

Food and Health - The following information is thoroughly discussed on the three set DVD Your health in the Kitchen.

The ideal diet is plant-based, with only 20% of the calories in a person's diet coming from fats. In addition, because carbohydrates with a high-glycemic index can boost insulin levels, the diet should provide carbohydrates from sources that are low glycemic.

Foods that increase the levels of insulin and free insulin-like growth factor or IGF will stimulate the development of diseases from diabetes to cancer.

Green foods like cabbage, broccoli, cauliflower, kale, onions and garlic contain compounds that cause the body's cells to produce higher levels of antioxidants and enzymes that help detoxify the body.

Sea vegetables like spirulina, cholera, Kombu, Wakame, Haziki, and Arame, contain photo nutrients that keep cells healthy and strong.

Fresh organic fruits supply antioxidants, fiber and water to soften and nourish the body.

Nuts, seeds, and sprouted grains supply complex carbohydrates, vitamins, minerals, fiber and protein to act as fuel and energy.

Beans supply the system with complex carbohydrates, fiber, vitamins and minerals providing protein and complex carbohydrates for fuel. They can be sprouted or cooked and they provide ample vegetable quality food.

We have a marvelous self-healing body if we simply supply the conditions that will produce health.

Acid/Alkaline Balance

The pH scale is a measure of your body's alkaline/acid balance. Levels range from 0 (highly acidic) to 14 (highly alkaline). Your body needs an alkaline environment to perform all its metabolic processes and to kill cancer cells that develop in each of us every day. An acidic body is a magnet for sickness, disease, cancer and aging.

Most Americans eat a diet high in acid (meat, fish, poultry, eggs, grains, soft drinks, coffee, etc.) forcing the body to use its own alkaline minerals (calcium) to neutralize the acids. A combination of detoxification, fresh raw foods and exercise is the foundation to reach an alkaline state for proper healing and health. On an application level this means eating as many fresh green vegetables, fruits, peas, beans, lentils, spices, herbs, seeds and nuts as possible.

When you eat these foods you increase your body's alkalinity and your body's oxygen as well. An effective prevention against all disease is a well oxygenated blood stream.

Oxygen Levels

Nine ways to increase oxygen in the body:

1. Allow fresh air into your home, office and vehicle
2. Practice deep breathing
3. Get aerobic exercise to increase the capacity of your lungs
4. Eat smaller, nutrient-dense meals, rich in alkaline foods
5. Follow a vegan diet to cleanse your arteries, maximizing the amount of oxygen-rich blood reaching your tissues.
6. Eat antioxidant rich foods to help your body use oxygen more efficiently
7. Avoid carbon monoxide (vehicle exhaust, fumes from gas stoves & heaters) that reduce the oxygen-carrying capacity of your blood.
8. Consume oxygen from other sources such as fresh fruits and vegetables
9. Bath in oxygenated water--adding one pint to one quart of 3% hydrogen peroxide to chlorine-free bath water and soak in it.

Seasonal Eating

In the winter, eat 60 to 80 % cooked foods/40 to 20 % raw foods for the enzymes--in Ohio where the winters are cold.

In the summer (warm climates) eat 75 to 85 % raw foods and 25 to 15% cooked foods.

Cooked foods

Beverages: caffeine-free herb teas and cereal-based coffee-like beverages, fresh juices (fruits and vegetables), filtered water (Kangen alkaline water).

Beans: Lima, adzuki, black, kidney, navy, pinto, garbanzo, and lentils (red and white)

Dairy: Almond milk, hemp milk, rice milk (use sparingly)

Fruit: cooked and unsweetened

Grains: whole-grain cereals, sprouted grain breads and raw crackers (nuts and grains)

Oils: Nut mayonnaise (made from organic nuts and seasonings), olive oil, macadamia nut oil, sesame oils (all cold pressed), coconut oil

Vegetables: steamed or sautéed fresh green vegetables , root vegetables and tubers, squash, sweet potatoes, turnips, rutabaga etc.

