp salt
- 2 tsp nutritional yeast (optional)

1. Blend all ingredients together in a high-speed blender.

2. Chill until ready to use.

Quick Parmesan Cheese

- ¼ C macadamias
- 2 Tbsp nutritional yeast
- ¼ tsp salt

1. Use a Microplane to grate the macadamias into a bowl.

2. Add the nutritional yeast and salt, and then mix thoroughly.

Assembly

1. Cut the leaves from the stalk of the butter lettuce. Toss in the desired amount of dressing and then rearrange the leaves on the plate so they go from biggest to smallest, as they did when they were part of the original lettuce. Cut half of an avocado into a fan and place on the plate just to the side of the butter lettuce. Crush a dry nori sheet with your hands and sprinkle the lettuce with it. Quarter the baby tomatoes and sprinkle the salad with them, finishing up with a sprinkle of the quick parmesan cheese and the pine nuts.

Chef's Notes

This is a filling and simple salad that is easy to present beautifully and can be made smaller if desired for a first course of a larger meal.

Orange Tahini Dressing

Yield: approximately ½C
Ingredients

2 Tbsp tahini
½ C fresh orange juice pinch sea salt
1 tsp grated ginger
¼ tsp cinnamon
1 tsp dulse flakes
⅛ tsp curry powder

2. In bowl, add orange juice gradually to tahini, stirring after each addition. Add salt. Dressing tastes fine as is, or add spices to taste.

Chef's Notes

A delightful light dressing that only takes a few minutes to make. Its simplicity invites variation. Try adding 1 tsp chopped ginger and 1-2 tsp tamari. Or, add 2 tsp poppy seeds and ¼ tsp Chinese 5 spice powder.

Smoothie Ideas

Blueberry-Plum Smoothie

2 bananas, peeled 4 medium plums, pitted 1 C frozen wild blueberries 1 head romaine lettuce (yes, the whole head!) 4 ounces of filtered water

Simple Green Smoothie

1 banana 1 peeled orange ½ bunch kale ½ bunch romaine About 16 ounces orange juice

Pineapple Berry Green Smoothie

A few pieces pineapple ½ pack blueberries A few strawberries 1 pear
½ bunch chard 1 bunch parsley About 16 ounces orange juice

Blueberry Pear Green Smoothie

1 banana 1 C blueberries 1 pear 1 peeled orange ½ bunch collards ½ bunch red leaf lettuce About 16 ounces orange juice

These make a whole vitamix container of smoothie, about 2 liters! Using fresh squeezed oj makes it sweeter, allowing for more greens than when just using water. Experiment with different fruits and greens: bok choy, cilantro, spinach, different varieties of kale and lettuces, etc.

Log

Date: _____

Meal 1:
time/place: _____

_____

_____

Meal 2:
time/place: _____

_____

_____

Meal 3:
time/place: _____

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_____

Meal 4:
time/place: _____

_____

_____

Meal 5:
time/place: _____

_____

_____

Meal 6:
time/place: _____

_____

_____

Water (oz) today: _____

Hours of sleep last night: _____

Mission Statement

The mission of the Wellness Revolution is to educate, empower and inspire you to make positive lifestyle choices that foster excellent health and wellness.

Congratulations for taking the initiative and action steps to greater wellness and personal growth! This workbook is designed to get you to TAKE ACTION in the direction of sustainable lifestyle choices with our Wellness Revolution Program. We'll cover all the bases here from nutrition and exercise to stress management and personal development.

Over the next eight sections, your job is to identify your strengths, discover what is sabotaging your day to day goals of health and fitness, find the negative belief patterns that are perhaps keeping you stuck in a job or a body that no longer serves you, and set a course for your own Wellness Revolution!