Soups: Made from scratch without dairy or animal products

Sweeteners: Raw unfiltered honey, rice syrup, unsulphered molasses, stevia, pure maple syrup, date sugar, agave nectar (use all sparingly)

Raw Foods

Beverages: caffeine-free herb teas and cereal based coffee-like beverages, fresh juices fruits and vegetables filtered water (Kangen alkaline water).

Beans: Sprouted garbanzo, sprouted lentils sprouted Mung beans.

Dairy: Almond milk, hemp milk, rice milk use sparingly. Creamy banana milk frozen fruits pureed or homogenized into ice creams.

Fruit: Fresh and juices or pureed fruit drinks

Grains: whole-grain soaked and dehydrated crackers, sprouted wheat

Oils: Nut mayonnaise made from organic nuts and seasonings, olive oil, macadamia nut oil, sesame oils all cold pressed coconut oil and avocado

Vegetables: salad made of fresh green vegetables, sprouted alfalfa and micro greens, root vegetables and tubers, squash, sweet potatoes, turnips, rutabaga etc.

Soups: Made from scratch pureed whole fresh raw vegetables, without dairy or animal products

Sweeteners: Raw unfiltered honey, rice syrup, un-sulphered molasses, stevia, pure maple syrup, date sugar, agave nectar use all sparingly.

Liquid Intake

Hydration is very important. It is generally recommended you drink ½ your body weight in ounces, each day.

Multi-pure water system is a good filter and Kangen alkaline water is the best water for alkaline and hydration of the system.

Supplements

Barley Max: Barley and alfalfa in the Barley Max brand are juices dried in a patented process that allow over 98% of the enzymes of fresh food to be maintained. The fiber is removed making assimilation efficient and beneficial. Wide spectrum, naturally occurring minerals and vitamins are readily available to accelerate the body's ability to restore healthy cell development and function.

Greens + are another brand of green food supplement I like, due to the Non GMO foods and variety of beneficial super foods in the product.

Digestive Enzymes help improve digestion and the absorption of nutrients.

Flax Seed (ground) and **Hemp Seed** supply a quality of Omega 3 and Omega 6 fatty acids to help regulate blood sugars, build strong cell walls and provide amino acids and complex proteins. Flax also helps promote healthy bowel function.

Probiotics help inhibit the proliferation of pathogenic bacteria and maintain overall optimal colon health.

Vitamin D3 is a much researched and debated issue. The RDA amounts are to keep a person from getting rickets but studies show we are deficient long before rickets show up. Experts around the world are saying 1 hour every day with close to full body exposure of sunshine will provide the optimal Vitamin D levels. When adequate sunshine is not available or not an option daily supplementation of 2,000 to 5000 IU's a day should help maintain adequate Vitamin D levels so that deficiency does not develop.

Studies have shown that higher levels of Vitamin D can reduce the breast cancer incidence by 30 to 50 % and men with higher levels of Vitamin D have a 52% reduced incidence of prostate cancer. One study determined that Vitamin D deficient men and women have a 253% increased risk of colon cancer. It is important to note that dark-skinned people need up to six times the sun exposure to obtain the necessary amounts of Vitamin D.

Inflammation

Inflammation is the body's immune system response to insults inflicted on the body. It is a defense mechanism that cleans up the body, due to insults such as poor diet, physical injury, mercury dental fillings, vaccinations, pesticides, and herbicides, pharmaceutical drugs, emotional stress. When these insults don't stop they overwhelm the body's defenses. The inflammatory response becomes chronic, leading to excess free radical generation.

Free radicals damage cell proteins, altering their function and DNA, creating mutations. The body has an antioxidant cycle that stops this process but it needs to be nourished with the proper nutrients from foods. Glutathione is a powerful part of the antioxidant cycle in the body and needs vitamins from our foods to replenish itself. Studies show Glutathione production decreases with age but maybe that is because, like all the other problems associated with aging, individuals usually do not take care of themselves and the body is breaking down due to malnourishment over time. So I ask, what is aging?

Conversely a diet high in refined processed foods and animal products causes inflammation. In fact, foods from animal sources have no antioxidants and in some cases promote free radicals, and, what we call, aging.

How Toxins Create Disease

If toxins from our body are not eliminated quickly they can be re-absorbed into the body and result in toxic build up, which can contribute to the breakdown of the body and illness.

When toxic foods are eliminated from our diet, and we start eating living foods, especially fresh vegetable juices, the body is able to rebuild as well as cleanse itself. The internal cleansing results in toxins/poisons being emptied into the blood stream and is what many people refer to as detoxification.

This does not have to be uncomfortable if it is taken slowly. An individual starting on a whole foods plant-based diet needs to be responsible and learn just how quickly they can tolerate the transition to make a complete lifestyle change.

Do you know which **seven dangerous food ingredients** to watch out for in your groceries? These are the "deadly seven," as I call them, and they can directly promote heart disease, migraines, obesity, outrageous food cravings, osteoporosis, diabetes and even birth defects. The top three most dangerous ingredients I've found in my research are:

1) **Sodium nitrite**--causes **cancer**, found in processed meats like hot dogs, bacon, and sausage. It's used to make meats appear red (a color fixer chemical).

2) **Hydrogenated oils**--cause **heart disease**, nutritional deficiencies, general deterioration of cellular health and much more. Found in cookies, crackers, margarine and many "manufactured" foods. They are used to make oils stay in the food, extending shelf life, sometimes also called "plastic fat."

3) **Excitotoxins**--aspartame, monosodium glutamate (MSG) and others (see below). These neurotoxic chemical additives directly **harm nerve cells**, over-exciting them to the point of cell death, according to Dr. Russell Blaylock. They're found in diet soda, canned soup, salad dressing, breakfast sausage and even many manufactured vegetarian foods. They're used to add flavor to over-processed, boring foods that have had the life cooked out of them.

Want to know more about the genuine dangers posed by toxic food ingredients and additives? I'll share more with you in this email, but first let me invite you to check out the tell-all book I've written on this subject, "Grocery Warning."

Grocery Warning exposes the truth that food companies will never admit and the mainstream media will never print (because they receive advertising funds from food companies, of course!).

<http://www.truthpublishing.com/GroceryWarning.html>

It reveals, in shocking detail, exactly which ingredients compromise your health (and how they do it). Based on thousands of hours of research, and quotations from top doctors, authors and nutritionists, **Grocery Warning** tells you the truth about foods and groceries that will empower you with life-changing information.

Did you know, for example:

- Feeding children hot dogs increases their risk of **brain cancer** by 300%?

- Strawberry yogurt, fruit punch and other red-looking grocery products are often colored with dead, ground-up cochineal beetles? The ingredient is called "carmine," and it's **made from insects**. It's listed right on the label of many of your favorite foods.
- Food companies now "hide" MSG in safe-sounding ingredients like yeast extract or torula yeast?
- Many Florida oranges are actually dipped in an **artificial orange dye** in order to make them more visually appealing? It's the same dye that's been banned for use in foods because of cancer risk.
- Girl Scout cookies are still made with hydrogenated oils that contain **trans fatty acids**?
- Many so-called "healthy" or vegetarian foods also contain the very same offending ingredients as conventional groceries?
- Eating just one serving of processed meats each day increases your risk of **pancreatic cancer** by 67%?
- One artificial color additive causes **behavioral disorders** in children? And that 80% of children diagnosed with ADHD can be outright cured of the condition in two weeks by avoiding certain ingredients?
- The #1 ingredient in Slim Fast meal replacement shake (powder form) is sugar?
- Some guacamole dips don't even contain avocado? Instead, they're made with **hydrogenated soybean oil** and artificial colors.

Everything I'm sharing here is absolutely true. It's all quite shocking, yes, but this is information you need to know if you want to feed yourself -- and your family -- foods that actually promote health instead of disease.

Check out the Grocery Warning System,
<http://www.truthpublishing.com/GroceryWarning.html>

The truth about metabolic disruptors

Nearly all modern diseases are caused by what I call "metabolic disruptors." These are common ingredients, such as white flour and sugar that prevent your body from healing. Unfortunately, metabolic disruptors are used in almost all commercially prepared foods, which mean most products on your grocer's shelves contribute to poor health. But if you know what to look for, you can fill your cart with foods that will help you live a longer, more vibrant life. The program you are studying will give you the information you need to make the healthiest shopping choices at the grocery store.

Back to the "hidden" ingredients

So how do food companies manage to hide excitotoxins and taste additives to their foods? It's easy. They just keep changing the words to confuse consumers. Once customers learned to avoid MSG/monosodium glutamate, the food companies started using **yeast extract**.

And now, two years after I started sounding the alarm on yeast extract, many companies have switched to "torula yeast," which accomplishes the same thing. Other hidden sources of MSG include:

- Autolyzed vegetable protein
- Hydrolyzed vegetable protein
- Calcium caseinate
- Sodium caseinate
- Textured protein

The ingredients "stacking" trick

Food companies also use the ingredients stacking trick to intentionally leave you with the wrong impression about what's really in their food products.

For example, one company makes a nutrition bar that's absolutely loaded with sugar, but they way they've arranged the ingredients prevents sugar from appearing as the #1 ingredient. Instead, the first ingredient is rice. Looking down the label, you'll find all the following forms of sugar, all in the same nutrition bar:

- Sugar
- Sucrose
- High-fructose corn syrup
- Corn syrup solids
- Dextrose

Add all these, and the #1 component in the bar is, indeed, sugar (or sugary substances). But the manufacturer has used ingredients stacking to make you think the top ingredient is actually rice. It's a clever, dishonest technique used by food companies. Remember, the longer the ingredients label, the less healthy the food. Read those ingredients lists before buying foods, and if you discover chemical names that you can't pronounce, don't buy the food!

Preparing 80% of your meals with fresh nutrient-dense foods will avoid the confusion. I understand how convenient packaged food is, but can you really afford to trust the manufacturer.

DVD 1 Recipes

Miso soup

1 tbs. Sesame or olive oil

1 carrot (cut in matchsticks)

1 onion (cut in ½ moons)

2 inch piece of Wakame (soaked and chopped)

6 cups of water

2 tbs. miso paste

Fresh scallions

Heat a medium sauce pan with oil place one section of onion in the oil. When the onion begins to sizzle, the pan is hot enough to place in all onions and carrots. (Other vegetables may be substituted to create varieties of soups--garlic, ginger, root vegetables or squash along with chopped greens.) When all the vegetables are cooked slightly (about 2 minutes), add the water and bring the pot to a boil.

Cook the vegetables to desired texture. In summer the vegetables should remain slightly crisp and in cooler months the vegetables may be cooked softer.

When the vegetables are cooked, remove about ½ cup of broth from pot and dissolve the miso paste into stock. Pour the miso back into the soup pot and turn off the flame.

Miso contains beneficial bacteria to the digestive tract and the health of the body. Boiling the miso could kill the live enzymes and friendly bacteria.

Add a fresh vegetable like scallions as a garnish and serve. To reheat this soup, bring it to hot, **do not boil**.

Beet salad

3 medium beets (washed and peeled)

3 cups of boiling water

Boil beets until tender. Remove from the water and slice. Top with goat cheese and alfalfa sprouts or micro greens.

Brown Rice

2 cups of short grain brown rice soaked over night

2 ½ cups of filtered water

Pinch of sea salt

Rinse the rice and put fresh filtered water in a pressure cooker and add the rice and salt. Bring the pot to a boil and cover. Set the timer for 45 minutes and when the time is up; remove the rice from the pan. Immediately remove one scoop at a time, placing it into a bowl to cool evenly.

Nori Rolls

4 Sheets of Nori

1 cup of pumpkin seeds soaked at least 2 hours (drained and chopped)

Ume paste

Scallions

Romaine lettuce leaves

2 cups of cooked short grain rice

Lay the Nori sheet out on a bamboo mat. Press ½ cup of rice onto the Nori, about ¼ inch to ½ inch thick, leaving the top edge of the Nori free of rice. Spread Ume paste down the middle of the rice. Lay pumpkin seeds on top of the Ume paste, then scallions and lettuce. Roll the bottom of the Nori to the top, wrapping the Nori around the vegetables and squeezing in the bamboo mat. Using a sharp knife, slice the roll into small round pieces.

Brown rice with Gomasio

Serve fresh cooked rice with Gomasio/pumpkin seeds/or sunflower seeds for a complete protein

Lentils with Kombu

2 Cups of lentils (soaked at least 6 hours)

6 cups of filtered water

4-6 inch piece of kombu

2 cups of additional vegetables of choice (carrots, onions, garlic, turnip, rutabaga, winter squash, summer squash, ginger root, turmeric, diakon radish, burdock root, green beans, okra) only use four of the above vegetables and ½ cup of chopped green vegetable (kale, collards, parsley, cilantro, turnip greens)

Bring the lentils, kombu and root vegetables to boil over low heat for 1 hour. Add the greens and cook 5 minutes and serve. Garnish with scallions, or fresh onions.

Season the finished soup with vinegar, soy sauce or salt and pepper.

This one recipe can make an endless number of soups by combining different vegetables as they are available.

Sweet potato/Leek Casserole

3 medium leeks (separated, washed and sliced)

2 tablespoons of olive oil

2 tablespoons of fresh rosemary (chopped)

2 medium sweet potatoes

Heat a frying pan with olive oil and add rosemary and leeks to sauté until soft. Peel and slice the sweet potato into ¼ inch slices and layer in the bottom of a baking dish, overlapping to cover the bottom. Place a layer of cooked leeks on top and alternate layer of sweet potatoes and a layer of leeks. Cover with ¼ cup of filtered water and 1 teaspoon of Herbamare seasoned sea salt. You may add seasoned bread crumbs or feta cheese to you taste at the end of baking. Cover with foil and bake 30 minutes. Open the foil and put the bread crumbs on top and bake 5 minutes longer.

Your leftover casserole may be mixed with your leftover lentils and reheated together to create a new dish.

Corn Polenta

2 cups of dry corn grits--bring to boil in 6 cups of water. Add 1 can of cut corn, 1tsp. sea salt and cook 30 minutes.

Chocolate cream pie

Crust

½ c cacao powder

1 tablespoon of cacao nibs

1 $\frac{3}{4}$ cup of nuts (your choice)

1/8 tsp of Himalayan sea salt

$\frac{3}{4}$ tsp cherry extract

$\frac{3}{4}$ cup raisins

Grind nuts, cacao nibs and salt in a food processor add the other ingredients cherry extract and raisins, and pulse to combine until the mixture sticks together when pressed between your fingers. Press into the bottom of a cake pan or spring-form pan and set into freezer until ready to use.

Filling

$\frac{3}{4}$ cup of cocoa powder

3 cups of cashews (soaked at least 2 hours)

1/3 cup of brown rice syrup

6 dates

$\frac{1}{4}$ cup of warm water

$\frac{1}{2}$ cup of lemon juice

1 cup of coconut oil

2 tsp cherry extract

Using a food processor, process cashews, syrup, dates, lemon juice and water together until creamy. Add the cherry extract, oil and cacao powder until creamy. Pour into a spring-form pan and freeze until it sets. Let the pie sit out of the freezer up to 1 hour before serving.

Topping

1 bag of frozen fruit, fresh lemon juice, agave syrup and a pinch of cinnamon. Blend all together and top pie.

Kale salad

1 bunch of kale washed and chopped

$\frac{1}{2}$ cup pine nuts

$\frac{1}{4}$ cup dried cranberries (chopped)

$\frac{1}{2}$ cup olive oil

¼ cup lemon juice

Salt and pepper to taste

Toss all of the above ingredients together and let marinate at least 30 minutes.

Shopping list:

Lemon	Short grain brown rice
Ume paste	Nori sheets
Cherry Juice extract	Rice syrup
Cinnamon	
Dates	
Coconut oil	
Cacao powder and nibs	
Cashews	
Nuts	
Beets	
Alfalfa sprouts	
Kale	
Sweet potatoes	
Carrots	
Romaine Lettuce	
Sunflower seeds	
Leeks	
Onions	
Garlic	
Scallions	
Gomasio	
Feta cheese	
Lentils	
Miso paste	
Kombu	
Wakame	
Himalayan Sea salt	
Olive oil	
Sesame oil	
Corn grits	
Corn cut off the cob	

DVD 2 Recipes

Creamy Squash Soup

Makes 4 to 5 servings.

2 or 3 pounds winter squash (butternut, buttercup or any sweet winter squash)
5 cups Vegetable Stock
1/2 cup apple juice (Unfiltered, unsweetened)
3 TBSP brown rice syrup
1 tsp fresh ginger juice (grate a piece of ginger root into a fine pulp--squeeze juice from it)
Pinch of grated nutmeg
Sea salt
Mint sprigs, for garnish

Preheat oven to 450F
Half the squash and place on a baking sheet (cut side down)
Bake until tender, 35 to 45 minutes.
Cool slightly, remove and discard seeds and skin.
Puree pulp in a food processor or blender.
Gradually stir in enough stock until mixture is smooth.
Transfer to a soup pot and cook over low heat
Add remaining stock, apple juice, rice syrup, ginger juice and nutmeg
Lightly season with sea salt or miso and simmer 10 to 15 minutes.
Serve garnished with mint sprigs.

Vegetable Stock

Makes about 6 cups

1 onion (cut into thin half moon slices)
Several green onions or small leek (rinsed and finely chopped).
2 cloves fresh garlic, unpeeled
Sea salt

8 to 9 cups filtered water
1 or 2 carrots finely diced
2 celery stalks finely diced
1 cup button mushroom sliced
1 or 2 bay leaves
2 sprigs flat leaf parsley
fresh basil or rosemary sprigs (optional)

In a soup pot (over low heat), combine onions, garlic and about 1/2 of the water. Add the remaining water and other ingredients and bring to a boil. Reduce heat and cook uncovered about an hour. Strain the stock and discard the vegetables.

Variation: sauté onions in extra virgin oil instead of simmering them in water.

Quick Pickles

1-Mix equal parts of tamari, rice vinegar and water
2-Slice root vegetables and place in the liquid mixture;
3-Place in a cool place and serve in
 2 to 3 hours (for quick pickles)
 3 to 5 days

About Pickles

A small amount of diakon pickles, sauerkraut, and other natural pickles can be used daily in small volume.

Quinoa Cranberry lunch salad

1 cup quinoa
1 cup dried cranberries
1/4 cup walnuts, chopped
1/4 cup green onions, sliced
1/4 cup balsamic vinegar

1 1/2 tablespoons olive oil

4 cloves garlic, minced

1/2 teaspoon salt

1/4 teaspoon pepper

Combine quinoa with 2 cups water in a medium saucepan and bring to a boil over high heat. Reduce heat to a simmer, cover, and continue cooking until all water is absorbed.

In a medium bowl, combine cooked quinoa, dried cranberries, walnuts, and green onions until well mixed. In a small bowl, whisk the balsamic vinegar, olive oil, and garlic until well blended. Pour over the quinoa mixture. Toss until well blended. Season with salt and pepper, to taste. Chill in the refrigerator for at least 30 minutes before serving

This is great to take as a lunch salad in any season. It will keep in the refrigerator but does not need to be kept cool from the morning when you leave home until lunch time, in fact it is best if it sits out of the refrigerator and returns to room temperature.

This salad can be made without the dressing or you may substitute lemon juice for the vinegar.

This salad is wonderful with a fresh vegetable salad for lunch or dinner.

Barley Adzuki Bean Casserole

1 cup of adzuki Beans (soaked overnight and drained))

1 4-inch piece of Kombu

8 cups of water

2 tablespoons of olive oil

1 carrot chopped

1 stalk of celery diced

1 onion (sliced)

1 cup of sliced cabbage

4 cloves of garlic

½ cup of barley

3 tablespoons of barley miso

1-2 tablespoons Braggs liquid amino acids

1 teaspoon of allspice

1 tablespoon thyme

½ teaspoon cayenne powder to taste

Cook beans in 8 cups of water with Kombu sea vegetable for 40 minutes, then add barley to pot. While beans are cooking, sauté olive oil, allspice, and thyme, carrots, onions, garlic, celery, and cabbage until tender. Remove a cup of liquid from the beans and dissolve the miso and Braggs amino acids. Combine all ingredients and cook another 30 minutes. You probably will not need additional salt due to the salt in the miso and amino-acids.

This is great for dinner with a green vegetable and can be taken in a thermos for lunch if you eat lunch away for home on a regular basis.

Squash Bisque

1 large squash cut in half, seeded and baked for 30 minutes

2 onions baked

6 cups of filtered water

Puree all ingredients together and heat over medium flame and serve with scallion garnish.

Great served with a bowl of brown rice and a pressed salad

Pressed Napa Salad

1 large head of Napa cabbage (washed and sliced thin)

2 tablespoons of sea salt

Salad press

Mix cabbage with salt and put under pressure at least two hours or longer. To serve drain the liquid and serve. This will keep in refrigerator for seven days or longer. A good salad to keep made up and ready any time a need to snack arises.

Pressed Green and Red Cabbage Salad

½ head of green cabbage

¼ head of red cabbage

2 tsp salt

Mix all ingredients and put under pressure, this may have other vegetables added and spices as well. Dill is good. In the summer a jalapeño pepper sliced and added to the press will make a cooling dish. Pressed salads keep well so they are good to make on a day off work and have available when you have less time to prepare.

Carrots and Dulse Sauté

4 carrots cut match stick

¼ cup of dulse soaked and chopped

1 tablespoon olive oil

½ cup of filtered water

1 tablespoon tamari soy sauce

Heat oil in pan sauté carrots 1 minute

Add dulse, tamari and water. Cook until water is absorbed about 5 min. Mineral rich dulse sea vegetable is an ideal food to include in at least one meal a week if not two or there. You can use this dish as a between meal snack.

Quick Pickles II

1 cup tamari soy sauce organic unpasteurized (Nama Shoyu)

1 cup of rice vinegar

Thin sliced vegetables such as carrots, turnips, onions, radishes or any root vegetable.

Place vegetables in pickling mix and let set at least 2 hours up to 24 hours then refrigerate. Eat a small piece of pickle with each meal to add enzymes and assist in digestion. Chew well.

Another quick pickle can be made by placing vegetables in Umeboshi vinegar and following the same procedure as above.

Lemon Cream Pie with Cranberry Crust

4 ½ cups of unfiltered apple juice (reserve ½ cup)

1 cup of fresh lemon juice

3 tablespoons of agar agar flakes

1 tablespoon of kudzu

1 bag of fresh cranberries

½ cup of rice syrup

½ cup of walnuts chopped

Add Agar- Agar to 4 cups of apple juice and bring to a boil. Dissolve the kudzu in the ½ cup (room temperature) apple juice and add lemon and kudzu to the boiling liquid. Stir until the cloudy appearance goes away and the apple juice is slightly thickened.

Heat the cranberries and rice syrup in a pan with ¼ cup of water until the cranberries cook soft (about 5-7 minutes). Mix in the walnuts and press into the bottom of a pan. Pour the apple juice mixture over the top and let cool in the refrigerator at least 2 hours.

Serve with sliced almonds on top.

DVD 3

Sauerkraut cabbage Mochi New Year's Celebration

2 tablespoons of oil

1 medium onion

1 medium head of Napa cabbage

1 jar or 4 cups of natural sauerkraut

1 cup of juice off the sauerkraut – 1 cup of water

3 cups of cooked sweet brown rice

4 table spoons of sweet white miso

4 cups of cooked and pounded sweet rice (see below)

Heat oil in the pan, add onions and cabbage. sauté a few minutes. Layer sauerkraut on top of vegetables and Mochi (pounded rice) on top of all the vegetables;. mix the sauerkraut juice, water and white miso and pour over top of the sweet rice, letting the water drain to the bottom of vegetables. Cover the pan and steam for 15 minutes.

Mochi

Soak, wash and cook rice just like any other rice.

2 cups of rice

2 ½ cups of water

Bring rice and water to boil. Turn heat to low and cover for 45 minutes. A pressure cooker is ideal here for well cooked grain. When rice is finished, remove it from the pot and place in a wooden bowl. Using the flat end pounding stick pound rice into a mass, crushing each grain.

Temphe and Gingered Carrots

One package of Temphe (cut into triangles)

2 tablespoons of coconut oil

2 cups of Match stick cut carrots

¼ cup of match sticks ginger

½ cup of water and simmer

Brown the Temphe in coconut oil.

Add carrots and ginger.

Sauté 3 minutes, add water.

Dissolve kudzu in ½ cup of room temperature water and pour over the vegetables to make a glaze. Heat until starch is cooked (about 2 minutes).

Temphe Split Pea Soup

1 package of temphe cut in small cubes

2 cups of split peas washed

1 piece of Kombu

1 onion diced

2 carrots diced

Chopped ginger to taste (1teaspoon dried ginger)

1 teaspoon of Himalayan sea salt

6-8 cups of water

Dulse and scallions to garnish

Sautee temphe in good oil (olive, sesame, coconut, cold pressed organic)

Add all the other ingredients except the dulse and scallions and boil about 2 hours. Use a flame deflector so you do not burn the bottom of the pan (split peas sink).

Manna bread w/white sauce spread

White sauce

2 Tablespoons Tahini same butter

2 teaspoons Umeboshi paste (from health food store)

2 teaspoons lemon juice

Add all ingredients and puree together in blender or small bowl with back of spoon. Keep stirring until smooth and creamy. This sauce is great on any cooked leafy green vegetable such as kale or collard greens.

Boiled Kale

1 bunch of Kale

Submerge to wash and cut into chunks

1 pot of hot water

Drop washed and chopped kale into pot and cook 3-5 minutes just until tender.

Strain and mix with white sauce

Nichene vegetables

1- 4 inch piece of Kombu

1 turnip chopped in cubes

1 large carrot cut into chunks

1 rutabaga chopped in cubes

2 onions cut into quarters

½ head of cabbage cut in ¼ pieces or 1 small cabbage

1 cup of filtered water

2 tablespoons of Tamari soy sauce

Lay soaked Kombu in the bottom of a pan. Layer the rest of the vegetables on top and pour the water over all. Cover and cook 20 minutes. Add Tamari and serve.

Apples kudzu Almonds

6 apples peeled and cut into quarters

½ cup of filtered water

1 inch piece of fresh vanilla or 1 tablespoon of vanilla extract

Bring ingredients to boil and cook about 10 minutes (until apples start to soften)

Dissolve 2 tablespoons of kudzu into 1 cup of apple juice or water and pour over cooking apples. Continue to cook until starch is cooked. Serve garnished with roasted almonds.

Tofu Scramble

1 onion diced

½ head of broccoli chopped

1 tablespoon of coconut oil

1 pound of tofu

2 tablespoons of soy sauce and 1 tablespoon turmeric

Sautee the vegetables and crumble the tofu over top and sauté about 5-7 minutes add soy sauce and turmeric and sauté another minute and serve.

The major key to your better health in the future is YOU!

Take every action you can to obtain better health.

Investment in knowledge is the best investment and it pays dividends.

How do you discover solutions to better health?

Look at the same thing everyone else is looking at and see something else and think differently.

Realize that ideas, dreams, and actions that are contrary to your core belief systems will not be believed or acted upon. Examine your core beliefs.

Resource web sites:

Gold Mine Natural Foods Company

Salad Press/knife/cooking supplies

858-536-9830

<http://www.goldminenaturalfoods.com/>

Young Living

Essential Oils

https://www.youngliving.com/en_US/index.html

1-800-203-5666

Sign up as regular customer for better prices referral # 1093066

Hallelujah Acres

Barley Max/ ground Flax /digestive enzymes/juicer

800-915-9355

www.hacres.com

Referral # FET

<http://www.truthpublishing.com/GroceryWarning.html>

www.mercola.com

www.thehealthybodyturnedon.com

www.bkathywright.com

www.diamondorganics.com

www.frownies.com

www.BKathywright.com